

# Football 5-a-side: A guide

A variation of football played by visually impaired athletes using a ball with a noise-making device.

## SOUND SYSTEM

- The ball is equipped with a noise-making device that allows players to locate the ball.
- When it moves, the sound of tinkling bells emerges.
- Silence must be observed in the area surrounding the field of play.



## SPECIAL RULES

- Outfield players wear blindfolds (with additional patches underneath).
- This is to ensure that in terms of visual field, all are equally impaired.

## CLASSIFICATIONS

- For the Asean Para Games, players of all classifications (B1-B3, with B1 being the poorest visual ability) compete together.
- But in other Paralympic events, players are usually categorised according to level of impairment.

Team Singapore player  
Azhari Adam

**We'd never played football blindfolded. Our potential in terms of speed and direction was reduced. We did not expect the game to be like this. After going through training, we have grown to appreciate the challenge, and yeah, now here we are, playing it.**

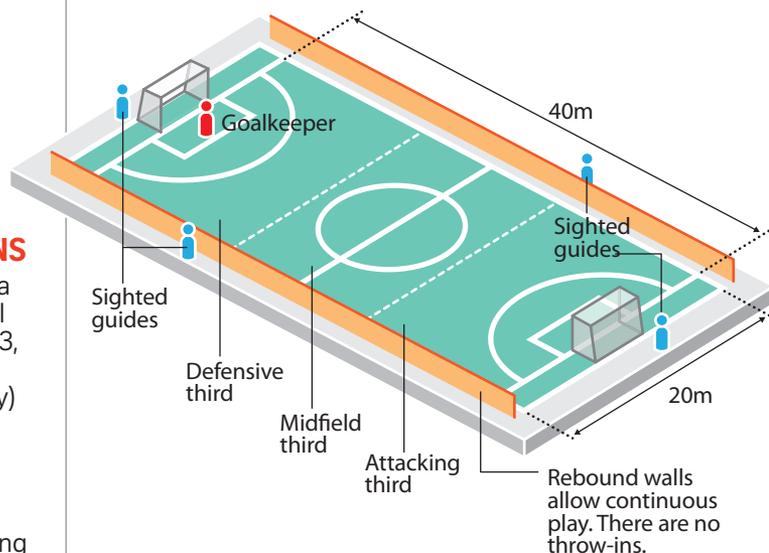
**Melvinder Singh,**  
footballer

## THE TEAM

- Each team has two off-field sighted guides, a sighted goalkeeper, and four visually-impaired outfield players.

## DURATION

- Two halves of 25 minutes with a 10-minute break in between.



## ZONES

- The pitch is divided into 3 zones with dotted lines: **defensive third**, **midfield third** and **attacking third**.
- When play is in the **defensive third**, only the goalkeeper is allowed to give directions.
- When play is in the **midfield third**, only the coach is allowed to give directions.
- When play is in the **attacking third**, only the guide behind the opposing team's goal can give directions.
- If any sighted guide/goalkeeper speaks out of turn, a foul is committed.