

Goalball

Goalball is a team sport performed by visually impaired players. They roll a ball with bells inside and compete to score points. The highlight of the sport is the offensive and defensive tactics employed by the players using senses other than sight, such as the sound of the ball and the footsteps of the opponent players.

Rules:

Each team of 3 players rolls the ball to score a goal. Matches consist of 2 halves of 12 minutes. The attacking side must roll the ball into the opponent's goal. The ball weighs 1.25 kilo grams and is almost the same size as a basketball. Three players from the defending side use their whole bodies to defend the 9-meter-wide goal.

The attacking player must release the ball before the landing area.

There is a string under the line, which enables players to check their position by touching.

Column:

Aiming to rank high at the Tokyo 2020 Games!

Coaches and team members on the bench, as well as spectators, must remain quiet while the ball is in play. Scores often change immediately after a time-out, during which important instructions can be given to the players at the bench area.

The Japanese female team made their Paralympic debut at the Athens 2004 Games and won a bronze medal followed by the first ever gold medal in a Paralympic team event at the London 2012 Games.

Trivia:

A top male player throws the ball at an initial speed of 60 to 70 kilo meters per hour to reach a distance of around 9 meters in 0.5 seconds.

Venue:

At the Tokyo 2020 Paralympic Games, goalball will be held at Makuhari Messe Hall C.