

VAN LINT STUDENT SPORTS WEEK

Goalball

Team size: 3

Duration of a game: 10 minutes

Rules:

The objective of the game is to simply roll the ball on the floor, in a bowling motion and have the ball completely cross over the opposing team's goal line, scoring a point. The team with the most point after 10 minutes is the winner.

Three people of each team are on the court at one time. The rest sits aside on the bench.

All team members, must wear eyeshades at all times, during the game. After the game has started, a player may only adjust his or her eyeshades, by raising your arm up in the air, and calling "eyeshades". Only then, after the referee tells the person to turn around, may the person adjust their eyeshades.

The ball must be on rolled the floor after the referee announces "PLAY". The ball must be bowled or rolled along the floor rather than thrown. It must touch the floor before the over throw line or it is considered to be a high ball. This would constitute a penalty and nullifies any goal scored from that throw.

When defending, it is only allowed to lay flat on the ground for 2 seconds or less. Laying on the floor for longer than 2 seconds constitutes a penalty.

Players must stay within the team area when defending. When stopping the ball, some part of the players body must be touching the team area or it is called Illegal defense and constitutes a penalty.

Losing Possession of the Ball

There are 3 ways to lose possession of the ball. This means your team will lose the ball and the opposing team gets to throw.

- 1) **Premature Throw:** This is when a player, throws the ball before he/she is allowed to or before "PLAY" has been called.
- 2) **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, this is called a "Pass Out".



3) Ball Over: This takes place, when a defending player stops the ball, and it bounces off that player and rolls over the center line.

A goal counts when the ball passes completely over the back(goal) line of either team area. It is a goal no matter, how it crosses the line, if it was thrown by the opposing team, and or thrown or carried over by your own team members.

Penalty

Penalties can be awarded for:

High Ball - Three Throws - Eyeshades - Personal Unsportsmenlike Conduct - Personal Delay of Game - Long Ball - Illegal Defense

In a penalty situation, only one player will remain on the court, defending the entire goal by himself/herself for one penalty shot. This person who stays on is determined by the penalty called. If it is a personal penalty, then it is the one that incurred the penalty that remains on the court.