



# Soccer



## SOMI-Specific Information

**Sport season:**

July - September

**Culminating State Events:**

State Fall Games

**Events Offered:**

*Team Competition:*

11-A-Side

7-A-Side

5-A-Side

*Unified Team Competition:*

11-A-Side

7-A-Side

5-A-Side

Individual Skills Contest

**National Governing Body:**

Federation Internationale de Football Association (FIFA)

Case Postale 85 8030

Zurich, Switzerland (41.1) 555400

## **Uniform Guidelines**

1. The soccer uniform shall consist of a jersey or shirt, shorts or sweat pants, matching stockings, shin guards, and shoes.
2. Jerseys/shirts must be numbered on the front with 4 inch numbers and on the back with 6 inch numbers. Numbers should be centered on the shirt. Each player should have a different number. Teams are encouraged to include a number on the front of the shorts at the bottom of the right leg. This number should be 4 inches high, and the color of the numbers should match the number on the shirt. Numbers should be of contrasting color.
3. The goalkeeper shall wear colors, which distinguish him/her from the other players on the team and from the referees.
4. Shin guards must be completely covered by the stockings, shall be made of a suitable material (rubber, plastic, polyurethane, or similar substance), and shall afford a reasonable degree of protection. Shoes: Soccer shoes must have rubber sole cleats. No metal cleats.
5. Hats, bandanas, du-rags, jewelry, and denim may not be worn during games or practice. Headbands, wristbands, and arm sleeves are acceptable. Headwear for religious or medical reasons are acceptable but must be brought to the attention of the Games Director prior to competition.
6. The Special Olympics logo must be adorned on the jersey

## Field & Equipment

1. Ball Size: Juniors will use size 4 balls, seniors will use size 5.
2. 5-a-side field
  - a. Field size: maximum dimensions of 50 meters by 35 meters, minimum dimensions of 40 meters by 30 meters. The smaller field is recommended for lower ability teams.
  - b. Goal size: must be between a minimum of 3 meters x 2 meters and a maximum of 4 meters by 2 meters.
  - c. Goal area: 8 meters by 12 meters.
  - d. Penalty mark: must be at 7 meters for goal size of 4 meters x 2 meters. The penalty mark must be at 6 meters for goal size of 3 meters x 2 meters.
  - e. The recommended playing surface is grass
3. 7-a-side field:
  - a. Field size: maximum dimensions of 70 meters by 50 meters, minimum dimensions of 50 meters by 35 meters. The smaller field is recommended for lower ability teams.
  - b. Goal size: 5 meters by 2 meters.
  - c. Goal area: shall be 8 meters by 20 meters.
  - d. The recommended playing surface is grass
4. 11-a-side field:
  - a. Field size: The length of the touch line must be greater than the length of the goal line. Maximum dimensions of 120 meters by 90 meters, minimum dimensions of 90 meters by 45 meters.
  - b. Goal size: 7.32 meters by 2.44 meters.
  - c. The recommended playing surface is grass.

## Team Size

1. Roster size:
  - I. 5-a-side: The minimum roster size is six players; maximum roster size is 10. Unified 5-a-side has a minimum of 7 players and maximum of 10
  - II. 7-a-side: the minimum is eight with a maximum of 14. Unified 7-a-side minimum is 9 players and maximum is 14.
  - III. 11-a-side: minimum of 12, maximum of 16 players. 11-a-side unified will also have a 12 minimum or 16 maximum players with equal number of traditional athletes and unified partners.
2. Games must start with five players (5-a-side) or seven players (7-a-side). Games may continue with 4 aside or 6 aside respectfully if an injury occurs during the game.
3. You may register 3 athletes as your team alternates. Alternates attend the event only when replacing a registered athlete who does not attend. When dropping an athlete prior to a SOMI Culminating Event or at the event site, only registered alternate athletes can be added. Alternates do not attend state events unless activated in the sport.
4. Awards are only given to team members listed on rosters and present the day of the event. (Ex. If you have 8 people listed on your original roster you can only bring 8 people to the event, if you drop one athlete they are replaced with one alternate.) It is strongly suggested to list alternate athletes. Unified Partner athletes will follow the same procedures as athlete alternates.
5. Each coach must see to it that each athlete has frequent opportunities to participate.
6. For Unified Sports the roster shall contain a proportionate number of traditional athletes and unified partners. During competition, the line-up shall never exceed three traditional athletes and two unified partners at any time. If a team is unable to play by these numbers, then a forfeit will be issued.

## General Rules

1. When the ball passes over the goal line (not in the goal), having last been played by an attacking player, the goalkeeper, standing within his own penalty area, shall throw the ball back into play beyond his own penalty area, but not further than the halfway line (i.e., the ball must touch the ground or another player before crossing the halfway line). The ball shall be deemed in play as soon as it passes outside the penalty area.
2. In 5 and 7 a side play, a goalie when putting the ball back in play, must throw the ball so that it either bounces before the mid field line or touches another player before the mid field line. The penalty for a violation of this rule is that the opponent's goalie may then have the opportunity to put the ball in play.
3. The above rules of goal clearance also apply when a goalkeeper gains possession, with his hands, of a ball that is still in play.
4. Any ball over the end line off of a defensive play is an offensive corner kick.
5. Any ball over the end line last touched by the offense is a goalie throw in.
6. No off sides for 5 and 7 a-side.
7. A team bench area will be provided for each team. Each bench area will be defined by a marked off rectangle, 15 meters in length, located on the sideline at least five meters away from the sideline and within 10 meters of the half-way line. Substitute players and coaches are expected to remain seated within the bench area at all times except when making a substitution.
8. Coaches are expected to restrict their coaching to simple verbal encouragement. Verbal abuse of players or officials, or excessive and explicit coaching from the sidelines, will be considered unsportsmanlike conduct and may result in a warning from the referee. If such behavior persists, the referee may eject the coach.

## 11 A-Side

1. Substitutes: Teams are allowed to use all substitutes named on the playing roster.
2. Free substitutions are allowed in all games unless otherwise noted by the tournament committee.
3. Each coach must see to it that each athlete has frequent opportunities to participate.
4. Goal size should be 8 feet x 24 feet for 11-a-side
5. In tournament play, if overtime is used to break a tie, two "sudden-death" periods shall be played (first goal scored wins). For 11-a-side, these periods shall be five minutes each. If the game is still tied after the overtime periods, penalty kicks shall be used to decide the game.
6. During a throw-in, the athlete must throw the ball according to the rules. If there is a physical impairment, and one of the athletes cannot throw the ball in as described by the rules, then the coach must inform the official of this situation ahead of time. Otherwise, the throw-in rules will be enforced.
7. If a player is expelled from the game (receives two yellow cards or a red card), this player may not re-enter the game. His team must play a player down for the rest of the game.

## 5 & 7 A-Side

1. Regular 11-A-Side Soccer rules will be utilized with the following modification: Off-sides will not be called in 5-a-side or 7-a-side soccer.
2. 5-a-side soccer will be played with two 15-minute halves and a five minute break during half-time.
3. 7-a-side will play two 17- minute halves with a 5 minute half-time break.
4. In a 5 and 7 a side play, a goalie when putting the ball back in play, must throw the ball so that it either bounces before the mid field line or touches another player before the mid field line, The penalty for a violation of this rule is that the opponents goalie may than have the opportunity to the ball in play.
5. If a game is tied at the end of regulation play a “shoot out” will be played. Five penalty shots will be taken by each team with the team scoring the most goals declared the winner. Shots will be taken at 23 feet for 7-a-side and 20 feet for 5 –a- side. If the game is still tied individual alternate penalty shots will be taken. When one team scores and the other does not, a winner will be declared.
6. A goal can be scored directly against the opponent from the kick-off; if the ball directly enters the kicker’s goal, a corner kick is awarded to the opposing team.
7. Kick-ins
  - I. When the whole of the ball passes over a sideline, it shall be kicked back into the game, from the place where it crossed the line (on the sideline), by a player from the opposing team to that of the player who last touched it.
  - II. The ball must be stationary before being kicked. It shall be deemed in play when the ball is kicked and clearly moves.
  - III. The ball cannot be played again by the kicker until it has been touched by another player.
  - IV. The players from the opposing team must retire at least five meters from the spot where the kick is being taken.
  - V. A goal cannot be scored directly from a kick in.
  - VI. A goalkeeper may not touch the ball with hands receiving it directly from a kick in by a teammate.
8. If a player is expelled from the game (receives two yellow cards or a red card), this player may not re-enter the game. His team must play a player down for two minutes.
  - I. Keeping check of the two minutes shall be the task of the referee.
  - II. The player who enters the game as a substitute after two minutes may only do so with the consent of the referee and when the ball is out of bounds.

## **Tie Games**

1. In regular league play, ties are considered final.
2. In tournament play, overtime periods shall be 5 minutes each.
3. If the game is still tied after the overtime periods, penalty kicks shall be used to decide the game.
  - I. The referee chooses the goal and tosses a coin the winning captain decides the first or second kick.
  - II. Five players are selected from each team.
  - III. The kicks are taken alternately by the teams.
  - IV. The highest score after five penalty kicks is declared the winner.
  - V. If the game is still tied after five kicks, the penalty kicks continue on a “sudden death” basis using the remainder of the team’s players (including goalkeepers) until a winner is decided.
  - VI. Kicks are made at the penalty mark.

## **Unified Team Competition**

1. The roster shall contain a proportionate number of traditional athletes and partners.
2. “Proportionate” means eight athletes and seven unified partners, seven athletes and eight unified partners, six athletes and nine unified partners or nine athletes and six unified partners.
3. Each team shall have an adult non-playing head coach responsible for the line-up and conduct of the team during competition.
4. Unified Partners should not be involved in coaching.
5. The unified partner must complete the Unified Sports® Partner Application for Participation form prior to participation.
6. Unified partners have athlete status and are required to follow all rules established by the area. They should be identified on housing forms as partner athletes and be counted in the athlete to chaperone ratio.
7. Coaches should monitor their players to ensure that all players are contributing to the team’s success and that an individual player is not dominating the game. If a unified partner is not allowing the entire team to be a part of the game, it is the coach's responsibility to remove that player.
8. If an opposing coach feels that a partner is dominating the game, he/she should notify the Games Rules Committee while the incident is occurring. The Rules Committee will observe the game immediately. If they agree that a partner is dominating the game, they will speak to the coach and request that the coach discuss the philosophy of the Unified Sports® program with the athlete. If the player continues to dominate after this discussion with the coach, the rules committee will remove the player from the game. If the coach puts the player back in the game, the team will forfeit.

- Assistant coaches may be on the team roster and may play. Assistants should not play if their age or team skills differ significantly from the ages and team skills of other team members.

## Individual Skills Contest

The Individual Skills Contest is designed for lower ability or new athletes who have not yet developed the skills necessary to participate meaningfully in team competition and wheelchair athletes. Athletes may not be assisted by coaches. Modifications will be made for athletes who have visual or hearing impairments.

Skills Contest Events:

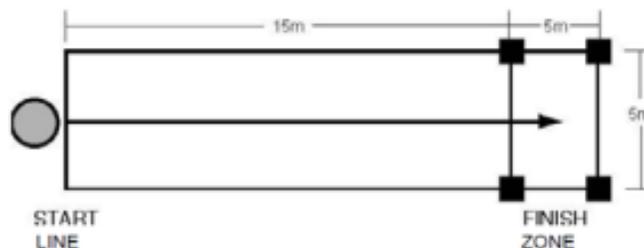
- Dribbling
- Shooting
- Run & Kick

The athlete's final score is determined by adding together the scores achieved in each of the events

### Event #1: Dribbling

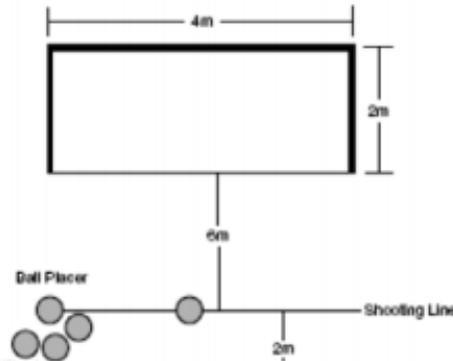
- Equipment: regulation size ball, tape or chalk, 4 large cones to mark the finish zone.
- Description: The player dribbles from the starting line to the finish zone, staying inside the marked lane. The finish zone should be marked off with cones as well as chalk.
- The clock is stopped when both the player and the ball are stopped inside the finish zone. If the player over-shoots the finish zone, he/she must dribble it back in to finish.
- Scoring: The time (in seconds) elapsed while the player is dribbling is converted into points using the scale on this page. A deduction of 5 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.

Time	Points
5-10	60 pts.
11-15	55 pts.
16-20	50 pts.
21-25	45 pts.
26-30	40 pts.
31-35	35 pts.
36-40	30 pts.
41-45	25 pts.
46-50	20 pts.
51-55	15 pts.
56+	10 pts.



### Event #2: Shooting

1. Equipment: Five regulation size balls, tape or chalk, 4 meters x 2 meters, and 5-a-side goal with net.
2. Description: Player begins at start line and walks or runs forward to shoot the ball into the goal from a distance of 6 meters. The player returns to the line. Ball placer (official) places the next ball to be shot. Player repeats. Athlete takes a total of five shots. 2-minute time limit to be completed.
3. Scoring: Each goal scores 10 points.



### Event #3: Run & Kick

1. Equipment: Four regulation size balls placed as shown. A central starting point should be marked. A 2 meter-wide target gate (cones or flags) set up 2 meters ahead of each ball.
2. Description: Player begins at the starting marker. He/she runs to any ball and kicks it through a target gate. He/she is only allowed Figure U: Shooting to kick the ball once. He then runs and kicks another ball through a target gate. When the player kicks the last ball, the clock is stopped.
3. 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 5-point bonus is added for each ball kicked successfully through a target gate.

Time	Points
11-15	50 pts.
16-20	45 pts.
21-25	40 pts.
26-30	35 pts.
31-35	30 pts.
36-40	25 pts.
41-45	20 pts.
46-50	15 pts.
51-55	10 pts.
56+	5 pts.

