

Football five-a-side – Information Sheet

About the Sport

Football five-a-side has officially been a part of the Paralympic program since the Athens 2004 Paralympic Games.

Football five-a-side follows the same rules as the International Federation of Associated Football, except there are five players per side, the field of play is smaller, all team members except the goalkeeper play with eyeshades, the ball makes a noise when it moves, and there is no offside rule.

Every Football match is played between two teams with four athletes who are blind and one sighted or visually impaired goalkeeper on the field as well as five substitutes. Additionally, each team has a guide behind the opponent's goal to direct the players when they shoot.

A Football match lasts 50 minutes with two halves of 25 minutes each and a 10-minute half time in between. The winning team is the one that scores the most goals during a match.

Who can compete?

Football five-a-side is open exclusively to athletes with a vision impairment. Athletes are required to submit medical reports and meet the minimum impairment criteria in order to compete.

Eligible impairments	Description	Minimum impairment criteria
Vision Impairment	Impairment of the eye structure, optic nerves or pathways, or vision area of the brain, resulting in a loss of vision in both eyes. Caused by conditions such as albinism, macular degeneration, macular or cone rod dystrophy and retinitis pigmentosa.	Players are blind and have no light perception in both eyes.

Football five-a-side Sport Classes

Sport Classes	Description (Guide Only)
B1	Athletes are completely blind and have no light perception in both eyes. Players wear blacked out goggles during competition to even out the players different levels of vision.
Not Eligible (NE)	Players do not meet the minimum criteria for the Para-sport classes, but may still be able to compete. Contact Football Federation for more information.

Find out more

To get involved or for more information contact:

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Note: The classification information provided is intended as a guide only. Only authorised classifiers are able to provide a formal classification in accordance with the rules of the sport.