



SOCCER

MODIFIED EVENTS

5-on-5 Team
Individual Skills Competition

UNIFIED EVENTS

Unified Team Competition

The Official Special Olympics Sports Rules for Soccer shall govern all Special Olympics competitions. Special Olympics has created these rules based on Federation Internationale de Football Association (FIFA) rules, which shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Soccer or Article I. In such cases the [Official Special Olympics Sports Rules for Soccer](#) shall apply.

An athlete with Down syndrome who has been diagnosed with Atlanto-axial Instability may not participate in soccer events.

COMPETITION MANAGEMENT

1. Levels

- a. Each team shall be placed in one (1) of three (3) levels for play, based on the attributes that best characterize their team. The level is subject to change by the Soccer Sport Management Team prior to the tournament. A Team's level will serve as the basis for the division placement.
- b. Teams must play at least two (2) games against two (2) different teams listed in the team directory. These teams can be at different levels.
- c. Level 1 – High: plays by regulation rules; high to excellent skills and athleticism; implements strategies, runs specific plays; can control the ball and able to dribble the ball with pressure by defense, has the ability to make close and mid-range shots to 12 yards and beyond, has an understanding of the games and understands how to defend and play offense,
- d. Level 2 – Average: plays by regulation rules; average skills and athleticism; some strategies, runs general plays; a couple of players control the ball and can dribble with pressure by defense, players are able to make close and some mid-range shots that are within 8-12 yards, limited understanding of the games and understands how to defend and play offense, goes after loose balls within 3 to 4 steps
- e. Level 3 – Low: following rules is a challenge; low skills and athleticism; little strategies, no organized plays; players area aren't control the ball and limited abilities to dribble with defense, most players can only make close shots, limited understanding of the games and understands how to defend and play offense, often beaten by a defender on the dribble or to loose balls

DIVISIONING

1. A divisioning process will be used for soccer, like all other team sports. The Soccer Management Team along with SOIN staff will work together to create these divisions by using a combination of age, gender, and ability levels. Game Records and Player Evaluations will be used to gauge the team's ability level.
2. The primary goal with the divisioning process is to create divisions of equal ability for quality competition.
3. Program location and travel time will be considered when scheduling.
4. Team will be grouped in divisions based on a classification round game or minimum game requirement and submitted game records.
5. Individual Skills
 - a. Skills will be divisioned by age, gender, and ability.
 - b. Age groups will be: 8-11; 12-21; 22 & older
 - c. There will be 3 - 8 athletes per division.
 - d. Divisioning by ability is based on the athlete's entry scores.
 - e. There will be no more than a 20% difference between the highest average and the lowest average in the division.
 - f. Age groups or genders groups may be combined if space is limited or there are not a minimum of 3 athletes to make up a division.
 - g. Athletes will not be disqualified due to Maximum Effort.

SPORT RULES

UNIFORM SPECIFICATIONS

1. All competitors must have a playing uniform consisting of jersey, shorts, socks, athletic shoes.
2. The jersey shall be numbered on the front and back.
3. Shin guards are required for all competitors and must be completely covered by the socks.
4. Metal studs, baseball cleats, and football cleats are not allowed for athletes that choose to wear cleats.
5. Jewelry is prohibited. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.

SOCCER



EQUIPMENT

1. A size 5 ball will be used for all competition.
2. Field width shall be a minimum of 15 yards and a maximum of 25 yards.
3. Field length shall be a minimum of 25 yards and a maximum of 35 yards.
4. Goal size shall be a maximum of four (4) feet high and six (6) feet wide.

GENERAL RULES

1. Number of Players
 - a. The game is played between two teams, each consisting of five (5) players.
 - b. No goalkeeper will be used.
 - c. A maximum of 12 players may be carried on a team's roster.
 - d. A minimum of three (3) players from each team shall be on the field at any time.
 - e. The following lineup ratios are allowed for Unified teams:
 - i. 3 athletes, 2 partners
 - ii. 2 athletes, 2 partners
 - iii. 2 athletes, 1 partner
 - iv. Failure to adhere to the required ratio at any time results in a forfeit.
2. Substitutions
 - a. Each team may make an unlimited number of substitutions.
 - b. Substitutions may be made any time the ball is out of bounds, between halves, after a goal is scored, or during an injury stoppage.
 - c. The coach must signal the referee to make a substitution, and the player may only come onto the field when signaled by the referee.
3. Duration of Match
 - a. The match shall consist of two (2) halves, each 15 minutes long.
 - b. A halftime lasting five (5) minutes shall separate each half of play.
4. Overtime
 - a. In regular season play, ties are considered final.
 - b. In tournament play, two (2) halves each lasting five (5) minutes are used.
 - c. If the match is still tied after the overtime periods, penalty kicks will decide the winner.
 - i. The referee will decide which goal to use.
 - ii. The referee will conduct a coin toss with the winning team choosing whether to take the first or second kick.
 - iii. Penalty kicks will be taken from the kickoff spot at midfield.
 - iv. The coach of each team will choose five (5) players to take penalty kicks in an order of the coach's choosing.
 - v. In Unified competition, the lineup ratio applies to the players selected to take penalties.
 - vi. Kicks are taken alternatively by the teams.
 - vii. The team with the most goals after five (5) penalty kicks is the winner.
 - viii. If, before both teams have taken all kicks, one team has scored more goals than the other could score, the leading team is declared the winner and no more kicks are taken.
 - ix. If, after all penalty kicks are taken, the score is still tied, teams will alternate taking one (1) penalty kick at a time (in their original order) in a sudden death format until one team is declared the winner.
5. Start of Play
 - a. A coin toss will be conducted. The winner shall choose which goal to attack. The loser shall take the opening kickoff.
 - b. All players, except the player taking the kickoff, must be in their own half of the field of play.
 - c. The ball must be stationary on the center mark and becomes in play when it is kicked and clearly moves.
 - d. No goals may be scored from the kickoff. If the ball directly enters the kicker's goal, a corner kick is awarded to the opposing team.
6. The ball must completely cross the goal line (inside of the goal) to count as a goal.
7. Ball Out of Play
 - a. The ball must be completely over the sideline or goal line (outside of the goal) to be considered out of play.
 - b. Kick-Ins
 - i. When the ball completely passes over the sideline, a kick-in is awarded to the team who did not touch it last.
 - ii. The kick-in will be taken where the ball crossed out of play.
 - iii. No goals may be scored directly from a kick-in.
 - c. Goal Kicks
 - i. When the ball is last touched by an attacking player and completely passes over the goal line (outside of the



SOCCER

INDIVIDUAL SKILLS COMPETITION

- The purpose of Individual Skill Competition is to allow athletes to train and compete in basic soccer skills. Individual Skills Competition is designed for lower ability athletes who do not have the skills to participate in team soccer.
- Each player shall be entered by submitting the scores of each of the three (3) individual skills– Dribbling, Shooting, and Run and Kick.
- The athlete’s final score is determined by adding together the scores achieved in each of the three (3) events.
- The total score on the entry form or GMS is used to division individuals by age and ability in groups of at least three (3) and no more than eight (8).

5. Dribbling

- Equipment
 - Size five (5) balls, tape or chalk, four large cones to mark the finish zone
- Description
 - The player dribbles from the starting line to the finish zone, staying inside the marked lane. The finish zone should be marked off with cones as well as chalk.
 - The clock is stopped when both the player and the ball area stopped inside the finish zone. If the player overshoots the finish zone, he/she must dribble it back into the finish.
- Scoring
 - The (in seconds) elapsed while the player is dribbling is converted into points using the scale below. A deduction of five points is made for each time the ball runs over the sidelines of the lane or if a player touches the ball with his/ her hands (note: if the ball runs over the sideline, the referee will immediately place another ball in the center of the lane opposite the point at which the ball went out).

Dribble Time	Point Score
5-10	60 Points
11-15	55 Points
16-20	50 Points
21-25	45 Points
26-30	40 Points
31-35	35 Points
36-40	30 Points
41-45	25 Points
46-50	20 Points
51-55	15 Points
56 or more	10 points

6. Shooting

- Equipment
 - Size five (5) balls, tape or chalk, 4ft x 6ft goal with net
- Description
 - Athlete begins at the start line and walks or runs forward to shoot the ball into the goal from a distance of 6 meters
 - Athlete is only allowed to kick the ball once
 - The athlete returns to the line and the ball placer places the next ball to be shot. The athlete repeats for a total of 5 shots.
- Scoring
 - Each successful goal = 10 points
 - 0 points will be given for each failed attempt

7. Run and Kick

- Equipment
 - 4 size five (5) balls
 - A central starting point should be marked
 - A two-meter wide target gate (cones or flags) set up two meters ahead of each ball
- Description
 - Player begins at the starting marker. Athlete runs to any ball and kicks it through a target gate
 - Athlete is only allowed to kick the ball once
 - The player then runs and kicks another ball through a target gate
 - When the player kicks the last ball the clock stops
- Scoring
 - The total time (in seconds) elapsed from when the player starts to when he/she kicks the last ball is recorded and converted into points using the conversion chart below
 - A bonus of five points is added for each ball kicked successfully through a target gate.

Dribble Time	Point Score
11-15	50 Points
16-20	45 Points
21-25	40 Points
26-30	35 Points
31-35	30 Points
36-40	25 Points
41-45	20 Points
46-50	25 Points
51-55	10 Points
56 or more	5 points

