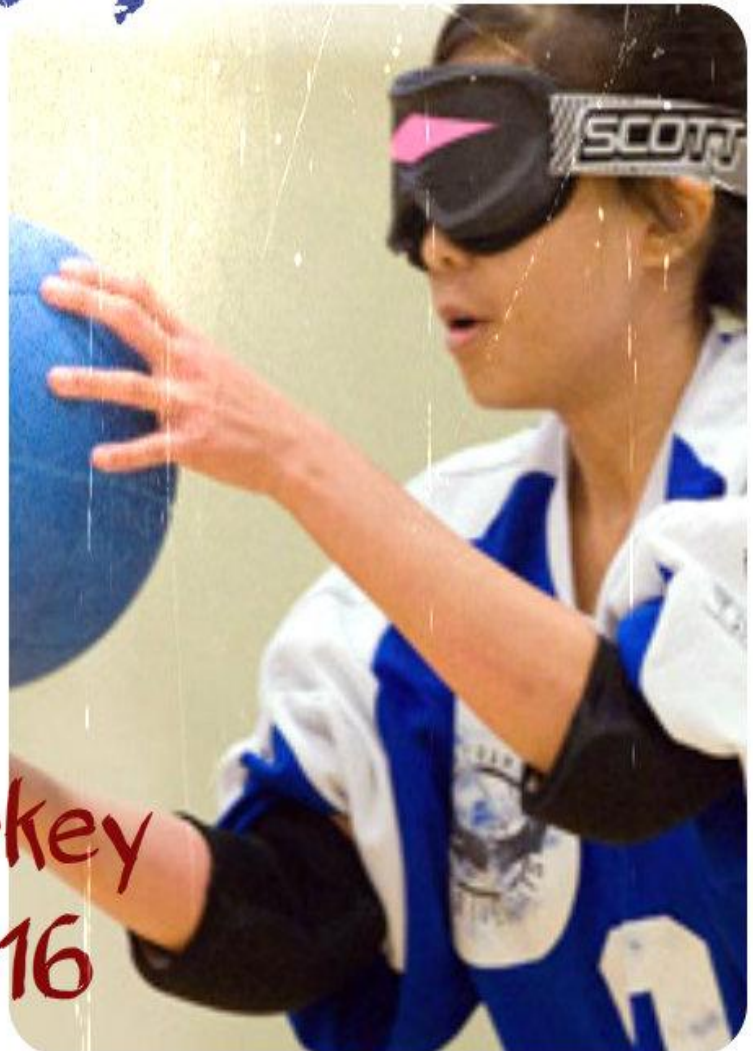


Erasmus+

GOALBALL

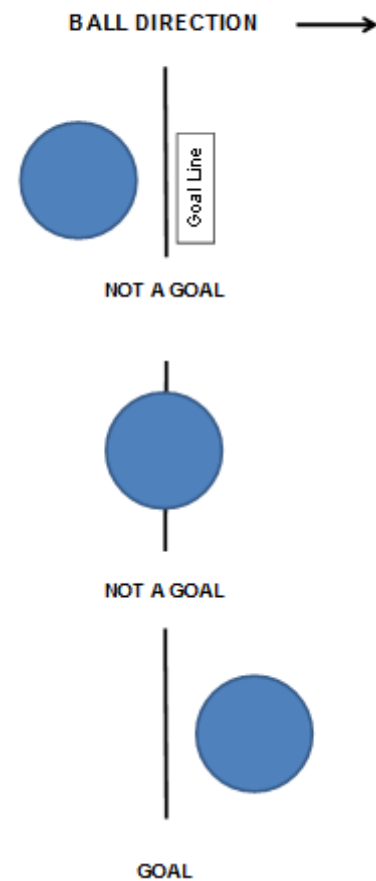
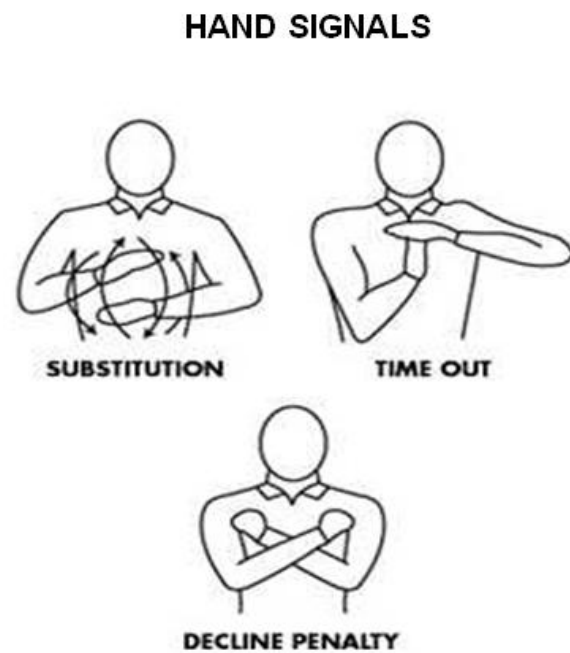


Turkey
2016

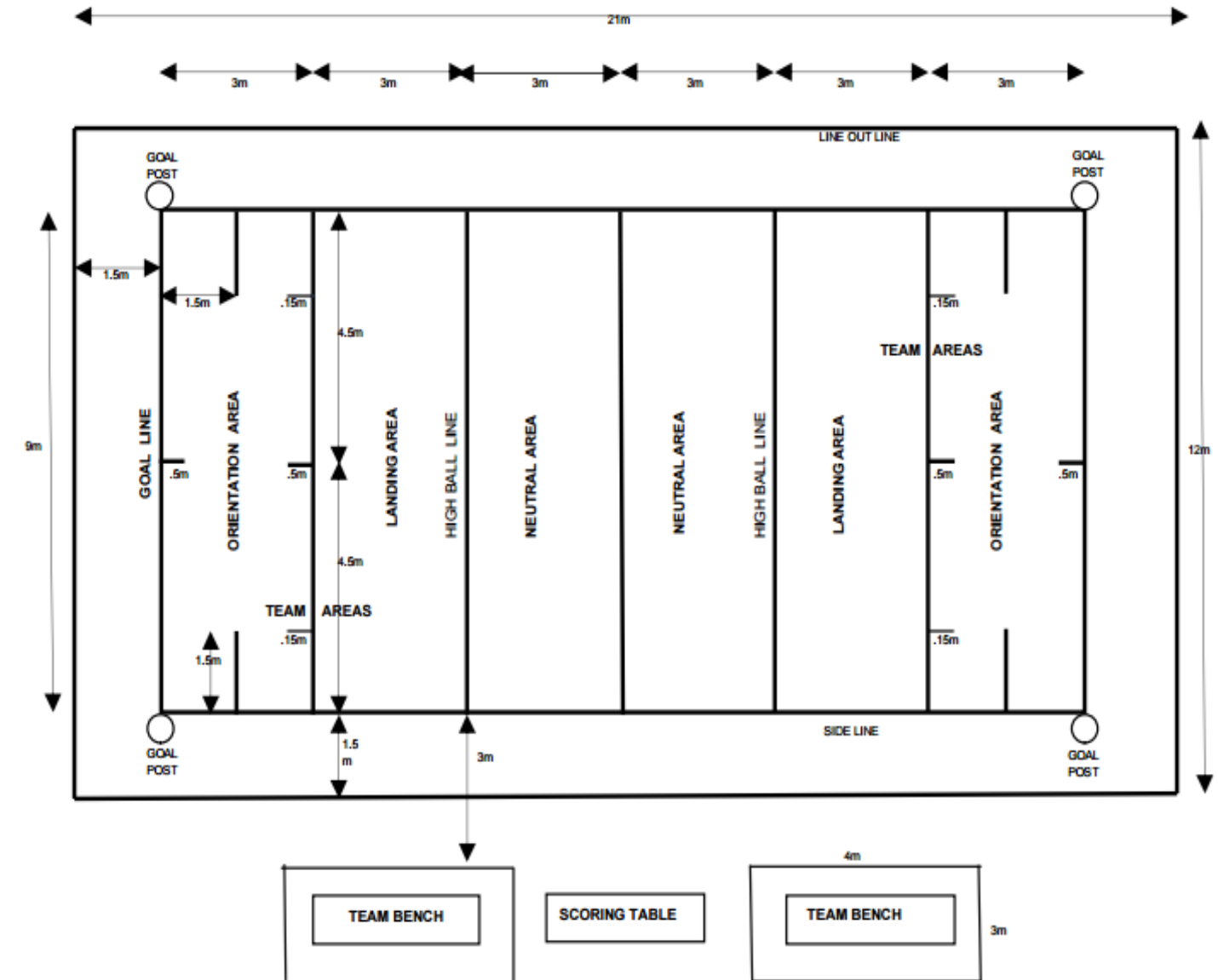


Goalball is a game played by two teams of three players each, with a maximum of three substitutes for each team. The game is played in a gymnasium on a court measuring 18m x 9m, which is divided into two halves by a centre line. Teams remain on their own half of the court during the game. The purpose of the game is for each team to throw the ball by hand, along the floor, with the intent of getting the ball across the opponent's goal line while the other team attempts to prevent this from happening. The goals and nets extend right across the 9m width at each end of the court. The ball is made of hard rubber and has holes in it that allow bells inside the ball to be heard as the ball moves. The rules of the game are controlled by the International Blind Sports Federation (IBSA).

GOAL DETERMINATION



COURT DIAGRAM





A goalball court is a standard gymnasium volleyball court measuring 9m wide by 18m long. There are two team areas at either end of the court which measure 3m wide by 9m long. Inside the team areas there are player orientation marks consisting of two 1.5m wing lines and one 0.50m center line.

Goalball was devised in 1946 in an effort to rehabilitate visually impaired veterans who returned from World War II. In 1976, it was then introduced to the world at the Paralympic Games in Toronto.

The sport, exclusively for athletes with visual impairments, consists of two halves of 12 minutes each and athletes wear blackout masks on a playing court.

The object of the game is to roll the ball into the opposite goal while opposing players try to block the ball with their bodies. Bells inside the balls help orient the players, indicating the direction of the on-coming ball. Therefore, while play is in progress, complete silence is required in the venue to allow the players to instantly react to the ball.



Teaching style

- The referee, teacher or coach is key to controlling the game. You must let the players know what is going on.
- Use a whistle or voice to indicate aspects of play.
- For beginners, play without eyeshades initially. If eyeshades are used, make sure that players use one pair only (for hygiene reasons).
- Players who are hearing impaired, or some with mobility impairments, can play without eyeshades and defend a specific area.



Rules

- When the ball is thrown it must touch the floor before passing over the High Ball Line. This is to ensure that the ball is rolled giving the defending team an opportunity to hear it coming.
- Once a ball has been fielded, it must be thrown again within 10 seconds. With beginners, remove this time limit.

Equipment

- Use alternatives if a goalball is not available. For example, wrap a basketball in a plastic bag.
- Eyeshades, or alternatives, should block out all vision. In competition they are rigorously checked, but for practice improvised eyeshades can be used.
- The lines on the court and the players' orientation marks must be tactile enabling players to feel them with their fingers or feet (see illustration). In practice, only the players' orientation lines and the

- No player can take more than 2 throws consecutively.
- If the ball is thrown directly over the sidelines (OUT), the defending team takes possession. If the defending team deflect the ball over the sidelines (BLOCKED OUT), then possession returns to the team who threw the ball.
- The defending team's first contact with the ball must be within their team area.
 - lines defining the team area need to be tactile – the rest visual for the referee, teacher or coach.

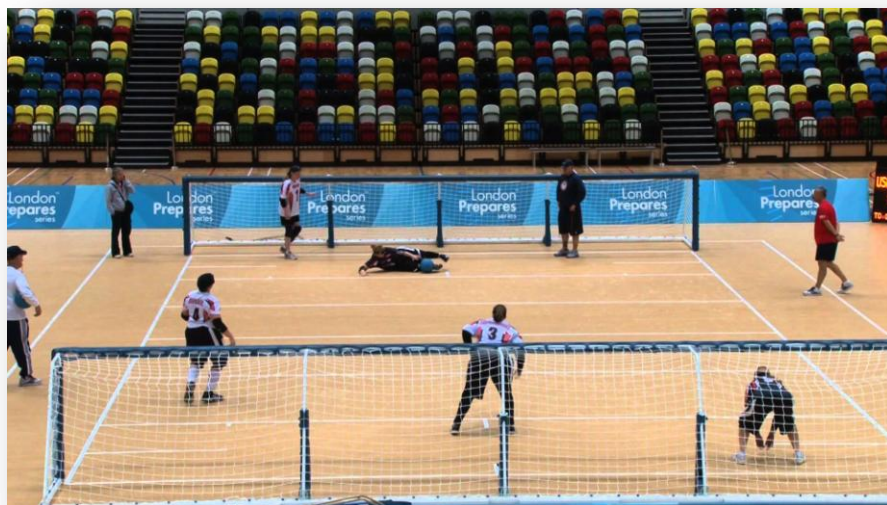
Environment

- Ensure that there is sufficient distance between teams, particularly if an official goalball is being used. These are quite heavy (1.25kg).



Safety

- On hard surfaces, players use elbow, knee and hip pads. Beginners should stay on their feet, (or on their knees if balance is impaired).
- If mats are used for players to lie on, be careful of awkward deflections of the ball.
- Make sure that all eyeshades are washed and clean before using and are not 'swopped' between players during play.



Scoring

- Three points are awarded for a 'goal'.
- One point is awarded for a block.
- The winning team can be the first to reach a number of points (e.g. 50 points); first to 11 in best of three sets or the team that scores the most points within a time limit (e.g. 5 mins).

Loss of Possession of the Ball

Three ways to lose possession of the ball during a game of goalball exist. What this means is a team will lose the ball and the opposing team gets to throw. The ways to lose possession include the following.

Premature Throw: A premature throw is when a player throws the ball before they are allowed to or before, 'Play,' has been called. **Ball Over:** A ball over takes place when a defending player stops the ball



and it bounces off of that player and rolls over the center line. **Pass Out:** If a player passes the ball to another team mate and the pass is missed with the ball going over the outside lines it is called a, 'Pass Out.'

Throwing



Anticipate



Blocking





It is extremely important that the session leader puts an emphasis on safety issues throughout this activity. Goalball is an active game and requires direct bodily contact and the use of blindfolds. Therefore, it is important that the session leader is aware of specific safety precautions. Risks are bumping into walls, other students and/or tripping over equipment. It is necessary for the session leader to create a safe environment where the students are within marked boundaries, where there is no likelihood of accident. Boundaries can be made using rope taped to the floor, to create a textured line, or change in surface height. The session leader should emphasize the importance of using auditory stimuli to assist spatial awareness, to help orientate the students when playing.

As with all children, intervention approaches should focus on active participation of the child in all activities. Because people with visual impairments may not be able to learn by watching what is going on around them, they must learn "by doing" and interacting with their environment. Interventions should focus on the development of contingency awareness and the intrinsic motivation and drive of the very young infant and the development of the physical skills that are necessary for the child to move out and explore. People with visual impairments should be given the opportunities to participate in all of the activities that they encounter. If a child cannot participate independently, explore ways that he can be assisted through the activity, allowing him to complete the steps that he can do independently.



Knowing The Game



walking downtown for a shopping trip. "Mobility" refers to the ability to move safely, efficiently, and effectively from one place to another, such as being able to walk without tripping or falling, cross streets, and use public transportation.



Talking about importance of independent movement and orientation. Orientation and Mobility (O&M) is a profession specific to blindness and low vision that teaches safe, efficient, and effective travel skills to people of all ages: "Orientation" refers to the ability to know where you are and where you want to go, whether you're moving from one room to another or

Lessons about grand rules of the game. The rules of the Goalball are controlled by the International Blind Sports Federation. Goalball was invented in 1946 by Austrian, Hanz Lorenzen, and German Sepp Reindle, in an effort to help in the rehabilitation of blinded war



veterans. Teams are comprised of six players with no more than three from each side on the pitch at one time, in matches of two ten minute halves. In the London 2012 games, the times increased to twelve minutes per half. Outside of the group stages, drawn matches are resolved by overtime; two halves of three minutes, or until a goal is scored and, if necessary, extra throws. In contrast to the applause and cheers that ring out around the majority of Paralympic Games' venues, the goalball arena is silent during play, allowing the players to hear the ball which has a bell inside of it.

In preparing the court, you will want to use standard duct tape. It is general practice to make the court two layers thick, one layer on top of the other, giving the court a superior tactile feel permitting players to easily find their positions. It may be desirable to use a non-stick tape underneath the duct tape to prevent it from ripping up any varnish or painted lines on the floor.

The taped lines are the entire team areas with the players orientation lines. The over throw lines, center line and the outside lines of the neutral area only have to be taped if they do not exist on the volleyball court. The lines only have to be one layer thick because they are used mainly by the referees.





Using the right techniques. **Throwing:** The ball must be rolled on the floor. When throwing the ball, it must touch the floor before the over throw line or it is considered to be a, 'high ball.' A high ball would constitute a penalty and nullifies any goal scored from that particular throw. Bear in mind that the ball must be rolled or bowled along the floor instead of being thrown.

Defending: Players must stay within the team area while defending. When stopping the ball, some part of the player's body must be touching the team area or it is called, 'illegal defense,' and constitutes a penalty.

Play: The audible command, 'Play,' must be called by the referee to begin or restart the game. After any official stoppage of the game, 'Play,' must be called to restart it. For example; the start of the game, after an out of bounds ball, a blocked out ball, a goal, or a penalty situation.



Knee and Elbow Pads: Most any pad will work. There are two kinds of Trace elbow pads: short ones and the longer variety. Although either type will work, most players prefer the longer pads. For the knee pads, most players prefer the Trace 47000 softball knee pad as it is longer and covers part of the shin.

Eyeshades: In order to maintain an equal advantage, every team member must wear eyeshades at all times during the game. Once the game has begun, a player may only adjust their eyeshades by raising their arm up into the air and calling, 'eyeshades.' Only then, after a referee tells the player to turn around, may the player adjust their eyeshades.





Time Limits: After receiving control of the ball, a team has only ten seconds to throw the ball back at the opposing team; if not, it is considered a team penalty.

Game Time: A regular goalball game is twenty minutes consisting of two ten minute halves. There is a three minute half time in order for the teams to switch ends of the court.

First Ball: A coin toss determines which team will receive the first ball, with the opposing team receiving the ball following half time. Each team is allow three, forty-five second, time outs in a game.



Ankara 2016

Project

May I help you - sport animator for blind people.

2014-2-PL01-KA205-013229



Project Partners:

**1. Polski Związek Niewidomych, Okręg Opolski
Polish Blind Association**

ul. Kościuszki 25/1 / Opole / Polska



**2. Federazione Nazionale Associazione Scuole di Danza Federation
National Association of Schools of Dance** Ravenna / Włochy /
www.fnasd.it



**3. ENGELSİZ TOPLUM OLUSTURMA DERNEĞİ The
foundation of barrier free society** Ankara /
Türçya / www.etod.org.tr

Duration of the project: 01.02.2015-01.06.2016.

The project purpose was to prepare a group of young people – social sport animators – who would have qualifications to organise sports and recreational events for the blind.

Owing to the participation in the project, 24 young people familiarized with the specificity of work with blind people and will now be able to assist organisations supporting the blind in their work.

A group of 24 young people from Poland, Turkey and Italy took part in the project. Amongst them, there were persons who are blind, partially sighted and sighted.

The participants got to know the principles of safe organisation of canoeing, sailing, dancing and movement recreation events as well as indoor sports for the blind.



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Erasmus+ Programme
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