

## Football 5-a-side

Players wearing blackout masks showcase a powerful play, where they run freely, chasing a ball that makes a sound and aiming at the opponent's goal.

### Rules:

The rules of futsal have been adapted for visually impaired players.

The sport features 5 players in each team and is played using a ball that makes a rustling sound as it rolls. Matches consist of two 20-minute halves. All 4 outfield players are visually impaired – although some may have minimal light perception – and all 4 must wear blackout masks to ensure fairness. When attempting to tackle an opposition player who has the ball, they must say “voy”, which means “go” in Spanish. Failure to comply will result in a foul.

### Classification:

Athletes with visual impairments are eligible for the Tokyo 2020 Paralympic Games. While they are divided into 3 classes depending on the degree of impairment, only male players in class B1 are eligible for 5-a-side football.

### Column:

The Japanese team are making their Paralympic debut!

As humans, we are reported to obtain around 80 per cent of the information we receive through sight. Outfield players compete in a state where their vision is completely blocked. They use their refined senses to concentrate on their play while relying on verbal instructions from the goalkeeper, manager and guide who stands behind the opponent's goal, plus the sound of the ball and verbal communications with their peer players. Body checking is more intense than in regular football and you'll be amazed at the fast speed of play compared to what you might expect.

There are high expectations for the Japanese team who will make their Paralympic debut.

### Trivia:

The guide informs the players of the distance and angle from the goal, and they shoot by imagining the goal frame from the vocal cues.

### Venue:

At the Tokyo 2020 Paralympic Games, football 5-a-side will be held at Aomi Urban Sports Park.