



## 2022 Special Olympics Oregon Fall Season Soccer Rules and Guidelines

### COMPETITION DATES AND LOCATION

2022 Special Olympics Oregon Fall State Games presented by Providence

- **Saturday, November 19-20, 2022 in Portland**  
**Providence Park**  
1844 SW Morrison  
Portland, OR 97205

Participating local programs: ALL PRORAMS

### DEADLINE DATES FOR PAPERWORK & ROSTERS TO BE SUBMITTED TO SOOR STATE OFFICE

- Fall Season Medical Deadline – Monday, September 6, 2022
- Soccer Sports Rosters for ALL – Monday, October 17, 2022
- Soccer Team Rosters for ALL – Monday, October 31, 2022

### RULES

The official Special Olympics Oregon Sports Rules shall govern all Special Olympics Oregon soccer competitions. These rules are based upon the Federation Internationale de Football Association (FIFA) rules for soccer ([www.fifa.com](http://www.fifa.com)). FIFA rules shall be employed except when in conflict with the official Special Olympics Oregon Sports Rules. In such cases, the official Special Olympics Oregon Sports Rules shall apply.

### COMPETITION REMINDERS

- Complete one Team Evaluation Questionnaire (TEQ) for each separate team in ARM, which is to be used for team divisioning.
- For ISC entries, scores for each athlete (sum of 3 skill stations: dribbling, shooting, and run and kick) are required (see pages 8 - 10 of this packet for how to score each skill station).
  - NOTE: Individual skills athletes require their own separate head coach. A head coach who is coaching a traditional or unified team cannot also coach the individual skills group.
- **There will be not be regional competitions for soccer in 2022.**

## **2022 Special Olympics Oregon Fall Season Soccer Rules and Guidelines**

The official Special Olympics Oregon Sports Rules shall govern all Special Olympics Oregon soccer competitions. These rules are based upon the Federation Internationale de Football Association (FIFA) rules for soccer ([www.fifa.com](http://www.fifa.com)). FIFA rules shall be employed except when they are in conflict with the official Special Olympics Oregon Sports Rules. In such cases, the official Special Olympics Oregon Sports Rules shall apply.

### **SECTION A - OFFICIAL EVENTS**

- 1) Unified Sports® 5-A-Side Soccer Team Competition
- 2) Traditional 5-A-Side Soccer Team Competition
- 3) Individual Skills Competition (ISC)

### **SECTION B – COMPETITION REMINDERS**

NOTE: An athlete with Down Syndrome shall be restricted from participation in team soccer training or competition, unless the athlete has had an x-ray and been found clear of AAI. The athlete may compete in ISC.

- 1) Each team entering competition must complete and submit a Team Evaluation Questionnaire (TEQ) in ARM.
- 2) Each individual entering ISC must have a qualifying score submitted with their registration (sum of 3 skill stations: dribbling, shooting, and run and kick; see pages 7-12 of this packet for how to score each skill station).
- 3) Note that it is not permitted to register athletes in wheelchairs in team or ISC soccer competition.

### **SECTION C - DIVISIONS**

- 1) Individuals and teams will compete in one of three distinct age groups:
  - a) Youth (for team competition, we may break this down into elementary, middle school and high school divisions if enough teams are playing).
  - b) Adult age group (in team sports, this is 22 years and older).
  - c) Open age group: reserved for combining age groups to meet the required minimum number of competitors or teams in a division (minimum of 3 or more), or to ensure quality competition.  
Note: The oldest member of a team will determine the age division of the team. It is suggested that delegations form teams that are age appropriate. Male, female, and co-ed teams will be divisioned together unless there are enough teams within a category to create equitable divisions.
- 2) Teams are divisioned for competition based on the following information: Team Evaluation Questionnaire (TEQ), scores, past competition results and coach input.
- 3) Unified Sports teams will be divisioned with other Unified Sports teams except in the following cases:
  - a) When there are not enough teams to create a Unified Sports-only division.
  - b) When a Unified Sports or traditional team is deemed more appropriate to be combined for age, safety or competition-quality reasons.

### **SECTION D - UNIFORMS**

- 1) All players must wear matching uniforms (same color) with numbers, except for goalie, who must wear a conflicting color of jersey than his/her teammates.
- 2) Shin guards are required. Socks must cover shin guards.
- 3) Shorts must be worn and color should match all teammates (except goalie).
- 4) Soccer cleats are strongly recommended (rubber/plastic sole cleats). No metal studs/cleats.
- 5) Those players who wear eyeglasses while playing are required to wear a strap to hold the glasses in place. Sports goggles are recommended.
- 6) No jewelry, watches, etc. may be worn during competition.
- 7) No denim of any kind is permitted.
- 8) No ballcaps are permitted.

- 9) In cases of cold/extreme weather, sweatpants, stocking caps, and gloves will be allowed with final approval of the referee.

### SECTION E – OFFICIALS AND THEIR DUTIES

- 1) The referee is responsible for the entire game, including keeping a record of the game and acting as the timekeeper. The referee makes decisions on penalties, cautions and ejects players for misconduct. The referee may also end the game due to inclement weather, spectator interference, etc. Referee determines injury time outs and other time stoppages. All decisions by the referee are final. Referees shall have the power to make all decisions on any point not specifically covered in the rules.
- 2) Optional additional officials may be employed.
  - a) Assistant Referees (linesmen), one on each side of the field, are primarily responsible for indicating to the referee when the ball is out of play and which team is entitled to a kick-in, goal clearance or corner kick.
  - b) There may also be a fourth official at the score table to assist with substitutes, keeping score, and tracking time of penalties. The on-field referee has the final say on all rulings.

### SECTION F – COACHES AND THEIR RESPONSIBILITIES

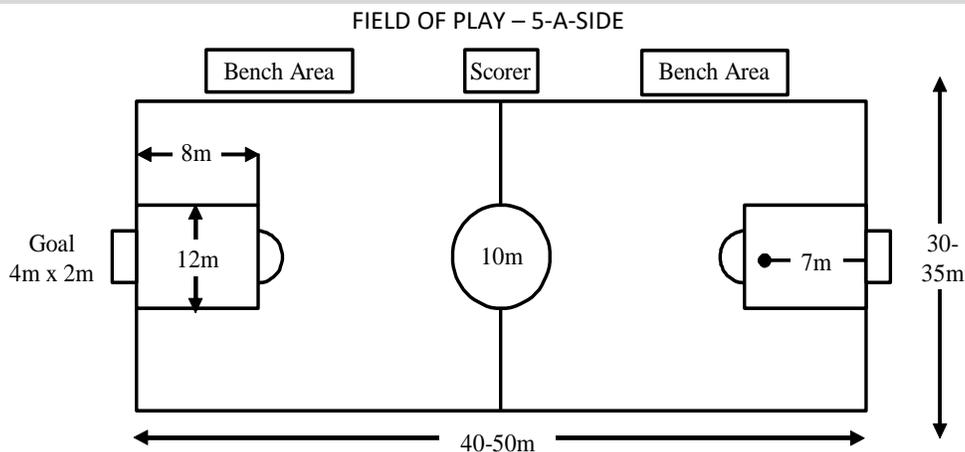
- 1) Coaches and substitutes shall remain within the designated “team bench area” while the game is in progress.
- 2) Verbal abuse of players or officials will be considered unsportsmanlike conduct and may result in a warning from the referee. If such behavior persists, the referee may eject the offending coach from the field.
- 3) Coaches are responsible for knowing and understanding the rules of the game, not only the modified rules in this packet, but also the International Rules of the game. The National Governing Body of rules for Special Olympics soccer is the Federation International de Football Association (FIFA). To acquire your own FIFA Rules Book, go to [www.fifa.com](http://www.fifa.com). You can download the “The Laws of the Game” under the Regulations and Directories tab, or 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 rosters at the official score table 10 minutes prior to each game
- 2) An official will review each team member for appropriate attire and soccer shoes.
- 3) The referee will meet with coaches to ensure there are no questions regarding rules, substitution procedures, sideline conduct, and ask if there is anything the official should be aware of about individual players.
- 4) The referee will call the captains of each team to perform the coin toss to establish kickoff and choose ends.

### SECTION H – 5-A-SIDE SOCCER TEAM COMPETITION – RULES OF COMPETITION



## **1) Field of play**

- a) The 5-A-Side field shall be a rectangle, maximum dimensions 50m x 35m, and minimum dimensions 40m x 30m. The smaller field is recommended for lower ability teams.
- b) The field shall be marked out as shown above.
- c) The goals size shall be approximately 4m x 2m.
- d) The goal area shall be 8m x 12m.
- e) The penalty kick mark shall be 7m from the goal line.
- f) The 2019 SOOR Summer Soccer Invitational will be played on Field Turf® artificial surface at Providence Park. Firm ground soccer cleats are recommended.

## **2) The ball**

- a) A size five ball will be used for all competition (except for cases where all teams in a division are 11 years old and under, then a size four ball may be used).

## **3) Number of players on the field**

- a) The game is played between two teams, each consisting of five players on the field, one of whom shall be the goalkeeper. A minimum of three players on one team shall be on the field at any one time.
- b) 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. The player must wait for entry into the game at midfield. A substituted player can only come on to the field when given a signal by the referee.

## **4) Duration of the game**

- a) The duration of the game shall be two equal periods of fifteen minutes with a half-time interval of five minutes. At the referee's discretion a one minute water break may be given in the middle of each half. The referee should be responsible for keeping the playing time.
- b) If overtime is used to break a tie, up to two, five minute, "silver goal" overtime periods will be played. If a goal is scored during overtime the remaining time in that period is still played. If a team is ahead at the conclusion of the first or second overtime they are declared the winner. If the game is still tied after 2 overtime periods, penalty kicks will be used to break the tie.

## **5) Overtime/penalty kicks**

Depending on the tournament format, ties may or may not stand for preliminary or pool play. For all advancement rounds, championships, or games to determine place the following format will apply to games that end regulation time in a tie.

- a) The teams will be given a five-minute rest and immediately proceed with two successive "silver goal" overtime periods.
- b) If the teams are still tied at the end of the two overtime periods, penalty kicks shall be used to decide the game.
  - i) Only the players on the field at the end of the second overtime period will be allowed to participate in the penalty kicks.
  - ii) All participating players will immediately meet at the center of the field. A coin toss will determine who kicks first.
  - iii) The referee will decide which goal will be used.
  - iv) The same goalkeeper that was in position during the second overtime period must remain in that position for the first round of penalty kicks.
  - v) With teams alternating, 5 kicks will be taken by each team.
  - vi) Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick.
  - vii) In cases where a team finishes the game with fewer than 5 players (due to injuries or ejection), the team will take the penalty kicks in the established sequence using the remaining players on the field.
  - viii) The team scoring the most goals after 5 kicks will be declared the winner.
  - ix) If the teams remain tied after the first round the teams will continue to alternate shots, utilizing the same 5 players, and the first team to score with the opposing team missing after the same number of kicks will be declared the winner. An injured player may be substituted.

- x) Each team may select any of their participating players on the field to serve as the goalkeeper after the first round of kicks. The keeper may be changed by one of the participating players. In the event that the goalkeeper becomes injured, he/she may be replaced by a player not currently on the field.

#### **6) Start of play**

- a) A coin toss at the beginning of the game determines which team decides between taking the kickoff or defending a chosen side first. The team that does not take the kickoff at the beginning of the game takes the second half kickoff. A team that is scored upon is awarded a kickoff to restart the game.
- b) At the beginning of each half, or overtime period, and after a goal is scored, a kickoff starts play. The ball is placed on the center spot inside the center circle. The ball is in play once it has been touched by the offensive player. The player kicking the ball cannot touch the ball again until it has been played by another player.
- c) All players must remain on their half of the field, and the opposition must be outside of the center circle until the ball is in play. A ball must be kicked from the center spot before being touched by another player. A goal may be scored directly from a kickoff.

#### **7) Ball in and out of play**

- a) Ball over the side-line results in a kick-in.
- b) Ball over the end-line results in a goal-clearance or a corner kick.
- c) The ball must be completely over the line to be considered out of play.
- d) The ball is in play at all other times even if it hits the goalposts, crossbar or referee, as long as it is still on the field of play.

#### **8) Goal clearance**

- a) When the ball passes over the end-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 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 passes outside the penalty area. The goalkeeper has 6 seconds once they take possession of the ball to throw the ball into play. (This time limit may be modified for certain divisions). Goalkeepers can run to the edge of the penalty area to release the ball.
- b) The above rules of goal clearance also apply when a goalkeeper gains possession, with his hands, of a ball that is still in play.
- c) A goalkeeper cannot play a ball with his/her hands off a pass from a teammate's foot.
- d) Players from the opposing team must remain outside of the penalty area as the goalie clears the ball.
- e) 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 any player inside the penalty area touches the ball, the throw shall be retaken.

#### **9) Kick-in (Equivalent to the throw-in in 11-A-Side)**

- a) When the whole of the ball passes over a side-line, it shall 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 of the player who last touched it. The ball must be stationary before being kicked. It shall be deemed in play after it has been touched by the offensive player and is entirely inside the side-line. The kicker cannot play the ball again until it has been touched by another player. The players from the opposing team must stand 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 with his hands passed back to him from a kick-in by a teammate.
- d) Infringement - 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.

#### **10) Corner kick**

A corner kick is awarded to the attacking team when a player from the defending team plays the ball over his/her own end-line. Opposing players must stand at least 5m from the ball until it has traveled one revolution. A kick is

taken from the quarter circle, with a radius of 1 yard, which is marked in each of the four corners of the field. The kicker may not touch the ball a second time until it has been touched by another player. A goal may be scored directly from a corner kick.

#### **11) Method of scoring**

A goal is scored when the whole ball crosses the goal line between the goal posts and under the crossbar. The whole of the ball must have completely crossed the line inside the goal to count as a goal. A goal cannot be thrown, carried or propelled by the hand or arm of a player on the opposing team.

#### **12) Fouls and misconducts**

- a) There is no off-side. Tripping, pushing, handball, slide-tackling, or charging violations result in a direct free-kick. If a foul that would normally result in a direct free-kick is committed by the defensive team in their penalty area, the offensive team will receive a penalty kick. Obstruction or dangerous play results in an indirect free kick.
- b) There are nine major offenses, or fouls, which result in either a direct free kick or a penalty kick, depending on the location of the offense.
  - i) Kicking or attempting to kick an opponent.
  - ii) Tripping an opponent; i.e., throwing or attempting to throw an opponent with the legs or by undercutting an opponent with the body.
  - iii) Jumping at an opponent in a way that endangers the player.
  - iv) Charging an opponent in a violent or dangerous manner.
  - v) Charging an opponent from behind unless the latter is obstructing.
  - vi) Striking, attempting to strike or spitting at an opponent.
  - vii) Holding an opponent.
  - viii) Pushing an opponent.
  - ix) Directing or stopping the ball by using the hands or arms. This rule does not apply to the goalkeeper within the penalty area.

#### **13) Direct and indirect free kicks**

- a) Direct free kick (DFK) – A goal may be scored by kicking the ball directly into the *opponents'* goal, without the ball touching any player other than the kicker. (If it does touch another player before it goes into *either* goal, it is also a valid score.)
- b) Indirect free kick (IFK) – A goal may be scored only if the ball touches or is played by one or more players (either team) after it is kicked into play and before it enters either goal.
  - i) The referee signals an IFK (rather than a DFK) by putting one arm straight up holding it up until the ball touches or is played by another player (either team), or until the ball goes out of play.
  - ii) Opposing players must stand at least 5m away from the ball for all free-kicks
  - iii) The ball is in play once it is kicked and moves forward. The kicker may not play the ball a second time until another player has touched it

#### **14) 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.

#### **15) Penalty kick**

Penalty kicks are 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.

#### **16) Player expulsion**

- a) 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 may be completed with a fifth player.
  - 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.
  - (1) Keeping track of the two minutes shall be the task of the timer or fourth official.
  - (2) 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.

## **SECTION I – UNIFIED SPORTS® 5-A-SIDE SOCCER TEAM COMPETITION – RULES OF COMPETITION**

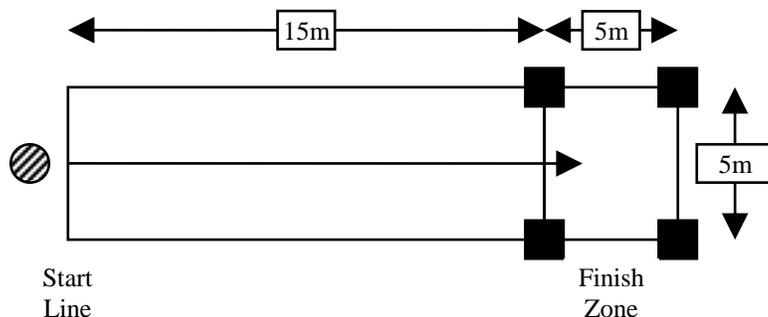
The game rules for Unified® 5-A-Side soccer team competition are the same as traditional 5-A-Side with the following exceptions or additions:

- 1) A non-playing adult coach must be responsible for the on and off field conduct of the team.
- 2) The coach and team members must know the General Principles of the Unified Sports® program.
- 3) During Unified Sports® 5-aside play, a team is allowed to play with a maximum of 5 players and a minimum of 3 players. Only the following lineups are permitted (no exceptions):
  - a) 3 athletes and 2 partners
  - b) 2 athletes and 2 partners
  - c) 2 athletes and 1 partnerFailure to adhere to one of the above required lineup ratios results in a forfeit.
- 4) The overall team roster shall contain proportionate numbers of Special Olympics athletes and Unified Partners.
- 5) Unified Sports® Teams should be made up of athletes and Partners who are of similar ages and ability levels. Every attempt should be made to keep all teammates as closely matched as possible. This will decrease the risk of injury and provide a more meaningful sports experience.
- 6) In consideration of safety and dominant play, individuals with significantly greater skill than the majority of their teammates may be prohibited from competing during competition.
- 7) In Unified Sports® penalty kicks (if still tied after overtime), alternate kicks by athletes and partners must be taken, with the athlete taking the first kick for each team.

## SECTION J –SOCCER INDIVIDUAL SKILLS COMPETITION (ISC)

- 1) 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.
  - a) Note that it is not permitted to register athletes in wheelchairs in soccer ISC, as the rules do not adapt for athletes in a chair.
- 2) The ISC consists of 3 events: dribbling, shooting, and run and kick. Each athlete performs each event once. The total score from the 3 events is then used to place players for awards.

- 1) Events
  - a) Dribbling



- i) Equipment
  - (1) #5 or #4 ball
  - (2) Tape or chalk
  - (3) 4 large cones to mark the finish zone.
- ii) 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.
- iii) Scoring
 

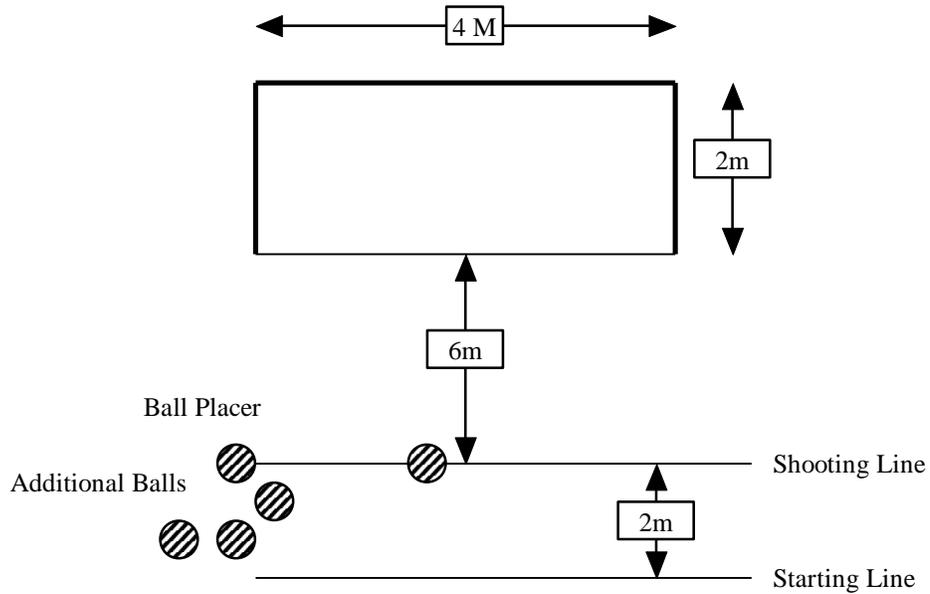
The time (in seconds) elapsed while the player is dribbling is converted into points using the scale below. A deduction of 5 points is made for each time the ball runs over the side-lines of the lane or if a player touches the ball with his/her hands (note: If the ball runs over the side-line, the referee will immediately place another ball in the center of the lane at the point at which the ball went out.)

### **Scoring Conversion Chart:**

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

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

b) Shooting



i) Equipment

- (1) Five #5 or #4 balls
- (2) Tape or chalk
- (3) 4m x 2m 5-a-side goal with net.

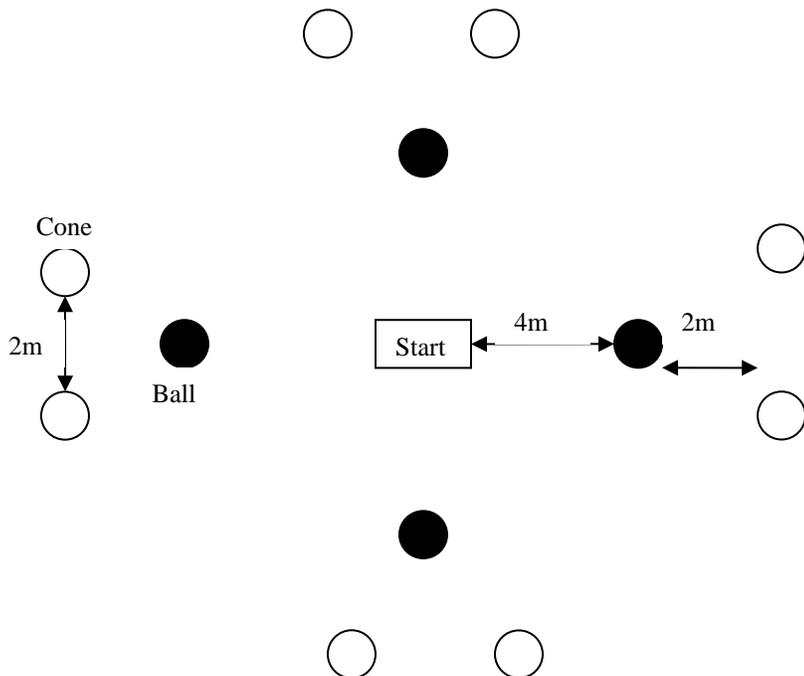
ii) Description

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

iii) Scoring

- (1) Each successful goal scores 10 points.

c) Run and kick



i) Equipment

- (1) Four #5 or #4 balls placed as shown.
- (2) A central starting point should be marked 4 meters from each ball (in the center).
- (3) A 2m wide target gate (of 2 cones or flags) set up 2m ahead of each ball.

ii) Description

- (1) Player begins at the starting marker.
- (2) He/she runs to any ball and kicks it through a target gate.
- (3) He/she is only allowed to kick the ball once.
- (4) The player then runs and kicks another ball through a target gate (*it is not necessary to run back to or through the start or center area*).
- (5) When the player kicks the last ball, the clock is stopped.

iii) 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 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	31-35	30 points
16-20	45 points	36-40	25 points
21-25	40 points	41-45	20 points
26-30	35 points	46-50	15 points

51-55	10 points
55 or above	5 points

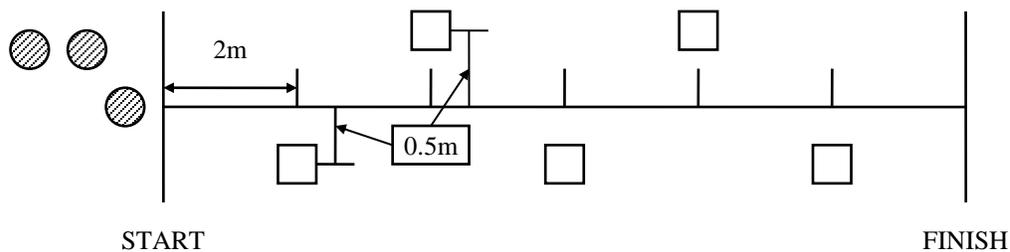
**SECTION K – SOCCER SKILLS ASSESSMENT TEST (SSAT) - To be used for pre-season skills' days or mid-season assessment**

- 1) 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 Soccer competition. The total score of the following 3 skills tests must be submitted for each player on a team's roster.
- 2) 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.
- 3) These tests are to be used as an enhancement to, not a replacement for, on-site observation and evaluation.

**1) SSAT #1: Dribbling**

a) 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.



b) Test

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

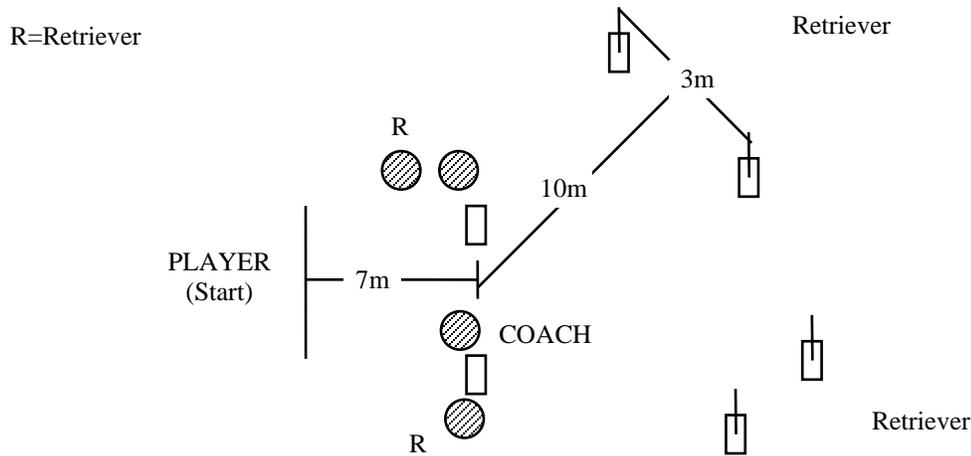
c) Scoring

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

## 2) SSAT #2: Control and pass

### a) Set-up

- i) Two cones to form a "passing gate" 5m wide, 7m from the starting line.
- ii) Two passing "target gates" (cones & 1m flags, if possible) as shown.
- iii) Four to eight soccer balls. (If balls are in short supply, use four balls but have an efficient retrieval system for returning balls to the coach.)



### b) Test

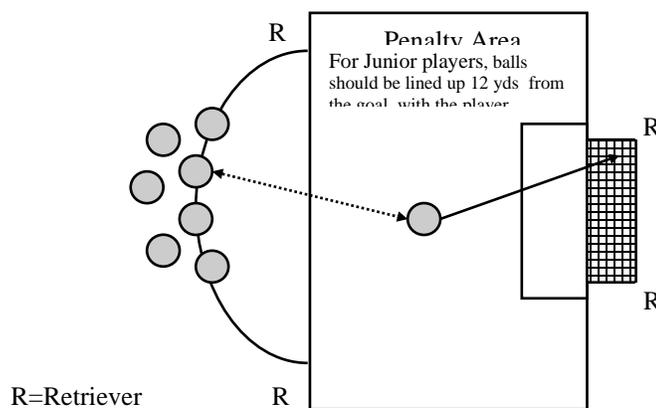
- i) Time: one minute
- ii) Coach rolls the ball at moderate pace to the waiting player.
- iii) The player may wait on the line or move toward the ball once it has been rolled.
- iv) Player controls the ball and dribbles through the passing gate.
- v) Coach alternately calls and physically indicates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

### c) Scoring

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

## 3) SSAT #3: Shooting

### a) Set-up



- i) Penalty area and goal with nets, on a 5-a-side field. Cones can be used if goals and nets not available.
- ii) Four to eight balls at the top of the penalty arc. (If balls are in short supply, the test can be run with four to five balls with a good retrieval and return system.)

b) Test

- i) Player starts at the penalty spot. Runs to the first ball. Collects the ball. Dribbles into the penalty area and shoots. Attempting to shoot the ball IN THE AIR to the goal.
- ii) Players can shoot from whatever distance they choose once they are inside the penalty area.
- iii) As soon as the player has shot, he/she returns and repeats with another ball.
- iv) A whistle will be blown after one minute to signify the end of the test.

c) Scoring

- i) Player scores ten points for each shot traveling from foot to goal IN THE AIR.
- ii) Five points for each shot that touches the ground before entering the goal.