**Goalball rules**

**Players:** Maximum squad size is 6 with 3 people on the pitch at any one time.

**Format**: Visually impaired pupils but sighted people can also play as everyone is required to wear eyeshades so no one can see.

Participants compete in teams of three. The aim of the game is to score a goal by rolling the ball, embedded with bells across the opponent’s goal line. Players must use the sound of the bells to judge where the ball is and what movement is required from them.

Teams will take it turn to roll the ball from the end of the court they are defending to the end they are attacking, and attempt to score.

Eye-shades allow partially sighted players to compete on an equal footing with blind players. Defending teams will often lie down on the court to try and prevent the attacking team from scoring, as this allows them to block the largest possible area.

Goalball is played indoors on a volleyball court (18m by 9m).

The game is non-invasive so players must stay in their own third (Team Area). All players wear eyeshades so a bell ball and tactile lines (or mats) are used.

When the ball is rolled there are four possible outcomes:

1. Goal (ball crosses opponent’s goal line) - game restarted by the team who conceded the goal.

2. Out (ball rolls over the side line) – game restarted by the other team.

3. Blocked (defending team stops the ball/prevents a goal) – game continues with the defending team becoming the attacking team.

4. Blocked Out (the defending team pushes the ball out) - game restarted by the team which blocked the ball.

**Rules:**

The opposition receive the ball if players do not keep to these rules:

• Players must stay in their own Team Area.

• Players must roll the ball (underarm only) – no kicking.

• When the ball is rolled, it must reach the opposition’s Team Area.

• Players only have 10 seconds to return the ball to the other team.

• Players must keep their eyeshades on for the duration of the game.