Football

Sport Rules

Special Olympics

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1. GOVERNING RULES

The Official Special Olympics Sports Rules for Football (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 football (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 Football (Soccer) or Article I. In such cases, the Official Special Olympics Sports Rules for Football (Soccer) shall apply.

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

Refer to Article 1, http://media.specialolympics.org/resources/sports-essentials/general/2014-Article-I.pdf, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

2. OFFICIAL EVENTS

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

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

2.1 Individual Skills Competition (ISC)
2.2 5-a-side Team (outdoor)
2.3 7-a-side Team (outdoor)
2.4 11-a-side Team Competition according to FIFA rules
2.5 Futsal Competition according to FIFA rules
2.6 Unified Sports® 5-a-side Team Competition
2.7 Unified Sports 7-a-side Team Competition
2.8 Unified Sports 11-a-side Team Competition

3. DIVISIONING

3.1 Teams may be divisioned based on the Team Skill Assessment found in Section D of these rules, a Prior Divisioning Form based on the SOEE Divisioning DVD, or a prior Divisioning/Team Rating form approved by the Program, and by an on-site classification round.
3.2 In the classification rounds, teams will play a minimum of two evaluation games of at least eight minutes (5-a-side), eight minutes (7-a-side) or fifteen minutes (11-a-side).
3.3 The Divisioning Committee shall ensure that all goalkeepers are adequately assessed.

4. GENERAL RULES AND MODIFICATIONS

4.1 5-A-Side Football

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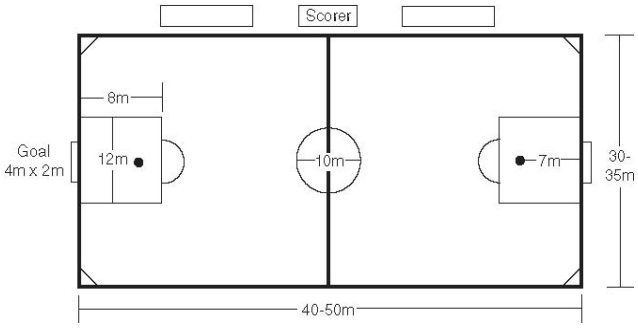
Special Olympics recommends this playing format for low ability levels, players, programs or local level only, the 5-a-side football will not be offered at World Games Levels.

4.1.1 Diagram



SPECTATOR AREA

4.1.2 The Field of Play

4.1.2.1 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. The smaller field is recommended for lower ability teams.

4.1.2.2 The field shall be marked out as shown below. (See 5-a-side field diagram)

4.1.2.3 The goal size must be between a minimum of three meters by two meters and a maximum of four meters by two meters.

4.1.2.4 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.

4.1.2.5 The recommended playing surface is grass.

4.1.3 The Ball

4.1.3.1 Ages 8-12: Size 4 ball, not more than 66 centimeters (26 in) and not less than 63.5 centimeters (25 in).

4.1.3.2 All other players: Size 5 ball, not more than 70 centimeters (28 in) and not less than 68 centimeters (27 in).

4.1.4 The Number of Players

4.1.4.1 Allowable roster size is to be determined by the Competition Committee. At the Special Olympics World Games, the roster size may not exceed 10 players.

4.1.4.2 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.

4.1.4.3 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.

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4.1.5 Players' Equipment
- 4.1.5.1 Shirts must be numbered.
- 4.1.5.2 Shin pads are required.
- 4.1.5.3 No metal studs are allowed.

4.1.6 The Referee
- 4.1.6.1 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.

4.1.7 The Assistant Referee
- 4.1.7.1 Two assistant referees are appointed to each match for Regional and International Competitions. For Local, Program and National Competitions it is recommended to have two referees if there are not enough assistant referees.

4.1.8 Duration of the game
- 4.1.8.1 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.
- 4.1.8.2 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. (See 11-a-side tie-break protocol).

4.1.9 Start of play
- 4.1.9.1 A ball must be kicked forward from the center spot before being touched by another player. A goal can be scored directly from a kick off.
- 4.1.9.2 Ball in and out of play:
- 4.1.9.3 Ball over the sideline results in a kick in.
- 4.1.9.4 Ball over the end line results in a goal clearance or a corner kick.
- 4.1.9.5 The ball must be completely over the line to be considered out of play.

4.1.10 Goal Clearance
- 4.1.10.1 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.
- 4.1.10.2 The above rules of goal clearance also apply when a goalkeeper gains possession, with his hands, of a ball that is still in play.
- 4.1.10.3 Infringement penalties:
  - 4.1.10.3.1 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.
  - 4.1.10.3.2 From the goalkeeper's throw, if the ball is touched by any player inside the penalty area, the throw shall be retaken.

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4.1.11 Method of scoring
- 4.1.11.1 The whole of the ball must have completely crossed the line inside the goal to count as a goal.

4.1.12 Fouls and misconduct (except there is no offside):
- 4.1.12.1 Tripping, pushing, handball or charging result in a direct free kick. Obstruction or dangerous play results in an indirect.
- 4.1.12.2 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 unless a goal is scored before the two minutes have elapsed. In this case, the following shall apply:
  - 4.1.12.2.1 If there are five players against four players and the team with the larger number scores a goal, the team with four players may be completed.
  - 4.1.12.2.2 If both teams are playing with four players and a goal is scored, both teams may be completed.
  - 4.1.12.2.3 If there are five players playing against three or four against three and the team with the larger number scores a goal, the team with three players may be increased by one more player only.
  - 4.1.12.2.4 If both teams are playing with three players and a goal is scored, both teams may add one more player.
  - 4.1.12.2.5 If the team scoring the goal is the one with fewer players, the game shall continue without changing the number of players.
  - 4.1.12.2.6 Keeping check of the two minutes shall be the task of the Time or Fourth Official. 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.

4.1.13 Restart exception
- 4.1.13.1 Any free kick that is awarded to the defending team inside their own penalty area will be restarted with a throw from the goalkeeper.

4.1.14 Free Kick
- 4.1.14.1 Opposing players must retire at least five meters from the ball for all free kicks.
- 4.1.14.2 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.

4.1.15 Penalty Kick
- 4.1.15.1 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).

4.1.16 Kick In (Equivalent to the throw in for 11-a-side)
- 4.1.16.1 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 immediately after it

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has traveled the distance of its own circumference. 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.

4.1.16.2 A goal cannot be scored directly from a kick in.

4.1.16.3 A goalkeeper may not pick up a ball passed back to him/her from a kick in.

4.1.16.4 A goalkeeper may not pick up a ball passed back to him/her by their own player.

4.1.17 Infringement penalties

4.1.17.1 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.

4.1.18 Corner-Kick

4.1.18.1 Awarded to the attacking team when a player from the defending team kicks the ball over his/her own end line.

4.1.18.2 Opposing players must retire at least five meters from the ball.

4.1.19 Water Break

4.1.19.1 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.

4.1.20 Overtime/Penalty Kick

4.1.20.1 In regular league play, ties are considered final.

4.1.20.2 In tournament play, overtime periods shall be five minutes each.

4.1.20.3 If the game is still tied after the overtime periods, penalty kicks shall be used to decide the game using the following procedure:

4.1.20.3.1 The referee chooses the goal at which the kicks will be taken.

4.1.20.3.2 The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or the second kick.

4.1.20.3.3 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.

4.1.20.3.4 The highest score after five penalty kicks is declared the winner. The referee keeps a record of the kicks being taken.

4.1.20.3.5 Subject to the conditions explained below, both teams take five kicks.

4.1.20.3.6 The kicks are taken alternately by the teams.

4.1.20.3.7 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.

4.1.20.3.8 If, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, kicks

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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.

4.1.20.3.9 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.

4.1.20.3.10 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.

4.1.20.3.11 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.

4.1.20.3.12 Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick.

4.1.20.3.13 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.

4.1.20.3.14 An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken,

4.1.20.3.15 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.

4.1.21 Coaching from the bench area

4.1.21.1 A team bench area will be provided for each team.

4.1.21.2 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.

4.1.21.3 A team bench should be provided within each area.

4.1.21.4 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.

4.1.21.5 Coaches are expected to restrict their coaching to simple verbal encouragement.

4.1.21.6 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.

4.2 7-a-side Football

4.2.1 Diagram

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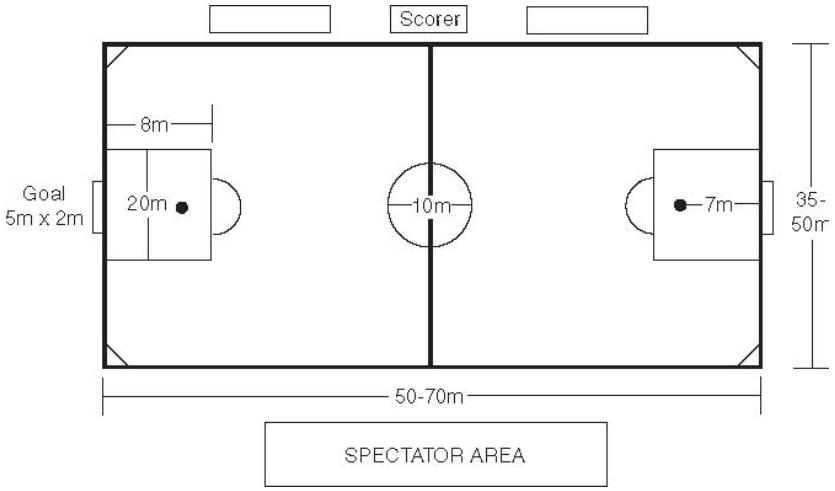

4.2.2 The Field of Play

4.2.2.1 The 7-a-side field shall be a rectangle: 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.

4.2.2.2 The goal size shall be five meters by two meters.

4.2.2.3 The goal area shall be eight meters by 20 meters.

4.2.2.4 The recommended playing surface is grass.

4.2.3 The Ball

4.2.3.1 Ages 8-12: Size 4 ball, not more than 66 centimeters (26 in) and not less than 63.5 centimeters (25 in).

4.2.3.2 All other players: Size 5 ball, not more than 70 centimeters (28 in) and not less than 68 centimeters (27 in).

4.2.4 The Number of Players

4.2.4.1 Allowable roster size is to be determined by the Competition Committee. At the Special Olympics World Games, the roster size may not exceed 12 players.

4.2.4.2 The game is played between two teams, each consisting of seven players, one of whom shall be the goalkeeper. A minimum of five players shall be on the field at any one time.

4.2.4.3 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.

4.2.5 Players' Equipment

4.2.5.1 Shirts must be numbered.

4.2.5.2 Shin pads are required.

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4.2.5.3 No metal studs are allowed.

4.2.6 The Referee

4.2.6.1 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.

4.2.7 The Assistant Referees

4.2.7.1 Two assistant referees are appointed to each match for Regional and International Competitions.

4.2.7.2 For Local, Program and National Competitions it is recommended to have two referees if there are not enough Assistant Referees.

4.2.8 Duration of the Game:

4.2.8.1 The duration of the game shall be two equal periods of twenty minutes with a halftime interval of five minutes. The referee should be responsible for keeping the playing time.

4.2.8.2 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. (See 11-a-side tie-break protocol: 4.3.16).

4.2.9 Start of Play

4.2.9.1 A ball must be kicked forward from the center spot before being touched by another player. A goal can be scored directly from a kick off.

4.2.10 Ball In and Out of Play:

4.2.10.1 Ball over the sideline results in a kick in.

4.2.10.2 Ball over the end line results in a goal clearance or a corner kick.

4.2.10.3 The ball must be completely over the line to be considered out of play.

4.2.11 Goal Clearance

4.2.11.1 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.

4.2.11.2 The above rules of goal clearance also apply when a goalkeeper gains possession, with his hands, of a ball that is still in play.

4.2.12 Infringement penalties

4.2.12.1 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.

4.2.12.2 From the goalkeeper's throw, if the ball is touched by any player inside the penalty area, the throw shall be retaken.

4.2.13 Method of Scoring

4.2.13.1 The whole of the ball must have completely crossed the line inside the goal to count as a goal.

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4.2.14 Fouls and Misconduct (except there is no offside)

4.2.14.1 Tripping, pushing, handball or charging result in a direct free kick. Obstruction or dangerous play results in an indirect.

4.2.14.2 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 unless a goal is scored before the two minutes have elapsed. In this case, the following shall apply:

4.2.14.2.1 If there are seven players against six players and the team with the larger number scores a goal, the team with four players may be completed.

4.2.14.2.2 If both teams are playing with six players and a goal is scored, both teams may be completed.

4.2.14.2.3 If there are seven players playing against five or six against five and the team with the larger number scores a goal, the team with five players may be increased by one more player only.

4.2.14.2.4 If both teams are playing with five players and a goal is scored, both teams may add one more player.

4.2.14.2.5 If the team scoring the goal is the one with fewer players, the game shall continue without changing the number of players.

4.2.14.2.6 Keeping check of the two minutes shall be the task of the Time or Fourth Official.

4.2.14.2.7 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.

4.2.15 Restart Exception

4.2.15.1 Any free kick that is awarded to the defending team inside their own penalty area will be restarted with a throw from the goalkeeper.

4.2.16 Free Kick

4.2.16.1 Opposing players must retire at least five meters from the ball for all free kicks.

4.2.16.2 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.

4.2.17 Penalty Kick

4.2.17.1 A penalty kick is taken from the seven-meter mark. All players except the kicker and the goalkeeper must retire outside the penalty area and arc. The goalkeeper must stand on his/her goal line until the penalty kick is taken.

4.2.18 Kick In (Equivalent to the throw in for 11-a-side)

4.2.18.1 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 immediately after it has traveled the distance of its own circumference. The ball cannot be played

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again by the kicker until it has been touched by another player. The players from the opposing team must retire at least 5 meters from the spot where the kick is being taken.

4.2.18.2 A goal cannot be scored directly from a kick in.

4.2.18.3 A goalkeeper may not pick up a ball passed back to him/her from a kick in.

4.2.18.4 A goalkeeper may not pick up a ball passed back to him/her by their own player.

4.2.19 Infringement penalties

4.2.19.1 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.

4.2.20 Corner-Kick

4.2.20.1 Awarded to the attacking team when a player from the defending team kicks the ball over his/her own end line.

4.2.20.2 Opposing players must retire at least 5 meters from the ball.

4.2.20.3 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.

4.2.21 Overtime/Penalty Kick

4.2.21.1 In regular league play, ties are considered final.

4.2.21.2 In tournament play, overtime periods shall be five minutes each.

4.2.21.3 If the game is still tied after the overtime periods, penalty kicks shall be used to decide the game.

4.2.21.3.1 The referee chooses the goal at which the kicks will be taken.

4.2.21.3.2 The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or the second kick.

4.2.21.3.3 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.

4.2.21.3.4 The highest score after five penalty kicks is declared the winner. The referee keeps a record of the kicks being taken.

4.2.21.3.5 Subject to the conditions explained below, both teams take five kicks.

4.2.21.3.6 The kicks are taken alternately by the teams.

4.2.21.3.7 If, before teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete five kicks, no more kicks are taken.

4.2.21.3.8 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.

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4.2.21.3.9 A goalkeeper who is injured while kicks are being taken from the penalty mark and is unable to continue as a goalkeeper may be replaced by a named substitute.

4.2.21.3.10 With the exception of 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.

4.2.21.3.11 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.

4.2.21.3.12 Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick.

4.2.21.3.13 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.

4.2.21.3.14 An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken.

4.2.21.3.15 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.

4.2.22 Coaching from the Bench Area

4.2.22.1 A team bench area will be provided for each team.

4.2.22.2 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.

4.2.22.3 A team bench should be provided within each area.

4.2.22.4 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. Coaches are expected to restrict their coaching to simple verbal encouragement.

4.2.22.5 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.

4.3 11-a-side Football

4.3.1 The Field of Play

4.3.1.1 The 11-a-side field of play must be rectangular. The length of the touch line must be greater than the length of the goal line.

4.3.1.2 Maximum dimensions of 120 meters by 90 meters, minimum dimensions of 90 meters by 45 meters.

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4.3.1.3 The goal size shall be 7.32 meters by 2.44 meters.
4.3.1.4 The recommended playing surface is grass.

4.3.2 The Ball
4.3.2.1 Ages 8-12: Size 4 ball, not more than 66 centimeters (26 in) and not less than 63.5 centimeters (25 in).
4.3.2.2 All other players: Size 5 ball, not more than 70 centimeters (28 in) and not less than 68 centimeters (27 in).

4.3.3 The Number of Players
4.3.3.1 Allowable roster size is to be determined by the Competition Committee. At the Special Olympics World Games, the roster size may not exceed 16 players.
4.3.3.2 The game is played between two teams, each consisting of not more than eleven players, one of whom shall be the goalkeeper. A minimum of seven players shall be on the field at any one time.
4.3.3.3 Substitutions: Teams are allowed to use all substitutions named on the playing roster. Once substituted, a player cannot return to the field. Exceptions to this rule can be made by the Competition Committee (e.g., with lower ability divisions) if they consider that the quality of the game will be significantly and adversely affected. In these cases, "unlimited" substitution can be allowed where players can return to the field after being substituted. A decision as to which rule is being used must be communicated to participating teams well in advance of the event.

4.3.4 The Players' Equipment
4.3.4.1 Shirts must be numbered.
4.3.4.2 Shin pads are required.
4.3.4.3 No metal studs are allowed.

4.3.5 The Referee
4.3.5.1 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.

4.3.6 The Assistant Referees
4.3.6.1 Two assistant referees are appointed to each match.

4.3.7 The Duration of the Match
4.3.7.1 The Competition Committee may adjust the length of the game (from the standard two, 45-minute halves) depending on the ability levels and overall physical condition of the teams playing.
4.3.7.2 The minimum allowable game duration shall be two 20-minute halves.

4.3.8 The Start of Play
4.3.8.1 A ball must be kicked forward from the center spot before being touched by another player. A goal can be scored directly from a kick off.

4.3.9 The Ball In and Out of Play
4.3.9.1 Ball over the sideline results in a throw in.
4.3.9.2 Ball over the end line results in a goal kick or a corner kick.
4.3.9.3 The ball must be completely over the line to be considered out of play.

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4.3.10 The Method of Scoring
- 4.3.10.1 The whole of the ball must have completely crossed the line inside the goal to count as a goal.

4.3.11 Fouls and Misconduct
- 4.3.11.1 Tripping, pushing, handball or charging result in a direct free kick. Obstruction or dangerous play results in an indirect.
- 4.3.11.2 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.

4.3.12 Free Kicks
- 4.3.12.1 Opposing players must retire at least 9.15 meters (10 yd) from the ball for all free kicks.

4.3.13 The Penalty Kick
- 4.3.13.1 A penalty kick is taken from the penalty mark. All players except the kicker and the goalkeeper must retire outside the penalty area and arc. The goalkeeper must stand on his/her goal line until the penalty kick is taken.

4.3.14 The Throw In
- 4.3.14.1 When the whole of the ball passes over a sideline, it shall be thrown 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 cannot be played again by the thrower until it has been touched by another player. The players from the opposing team must retire at least 5 meters from the spot where the throw is being taken.
- 4.3.14.2 A goal cannot be scored directly from a throw in.

4.3.15 The Corner-Kick
- 4.3.15.1 Awarded to the attacking team when a player from the defending team kicks the ball over his/her own end line.
- 4.3.15.2 Opposing players must retire at least 9.15 meters (10 yd) from the ball.
- 4.3.15.3 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.

4.3.16 Overtime/Penalty Kick
- 4.3.16.1 In regular league play, ties are considered final.
- 4.3.16.2 In tournament play, overtime periods shall be seven and one-half minutes each.
- 4.3.16.3 If the game is still tied after the overtime periods, penalty kicks shall be used to decide the game.
  - 4.3.16.3.1 The referee chooses the goal at which the kicks will be taken.
  - 4.3.16.3.2 The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or second kick.

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4.3.16.3.3 Each team is responsible for selecting 5 players from those on the field of play at the end of the match and the other in which they will take the kicks.

4.3.16.3.4 The highest score after five penalty kicks is declared the winner. The referee keeps a record of the kicks being taken,

4.3.16.3.5 Subject to the conditions explained below, both teams take five kicks.

4.3.16.3.6 The kicks are taken alternately by the teams.

4.3.16.3.7 If, before teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete five kicks, no more kicks are taken.

4.3.16.3.8 If, after both teams have taken five kicks, both have scored the same number of goals, or have no 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.

4.3.16.3.9 A goalkeeper who is injured while kicks are being taken from the penalty mark and is unable to continue as a goalkeeper may be replaced by a named substitute provided his team has not used the maximum number of substitutes permitted under the competition rules.

4.3.16.3.10 With the exception of foregoing case, only players who are on the field of play at the end of the match, which include extra time where appropriate, are eligible to take penalty kicks.

4.3.16.3.11 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 ticks.

4.3.16.3.12 Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick.

4.3.16.3.13 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.

4.3.16.3.14 An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken.

4.3.16.3.15 In Unified Sports penalty kicks, alternate kicks by each athlete and partners must be taken, with the athlete taking the first penalty kick for each team. Only players who are on the field of play at the end of the second period of extra time may be used.

4.3.17 Coaching from the Bench Area

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4.3.17.1 A team bench area will be provided for each team.
4.3.17.2 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 halfway line.
4.3.17.3 A team bench should be provided within each area.
4.3.17.4 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.
4.3.17.5 Coaches are expected to restrict their coaching to simple verbal encouragement.
4.3.17.6 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.

4.4 Futsal
4.4.1 The Special Olympics rules for this format follow the current rules for Futsal printed by FIFA.

4.5 Unified Sports Team Competition (11-a-side, 7-a-side and 5-a-side)
4.5.1 The Number of Players
4.5.1.1 The roster shall contain a proportionate number of athletes and partners.
4.5.1.2 During play, a team should not exceed:
4.5.1.2.1 11-a-side Lineup: A team is allowed to play with a maximum of 11 and a minimum of seven players during competition. Only the following lineups are allowed:
6 athletes and 5 partners
5 athletes and 5 partners
5 athletes and 4 partners
4 athletes and 4 partners
4 athletes and 3 partners
4.5.1.2.1.1. Failure to adhere to the required ratio results in a forfeit.

4.5.1.2.2 7-a-side Lineup: A team is allowed to play with a maximum of seven and a minimum of five players during competition. Only the following lineups are allowed:

4 athletes and 3 partners
3 athletes and 3 partners
3 athletes and 2 partners
4.5.1.2.2.1. Failure to adhere to the required ratio results in a forfeit.
4.5.1.2.3 5-a-side Lineup: A team is allowed to play with a maximum of five and a minimum of three players during competition. Only the

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following lineups are allowed:
3 athletes and 2 partners
2 athletes and 2 partners
2 athletes and 1 partner

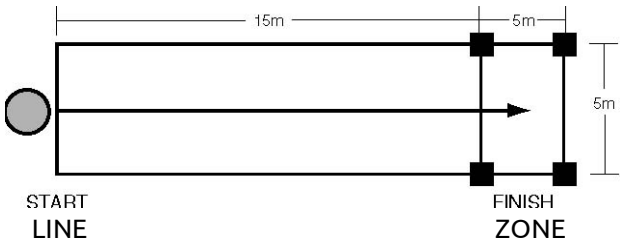
4.5.1.2.3.1. Failure to adhere to the required ratio results in a forfeit.

4.5.1.2.4 Each team shall have an adult non-playing coach responsible for the lineup and conduct of the team.

4.6 Individual Skills Competition (ISC)

4.6.1 The ISC consists of three events: dribbling; shooting; and run and kick. Competitors should first go through a divisioning round where each athlete performs each event once. The total score from the three events is then used to place players in divisions with others of similar abilities for the competition (medal) round. In the medal round, each player should perform each event twice. The total score from the two rounds is added together to give the final score.

4.6.1.1 Individual Skills Competition — Event Number 1: Dribbling



4.6.1.1.1 Equipment

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

4.6.1.1.2 Description

4.6.1.1.2.1. 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.

4.6.1.1.3 Scoring

4.6.1.1.3.1. 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

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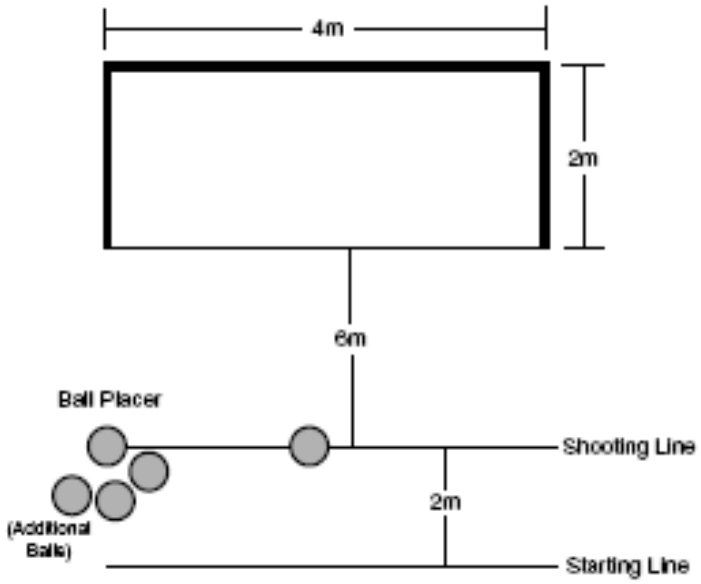
immediately place another ball in the center of the lane opposite the point at which the ball went out).

4.6.1.1.4 Scoring conversion chart:

Dribble Time (Seconds)	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
55 or more	10 points

4.6.1.2 Individual Skills Competition — Event Number 2: Shooting



4.6.1.2.1 Equipment

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

4.6.1.2.2 Description

4.6.1.2.2.1. Athlete begins at the start line and walks or runs forward to shoot the ball into the goal from a

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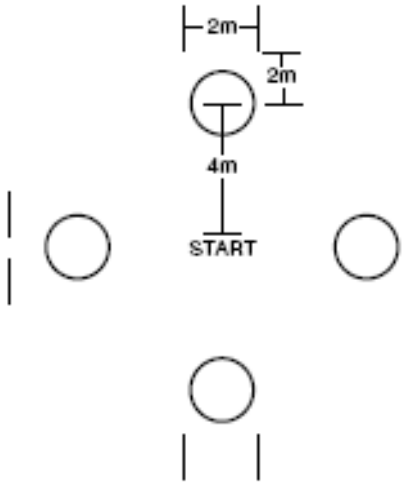
distance of six meters. Athlete is only allowed to kick the ball once. The athlete returns to the line. Ball placer (official) places the next ball to be shot. Athlete repeats. Total of five shots. When the player kicks the last ball, the clock is stopped at a maximum of two minutes.

4.6.1.2.3 Scoring

4.6.1.2.3.1. Each successful goal scores 10 points.

4.6.1.3 Individual Skills Competition — Event Number 3: Run and Kick



4.6.1.4 Equipment

4.6.1.4.1 Four, size four or size five, balls.

4.6.1.4.2 A central starting point should be marked.

4.6.1.4.3 A two-meter wide target gate (cones or flags) set up two meters ahead of each ball.

4.6.1.5 Description

4.6.1.5.1 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.

4.6.1.6 Scoring

4.6.1.6.1 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.

4.6.1.6.2 A bonus of five points is added for each ball kicked successfully through a target gate.

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4.6.1.7 Scoring Conversion Chart

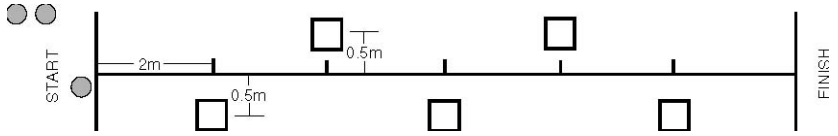
Dribble Time (Seconds)	Point Score
11–15	50 Points
16–20	45 points
21–25	40 points
26–30	35 points
31–35	30 points
36–40	25 points
41–45	20 points
46–50	15 points
51–55	10 points
55 or more	5 points

5. FOOTBALL TEAM SKILLS ASSESSMENT TEST

5.1 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 found in Section C.5.

5.1.1 Football (Soccer) Team Skills Assessment Test — Dribbling



5.1.1.1 Setup

5.1.1.1.1 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.

5.1.1.2 Test

5.1.1.2.1 Time: One minute

5.1.1.2.2 Player dribbles through slalom as quickly as possible, rounding all cones.

5.1.1.2.3 Player leaves ball over the finish line (ball must be stopped) and sprints back to the start.

5.1.1.2.4 If there is time remaining, player starts with the second ball and repeats.

5.1.1.2.5 Player continues to repeat until one minute has elapsed.

5.1.1.2.6 A whistle will be blown when one minute has elapsed to signify the end of the test.

5.1.1.3 Scoring

5.1.1.3.1 Player scores five points for each cone passed (to the outside) (i.e., 25 points per successful run).

5.1.1.3.2 Cones that are knocked down do not count.

5.1.2 Football (Soccer) Team Skills Assessment Test—Control and Pass

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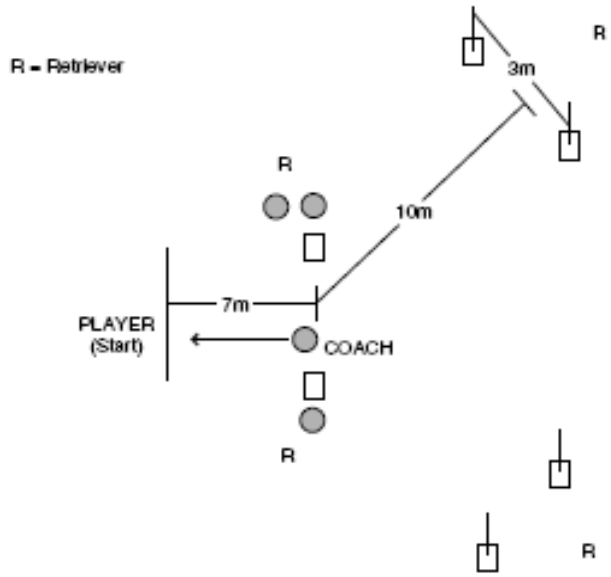

5.1.2.1 Setup

5.1.2.1.1 Two cones to form a "passing gate" five meters wide, seven meters from the starting line.

5.1.2.1.2 Two passing "target gates" (cones and one-meter flags if possible) as shown.

5.1.2.1.3 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).

5.1.2.2 Test

5.1.2.2.1 Time: One minute

5.1.2.2.2 Coach rolls the ball at moderate pace to the waiting player.

5.1.2.2.3 The player may wait on the line or move toward the ball once it has been rolled.

5.1.2.2.4 Player controls the ball and dribbles through the passing gate.

5.1.2.2.5 Coach randomly calls and physically indicates "left" or "right" to designate target.

5.1.2.2.6 Players can dribble as close as they like before passing the ball through the target.

5.1.2.2.7 The coach will roll the next ball as soon as the player returns to the starting line.

5.1.2.2.8 After one minute, a whistle will be blown to signify the end of the test.

5.1.2.3 Scoring

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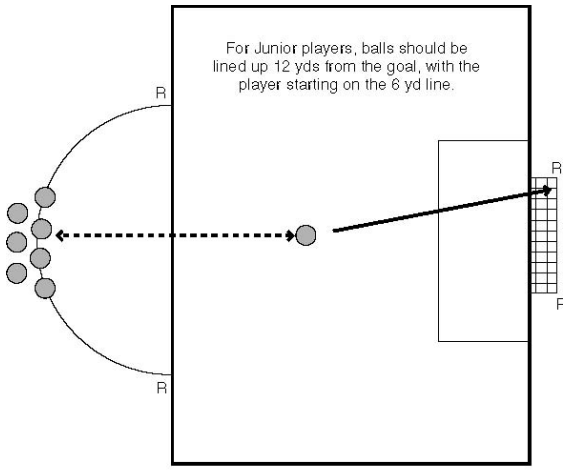
5.1.2.3.1 Player scores 10 points for each successful pass through a target gate.

5.1.2.3.2 A ball that hits the cone and goes through will count.

5.1.3 Football (Soccer) Team Skills Assessment Test — Shooting



R = Retriever

5.1.3.1 Setup

5.1.3.1.1 Penalty area and full-size goal with nets, on a regulation field.

5.1.3.1.2 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).

5.1.3.2 Test

5.1.3.2.1 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.

5.1.3.2.2 Players can shoot from whatever distance they choose once they are inside the penalty area.

5.1.3.2.3 As soon as the player has shot, he/she returns and repeats with another ball.

5.1.3.2.4 A whistle will be blown after one minute to signify the end of the test.

5.1.3.3 Scoring

5.1.3.3.1 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.

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