



Football for Disabled People in Scotland

This fact sheet provides an overview of football for disabled people in Scotland. It also provides useful contact details to signpost you to your local club to develop your skills and start to play, volunteer or coach disabled people in football.



Development of Football

Perhaps the world's best loved sport, football is played by millions across the globe, whether just in the local park or a national stadium.

Football is a team sport that offers excellent opportunities for people with a disability to enjoy physical exercise, social interaction and develop individual skills within a safe and exciting environment.



The Scottish Para Programme is an important part of Scottish Disability Sport and the Scottish FA's commitment to encouraging those with physical, sensory or learning disability, or a mix of all three, to participate in football.

In 2019, the Scottish FA launched Scottish Para-Football, bringing together the Game Leader organisations responsible for the development of specific formats of the game.

As an Affiliated National Association Scottish Para-Football promotes development opportunities and increases participation. No matter a person's ability or disability they can access the game across Scotland. Programmes are being further developed to ensure that barriers to disability participation can be overcome.

Game Formats

Cerebral Palsy

Cerebral palsy football was introduced at the 1984 New York Paralympic Games and Scotland has had a strong tradition of players being selected by ParalympicsGB at subsequent Paralympic Games.

Players with cerebral palsy, stroke or acquired brain injury who are ambulant play a 7-a-side format of the game. The Scottish National Squad train on a monthly basis and there is a growing number of local clubs.

Scotland has direct entry into European and World Championships through membership of the International Federation of Cerebral Palsy Football (IFCPF).

Powerchair Football

The Scottish Powerchair Football Association (SPFA) is the organisation responsible for the development of powerchair football in Scotland. There is a well-established league structure in place for the 9 teams competing across Scotland.

This format of the game is played indoors on a basketball court and players use a modified electric wheelchair.

Deaf Football and Futsal

The Scottish Deaf Football Association was formed prior to the first Deaf International sport gathering in 1891. Today the Association provides a pathway for domestic and international Football and Futsal.



Visual Impairment/Frame Football

Structures for visual impairment and frame football have also been established with work ongoing to develop opportunities to play this format.

Learning Disability Football

The Pan Disability Football League provides regular competitive opportunities for individuals with a learning, physical or sensory disability.

The Scottish FA in partnership with SDS organises friendlies and national 5's, 7's and 1-a-side football competitions annually.

For further information please contact SDS on 0131 317 1130 or admin@scottishdisabilitysport.com.

Autism Football

Team United manage the Autism League in Scotland for children and young people aged 6-18, the first of its kind in the world.

The organisation also works with grassroots clubs to increase their knowledge and capacity and provide support enable clubs to manage their own team and delivery weekly sessions.

Amputee Football

The Amputee Football Association Scotland was created to provide opportunities for people of all ages who have an amputation or congenital limb difference.

The organisation has delivered a number of successful training camps for junior players and is working towards developing an adult league.

Scottish FA Programmes

The Scottish FA employs a Community Project Co-ordinator as well as a network of development officers based in a number of Local Authorities and clubs in Scotland. Football Development Officers have a remit to promote and develop disability football within their local area.

The Scottish FA and SDS wish to continue the development of disability football in Scotland, offering greater opportunities for players to reach their full potential

The Classifications

Disability football includes pathways for a number of levels from grassroots through to international representation. Examples of classification systems are as follows;

Cerebral Palsy Football includes 3 classes, FT1, FT2, and FT3 (lower number indicates a higher level of impairment): In order to ensure fairness between teams, each team of seven players must have at least one FT1 player on the field at all times and is not allowed to have more than one FT3 player on the field.

Players with a visual impairment play a 5-a-side version of the game. Sport class B1 (totally or almost totally blind athletes): Matches are played between two teams, each with four athletes who have a B1 level of visual impairment and one goalkeeper who can be sighted or visually impaired (plus five substitutes).

Powerchair football adopts a two-tier classification system, PF1 for those with highly significant levels of physical difficulty and PF2 for those with moderate to mild levels of physical difficulty.



Coach Education

Coaching Footballers with a Disability

(6 hours) allows coaches a better understanding of the needs of a disabled footballer to develop skills and reach their full potential.

The **Disability Football Awareness e-learning course** gives coaches from a mainstream environment the opportunity to better understand how the coach can include a disabled player within a mainstream football environment.

To access the Scottish FA Coach Education brochure and course application process contact: coaching@scottishfa.co.uk.

A major development will see the inclusion of three hours of disability content within the UEFA B Licence.






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TEAM UNITED (Autism Football)

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SCOTTISH POWERCHAIR FOOTBALL ASSOCIATION

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PAN DISABILITY LEAGUE

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SCOTTISH DEAF FOOTBALL ASSOCIATION


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VISUAL IMPAIRMENT FOOTBALL


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KEY CONTACTS

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KEY WEBSITES

The Scottish Football Association

www.scottishfa.co.uk

Scottish Para-Football

www.scottishparafootball.co.uk

Scottish Disability Sport

www.scottishdisabilitysport.com

International Federation of Cerebral Palsy Football

www.ifcpf.com

British Paralympic Association

www.paralympics.org.uk

International Paralympic Committee

www.paralympic.org