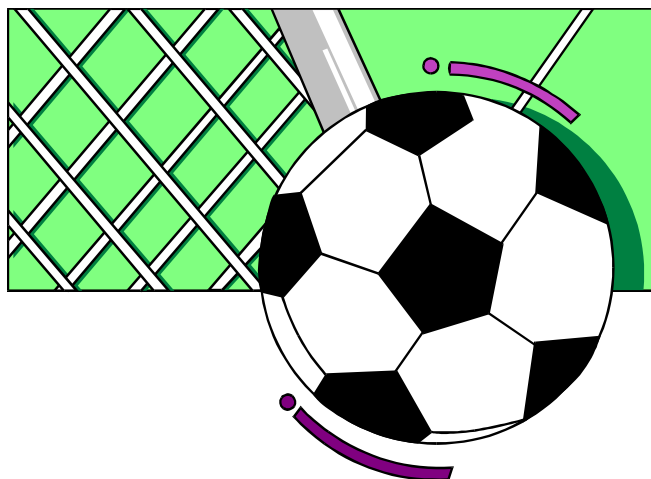


Special Olympics Northern California and Nevada

Soccer Five-A-Side



2005 Guidelines And Rules



July 2005

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SPECIAL OLYMPICS

MISSION STATEMENT

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic type sports for children and adults with mental retardation, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics Athletes and the community.

Training For Life

SONC / SONV PLAYS BY THE RULES.....

All Special Olympics competitions will be conducted in accordance with the Official Special Olympics Sports Rules and the National Governing Body of rules for each sport offered in our program. These rules are designed to protect the Athletes, provide equitable conditions of competition and promote uniformity so that no competitor shall obtain an unfair advantage over another.

The International Olympics Committee (IOC) has granted its official recognition to Special Olympics International, Inc. and its accredited programs.

Special Olympics Northern California and Nevada

COACHES' CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC / SONV) Coaches are models whose behavior should serve as a positive example for their athletes. Their behavior should reflect a concern that the fairest and most positive competitive experience is equally available to every Special Olympic Athlete in a competition.

The Coach has the unique opportunity to influence the development and personal growth of many individuals. For this reason, it is important that the coach adhere to the standards of ethical decision making and teaching. Recognizing this point, it is the position of Special Olympics Northern California that the coach shall:

RESPECT FOR OTHERS

- I will respect the rights, dignity and worth of athletes, coaches, other volunteers, friends and spectators in Special Olympics.
- I will treat everyone equally regardless of sex, ethnic origin, religion or ability.
- I will be a positive role model for the athletes I coach.

ENSURE A POSITIVE EXPERIENCE

- I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive experience.
- I will respect the talent, developmental stage and goals of each athlete.
- I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.
- I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.
- I will ensure that accurate scores are provided for entry of an athlete into any event.
- I will instruct each athlete to perform to the best of the athlete's ability at all preliminaries/heats and finals in accordance with the Official Special Olympics Sports Rules.

ACT PROFESSIONALLY AND TAKE RESPONSIBILITY FOR MY ACTIONS

- My language, manner, punctuality, preparation and presentation will demonstrate high standards.
- I will display control, respect, dignity and professionalism to all involved in the sport (athletes, coaches, opponents, officials, administrators, parents, spectators, media, etc.).
- I will encourage athletes to demonstrate the same qualities.
- I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions or during competition.
- I will refrain from any form of personal abuse towards athletes and others, including verbal, physical and emotional abuse.
- I will be alert to any form of abuse from other sources directed toward athletes in my care.

QUALITY SERVICE TO THE ATHLETES

- I will seek continual improvement through performance evaluation and ongoing coach education.
- I will be knowledgeable about the Sports Rules and skills of the sport (s) I coach.
- I will provide a planned training program.
- I will keep copies of the medical, training, and competition records for each athlete I coach.
- I will follow the Special Olympics and National Governing Body rules for my sport(s).

HEALTH AND SAFETY OF THE ATHLETES

- I will ensure that the equipment and facilities are safe to use.
- I will ensure that the equipment, rules, training and the environment are appropriate for the age and ability of the athletes.
- I will review each athlete's medical form and be aware of any limitations on that athlete's participation noted on that form.
- I will encourage athletes to seek medical advice when required.
- I will maintain the same interest and support towards sick and injured athletes.
- I will allow further participation in training and competition only when appropriate.

Should the behaviors and/or abilities of any coach or other faction of your school/organization be contrary to these principles or to the philosophies of Special Olympics, then one or more of the following steps may be taken by Special Olympics Northern California:

1. The coach may be notified by official warning of the undesirable behavior and be requested to remedy the situation for continued participation.
2. The coach may be requested to withdraw personally or with his/her team from the remainder of the event or tournament.

In the event of extreme or repeated behavior contrary to the best interests of SONC / SONV Athletes or SONC / SONV Program, Special Olympics Northern California and Nevada may:

1. Ban the coach or organization from participation in any or all Special Olympics events for a specified period of time.
2. Ban the coach or organization from participation in SONC / SONV indefinitely

Special Olympics Northern California and Nevada

ATHLETE'S CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC / SONV) is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All SONC / SONV Athletes and Unified Partners agree to the following code:

SPORTSMANSHIP

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.
- I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers, or staff.

TRAINING AND COMPETITION

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the official and ask questions when I do not understand.
- I will always try my best during training, divisioning, and competitions.
- I will not "hold back" in preliminary competition just to get into an easier finals competition division.

RESPONSIBILITY FOR MY ACTIONS

- I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics venues.
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules, the International Federation and the National Federation/Governing Body rules for my sport(s).

I agree to obey this code and I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by SONC / SONV program up to and including not being allowed to participate.

SPECIAL OLYMPICS NORTHERN CALIFORNIA AND NEVADA

SOCCER SPORT MANAGEMENT TEAM

SONC / SONV would like to recognize the following individuals for serving on the Soccer SMT. Team members will be busy throughout the Soccer season, as they will be screening teams during Regional Event play, evaluating the SONC / SONV Soccer program, and assisting in the future development of SONC / SONV Soccer.

Soccer Championships Tournament Director: Jim Hellfeier

DIVISIONING CRITERIA

(DEVELOPED BY SONC / SONV SOCCER SMT)

Level 1

- Basic understanding of rules, i.e. off sides
- Skilled in dribbling, passing, interchange, and shooting
- On starting team, typically 2-4 good players (5-a-side)
- Players know where to go and where to be
- Understand concept of advantage / disadvantage and play on
- Can play by FIFA Rules

Level 2

- Understand fouls--body contact
- Division 2 High--good fundamentals
- Division 2 High--Pretty Good Team Concept
- Division 2 Low--Basic Team Concept
- Good understanding of rules--at least top 4 players
- Better athletes--physical ability

Level 3

- Slightly better ability to dribble, Limited concept of rules
- Pass ball only to get rid of ball
- Higher Division 4 passing ability
- 1 or maybe 2 players score all goals
- Low understanding of fouls
- Limited Team Concept

Level 4

- No team concept
- All players--limited ability to dribble
- All players--low understanding of rules

- If only one highly-skilled player dominates the game, you could still possibly be a Level 3 team.

Note: Levels have changed to reflect other SONC / SONV team sports. Level 1 is the highest level and Level 4 is the lowest.

IN ORDER TO PROPERLY DIVISION YOUR TEAM, USE THE ABOVE CRITERIA KEEPING YOUR FIVE BEST PLAYERS IN MIND.

Utilizing the individual skills assessment will assist you in determining the level of play for each athlete. However keep in mind Soccer is a team sport and teams will be divisioned based on total team composition.

SONC / SONV SOCCER RULES AND REGULATIONS

The Official Special Olympics Rules shall govern all Special Olympics Football (Soccer) competitions. As an International sports program, Special Olympics has created these rules based upon Federation Internationale de Football Association (FIFA) rules for Football (Soccer). FIFA rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.

SECTION A - GENERAL RULES

1. EACH SPECIAL OLYMPICS ATHLETE IS REQUIRED TO HAVE AN **APPLICATION FOR PARTICIPATION AND A RELEASE FORM** FILLED OUT AND SIGNED BY A CERTIFIED PHYSICIAN IN ORDER TO PARTICIPATE. ALSO, EACH UNIFIED PARTNER MUST FILL OUT A **UNIFIED® PARTNER RELEASE FORM** IN ORDER TO PARTICIPATE. THIS IS IN ACCORDANCE WITH SPECIAL OLYMPICS GENERAL RULES.
2. EACH TEAM IS REQUIRED TO PLAY ALL TEAM MEMBERS IN EVERY GAME PLAYED.
3. EACH TEAM IS REQUIRED TO PLAY AT LEAST 3 GAMES PRIOR TO PARTICIPATION IN THE SONC CHAMPIONSHIPS.
4. EACH UNIFIED SPORTS TEAM SHALL HAVE AN ADULT NON-PLAYING COACH RESPONSIBLE FOR THE LINE-UP AND CONDUCT OF THE TEAM DURING COMPETITION.

SECTION B - OFFICIAL EVENTS

1. Five-a-side Team (outdoor).

The following event provides meaningful competition for athletes with lower ability levels.

1. Individual Skills Competition (ISC)

SECTION C - DIVISIONS

1. Competitors in Soccer will compete in one of four age groups:
 - a) Junior: ages 15 and under
 - b) Senior: ages 16-21
 - c) Masters: ages 22 and up
 - d) Open Age Group: Combination of other age groups
2. Within these age groups there will be four (4) levels:
 - a) Level 1
 - b) Level 2
 - c) Level 3
 - d) Level 4
3. All Co-ed teams will compete in the male divisions according to age and ability.

SECTION D - UNIFORMS

1. All players must wear matching uniforms (same color) with numbers, except for goalie, who should be wearing a conflicting color of jersey than his/her teammates.
2. Shin pads are required.

3. NO JEANS.

Soccer shoes are recommended (rubber sole cleats). **No metal cleats.**

SECTION E - OFFICIALS AND THEIR DUTIES

1. There will be one on-field referee and 2 linesmen (if possible) for all five-a-side games.
2. Referees shall have the power to make all decisions on any point not specifically covered in the rules.

SECTION F - COACHES AND THEIR RESPONSIBILITIES

1. Coaches shall remain within the designated “coaches’ box” while the game is in progress.
2. Coaches are responsible for knowing and understanding the rules of the game, not only the modified rules in this manual, but also the International Rules of the game. The National Governing Body of rules for Special Olympics Soccer is Federational International de Football Association (**FIFA**). To acquire your own **FIFA** Rules Book, write to:

United States Soccer Federation

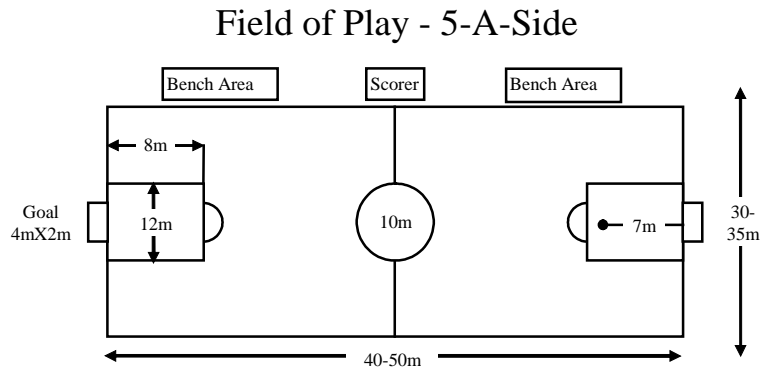
1801-1811 S. Prairie Avenue
Chicago, IL 60616
(312) 808-1300

SECTION G – PRE-GAME PROTOCOL

1. Coaches must present their signed rosters at the Officials Score Table.
2. Official will meet with coaches to insure there are no questions regarding rules, substitution procedures and sideline conduct, and ask if there is anything the official should be aware of about individual players.
3. Official will call the captains of each team over to the sideline and perform the coin toss to choose ends.
4. Two minutes prior to the start of the game, the teams are escorted onto the field in two single files. Teams line up in a single line on either side of the halfway line facing the spectator bleachers. Official will review each team member for appropriate attire and soccer shoes.

SECTION H - RULES OF COMPETITION

I. Five-a-side:



1. Field of Play

- a) The Five-a-side field shall be a rectangle; maximum dimensions 50m x 35m, minimum dimensions 40m x 30m. The smaller field is recommended for lower ability teams.
- b) The field shall be marked out as shown below. (See five-a-side field diagram)
- c) The goals size shall be 4m x 2m.
- d) The recommended playing surface is grass.

2. The ball

- a) Size four for eight to twelve year olds/Size five for all other players).

3. Number of players

- a) Allowable roster size is to be determined by the Competition Committee. The roster size may not exceed ten 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 anytime the ball is out-of-bounds, between periods, after a goal is scored, or during a time-out 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. Duration of the game

- a) The minimum allowable game duration shall be 2 x 20 minutes.
- b) The referee should be responsible for keeping the playing time.
- c) If overtime is used to break a tie, two, five minute, "sudden death" overtime periods are used (first goal scored wins). If the game is still tied, penalty kicks will be used to break the tie.

5. Start of play:

A ball must be kicked at least one full revolution forward from the center-spot before being touched by another player.

6. Ball in and out of play

- a) Ball over the side-line results in a kick-in or throw 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.

7. Goal Clearance

a) All Goal clearances must be thrown.

b) 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 further than the half-way line (i.e. the ball must touch the ground or another player before crossing the half-way line.) The ball shall be deemed in play as soon as it passed outside the penalty area.

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

d) 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 half-way line.

- ii) From the goalkeeper's throw, if the ball is touched by an opposing player inside the penalty area, the throw shall be retaken.

8. Method of scoring: the whole of the ball must have completely crossed the line inside the goal to count as a goal.

9. Fouls and misconduct's: With the exception of no off-sides: tripping, pushing, handball, or charging result in a direct free-kick. Obstruction or dangerous play results in an indirect.

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:

- i) If there are five players against four players and the team with the larger number scores a goal, the team with four players and the team with the larger number scores a goal, the team with four players may be completed;
- ii) If both teams are playing with four players and a goal is scored, both teams may be completed.
- iii) 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 the three players may be increased by one more player only.
- iv) If both teams are playing with three players and a goal is scored, both teams may add one more player.
- v) If the team scoring the goal is the one with fewer players, the game shall continue without changing the number of players.
 - a) Keeping check of the two minutes shall be the task of the Time or fourth Official.
 - b) 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.

10. Re-start exception

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

11. Free-kick

Opposing players must retire at least 5m from the ball for all free-kicks.

12. Penalty Kick

Is taken from the 7m line. 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.)

13. Kick In: Athletes may still throw the ball in.

- a) When the whole of the ball passes over a side-line, it may be kicked back into the game, from the place where it crossed the line (on the side-line), 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 again by the kicker until it has been touched by another player. The players from the opposing team must retire at least 5m 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 pick up a ball passed back to him from kick-in.

14. Infringement penalties:

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.

15. Corner-Kick: as in 11-a-side, is awarded to the attacking team when a player from the defending team kicks the ball over his/her own end-line.

Opposing players must retire at least 5m from the ball.

16. Overtime/Penalty Kick

- a) Ties will stand at the end of regular play for the preliminary round matches and the consolation matches.
- b) For semifinal and championship matches, the teams will be given a five-minute rest and immediately proceed with two successive "sudden death" periods.
- c) If the teams are still tied at the end of the two overtime periods, the winner will be determined using FIFA kicks from the penalty mark method.
 - Only the players on the field at the end of the second overtime period will be allowed to participate in the FIFA kicks.
 - All participating players will immediately meet at the center of the field. A coin toss will determine who kicks first.
 - The referee will decide which goal will be used.
 - In Unified® competition, there must be three (3) athletes and two (2) partners. The same goalkeeper that was in position during the 2nd "sudden death" must remain in that position for the first round of penalty kicks.
 - With teams alternating, 5 kicks will be taken by each team. The team scoring the most goals will be declared the winner.

- If the teams remain tied after the first round, the remaining participating players from each team will take their kicks. Teams will alternate and the first team to score with the opposing team missing will be declared the winner.
- Each team may select any of their participating players on the field to serve as the goalkeeper. The keeper may be changed at any time by one of the participating players. In the event that the goalkeeper becomes injured, he/she may be replaced by player not currently on the field.

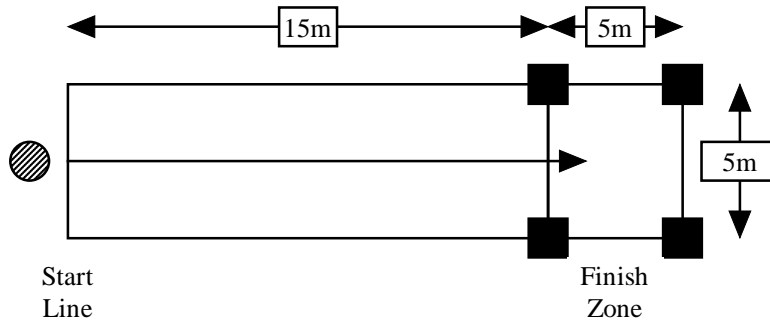
Red/Yellow Cards

- Yellow cards will be accumulated throughout the competition, i.e., Pool Play and Medal Rounds. When an athlete receives a 2nd yellow card, he/she will be suspended from playing the next scheduled game.
- Athletes receiving a red card will be suspended from playing the current game and the next scheduled game. If an athlete receives a total of (3) cards, a review of the official's report will be made to determine if the athlete should be expelled completely from the remaining competition.
- If a team coach is ejected from the game by the official, it will be considered a red card. The coach will not be allowed to coach the remainder of the current game and will be suspended from coaching the next scheduled game. The official will have the right to file a protest against the coach and it will be reviewed by the Protest committee for a decision.

SECTION I - INDIVIDUAL SKILLS CONTEST

- The ISC is designed specifically for lower ability athletes who have not yet developed the skills necessary to participate meaningfully in team soccer, and for players who cannot participate in team soccer because of their need to use a walking device.
- The ISC consists of 3 events: Dribbling; Shooting; and Run & Kick. Competitors should first go through a divisioning round where each athlete performs each event once. The total score from the 3 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.

Event #1: Dribbling

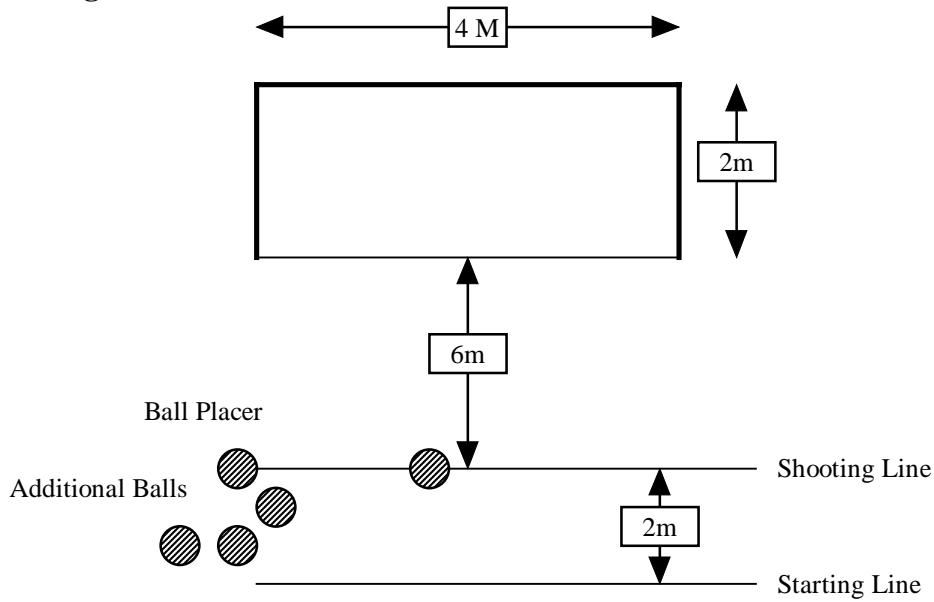


1. **Equipment**
#4 ball, tape or chalk, 4 large cones to mark the finish zone.
2. **Description**
The player dribbles from the starting line to the finish zone, staying inside the marked lane. The finish zone should be marked off with cones as well as chalk. The clock is stopped when both the player 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.
3. **Scoring**
The time (in seconds) elapsed while the player is dribbling is converted into points using the scale below. A deduction of 5 points is made for each time the ball runs over the side-lines of the lane or if a player touches the ball with his/her hands (note: If the ball runs over the side-line, the referee will immediately place another ball in the center of the lane opposite the point at which the ball went out.)

Scoring Conversion Chart:
Dribble Time --- Point Score
(Seconds)

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

Event #2: Shooting



1. Equipment

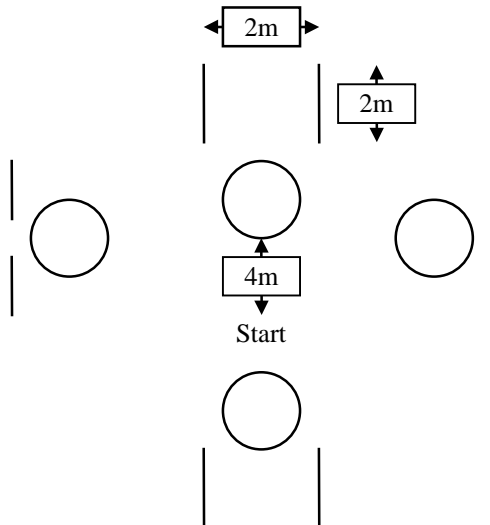
Five #5/or #4 balls, tape or chalk, 4m x 2m 5-a-side goal with net.

2. Description

Player begins at the start line and walks or runs forward to shoot the ball into the goal from a distance of 6m. The player returns to the line. Ball placer (Official) places the next ball to be shot. Player repeats. Total of 5 shots.

3. Scoring

Each successful goal scores 10 points.



Event #3: Run & Kick

1. Equipment

Four #5/#4 balls. Placed as shown. A central starting point should be marked. A 2m wide target gate (cones or flags) set up 2m 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 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.

3. Scoring

The total time (in seconds) elapsed from when the player starts to when he/she kicks the last balls is recorded and converted into points using the conversion chart below. A bonus of 5 points is added for each ball kicked successfully through a target gate.

Scoring Conversion Chart:

*Dribble Time --- Point Score
(Seconds)*

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 above	5 points

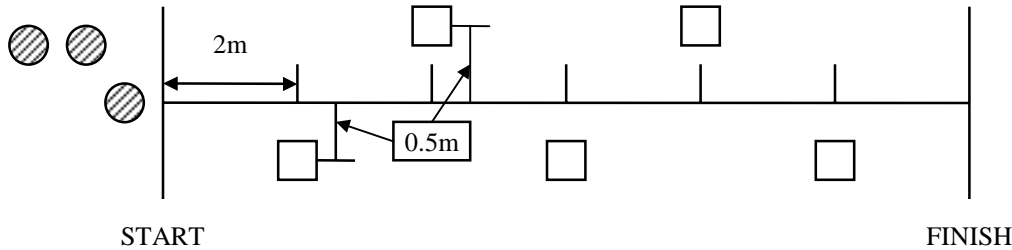
SECTION J - FOOTBALL TEAM SKILLS ASSESSMENT TEST

Individual player scores from each of the following skills assessment tests must be submitted to the Competition Organizing Committee by all teams entering Special Olympics Football (Soccer) competition.

These tests are designed to help the Competition Committee gain a preliminary idea as to the ability level of the teams entered in the tournament. This allows the Committee to place teams in preliminary divisions for on-site evaluation. These tests can be critical to the success of the tournament.

These tests are to be used as an enhancement to, not a replacement for, on-site observation and evaluation.

1. FOOTBALL (SOCCER) TEAM SKILLS ASSESSMENT TEST-DRIBBLING



SET-UP

12m dribbling slalom: five cones (minimum 18" high), 2m apart, staggered 0.5m from central line. Three to five balls at the start line.

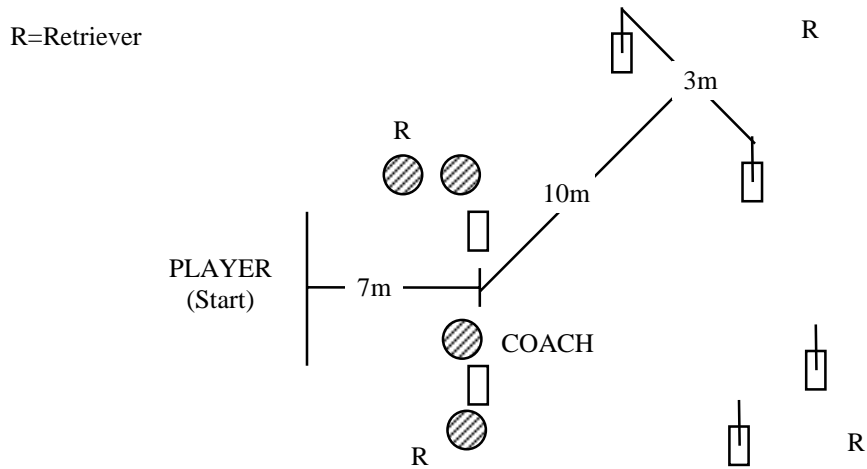
TEST

- Time: one minute
- Player dribbles through slalom as quickly as possible, rounding all cones.
- Player leaves ball over the finish line (ball must be stopped) and sprints back to the start.
- If there is time remaining, starts with the second ball and repeats.
- Player continues to repeat until one minute time has elapsed.
- A whistle will be blown when one minute has elapsed to signify the end of the test.

SCORING

Player scores 5 points for each cone passed (to the outside) (i.e. 25 points per successful run). Cones that are knocked down do not count.

2. FOOTBALL (SOCCER) TEAM SKILLS ASSESSMENT TEST - CONTROL AND PASS



SET-UP

- Two cones to form a “passing gate” 5m wide, 7m from the starting line.
- Two passing “target gates” (cones & 1m flags, if possible) as shown
- 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.

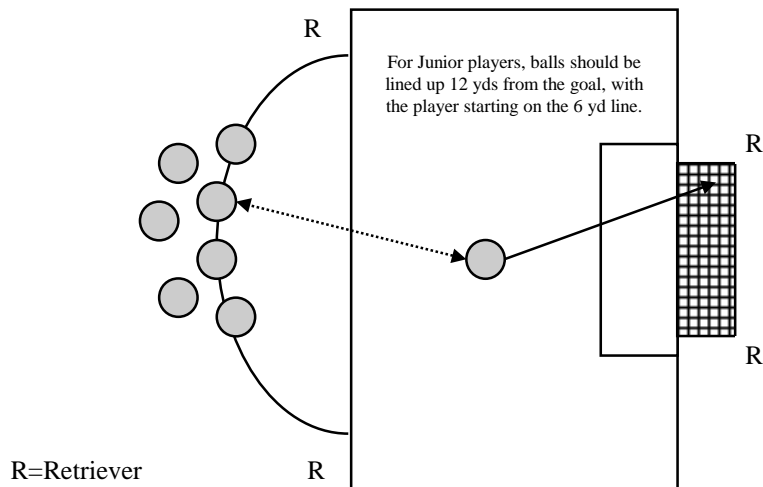
TEST

- Time: one minute
- Coach rolls the ball at moderate pace to the waiting player.
- The player may wait on the line or move toward the ball once it has been rolled.
- Player controls the ball and dribbles through the passing gate.
- Coach alternately calls and physically indicates “left” or “right” to designate target.
- Ball one: Right. Ball two: Left. Ball three: Right. Etc.
- Players can dribble as close as they like before passing the ball through the target.
- The coach will roll the next ball as soon as the player returns to the starting line.

SCORING

Player scores 10 points for each successful pass through a target gate.
A ball that hits the cone and goes through will count.

3. FOOTBALL (SOCCER) TEAM SKILLS ASSESSMENT TEST--SHOOTING



SET-UP

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

TEST

- 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** to the goal.
- Players can shoot from whatever distance they choose once they are inside the penalty area.
- As soon as the player has shot, he/she returns and repeats with another ball.
- A whistle will be blown after one minute to signify the end of the test.

SCORING

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.