Goalball at Cal: Monthly Community Practice

Beginners welcome. No experience needed. Equipment provided.

Registration required to play: Register at bit.ly/4hkNhpD (*register for every session you attend)*

Want to volunteer? Sign up to volunteer at bit.ly/3Vs06pA (more info below about volunteering)

When

Monthly on these Sundays, 11:30 AM to 1:30 PM. No practice in December (see the tournament below).

- Sunday, October 4, 2026
- Sunday, November 1, 2026
- Sunday, January 10, 2027
- Sunday, February 7, 2027
- Sunday, March 7, 2027
- Sunday, April 4, 2027
- Sunday, May 2, 2027

Where

Recreational Sports Facility (RSF), UC Berkeley campus

2301 Bancroft Way, Berkeley, CA

The Blue Gym

What is goalball?

Goalball is a fast-paced team sport designed by blind people for blind people. It is a sport played all over the world, including in the Paralympics!

- Two teams of three players face each other on an indoor court.
- The ball has bells inside, so players track it by sound.

- Players roll or throw the ball toward the other team's goal, which stretches across the full width of the court.
- Defenders stop the ball by listening for it and blocking it with their bodies.
- Every player wears blackout eyeshades, so everyone plays on equal footing.
- Court lines are tactile, so players can feel where they are with their hands and feet.

Who can join?

- **Everyone is welcome.** Practices are open to Cal students and non-students.
- **You do not have to be blind or low vision to play.** Eyeshades put every player on the same level.
- **Beginners welcome.** No experience required, and all equipment is provided.

The goal of the program is to spread awareness about goalball and to give the Cal community a space to connect with the broader disability community.



Image description: A goalball player lunges forward in a deep stride, gripping a blue goalball with both hands as she winds up to throw. She wears blackout eyeshades, a navy and orange jersey, black pants, and bright yellow sneakers. Photo by Scot Goodman.

December Goalball Tournament

Saturday, December 5 and Sunday, December 6, 2026

Want to play? If you have not played in a BORP goalball tournament before, email Molly at **molly@borp.org**. Information will be emailed soon.

Want to Volunteer?

We need volunteers at every session to help us prepare the tactile court and to be goal judges during play (goal judges pick up the ball after it's gone out of play and return it to athletes). Volunteers may also be invited to play if they are interested, during practice.

- Sign up to volunteer at bit.ly/3Vs06pA
- Volunteer shifts are 11am – 2:15pm

Hosted by

BORP Adaptive Sports and Recreation and Cal Recreation and Wellbeing (RecWell).

Image description: BORP Adaptive Sports and Recreation 50 Years logo. On the left, there is the word 50. The 0 in the number is a stylized image of a person pushing a wheelchair, with the word "YEARS" inside the wheel. On the right, "BORP" appears in bold blue and black letters above the words "Adaptive Sports & Recreation" in red.

Image description: UC Berkeley Recreation and Wellbeing logo, shown on a dark blue background. "UC Berkeley" appears in gold serif lettering, followed by "RecWell" in white lettering.

Image description: ASUC Disabled Students Commission Logo. On the left there is the official ASUC seal in blue, yellow, and white colors. The seal says "The Associated Students University

of California” and “Since 1887”. On the right, “ASUC Disabled Students Commission” appears in all capital blue letters with 2 blue lines next to the “ASUC”.

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Questions?

Contact Molly with BORP Adaptive Sports and Recreation

molly@borp.org; 303-246-0989