

# What is **GOAL-HI**; how is it played;

## 1. What Is **GOAL-HI**?

Goal-Hi is a new play-game resembling basketball. It has been referred to as a 'lead-up game to basketball'. While retaining many of the good features of that popular game, Goal-Hi is not restricted to formal play and loses none of its appeal and benefits to the players when played informally.

## 2. Who Can Play **GOAL-HI**?

Goal-Hi does not require experienced players but obviously, as in most other games, the individual's skill increases in proportion to the degree he practices or plays the game. Goal-Hi will attract, interest and benefit children of elementary school age as well as players of more advanced ages. It is just as much a girl's game as a boy's game. As an intra-mural sport in Universities and High Schools, Goal-Hi offers exceptional possibilities. When played as a strictly formal game, teams are limited to 5 players each. Informally Goal-Hi is played with larger groups (entire gym classes, etc.) without sacrifice of interest or exercise value. A special modified game is described in the Goal-Hi Rules Book for physically handicapped children.

## 3. Where Can **GOAL-HI** Be Played?

Goal-Hi is an outdoor game as much as it is an indoor game and consequently it can be played in the school yard and playground as readily as on the gym floor or in the play room. The same equipment can be used for indoor and outdoor play. Goal-Hi is a year 'round game. For home use, Goal-Hi is an excellent game for back yard installation. Children are thus encouraged to keep off of busy streets and to regularly engage in exercise that will pay dividends.

## 4. What Playing Area Is Required?

Goal-Hi is played on a circular court. It may have a radius of 30 feet or the size of the court may be reduced to a 15-foot radius. Local conditions will determine the size of the playing court or field without materially changing the game.



GOAL-HI in the gym provides an abundance of exercise, fun, and athletic challenge.