



## FOOTBALL 5-A-SIDE

Each team consists of five players. To ensure equality over the level of impairment, players wear eyeshades. It is played in total silence, except for three people, who are the only ones who can give instructions.

- **The goalkeeper** (the only player without a visual impairment)
- **The coach:** Located in the dugout
- **The guide:** Located behind the opponent's goal

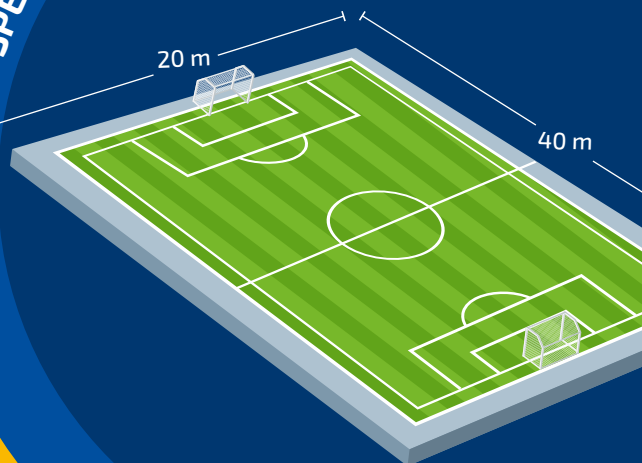
### TYPE OF IMPAIRMENT

Visual, specifically people with total bilateral blindness (B1)

The ball has capsules with steel balls inside, there are six, glued between the leather and the air chamber, equidistant, ensuring that any movement generates a sound.

### FIELD SPECIFICATIONS

**TIME:**  
2 halves of  
20 minutes each



### GAME RULES



- 1** Every player who seeks the ball must say "go" loud and clear to be placed spatially by the players who are also in dispute or by the one who has control of the ball.
- 2** Spectators must remain silent whilst watching the game.
- 3** It is played with lateral barriers so that the ball does not leave the field of play.