NSW GOALBALL ASSOCIATION / PARTICIPATION THROUGH INTEGRATION

BLIND SPORTS NSW
GOALBALL FOR SCHOOLS
2016 EDITION
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ESSENTIAL SPORT CONTACT DETAILS

Social Media: Search (nswgoalball)

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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.

**WHAT IS GOALBALL**

- Goalball was created out of Europe after WW2 as a rehabilitation sport for blind and vision impaired veterans.
- Goalball became a Paralympic sport in 1976 and was the original team sport for blind and vision impaired athletes in the games.
- Over 120 countries compete worldwide under the IBSA (International Blind Sports Association) who are the governing body for blind sports.
- Goalball has Women, Men, School Girl’s and School Boy’s Categories in World Championships as pictured below in Sheffield 2010.
- It is a unique game where sighted and vision impaired / blind can play on an equal level due to each player wearing blacked out eye shades.
- Goalball is a team sport where team work, communication and sensory skills are heightened to achieve success.
BREAKING DOWN THE SPORT

✓ **OVERVIEW:** Goalball is a fast and frantic sport played by the vision impaired and blind at the Paralympic Games. There are two teams of 6 players with 3 players per team on court at any one time.

✓ **THE COURT:** The Goalball court measures 18m long by 9m wide and is divided into 6 equal 3m areas with goals set 1.3m high spanning the entire back of each end of the court. The court is equivalent to a volleyball size.

○ **STRING & TAPE MEASUREMENTS:** The entire Goalball court has raised 3mm string with tape used to secure the string underneath for orientation of the players who wear blacked out eye shades for the entirety of the game. Within the court the playing area which is 3m from the goal is referred to as “The Team Area” and has additional string markings at each wing going into the court from the side line measuring 1.5m at the end of that 1.5m mark on the front line of the Team Area there is an addition string and taped mark referred to as the little T measuring 0.15m in length to orientate the wingers. Further
orientation marks are used in the middle of the Team Area measuring 0.5m which is commonly referred to as the T.

- **EYE SHADES:** Blacked out eye shades must be worn before the player begins play and are not allowed to be touched at any stage throughout the game except for half time & for adjustment during game they must put their hand up and call eye shades where the referee will again check.

- **THE BALL:** The Goalball at Paralympic and World Championship level measures 24/25cm around and weights 1.25kg which is around the size of a basketball. The ball is made of thick rubber with bells inserted inside the ball, with holes in the ball so players can hear and track the trajectory.

- **JUNIOR BALL:** at junior level is around 900 grams made from the same thick rubber as the Paralympic / World Championships ball is commonly used in junior under 14 competitions with a foam ball being used for primary and infant school Goalball to ensure safety as the child learns the game.

- **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 whistle.

- **TIME OUT & SUBSTITUTIONS:** There are 4 substitutions allowed throughout the game with 1 being taken in the first half or lose it. 3 substitutions are allowed at half time which doesn’t count to the overall number of 4 during the game. A coach is allowed 4 time outs in the game however 1 must be taken in the first half or it will be lost.
✓ **SCORING A GOAL:** The object of the game is to throw the ball as fast as possible into the opponent’s goal to win. To score a goal the entire ball needs to completely cross the goal line. If the game is tied there is a 3-minute golden goal overtime rule and if the scores are still tied the game reverts to penalty shots across all team members.

![Image of goalball court]

**PATHWAYS**

✓ NSW Goalball has a number of categories that enable a Goalball player with talent to challenge themselves.

✓ NSW holds a 2 local competitions in Sydney each year called Sydney City & Metro Cup where student athletes are able to compete in mixed competition. In 2016 this Metro Cup for student & new players is being held at Trinity Grammar School in Strathfield. See our website for full dates at [www.goalball.com.au](http://www.goalball.com.au)

✓ Each year 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. In 2016 this will be held at Sydney Academy of Sport in Narrabeen on June 11th & 12th.

✓ At school level we have a 8-14yr old junior division where a child can nominate to play for NSW in mixed teams at the Australian Goalball.
Championships which in 2016 this National Championships will be held in NSW, The Kings School in North Parramatta will host from Sep 30 – Oct 3.

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

✓ Youth athletes who are vision impaired or totally blind may also be selected to join the Goalball Australia youth squads for boys and girls to compete internationally. This year we are looking to send those teams to the USA to compete at the USA High School Championships competing against teams from Canada, Brazil & USA. This is likely going to be held in the first weekend of November 2016.

WHO CAN PLAY?

✓ The best thing about Goalball is that anyone can play on the same level. Due to each player wearing blacked out eye shades both blind / vision impaired athletes and sighted people can play the sport on the same team.

✓ In regional hubs ideally you will want to place athletes into gender and age groups, however you may also play mixed competition based on playing ability.
The game can be played by all ages, all equipment can be purchased through www.goalball.com.au for sale in the online shop.
BASIC RULES & INFRACTIONS

✓ Please refer to the CD ROM with the full IBSA Sanctioned rules 2014-2017

✓ 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 and for the ball to pass the middle line on the Goalball court.

  o **ILLEGAL COACHING:** A coach may only speak to his players after a whistle line out call or during an official time out and must not talk to the players once the referee calls QUIET PLEASE.

  o **TEAM DELAY OF GAME:** if the referee deems a team to have delayed the game they are able to call delay of game penalty and 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 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 eye shades.

  o **NOISE:** If the referee deems a team has made noise which prohibits the opposition from defending the throw, the referee will cause penalty noise. 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 prior to the 6 metre line from each goal that is classed as a HIGH BALL.

- **LONG BALL**: The ball must bounce one prior to the 6 metre line from a player’s own goal and then again prior to the 6 metre line of the opposition team’s goal.

- **SHORT BALL**: The ball must travel to beyond the 6 metre line from the opposition goal.

- **UN SPORTSMAN LIKE CONDUCT**: A referee may at any time in the game penalize a player or team for un sportsman like 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 penalized, 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 eye shades during a game, if the eye shades need to be adjusted a player must put their hand up and call out eye shades. The referee will blow the whistle and call Official Time Out, Equipment check. Only the player who called for the adjustment can touch their eye shades once they turn to face their own goal and the referee is standing in front of the player and advises they are ok to adjust.
DEFENSE

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 and very tense so not to get hit, 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 2 to 3 inches 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 2 current main throws are tenpin bowling motion, discuss or spin throw motion. Using these as a base you can throw with scoop, turn, bounce, cut or top spin outcomes.
- Ideally the player will run in a sprint motion and throw the ball with it landing prior to the 6 metre line and again before the 12 metre 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 clips (links below), go to our website www.goalball.com.au and watch video’s, check out our Facebook page to see games and coaching tips. Read the rules and understand them, especially around when you can and can’t speak to the players while in a game situation.

  - www.youtube.com/watch?v=0bZ51jzmbAQ
  - www.youtube.com/watch?v=BPPd2dZqGJ0

- Learn drills that capitalize on court orientation and Goalball handling skills. Also focus on the athlete’s balance and coordination.

- Reinforce, Reinforce & oh reinforce. When a player is under blindfold their perception of what is happening is sometimes quite off and as a
coach it’s up to you to give the game plan over and over throughout the course of playing 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 & 2 table official who fill in the score sheet and run the score board.

✓ Great opportunities currently exist for teachers and students to become qualified officials. NSW Goalball is hosting an international coaching workshop at The Kings School on Wednesday, September 28th 5-8pm 2016. This workshop will be ran by USA Men’s Head Coach Matthew Boyle and will feature game review footage from Rio Paralympics. For more details, 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 our Chairman Murray Elbourn on 0427 186734 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.

✓ For tournament information and our local training days in Sydney Metro please visit us on social media or go to the website [www.goalball.com.au](http://www.goalball.com.au) or go to our facebook page at [www.facebook.com/nswgoalball](http://www.facebook.com/nswgoalball)

**COMPETITION & SOCIAL TRAINING**

✓ The Goalball season runs from March through October for representative teams however the school season runs from term 2 to term 4.

✓ Goalball is a Pacific School Games sport and as such will host trials for the state schools team in Term 2 2017 to represent NSW at the 2017 PSG’s in Adelaide, South Australia.

✓ Australian Goalball Championships will be at The Kings School from Thursday September 29th through Sunday October 2nd 2016. These championships will feature current and past Australian Paralympians in addition to international teams from USA & Korea. It is free to attend and you will see the elite players in Australia across Women, Youth, Junior and Men play for GOLD.