GOALBALL FOR SCHOOLS
KNOCKOUT CUP
2018 EDITION
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ESSENTIAL SPORT CONTACT DETAILS

Social Media: Search (NSWGoalball)

REGISTER FOR COMPETITION AT: www.goalball.com.au

EMAIL: nswgoalball@gmail.com

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✓ Chairman: Murray Elbourn 0427186734
✓ Exec Dir & Hunter Hub: Simon Smith 0427 577883
✓ Financial Director: Tamara Elbourn 0431 268561
✓ Marketing Director: Raschelle Reilly 0415 715990

On our website you can become a member, check the events calendar, sign up for officials and coaches course work, volunteer, contact the executive or order all equipment kits and individual playing game gear including Goalball’s from both Primary & High School Divisions.

WHAT IS GOALBALL?
✓ Goalball was created out of Europe after WW2 as a rehabilitative sport for blind and vision impaired veterans.

✓ Goalball became a Paralympic sport in 1976 and was the original team sport for blind and visually impaired athletes in the games.

✓ Goalball is played worldwide and is governed by the IBSA (International Blind Sports Federation).

✓ Goalball has four divisions at the world championships including an adult category for men and women, and a youth category for boys and girls 19 years and under. (Australia are current under 19 Youth Girls World Champions defeating Russia 9-6 in Budapest 2017)
Goalball is a unique game combining strength, athleticism & sensory tracking skills combined with team work and communication.

BREAKING DOWN THE SPORT

THE COURT:

- Please note that in Goalball for Schools Knockout training sessions that court mats will be used rather than tape as specified below in full competition court conditions.

- The court will be a rectangle 18m long by 9m wide. (Volleyball size)

- In front of the goals at each end of the court are Orientation Areas, 3m long by 9m wide. The orientation areas have player orientation lines as per the court diagram.
✓ All lines will be marked with tape. They will have a string under them to assist with player orientation. The string will be thick enough to be felt by the player’s hands and feet and be placed under the top layer of tape. The tape colour should be different than other markings already on the floor.

✓ The game must be played on wood or synthetic flooring.

✓ The goals will extend across each end of the court. The internal measurements will be 9.00m across and 1.30 m high.
✓ There are two teams with a maximum of 6 players.
✓ There are 3 players per team on court at any one time.

**EYE SHADES:**

Blacked out eyeshades must be worn before the player begins play and are not allowed to be removed or touched at any stage throughout the game except for half time and when the official permits.

If a player’s eyeshades need to be adjusted during the game, the player must raise their hand and say “equipment check” to which the referee will stop the game and allow the player to make that adjustment.

![Eyeshades](image)

**THE BALL:** A goalball is the size of a basketball, made of rubber, weighing 1.25kg with bells inside.

**JUNIOR BALL:** A junior ball is used, which is the same as the adult ball but only 900 grams in weight. (In lessons we will use a foam Primary balls)

**GAME TIME:**
- Each game is divided into 2 x 12 minute halves with a 3 minute half time period.
- The clock stops on official’s whistles. For developmental tournaments, it is common to play 7 minute halves.
- 7 minute half games take approximately 30 minutes to play.
- In elimination games, if the score is tied after regulation, there will be a 3 minute overtime where the first team to score wins.
TIME OUT & SUBSTITUTIONS:
Each team is permitted 4 timeouts and 4 substitutions. 1 of each must be used in the first half or it is forfeited. There is an unlimited amount of substitutions allowed at halftime that do not count against your 4 subs permitted in the game.

SCORING A GOAL:
The ball must be a legal throw hitting the court no more than 6m from the players goal line, and must completely cross the opponent’s goal line.

PROTECTIVE PADS:
Players wear elbow and knee pads as well as hip pads. The men wear cricket boxes and girls can wear judo chest protecters.

PATHWAYS

This is the Pacific School Games team from NSW that went undefeated in winning GOLD at the 2017 Games in Adelaide
✓ NSW Goalball has a number of categories that enable Goalball players to challenge themselves.

✓ NSW holds two local competitions in Sydney each year called Sydney City & Metro Cup where student athletes are able to compete in mixed competition. Starting in March Metro Cup will continue on and provide additional training and game play resources for Students, Teachers and Coaches. Metro Cup is held at Trinity Grammar Prep School with entrance through Llandilo Ave, Strathfield off The Boulevarde. Games start from 10am till 1pm.

✓ NSW Goalball holds a State Championships competition where children are split into junior and youth categories based on age and ability to compete for the NSW State Championship.

✓ See our website for full dates at www.goalball.com.au

✓ At school level, there is an 10-14yr old junior division where a child can be nominated to play for NSW in mixed teams at the Australian Goalball Championships.

✓ NSW Goalball also has a youth division aged 15-19yrs where youth athletes can compete in gender specific teams against other states.

✓ Youth athletes who are visually impaired (classified as legally blind) or totally blind may also be selected to join the Goalball Australia youth squads for boys and girls under 20 to compete internationally. In 2017, Australian Youth Girls are the current IBSA Goalball World Champions from their win in Budapest over Russia in 2017.
WHO CAN PLAY?

✓ Because of the use of eyeshades, both sighted and visually impaired/blind athletes can compete on the same level.

✓ In regional hubs ideally you will want to place athletes into gender and age specific groups however you may also play mixed competition based on playing ability.

✓ The game can be played by all ages, and all equipment can be purchased through www.goalball.com.au for sale in the online shop.

✓ Internationally, sighted players are not allowed to play. You must be legally blind to be eligible to compete internationally.

BASIC RULES & INFRINGEMENTS

✓ Please refer to http://www.ibsasport.org/sports/goalball/rules/

✓ TEAM PENALTIES: (opposition team chooses player to defend the penalty)

  o 10 SECONDS: from the time the ball touches a defensive player that team has only 10 seconds to throw the ball past the middle line on the Goalball court.

  o ILLEGAL COACHING: A coach may only speak to his or her players after a whistle and must not talk to the players once the referee calls QUIET PLEASE.
TEAM DELAY OF GAME: If the referee deems a team to have delayed the game they are able to call delay of game penalty. This is normally given at the start of the game or after half time for players not being ready on court to start the game. It may also be given if the coach isn’t back in his or her designated area of the team bench area after a time out or if after calling a substitution the player to enter the court isn’t ready for the referee to check eyeshades. Lastly, the penalty can be called for missing a coin toss.

NOISE: If the referee deems a non-thrower on the court has made noise, which prohibits the opposition from defending the throw, the referee will call a noise penalty. This may include talking, stomping and making random noise during or after the ball is released in a throwing motion.

✓ PERSONAL PENALTIES: (player committing the penalty must defend)

  - HIGH BALL: If a player throws the ball and the ball doesn’t touch the court on or before the 6 meter line, it is a HIGH BALL.
  - LONG BALL: The ball must bounce once prior to the 6 meter line from a players own goal and then again prior to the 12 meter line.
  - SHORT BALL: The ball must travel beyond the 6 meter line from the opposition goal.
  - UNSPORTSMANLIKE CONDUCT: A referee may at any time in the game penalize a player or team for unsportsmanlike conduct. If an individual player is charged with this penalty it is a personal penalty and they will defend the entire court for one throw. If a
coach is penalised then it becomes a team penalty and the opposition can choose any player to defend the penalty throw.

- **EYE SHADES**: A player can’t touch their eyeshades during a game, if the eyeshades need to be adjusted a player must put their hand up and call out “equipment check”. The referee will blow the whistle and call Official Time Out, Equipment check. Only the player who called for the adjustment can touch their eyeshades. They must turn, face the goal and wait for the official to allow them to adjust their eyeshades.

### DEFENSE

![Defensive image](image)

**Keys to defense**

- Listen for the ball and time your defensive dive so your body is moving into the ball not letting the ball hit you. Team should overlap when possible in defense to ensure no gaps appear as shown in picture 1.

- Always have your top arm covering your face as shown in picture 2.
✓ Roll your hip into the ball upon contact to stop the ball from launching upward off your body.

✓ Have strong tension in your arms, core and legs so the ball doesn’t break through to score.

✓ Always have legs extended fully with no bent knee and feet apart 6-8cm to trap the ball.

OFFENSE

Keys to offense

✓ Balance and Coordination are real foundation points to having a good throw in the game of Goalball.

✓ If you are right handed start your run to throw with the left foot and vice versa for left handed throwers.

✓ There are many different ways to throw a Goalball, you are best to teach multiple throws, as people will respond differently to the various types.

✓ The two current main throws are tenpin bowling motion, discus or spin throw motion. Using these as a base you can throw with scoop, turn, bounce, cut or topspin outcomes.
✓ Ideally the player will run in a sprint motion and throw the ball with it landing prior to the 6 meter line and again before the 12 meter line in front of the thrower on the court.

✓ At Paralympic level men throw the full 1.25kg Goalball at around 95kmph.

✓ You can also time a throw from when the ball leaves the hand to the 15m.

COACHING

Key’s to coaching Goalball!

✓ Understand the game, watch YouTube (search Sports A-Z Goalball) clips, go to our website www.goalball.com.au and watch videos, check out our Facebook page to see games and coaching tips. Read the rules and understand them, especially around when you are allowed to speak to the players.

✓ Learn drills that work on court orientation and goalball handling skills. Also focus on the athlete’s balance and coordination.

✓ Reinforce fundamentals. When a player is under the blindfold, their perception of what is happening is sometimes quite off. As a
coach, it is up to you to give the game plan over and over throughout the course of the game.

✓ Be aware of your coaching box area on the bench and getting back from time outs into that box at all times.

✓ Think about the strategy of the game and the way you can innovate playing styles with your team and group. Vary the warm up & drills.

OFFICIATING & VOLUNTEERING

✓ To hold a fully sanctioned Goalball game you will need the following officials: 2 referees, 4 Goal line corner judges, 2 x 10 second throw timers and 2 table officials who fill in the score sheet and run the score board. It is possible to modify the amount of officials during a training session.

✓ Great opportunities currently exist for teachers and students to become qualified officials. NSW Goalball will hold various events leading up to a referee clinic certification course in March 2018 at Trinity Grammar Prep School (115-125 The Boulevarde, Strathfield NSW 2015. Entrance and parking through Llandilo Ave.) Where you will be able to sit for your Goalball Australia level 1 referee certification. On that day, there will also be a coaching clinic run by Murray Elbourn, World Cup Winning Head Coach.
✓ For more details on registering please go to www.goalball.com.au for updates on dates and course certification events.

✓ NSW Goalball is also currently looking for volunteers to help with training and tournament event dates both in regional and metro NSW. Please visit us on social media or go to the website for more details. Alternatively, you can contact Tami Elbourn on 0431268561 for a conversation around volunteering in this unique sport where the opportunity to travel overseas with various NSW & Australian teams exists across coaching and officiating in the sport.

✓ www.goalball.com.au or go to our Facebook page at www.facebook.com/nswgoalball

Our 2017 National Junior Champions, undefeated in Melbourne