

GOALS FREE

Preface

Goals free is a team game that develops peer relationships, listening abilities, sense of responsibility and team play.

It develops all of the skills needed in organized sports such as strategy recognition.

Benefits of Goals Free:

- It increases the coordination abilities;
- It develops some movement patterns such as throwing, ball handling, grabbing, evaluating trajectory and distances;
- It enables team play and develops the acquisition of a precise role in the game;
- It teaches fair play, to accept defeat, and to win while still showing respect for the other team.

GAME DESCRIPTION:

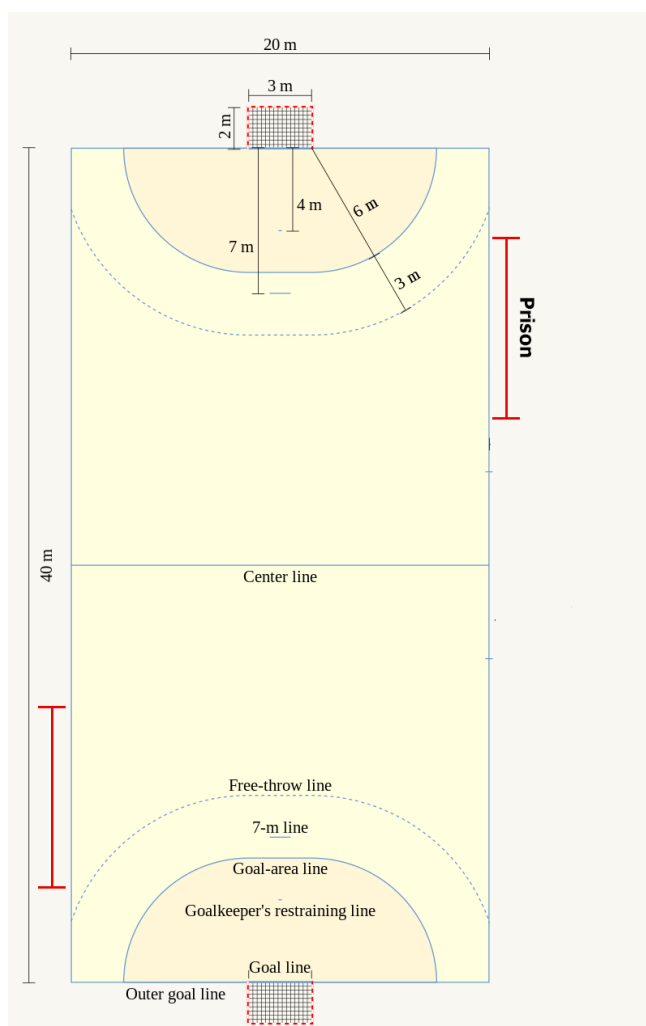
Goals free is a team game that mixes elements from “palla prigioniera” (a traditional italian game similar to dodgeball) and handball, in which players on two teams try to throw the ball and hit opponents, while avoiding being hit themselves. The objective of each team is to eliminate the members of

the opposing team by hitting them with thrown balls, catching a ball thrown by an opponent, or inducing an opponent to commit a violation, such as stepping outside the court. It is also important to not concede any goals.

A team can step inside the opposing team's field only during an offensive play.

EQUIPMENT : one handball, two goals.

COURT: handball court (indoor or outdoor).



DURATION: A standard match has two 10-minute halves.

TEAM PLAYERS: Each team consists of six to eight players on court, depending on the space available.

GAME RULES

Each team starts in their half of the field. At the **start** of every **game** the referee throws the **handball** up in the air, and one player from each team tries to pass it to their teammates.

Before the ball can be thrown, it must be passed at least three times (and no more than seven times) between the members of the team, then a player has to throw the ball and try to hit the opponent, from the waist down, without stepping outside the court. If a player gets hit above the waist, there is no valid hit.

A ball is considered "live" from the moment it leaves a player's hand up until it touches the floor, wall, or ceiling, when it becomes "dead".

If a player is hit by an opponent's live ball, they become "prisoner"; if the ball is dead, there is no hit.

If a player catches a live ball, the opponent who threw the ball becomes a "prisoner"

however, if they fail to secure the catch, leading to them dropping the ball, the failed catcher becomes the prisoner

If the ball does not hit anyone, a player can pick up the ball.

If the ball goes out of bounds it is played from a throw in.

In any case the ball is then played by the other team.

Prisoner: If a player becomes a prisoner, he must go in the prison, located on the right side of the opposing team's field and must remain there until he is set free by his team.

When a team has lost a player, it must start an **offensive play**.

If the team can score a goal the prisoner is free, and can return in his field. The team gets one point for the scored goal

If there is more than one prisoner, they get released in the same order in which they have been captured.

OFFENSIVE PLAY

For the offensive play the rules of handball apply:

The team takes the field and attempts to score a point by putting the game ball into the opposing team's goal. In handling the ball, players are subject to the following restrictions:

- After receiving the ball, players can pass, keep possession, or shoot the ball.

- If possessing the ball, players must dribble (similar to a basketball dribble), or can take up to three steps for up to three seconds at a time without dribbling.
- No attacking or defending players other than the defending goalkeeper are allowed to touch the floor of the goal area (within six metres of the goal). A shot or pass in the goal area is valid if completed *before touching the floor*. Goalkeepers are allowed outside the goal area, but are not allowed to cross the goal area boundary with the ball in their hands.
- The ball may not be passed back to the goalkeeper when they are positioned in the goal area.

The final score is given by the number of prisoners at the end of the game and from the goals scored during the whole game.