

PlayAbility...

...OUR GAME IS THE SAME

2017 - 2022





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Participate in the Game

Supporting Coaches

Competing on the International Stage

Opportunities to Compete

Leading the Game

Introduction

The Scottish FA published Scotland United; Scottish Football's Disability Future 2012-2017 in April of 2012. The National plan was the first fully published Scottish FA Para-Football strategy with the aim to build on the work carried out since the creation of the Scottish FA Para-Football Development Officer role in 2005. The strategy aims were to create a structure in Scotland that would allow players to reach their full potential.

The strategy was developed from Scotland United 2020 vision and developed areas within

- **Sustainable Participation**
- **More Talented Players**
- **Scotland Winning**
- **Future Team Growth**
- **Home of Great Coaches**
- **Elite Referees**

Scotland United; Scottish Football's Disability Future strategy created many positive actions and programmes which have enabled an environment to be created which has allowed the strategy goals to be achieved. A full review of this strategy can be found on page 24.

The Scottish FA aim to continue the development or Para-Football in Scotland, to maintain and establish partnerships and continue to create an environment where everyone can flourish.

The Scottish FA will spread 5 key messages within our Para-Football programme that will support people living with a disability.

Mission Statement

To create greater opportunities within Para-Football which allows participants to reach their full potential.

Five Key Messages

Social Change

Para-Football promoting social change for people living with a disability and the sport becoming a source of good.

Inclusivity/Community

Para-Football allowing people living with a disability becoming an integral part of their community and being included within community life.

Health

Para-Football being a catalyst for people living with a disability to become more physically active more often and make life changes to support healthy living which will allow opportunities to stay active throughout life.

Empowerment

Para-Football giving the opportunity for people living with a disability to be empowered within their sport and community and make effective contribution to their opportunities.

Equality

Para-Football providing bespoke opportunities for people living with a disability to gain access to activities and competitions similar to their mainstream peers and allow pathways to reach their full potential.

PlayAbility...Our Game is the Same will deliver on these key messages by concentrating on five pillars of development, each looking at a specific area of the game which will allow growth and progression within Para-Football within Scotland.

- **Participate in the Game**
- **Supporting Coaches**
- **Competing on the International Stage**
- **Opportunities to Compete**
- **Leading the Game**

These five pillars of the strategy will create a player focused environment that will allow each participant to flourish and enjoy our National Sport.

Para-Football in Scotland takes on many forms with each individual Disability or Para-Football group playing varying forms of the game.



Each version of the sport differing with rules and procedures to allow each player the best opportunity to compete and enjoy the sport in the best environment possible, which allows each player to flourish and reach their full potential.

Related Conditions

- Cerebral Palsy
- Muscular Dystrophy
- Multiple Sclerosis
- Stroke
- Progressive Neurological Conditions
- Dwarfism
- Spinal Cord Injury

This is by no means an exhaustive list but serves as an indication of the many related conditions.



Opportunities to Compete

- Powerchair National League
- International Competition

Participate in the Game

- Powerchair Football Club

Powerchair Football

Explanation of the Game

This form of the game is played by players who require the use of a motorised wheelchair (Powerchair). The game is played in an indoor hard surface (Games Hall) with the measurements of the pitch being 30m x 18m (Basketball court).

The game is contested in a 4v4 format. Each player is required to wear a playing attachment which is used as protection as well as striking the ball. Powerchair Football in Scotland is governed by the Scottish Powerchair Football Association (SPFA) supported by the Scottish FA and runs both Cup and National League competitions.



Hearing Impaired Football

Explanation of the Game

Deaf Footballers can play within every level of the game and many players compete within mainstream forms of the game.

Deaf specific football have been created to allow players to compete with their peers. 11 aside and Futsal competitions have been created to achieve this.

Players are required to have a loss of at least 55dB per tone average in their better ear to classify.

Deaf Futsal in Scotland is governed by Scottish Deaf Football Association (SDFA) supported by Scottish FA and run both Cup and National League Competitions.



Related Conditions

- Conductive Hearing Loss
- Sensorineural Hearing Loss
- Mixed Hearing Loss

This is by no means an exhaustive list but serves as an indication of the many related conditions.

Participate in the Game

- Mainstream Club
- Scottish FA Para-Football Inclusive Club
- Scottish FA Para-Football Club
- Para-Football PAN Club
- Deaf Futsal Club
- International Competition

Opportunities to Compete

- Mainstream League
- Para-Football PAN League
- Deaf Futsal National League

Mental Health & Wellbeing Football

Explanation of the Game

Mental Health conditions effects 1 in 4 adults and 1 in 10 teenagers in Scotland. Many players will continue to play mainstream football and every other form of the game throughout their recovery process.

The Scottish FA is committed to supporting players living with a Mental Health condition and helping to educate the football community on the signs of Mental Health and appropriate signposting of support. The Scottish FA offer a Mental Health and Wellbeing National League for specific Mental Health charities and community groups who use football as a tool to support people living with a Mental Health condition.



Related Conditions

- Depression
- Anxiety
- Eating Disorders
- Obsessive Compulsive Disorders
- Personality Disorders
- Post-Traumatic Stress Disorder
- Schizophrenia
- Stress

This is by no means an exhaustive list but serves as an indication of the many related conditions.

Opportunities to Compete

- Mainstream Leagues
- Mental Health and Wellbeing National League

Participate in the Game

- Mainstream Clubs
- Mental Health and Wellbeing Clubs

Football 5aside / Blind Football

Explanation of the Game

Blind Football is played on a pitch 40m x 20m with the game being contested in a 5v5 format.

All outfielders are blind (classification B1) with the goalkeeper being wither fully sighted or visually Impaired (classification B2 or B3). The game is played with a "rattle ball" to aid players whilst competing. Due to the nature of their disability players are unable to play within the mainstream football.

Participate in the Game

- Scottish FA Para-Football Club
- ASN School Visually Impaired Team

Opportunities to Compete

- National League

Related Conditions

- Glaucoma
- Retinal Detachment
- Optic Neuritis
- Intracranial Haemorrhages
- Subarachnoid Haemorrhage
- Brain Aneurysm

This is by no means an exhaustive list but serves as an indication of the many related conditions.

Visually Impaired Football

Explanation of the Game

Visually Impaired Football is played using the format and rules of Futsal. Depending on the level of the players visual impairment many allow the player to compete in a mainstream environment. The Scottish FA are currently developing specific visual impaired competitions to allow visual impaired players to compete with their peers.

Related Conditions

- Strabismus
- Congenital Cataracts
- Retinopathy of Prematurity
- Retinitis Pigmentosa
- Optic Nerve Hypoplasia
- Albinism

This is by no means an exhaustive list but serves as an indication of the many related conditions.

Participate in the Game

- Mainstream Club
- Scottish FA Para-Football Inclusive Club
- Scottish FA Para-Football Club
- ASN School Visually Impaired Team
- ASN School Team
- Para-Football PAN Club

Opportunities to Compete

- Mainstream League
- Para-Football PAN League
- ASN School League
- Visual Impairment League

Football 7aside / Cerebral Palsy Football

Explanation of the Game

This form of the game is designed for ambulant footballers with a physical disability due to a neurological condition or injury.

The version of the game is 7v7 in format with pitch size being 75mx55m using a 7aside goal.

Players are classified to determine the level of disability in which relates to the type of players you are allowed on the pitch. Internationally competitions are organised by International Federation of Cerebral Palsy Football (IFCPF) and teams compete in World and Regional Competitions.



Related Conditions

- Cerebral Palsy
- Acquired Brain Injury
- Traumatic Brain Injury
- Stroke
- Ataxia
- Athetosis
- Hypertonia

This is by no means an exhaustive list but serves as an indication of the many related conditions.

Participate in the Game

- Mainstream Club
- Scottish FA Para-Football Inclusive Club
- Scottish FA Para-Football Club
- Para-Football PAN Club
- Physical Disability Club
- ASN School Football Team

Opportunities to Compete

- Mainstream League
- ASN School League
- Para-Football PAN League
- International Competition

Frame Football

Explanation of the Game

Frame Football is designed for players who require the use of Frame or Walker for general mobility. The game is played on a flat indoor surface with a size 3 football on a pitch situated for 5 v 5.

Team will play in either 3v3 or 4v4 competitions dependant on age and mobility. Clubs in Scotland are growing with new clubs being created on a regular basis with festival and competitions currently being planned in the future.

Frame Football in Scotland is governed by Frame Football Scotland (FFS) supported by the Scottish FA and runs festival opportunities.

Related Conditions

- Cerebral Palsy
- Acquired Brain Injury
- Traumatic Brain Injury
- Stroke
- Ataxia
- Spinal Cord Injury

This is by no means an exhaustive list but serves as an indication of the many related conditions.

Participate in the Game

- Scottish FA Para-Football Club
- Frame Football Club

Opportunities to Compete

- Frame Football Festival



Learning Disability Football

Explanation of the Game

This form of the game takes on multiple forms with teams and players competing in 5, 7 and 11 aside formats of the game. Players also compete in mainstream or within disability specific Para-Football competitions.

Players competing in specific Para-Football competitions are ability banded to ensure fair competition, players are banded either A, B, C, D, E and only play in competitions against players in their own band. Internationally the Scottish FA compete in Under 19 Learning Disability Home Nations Championship and Special Olympics Scotland compete in World Games.



Related Conditions

- Downs Syndrome
- Global Development Delay
- Low IQ

This is by no means an exhaustive list but serves as an indication of the many related conditions.

Participate in the Game

- Mainstream Club
- Scottish FA Para-Football Inclusive Club
- Scottish FA Para-Football Club
- Para-Football PAN Club
- Special Olympics Club
- ASN School Football Team
- Scotland Under 19 Learning Disability National Squad

Opportunities to Compete

- Mainstream League
- Para-Football PAN League
- ASN Regional School League
- ASN National School League
- Scottish Disability Sport National 5's
- Scottish Disability Sport National 7's
- International Competition

Amputee Football

Explanation of the Game

Amputee Football is played by players with a loss or under developed limbs. The game is played on a 70m x 60m pitch with the game played in 7v7 format. The Scottish FA are currently developing competitive opportunities for amputee teams. The Scottish Youth Football Association (SYFA) allow players with prosthetic legs to compete within its competitions at a referee discretion.

Amputee Football in Scotland is governed by Amputee Football Association Scotland (AFAS) supported by the Scottish FA.

Related Conditions

- Upper Limb Amputations
- Lower Limb Amputations
- Under Developed Limbs



Participate in the Game

- Mainstream Club
- Scottish FA Para-Football Inclusive Club
- Scottish FA Para-Football Club
- Para-Football PAN Club
- SYFA Mainstream Club
- Amputee Football Club

Opportunities to Compete

- SYFA Mainstream League
- Mainstream Adult League (Upper Limb)
- Para-Football PAN League
- Amputee National League
- International Competition

Autism Spectrum Football

Explanation of the Game

Autism Spectrum Football does not have a specific form of the sport and is linked towards Learning Disability Football in Scotland. Players will compete in Para-Football League and Mainstream League dependant on the nature of the disability. Specific sections within clubs for Autism spectrum football have been created to ensure players are fully supported and correct environment can be altered to suit.

Participate in the Game

- Mainstream Club
- Scottish FA Para-Football Inclusive Club
- Scottish FA Para-Football Club
- Para-Football PAN Club
- Special Olympics Club
- ASN School Football Team
- Scotland Under 19 Learning Disability National Squad

Related Conditions

- Autism
- Asperger's

Opportunities to Compete

- Mainstream League
- Para-Football PAN League
- ASN Regional School League
- ASN National School League
- Scottish Disability Sport National 5's
- Scottish Disability Sport National 7's
- International Competition

Dwarfism Football

Explanation of the Game

Dwarfism Football is for players who have a restricted growth condition and is mainly played using 7 aside rules, however 5 aside goals are used within this version of the game. Competitions and participation is organised by Dwarf Sports Association UK (DSAUK).

Participate in the Game

- Scottish FA Para-Football Club
- Scottish FA Para-Football Inclusive Club
- Para-Football PAN Club
- Physical Disability Club
- Dwarf Sports Association UK events

Opportunities to Compete

- Para-Football PAN League
- Dwarf Sports Association UK competitions

Related Conditions

- Achondroplasia
- Spondyloepiphyseal Dysplasia
- Diastrophic Dysplasia

This is by no means an exhaustive list but serves as an indication of the many related conditions.

Scotland United: Scottish Football's Disability Future 2012-2017 - Scoreboard



Red Lights

- News Letter Circulated to 1000 unique accounts – Change in Social media policy within the Scottish FA
- Top 6 finish at CPISRA World Cup 2015 – Squad finished 9th
- Regional Performance group created by 2015 – Change in support mechanism provided to players

Scotland United; Scottish Football's Disability Future 2012-2017 - Key Achievements

INTERNATIONAL

Cerebral Palsy/Stroke Acquired Brain Injury Squad -

- 2013 ICUP - Spain - 7th
- 2014 European Championships - Portugal - 5th
- 2015 World Cup - England - 9th
- 2016 World Championships Qualifiers Denmark - 2nd
- 2012-2017 Record - Played 30 - W19 L11

Under 19 Learning Disability

- Home Nations Championships 2012 - Scotland - Runners Up
- 2013 - Republic of Ireland - Winners
- 2014 - Northern Ireland - Winners
- 2015 - Wales - Runners Up
- 2016 - Scotland - Winners
- 2012-2017 Record - Played 13 W7 D4 L2

Elite Referees

- Brian Martin - Referee 2015 Special Olympics World Games Final
- Ross Haswell - Referee 2016 Football 7aside Paralympic Final

PARTICIPATION

- Increase from 1,000 Unique players per year in 2011 to 5,500 unique players per year in 2016
- Total of 326,692 participation through lifespan of strategy
- Creation and Development of Scottish FA Para-Football Inclusive Award - 145 Quality Mark Clubs Awarded
- Creation and Development of Scottish FA Para-Football Club Award - 55 Quality Mark Clubs Awarded
- Creation of Frame Football Clubs in Scotland
- Creation of Amputee Football Clubs in Scotland
- Support of Football Memories Alzheimer's programme with Scottish Football Museum and Alzheimer's Scotland



COACH EDUCATION

- Increase of Coach Education participants from 50 in 2011 to 660 in 2016
- 2,649 Para-Football Coach Education Participants throughout life span of plan
- Para-Football Education delivered on UEFA Coach Education Courses
- Creation of Para-Football Awareness in Football Course
- Creation of Coaching Powerchair Footballers Course

COMPETITIVE OPPORTUNITIES

- Creation of Powerchair National League
- Creation of Deaf Football National Futsal League
- Creation of Mental Health and Wellbeing National League
- Creation of PAN Disability National League
- ASN Regional School League delivered in each Scottish FA Region

OTHER DEVELOPMENTS

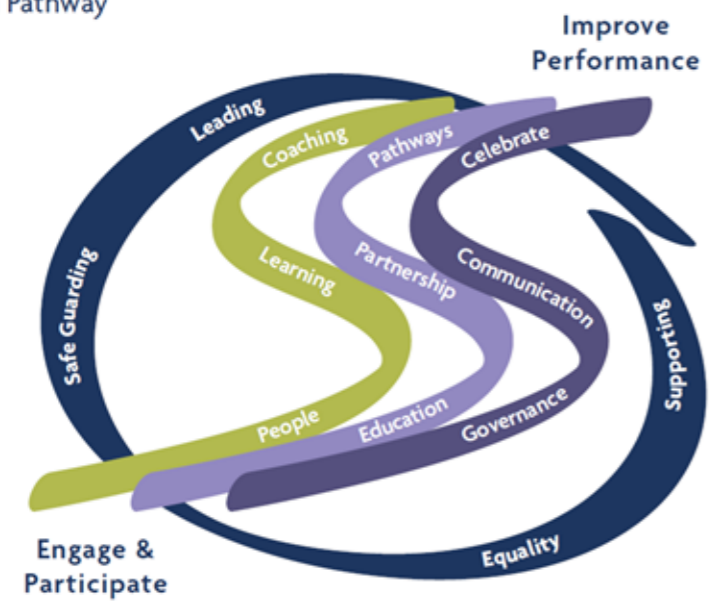
- Twitter followers growing by over 100% in life span of strategy
- Working in partnership with Hampden Medical Clinic and PFA Scotland to support footballers players in senior league in Scotland in regards to Mental Health



Scottish Disability Sport Inspiring Through Inclusion 2017-2021

Scottish Football Association Disability Football Strategy **PlayAbility...Our Game is the Same** will work in conjunction with Scottish Disability "Inspiring through Inclusion 2017-2021" and together both organisations will work in close partnership to ensure Disability Sport in Scotland can grow and allow its participants and structures to flourish.

Scottish Disability Sport:
Inclusion Pathway



Scottish Disability Sport Impact Area's 2017-2021

ENGAGE AND PARTICIPATE

Identify, engage and sustain participant involvement through quality sporting opportunities

- Increased quality opportunities through SDS Branches, local, regional and national partnerships.
- Increased opportunities to participate and compete through the delivery of a comprehensive calendar of events, projects and programmes

PROGRESS AND PERFORM

Supporting athletes to achieve their potential in performance sport

- More para athletes supported to progress to Scottish/international level
- Increase number of Scottish athletes progressing to UK Performance Programmes
- Most para athletes selected for Team Scotland 2018 than at any other away Commonwealth Games

COMMUNICATION

Targeted, effective communication to all partners and individuals

- The right message to the right people at the right time
- Success is recognised, celebrated, shared and publicised
- Influence, inspire, inform (ie partners, government, local authorities, education etc.)

COACHING, EDUCATION AND LEARNING

Supporting quality assured training, development and learning opportunities for workforce

- Providing quality and inclusive learning opportunities at all levels
- Supporting the embedding of disability inclusion for Scottish governing bodies of sport in education, development and delivery
- Supporting disability inclusion training within the tertiary education sector
- Developing and implementing appropriate qualifications

GOVERNANCE

Building a robust and accountable organisation with sound planning, policy and procedures

- Ensure sound governance through good practice from Branch to Board
- Ensure a quality workforce and sufficient finances are in place to deliver this plan
- Lead by example (attaining/progressing through equality standard, organisation being inclusive, one of Scotland's leading SGBs, at a UK level etc.)

Mission Statement

“To create greater opportunities within Para-Football which allows participants to reach their full potential”

The Scottish FA wish PlayAbility to be seen as best practice throughout Disability Sport not only within Scotland but across the World. The targets which we have set and the achievements the plan will deliver are considered to be beneficial to the game and its players involved. The aim for this strategy is to create an environment where the participants can flourish to reach their full potential.

The Scottish FA values will support the structure of the plan and will be embedded in everything we do.

- **Trusted**

We are open, honest and trusted to do the right thing, in a manner that reflects the highest standards on integrity

- **Positive**

We are dynamic, enthusiastic and proactive in delivering the highest standards of performance

- **Professional**

We act in a business-like, responsive and correct manner

- **Respectful**

We involve, engage and listen, treating everyone in a considerate and dignified manner

- **Unified**

We work together as a team, behaving in an equitable and inclusive manner

- **Passionate**

We are excited and enthused by all that we do

- **Ambitious**

We are driven and committed to excel in all aspects of quality and service



Mission Statement

“To create greater opportunities within Para-Football which allows participants to reach their full potential”

PARTICIPATE IN THE GAME

AIMS- To increase the opportunity for new participants to enter the game

This pillar will attempt to provide greater opportunity for players to access the game. Targets are set to increase participation level across the grassroots game and input procedures and support mechanisms to allow Para-Footballers the opportunity to flourish within the game. The Scottish FA will also work towards to creating opportunities for under developed Para-Football groups to allow more players to access the game. The Scottish FA will continue its club development programme to greater support the Para-Football movement.

SUPPORTING COACHES

AIMS- Support coaches and volunteers to offer high quality opportunities to participants

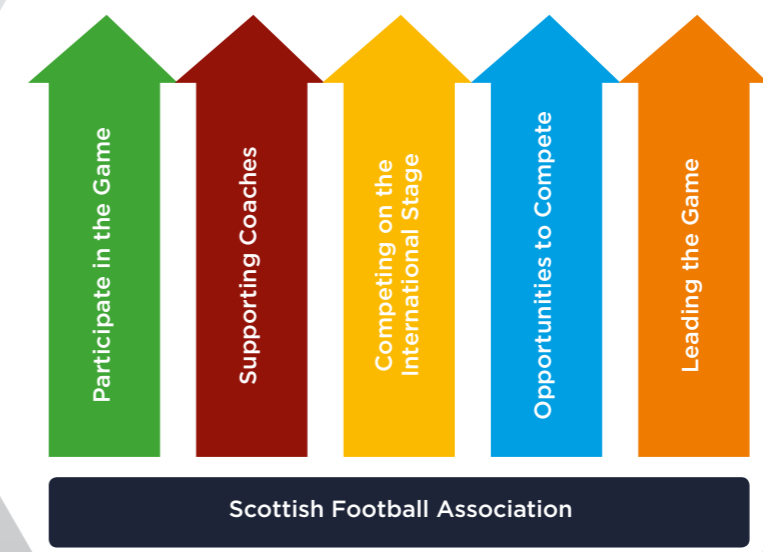
Continuing in the development of Para-Football Coach Education the Scottish FA will fully support coaches to gain advanced knowledge within Para-Football across all levels of the game. As the game continues to grow and develop so will the education needs of the coaches to allow greater support and to greater opportunity to improve their players.

COMPETING ON THE INTERNATIONAL STAGE

AIMS- Create structures and environments which allow International players to flourish, develop and compete

The Scottish FA along with its partners will continue its proud tradition of Scottish Para-Football International Squads competing on the world stage. This pillar will attempt to improve on current World rankings and International results by creating better structures to allow players to reach their full potential. This pillar will also aim to develop further opportunities for Para-Footballers to compete on the International Stage.

Benefit of the Player



OPPORTUNITIES TO COMPETE

AIMS- To develop competition structures which allow players and coaches the opportunity to test their ability

Players do not train for training sake at any level of the game and Para-Football is no different. This pillar will continue on the work from Scotland United; Scottish Football’s Disability Future 2012-2017 in the creation of opportunities for further Para-Football groups to compete. The pillar will also attempt to create better structures to create a better playing environment for the players and a sustainable volunteer led environment.

LEADING THE GAME

AIMS - Create a more attractive footballing environment for all involved within the game

This pillar aims to achieve a more attractive game for Para-Footballers in Scotland. This pillar will focus on aspects away from the pitch that will allow better structures and governance for Para-Football to continue to grow.

Each of the five pillars will be split into three targets sets

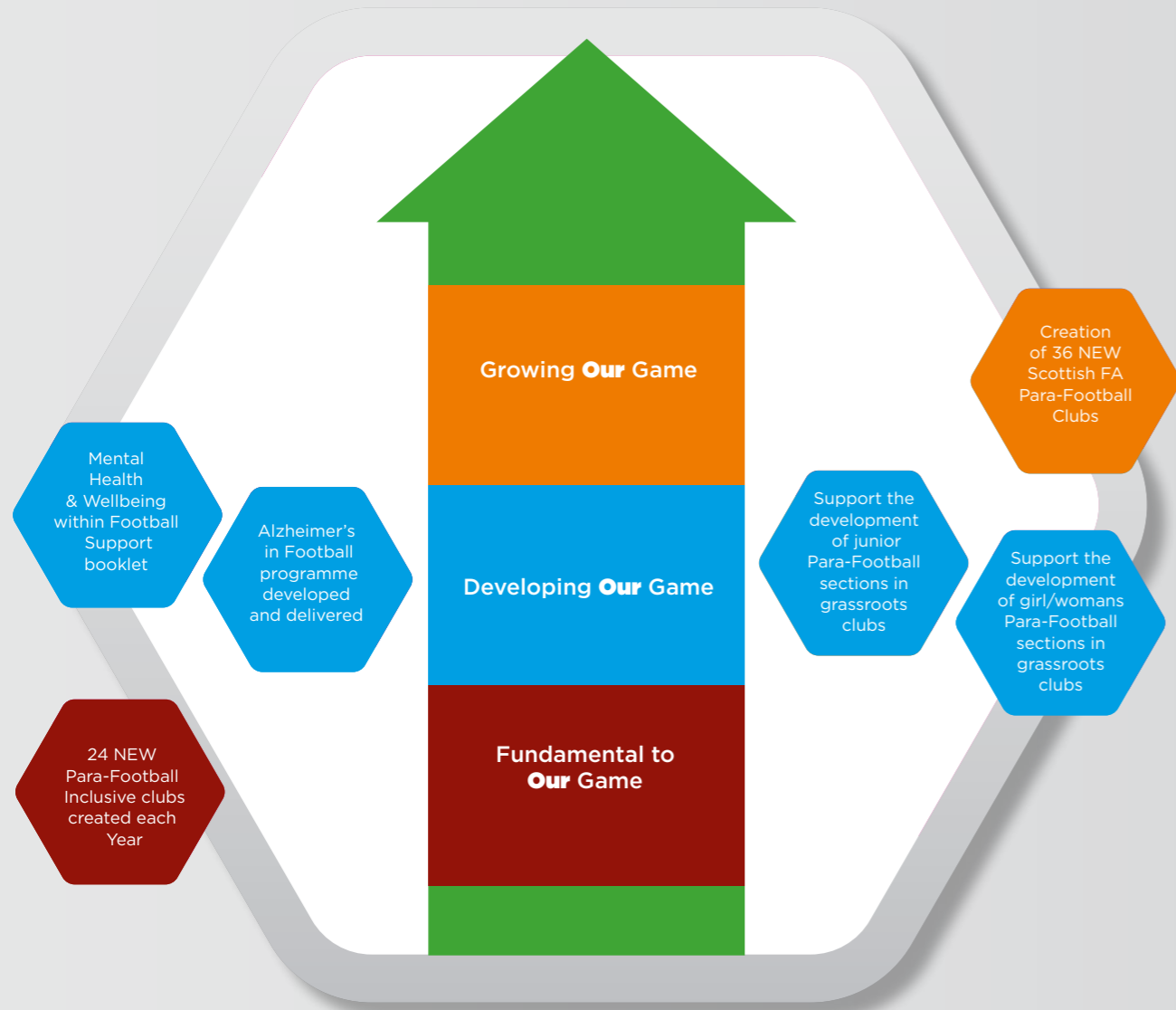
- **Fundamental to our Game**
- **Developing our Game**
- **Growing our Game**

Each of these targets sets will be based of varying time scales and will develop Para-Football in Scotland.



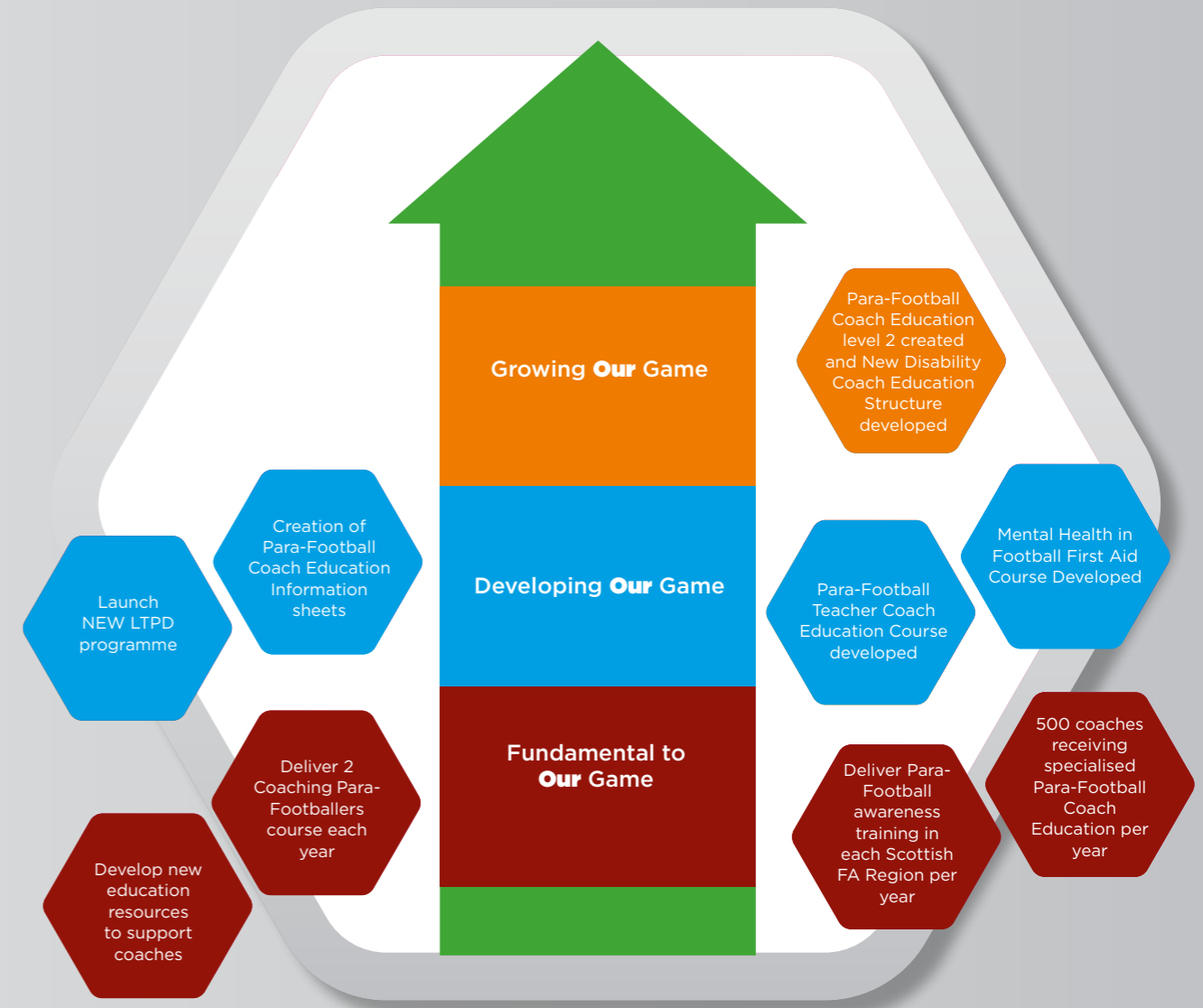
PlayAbility...Our Game is the Same.

Targets: Participate in the Game



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Targets: Supporting Coaches



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Targets: Competing on the International Stage



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Targets: Opportunities to Compete



PlayAbility...Our Game is the Same.

Targets: Leading the Game



Long Term Player Development (LTPD)

The Scottish FA is committed to support players as well as coaches within Para-Football. It is vital to create an environment that each participants can flourish and have the opportunity to reach their full potential. To achieve this the Scottish FA has developed the LTPD model specially designed for Para-Football. The model allows coaches to understand the type of training and the expectations that should be placed on players at a coach education level of the LTPD model. The Scottish FA Para-Football LTPD model will be implemented throughout our Para-Football coach education and structure of activities

The Scottish FA Para-Football LTPD model does not differ greatly from previously designed LTPD models for mainstream sport which has been published in Scotland. The model continues to refer to the key stage titles

- **Desire to Play**
- **Learning to Play**
- **Developing the Player**
- **Prepare to Compete**
- **Preparing to Win**

The main alterations come from the removal of ages linked to each of these stages. This is due to the complex nature of Para sport and varying levels of ability across these characteristics. This has been replaced with a progress pyramid system. This system allows a player to move through the LTPD model depending on the stage of their playing development from come and train sessions through to International Football competition with each stage linked to Scottish FA coach education pathway.

The Scottish FA para football LTPD model has included additional stages in the process

- **Awareness**
- **First Contact**
- **Football for Life**

These three new stages are designed to create a greater environment for individuals and one that they can flourish throughout.

As players work through the development pyramid they continue to add to the skills they have learned and implemented into their football game. As players continue on their journey coaches can add new challenges and information whilst not forgetting to reiterate on the previously learning skills and techniques.

Awareness

Sporting activities for people with a disability to participate within are not always well known to the general public. The purpose of the awareness stage is to promote these activities within the club / local area. This can be achieved through partnership with local agencies or through media promotions. In the event of an individual who has acquired their disability the sporting opportunities which was previously open to them may be no longer be suitable and the transition period may be difficult. The individual may not be aware of the football opportunities which are open to them. Awareness plans can help to ease this transition and offer an important support mechanism to this individual.

First Contact

The purpose of this stage is to ensure an individuals with a disability have a positive first sporting experience which creates a love for sport and encouragement to continue playing. To ensure in the success of the first contact stage is for coaches to identify the stage LTPD model the player should enter. Players can enter at any stage expending on their previous involvements within sport or the level of disability.

This is to ensure players are supported or challenged to the correct level. It is vital that coaches can identify if players may be better suited to other Para-Sports and have a greater opportunity to reach their full potential within other sporting environment. The overall goal for this stage is to help new players to feel confident and comfortable in their new environment.

Desire to Play
The first playing stage of the LTPD model and links to the first stage of the development pyramid "Come and Train". This stage is for players attending training sessions with no desire for further development or with a player on the first rung of the ladder hoping to progress within their football life. Players should be coached at a Scottish FA level 1.1 working on the fundamentals of the sport, ensuring fun is integrated throughout.

Learning to Play
As the player progresses in their football journey and develop into a regular club attendance the individual moves on the building block of the LTPD model "Learning to Play". The player should begin to be working towards competitive opportunities and should be coached at Scottish FA 1.2 level working on introducing Game Related practices and co-ordinated games.

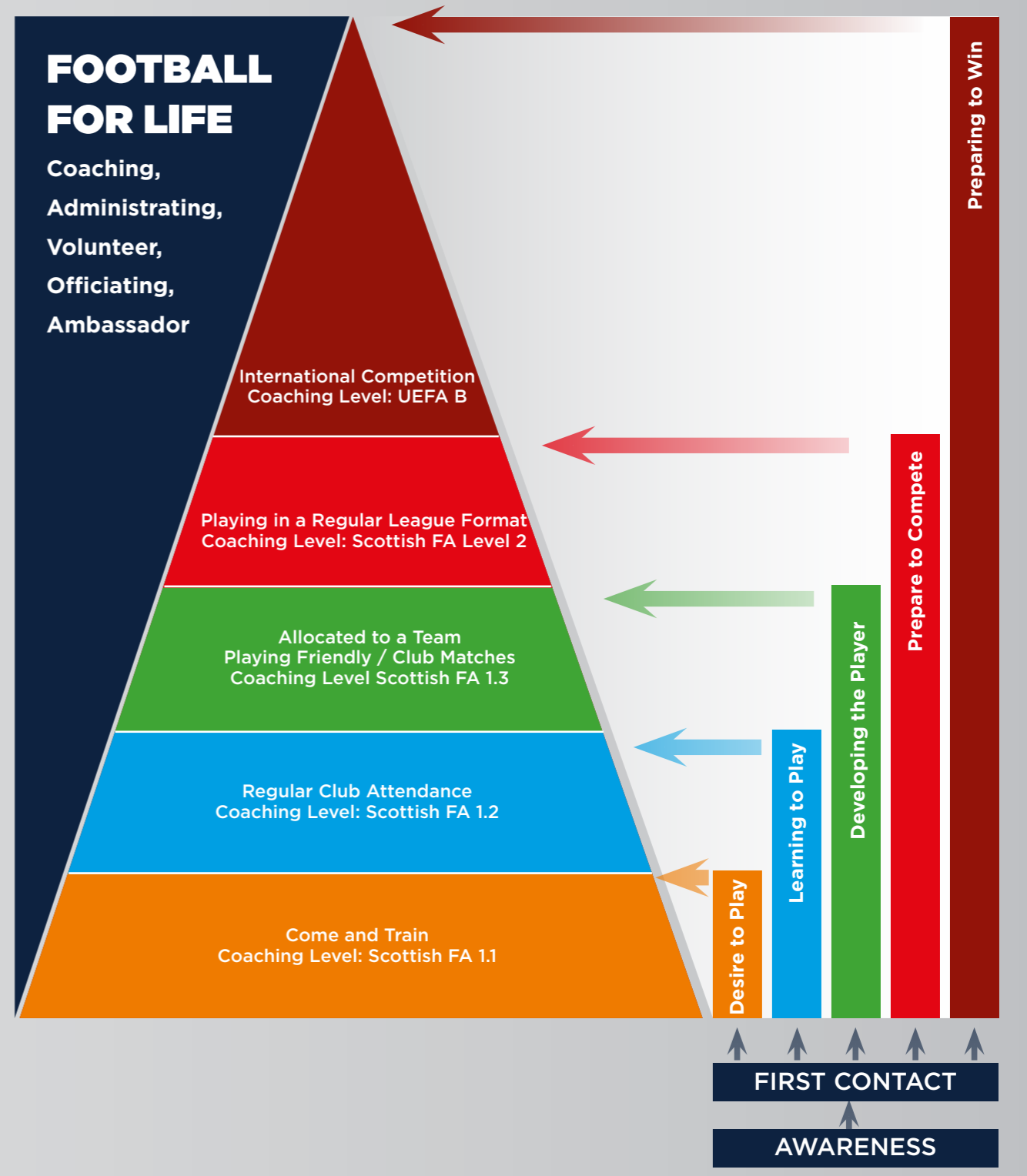
Developing the Player
As a player increases their playing level and capacity for playing the game, the training should be based around game situations. As a player begins to play regular matches the coaching should be based around the Scottish FA 1.3 coaching course and within attacking and defensive principles of the game during varying game situations.

Preparing to Compete
Competitions and competitive play require players to be more adept within game situations and need to react to multiple elements of the game. The Scottish FA level 2 award will develop the player's ability to link aspects of the game together and well as begin to develop team shape and formations.

Preparing to Win
Players who develop into International level competitions need to continue to progress and require to be prepared for high level competition. Players will require to work within phases of the game and specialise within the areas of the game. Players will work to UEFA B Licence content and above, including specialist fitness programmes to ensure full preparation for International matches.

Football for Life
Football does not stop on the pitch and there are many aspects of the game take place without the football. It is vital that Para-Footballers remain within Para-Football after they stop playing. Players should be encouraged to take on one of a number of roles within the game and begin to give back to the sport.

The Scottish FA Para-Football LTPD model will be embedded within the new structures and will continue to develop throughout the course of the **PlayAbility...Our Game is the Same** and will become a fundamental element of Scottish Para-Football in the future.





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