



# Special Olympics Ohio Soccer Manual



## Soccer Manual

The Official Special Olympics Sports Rules for soccer shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale de Football Association (FIFA) rules for soccer found at

<http://www.fifa.com/worldfootball/lawsofthegame.html> FIFA or National Governing Body (NGB) rules 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. Any modifications to those rules shall be found in this manual.

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

### OFFICIAL EVENTS

The SOOH Soccer season runs in the summer and into the fall from July to September. The State Tournament is held each year at the end of September. **Teams are encouraged to participate in a minimum of 3 games prior to state competition and compete in a qualifying, regional tournament.**

Special Olympics Ohio provides a range of events to offer athletes of varying abilities the opportunity to compete. The following is a list of official events available in Special Olympics Ohio.

The following is a list of the officials events available in Special Olympics:

- Individual Skills Competition
- 5-a-side Competition
- Unified Sports 5-a-side Competition

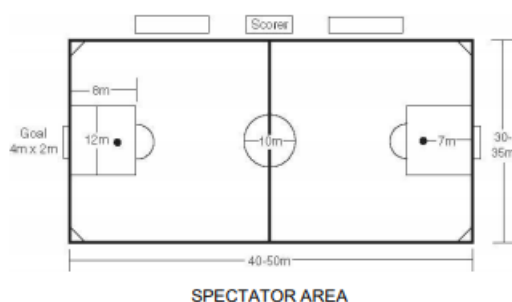
### DIVISIONING

ABILITY is the primary divisioning factor for Special Olympics Ohio Soccer. Teams may will be divisioned based on the Team Skill Assessment found at the end of this manual.

### GENERAL RULES AND MODIFICATIONS

#### 5-a-side Soccer

##### 1. Diagram





## 2. The Field of Play

- a. The 5-a-side field shall be a rectangle: maximum dimensions of 50 meters by 35 meters, minimum dimensions of 40 meters by 30 meters.
- b. The field shall be marked out as shown below. (See 5-a-side field diagram)
- c. The goal size must be between a minimum of three meters by two meters and a maximum of four meters by two meters.
- d. The goal area shall be eight meters by 12 meters. The penalty mark must be at seven meters for goal size of four meters by two meters. The penalty mark must be at six meters for goal size of three meters by two meters.
- e. The recommended playing surface is grass.

## 3. The Ball

- a. All divisions will play with a size 5 ball, not more than 70 centimeters (28 in.) and not less than 68 centimeters (27 in.).

## 4. The Number of Players

- a. Allowable roster size shall not exceed 15 players.
- b. The game is played between two teams, each consisting of five players, one of whom shall be the goalkeeper. A minimum of three players shall be on the field at any one time.
- c. Substitutions are unlimited in number (players may return to the field after being substituted). Substitutions can be made any time the ball is out of bounds, between periods, after a goal is scored or during a timeout for an injury. The coach must signal the referee or linesman in order to make a substitution. A substituted player can only come on to the field when given a signal by the referee.

## 5. Player's Equipment

- a. A player's uniform consists of a matching jersey and matching athletic shorts. Jerseys must have sleeves. Players must have matching shorts with no pockets or belt loops.
- b. Player's numbers must be from 1 to 99. The number must be placed in the center of the back. Numbers shall be a different and contrasting color from the jerseys. Numbers must be at least 6" high.
- c. Shin guards are required for ALL players (athletes and Unified Partners) and must be covered completely by socks.
- d. Goalies must wear a shirt of contrasting colors from those of the rest of the team.
- e. A player may not use equipment or wear anything that is dangerous to himself/herself or another player (including any kind of jewelry).
- f. Athletic-type shoes must be worn.
- g. No metal cleats are allowed.

## 6. The Referee

- a. Each match is controlled by one referee who has full authority to enforce the Laws of the Game in connection with the match to which he has been appointed.

## 7. The Assistant Referee



- a. There will be at least one additional referee to assist the head referee during the game. At State level there should be 2 additional referees to assist the head referee.
8. Duration of the Game
- a. The duration of the game shall be two equal periods of fifteen minutes with a halftime interval of five minutes. The referee should be responsible for keeping the playing time.
  - b. If overtime is used to break a tie, two five-minute overtime periods are used. If the game is still tied, penalty kicks will be used to break the tie.
9. Start of Play
- a. All players, except the player taking the kick-off, must be in their own half of the field of play.
  - b. The ball must be stationary on the center mark.
  - c. The referee gives a signal.
  - d. The ball is in play when it is kicked and clearly moves.
  - e. 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.
10. Ball in and out of Play
- a. Ball over the sideline results in a kick in.
  - b. Ball over the end line results in a goal clearance or a corner kick.
  - c. The ball must be completely over the line to be considered out of play.
11. Goal Clearance
- a. 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.
  - b. The above rules of goal clearance also apply when a goalkeeper gains possession, with his hands, of a ball that is still in play.
  - c. Infringement penalties:
    - i. If the ball thrown by the goalkeeper passes beyond the goalkeeper's half of the field without first having been touched by a player or without having touched the ground, the referee shall award an indirect free kick for the opposing team from any point on the halfway line.
    - ii. From the goalkeeper's throw, if the ball is touched by any player inside the penalty area, the throw shall be retaken.
12. Method of scoring
- a. The whole of the ball must have completely crossed the line inside the goal to count as a goal.
13. Fouls and misconduct (except there is no offside):





- a. Tripping, pushing, handball or charging result in a direct free kick. Obstruction or dangerous play results in an indirect.
  - b. 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.
14. Restart exception
- a. Any free kick that is awarded to the defending team inside their own penalty area will be restarted with a throw from the goalkeeper.
15. Free Kick
- a. Opposing players must retire at least five meters from the ball for all free kicks.
  - b. When an indirect free kick is awarded to the attacking team inside the penalty area, within five meters from the goal line, the referee must place the ball at five meters from the goal line.
16. Penalty Kick
- a. A penalty kick is taken from the seven-meter mark or six-meter mark depending on size of goal (see rule 4.1.2.4 above).
17. Kick In (Equivalent to the throw in for 11-a-side)
- a. 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. The ball must be stationary before being kicked. It shall be deemed in play when the ball is kicked and clearly moves. The ball cannot be played again by the kicker until it has been touched by another player. The players from the opposing team must retire at least five meters from the spot where the kick is being taken.
  - b. A goal cannot be scored directly from a kick in.
  - c. A goalkeeper may not touch the ball with hands receiving it directly from a kick in by a teammate.
  - d. A goalkeeper may not touch the ball with hands after it has been deliberately kicked to him/her by a teammate.
18. Infringement penalties
- a. If the player taking the kick in plays the ball for a second time before it has been touched by another player, an indirect free kick is awarded to the opposing team from the point where the infringement occurred.
19. Corner-Kick
- a. Awarded to the attacking team when a player from the defending team kicks the ball over his/her own end line.
  - b. Opposing players must retire at least five meters from the ball.
20. Water Break



- a. In the case of extreme heat, the official representative from the Competition Committee (e.g., Field Manager) may signal to the referee to introduce a water break (maximum of three minutes) at a natural break in play, approximately halfway through each half.

#### 21. Overtime/Penalty Kick

- a. In tournament play, two five-minute overtime periods are used.
- b. If the game is still tied after the overtime periods, penalty kicks shall be used to decide the game using the following procedure:
  - i. The referee chooses the goal at which the kicks will be taken.
  - ii. The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or the second kick.
  - iii. Each team is responsible for selecting five players from those on the field of play at the end of the match and the order in which they will take the kicks.
  - iv. The highest score after five penalty kicks is declared the winner. The referee keeps a record of the kicks being taken.
  - v. Subject to the conditions explained below, both teams take five kicks.
  - vi. The kicks are taken alternately by the teams.
  - vii. If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken.
  - viii. If, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, kicks continue to be taken in the same order until one team has scored a goal more than the other from the same number of kicks.
  - ix. A goal keeper who is injured while kicks are being taken from the penalty mark and is unable to continue as goalkeeper may be replaced by a named substitute.
  - x. With the exception of the foregoing case, only players who are on the field of play at the end of the match, which includes extra time where appropriate, are eligible to take penalty kicks.
  - xi. If at the end of the match one team has a greater number of players than its opponents, it must reduce its numbers to equate with that of its opponents. The team captain must inform the referee of the name and number of the excluded player. The referee must ensure that an equal number of players from each team remains within the center circle and they shall take the kicks.
  - xii. Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick.
  - xiii. Once all eligible players have taken a penalty kick, the same sequence does not have to be followed as in the first round of kicks.



- xiv. An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken,
- xv. In Unified Sports penalty kicks, alternate kicks by athletes and partners must be taken, with the athlete taking the first penalty kick for each team.

## 22. Coaching from the bench area

- a. A team bench area will be provided for each team.
- b. Each bench area will be defined by a marked off rectangle, 15 meters in length, located on the sideline at least 5 meters away from the sideline and within 10 meters of the halfway line.
- c. A team bench should be provided within each area.
- d. Coaches and substitutes must remain within the bench area at all times. Only one coach can stand. Failure to adhere to this may lead to the coach being sent from the field of play.
- e. Coaches are expected to restrict their coaching to simple verbal encouragement.
- f. 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 offending coach from the field.

### ***Unified 5-a-Side Soccer***

#### 1. The Number of Players

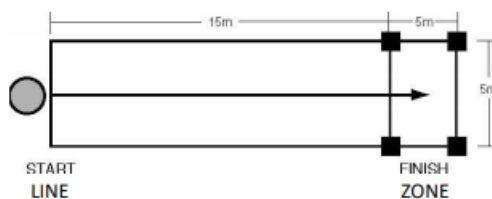
- a. The roster shall contain a proportionate number of athletes and partners.
- b. A team is allowed to play with a maximum of five and a minimum of three players during competition. Only the following lineups are allowed:
  - i. 3 athletes and 2 partners
  - ii. 2 athletes and 2 partners
  - iii. 2 athletes and 1 partner
  - iv. Failure to adhere to the required ratio results in a forfeit.
- c. Each team shall have an adult non-playing coach responsible for the lineup and conduct of the team.

### ***Individuals Skills Competition***

- 1. The ISC consists of three events: dribbling; shooting; and run and kick. Competitors will submit the a qualifying total score from the three events during the registration process, then athletes will be placed into divisions based upon their gender and qualifying score. At state competition, each player will perform each event twice. The total score from the two rounds is added together to give an overall final score.



a. Individual Skills Competition—Event Number 1: Dribbling



i. Equipment

1. Size four or size five balls, tape or chalk, four large cones to mark the finish zone

ii. Description

1. 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 overshoots the finish zone, he/she must dribble it back in to finish.

2. Scoring

- a. The time (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).

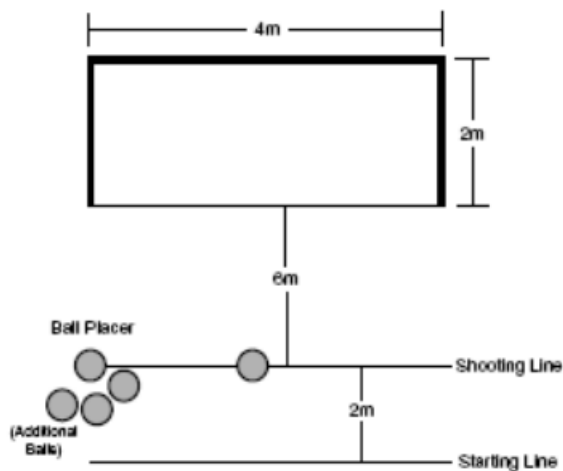
3. Scoring Conversion Chart

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





b. Individual Skills Competition – Event Number 2: Shooting



i. Equipment

1. Size four or size five balls, tape or chalk, four meter by two meter five-a-side goal with net.

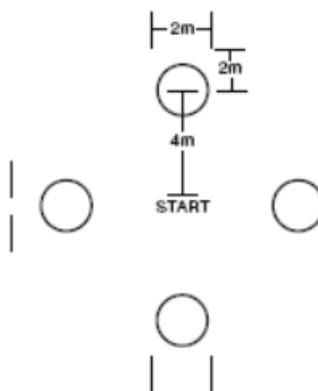
ii. Description

1. Athlete begins at the start line and walks or runs forward to shoot the ball into the goal from a distance of six meters. Athlete is only allowed to kick the ball once. The athlete returns to the line. Ball placer (official) places the next ball to be shot. Athlete repeats. Total of five shots.
2. When the player kicks the last ball, the clock is stopped at a maximum of two minutes.

iii. Scoring

1. Each successful goal scores 10 points.

c. Individual Skills Competition – Event Number 3: Run and Kick



i. Equipment

1. Four, size four or size five, balls.



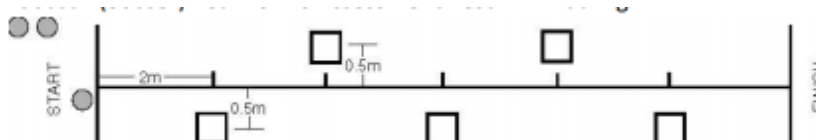
2. A central starting point should be marked.
  3. A two-meter wide target gate (cones or flags) set up two meters ahead of each ball.
- ii. Description
1. Player begins at the starting marker. Athlete runs to any ball and kicks it through a target gate. Athlete is only allowed to kick the ball once. The player then runs and kicks another ball through a target gate. When the player kicks the last ball, the clock is stopped.
- iii. Scoring
1. 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.
  2. A bonus of five points is added for each ball kicked successfully through a target gate.
- iv. Scoring Conversion Chart

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

### ***Soccer Team Skills Assessment Test***

Events: The following tests may be used to determine player and team ability levels for initial divisioning only. They are not to be confused with Individual Skills Competitions.

#### 1. Football Team Skills Assessment—Dribbling

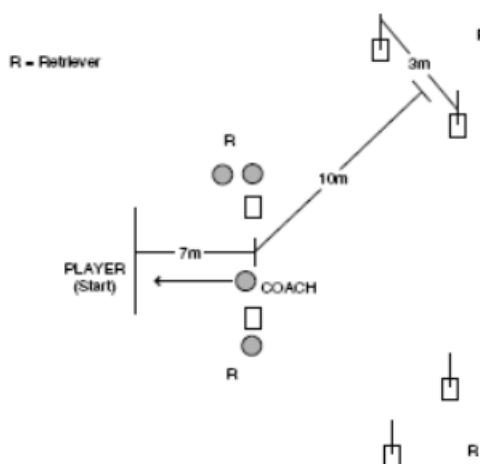


- a. Set Up
- i. 12-meter dribbling slalom: five cones (minimum 18 in high), two meters apart, staggered 0.5 meters from central line. Three to five balls at the start line.



- b. Test
  - i. Time: One minute
  - ii. Player dribbles through slalom as quickly as possible, rounding all cones.
  - iii. Player leaves ball over the finish line (ball must be stopped) and sprints back to the start.
  - iv. If there is time remaining, player starts with the second ball and repeats.
  - v. Player continues to repeat until one minute has elapsed.
  - vi. A whistle will be blown when one minute has elapsed to signify the end of the test.
- c. Scoring
  - i. Player scores five points for each cone passed (to the outside) (i.e., 25 points per successful run).
  - ii. Cones that are knocked down do not count.

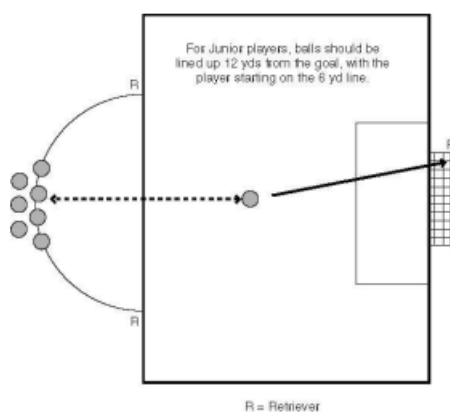
## 2. Soccer Team Skills Assessment—Control and Pass



- a. Set Up
  - i. Two cones to form a “passing gate” five meters wide, seven meters from the starting line.
  - ii. Two passing “target gates” (cones and one-meter flags if possible) as shown.
  - iii. Four to eight soccer balls. (If balls are in short supply, use four balls but have an efficient retrieval system for returning balls to the coach).
- b. Test
  - i. Time: One minute
  - ii. Coach rolls the ball at moderate pace to the waiting player.
  - iii. The player may wait on the line or move toward the ball once it has been rolled.
  - iv. Player controls the ball and dribbles through the passing gate.
  - v. Coach randomly calls and physically indicates “left” or “right” to designate target.



- vi. Players can dribble as close as they like before passing the ball through the target.
  - vii. The coach will roll the next ball as soon as the player returns to the starting line.
  - viii. After one minute, a whistle will be blown to signify the end of the test.
- c. Scoring
- i. Player scores 10 points for each successful pass through a target gate.
  - ii. A ball that hits the cone and goes through will count.
3. Soccer Team Skills Assessment—Shooting



- a. Set Up
- i. Penalty area and full-size goal with nets, on a regulation field.
  - ii. Four to eight balls at the top of the penalty arc. (If balls are in short supply, the test can be run with four to five balls with a good retrieval and return system).
- b. Test
- i. Player starts at the penalty spot. Runs to the first ball. Collects the ball. Dribbles into the penalty area and shoots. Attempting to shoot the ball in the air into the goal.
  - ii. Players can shoot from whatever distance they choose once they are inside the penalty area.
  - iii. As soon as the player has shot, he/she returns and repeats with another ball.
  - iv. A whistle will be blown after one minute to signify the end of the test.
- c. Scoring
- i. Player scores ten points for each shot traveling from foot to goal in the air; Five points for each shot that touches the ground before entering the goal.

## Soccer Team Skills Assessment Scoresheet

County: \_\_\_\_\_ Team Name: \_\_\_\_\_

Team Type:      Traditional 5-a-side                       Unified 5-a-side

Head Coach Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Athlete Name	Athlete (A) Or Partner (P)	Starter? (Yes or No)	Goalie? (Yes or No)	Dribbling	Control and Pass	Shooting	Total

For Goalies, Please describe your Goalies specific skills as it relates to this position. Does your goalie have the basic understand of the rules and skill to be the goal keeper, on a scale of 1-5 please describe their ability.

5 - Proficiently demonstrates skill in competitive situations, 4 - Competently demonstrates skill with minimal errors in majority of competitive situations, 3 - Performs skill in structured training environments, 2 - Attempts skill when cued, 1 - Unable to perform skill

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