



# 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 socks, 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. 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. Sponsor logos are not allowed on uniforms, but they may carry a maker's mark (Nike, Adidas, etc.)
4. The goalkeeper shall wear colors, which distinguish him/her from the other players on the team and from the referees.
5. 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.
6. 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.
7. 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. (Roughly 9 feet by 6 feet)
  - 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. (Roughly 16 feet by 6 feet)
  - c. Goal area: shall be 8 meters by 20 meters.
  - d. Penalty mark: 7 meters
  - e. 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. (Roughly 24 feet by 8 feet)
  - c. Goal area: shall be 40.2 meters by 16.5 meters.
  - d. Penalty mark: 11 meters
  - e. 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. Matches must start with five players (5-a-side) or seven players (7-a-side) or eleven players (11/side). Games may continue with fewer players due to injury or red card. If players are lost to injury or red card violations, the next match must still start with the required number of players. Failure to do so will result in an automatic forfeit.
3. Teams may register 3 athletes as team alternates. Unified Teams may register up to 4 alternates with 2 being athletes and 2 being Unified Partners. 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. Athletes must replace athletes; Unified Partners must replace Unified Partners. 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 always have one additional athlete than Unified Partner on the field. If a team is unable to play by these numbers, then a forfeit will be issued.
  - I. 5/Side: 3 Athletes, 2 Unified Partners
  - II. 7/Side: 4 Athletes, 3 Unified Partners
  - III. 11/Side: 6 Athletes, 2 Unified Partners
7. Athletes and Unified Partners may play any position on the field and either an athlete or Unified Partner may play goalkeeper.
8. Unified Teams must have a certified, non-playing head coach.

## General Rules

1. Yellow cards are handed out by the official for fouls and indicate a caution given to a player regarding their conduct, or dangerous plays.
  - I. Two yellow cards equal one red card.
2. Red cards are handed out by the official for fouls. These indicate a serious offence and result in a player being permanently suspended from the game.
  - I. Players may not re-enter the game after receiving a red card, or two yellow cards.
3. In 5/Side and 7/Side matches If a player is expelled from the game this player may not re-enter the game. His/her team must play a player down for two minutes.
  - I. Keeping check of the two minutes shall be the task of the referee and the timing is up to his sole discretion.
  - 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.
4. In 11/Side matches 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. Match will re-start on the referee's whistle after both a yellow and red card.
6. 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.
7. One coach may stand and communicate with his/her players during the match. Assistant coaches must remain seated in the team bench area.
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.

## 5/Side & 7/Side

1. Regular 11/Side soccer rules will be utilized with the following modification: Off-sides will not be called in 5/Side or 7/Side soccer.
2. Game Length:
  - I. 5/Side: Two 15-minute halves and a 5-minute halftime.
  - II. 7/Side: Two 17-minute halves with a 5-minute halftime.
3. When the ball passes over the goal line (not in the goal), having last been played by an attacking player, the goalkeeper will be granted a throw in. The goalkeeper standing within his own penalty area, shall throw the ball back into play. ball shall be deemed in play as soon as it passes outside the penalty area.
  - I. No player may touch the ball until it passes outside of the penalty area.
  - II. Penalty for this is a goalkeeper re-throw.
4. A goalkeeper 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.
  - I. Penalty for this is the defensive team gets a free kick from midfield.
5. The above rules of goal clearance also apply when a goalkeeper gains possession, with his hands, of a ball that is still in play.
6. Goalkeepers may not pick up a ball kicked to them by a teammate. They must play this ball with their feet.
7. Any ball over the end line off of a defensive play is an offensive corner kick.
8. Any ball over the sideline will result in a kick-in for the team who did not touch the ball last. There are no throw-ins in 5/Side and 7/Side soccer.
  - 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.
9. A goal can be scored directly against the opponent from the kick-off if it touches another player, offensive or defensive, before entering the goal. If the ball directly enters the kicker's goal, a corner kick is awarded to the opposing team.
10. If a match is tied at the end of regulation play the match will move directly to penalty kicks.

## 11 A-Side

1. Regular 11/Side soccer rules will be utilized including calling off-sides.
2. Match Length: Two 30-minute halves with a 10-minute halftime.
3. Substitutes: Teams are allowed to use all substitutes named on the playing roster.
  - I. Athletes may not re-enter the match after begin substituted out.
4. Each coach must see to it that each athlete has frequent opportunities to participate.
5. In tournament play, if overtime is used to break a tie, two 5-minute "sudden-death" periods shall be played back-to-back with no break. The team to score the first goal is the match winner. 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.

## Tie Games

1. In regular league play, ties are considered final.
2. In tournament play for 11/Side matches overtime periods shall be 5 minutes each. If the game is still tied after the overtime periods, penalty kicks shall be used to decide the game.
3. 5/Side and 7/Side matches will move directly to penalty kicks.
4. Penalty kick Procedure:
  - 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.
    - I. Players must be on the field of play at the end of the match to be selected to take the initial 5 kicks. This applies to goalkeepers as well.
    - II. Goalkeepers may be one of the first 5 players to take the initial penalty kicks
    - III. In Unified matches, kicks must be alternated between athletes and Unified Partners, with an athlete taking the first kick.
  - 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.
    - I. No player may take a second kick until all members of the team have taken at least one kick.



- VI. Kicks are taken at the penalty mark.

### **Unified Team Competition**

1. The roster shall contain a proportionate number of traditional athletes and partners. "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.
2. Each team shall have an adult non-playing head coach responsible for the line-up and conduct of the team during competition.
3. Unified Partners should not be involved in coaching.
4. The unified partner must complete all VMS certification requirements prior to participation.
5. 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.
6. 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.
7. 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.
8. 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:

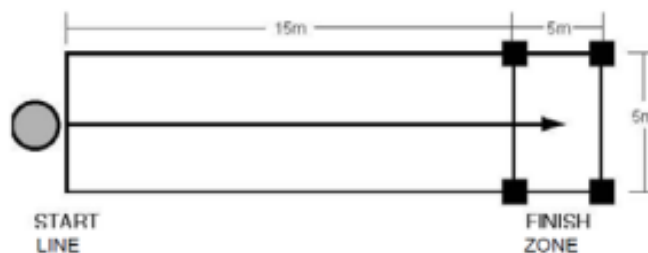
- Dribbling
- Shooting
- Run & Kick

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

### Event #1: Dribbling

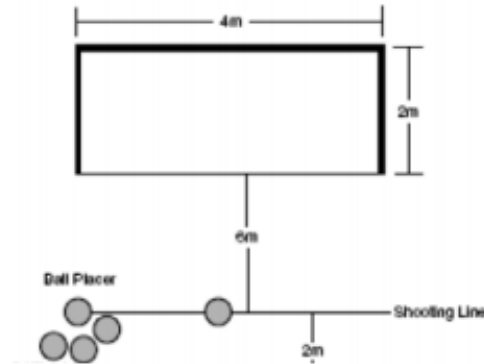
1. Equipment: regulation size ball, tape or chalk, 4 large cones to mark the finish zone.
2. Description: The player dribbles from the starting line to the finish zone, staying inside the marked lane. The finish zone should be marked off with cones as well as chalk.
3. The clock is stopped when both 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.
4. 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.

