

The Basics of Goal Ball

Court Size: 18m x 9m or a Volleyball Court.

Equipment: 1 x Goalball, Tactile Line Marking such as the Roll Out line and Blindfolds.

1. The object of the game is to roll the ball over the opposing teams goal line at the end of the court.
2. Teams Usually consist of three a side and must remain in the team area.
3. A fielded ball should be thrown again within 10 seconds and players should not take more than two throws in a row.
4. If the ball rolls over the sideline, the defending team takes possession.
5. If the defending team deflects a ball over the sideline, possession is returned to the attacking team.