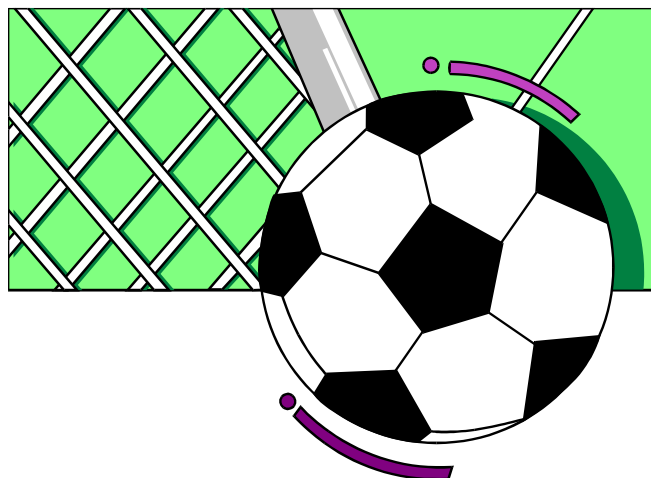


Special Olympics

Northern California and Nevada

Soccer



2009 Guidelines and Rules

TABLE OF CONTENTS

SPECIAL OLYMPICS MISSION

SONC / SONV PLAYS BY THE RULES

SPECIAL OLYMPICS NORTHERN CALIFORNIA AND NEVADA COACHES' CODE OF CONDUCT

SPECIAL OLYMPICS NORTHERN CALIFORNIA AND NEVADA ATHLETES' CODE OF CONDUCT

DIVISIONING CRITERIA

SONC / SONV SOCCER RULES AND REGULATIONS

- Section A: General Rules
- Section B: Official Events
- Section C: Divisioning
- Section D: Uniforms
- Section E: Officials and Their Duties
- Section F: Coaches and Their Responsibilities
- Section G: Pre-Game Protocol
- Section H: Rules of Competition
- Section I: Individual Skills Contest
- Section J: 2009 Rule Changes

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 developmental disabilities, 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) volunteer 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 Olympics athlete in each training or 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.

In addition, it is the position of SONC/SONV that each volunteer coach shall agree to:

HAVE RESPECT FOR OTHERS

- I will respect the rights, dignity and worth of athletes, other coaches and volunteers, SONC/SONV staff members, and 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 HIS/HER ACTIONS

- My language, manner, punctuality, preparation and presentation will demonstrate high standards.
- I will display control, respect, dignity and professionalism to all involved in Special Olympics, including to the athletes, other coaches and volunteers, opponents, officials, administrators, SONC/SONV staff members, parents, spectators and the media.
- 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 competitions.
- I will not engage in any form of personal abuse towards athletes, other coaches and volunteers, SONC/SONV staff members, or friends and spectators in Special Olympics, including verbal, physical or emotional abuse.
- I will be alert to any form of abuse from other sources directed toward athletes or others in my care.

PROVIDE QUALITY SERVICE TO THE ATHLETES

- I will seek continued 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 registration, training, and competition records for each athlete I coach.
- I will follow the Special Olympics and National Governing Body rules for my sport(s) coached, as well as all SONC/SONV policies and procedures as amended.

ENSURE THE HEALTH AND SAFETY OF THE ATHLETES

- I will ensure that the equipment and facilities for my sport(s) coached 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 registration 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 needed.
- 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 volunteer coach or other faction of a school/organization violate either the principles stated above (including the SONC/SONV policies and procedures as amended) or the philosophy of the Special Olympics movement, then any of the following actions may be taken by SONC/SONV in its sole discretion:

1. The coach may be notified by official warning of the undesirable behavior and be requested to remedy the situation immediately in order to continue his or her participation in Special Olympics;
2. The coach may be requested to withdraw personally or with his/her team from the remainder of any Special Olympics event or tournament;
3. The coach or sponsoring school/organization may be suspended from participating in any or all Special Olympics activities or events for a specified period of time; and/or
4. The coach or sponsoring school/organization may be permanently prohibited from participating in any or all Special Olympics activities or events.

I have read and understand the foregoing SONC/SONV Coaches’ Code of Conduct, and agree to abide by its terms.

By: _____
(Signature of Volunteer Coach)

Print Full Name: _____

Date: _____

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.

DIVISIONING CRITERIA

Teams will be placed in competitive divisions based on the following criteria:

Level 2

- Understands fouls and body contact
- High understanding of rules and game play (at least top 4 players)
- Better athletes and physical ability

Divisions within Level 2

- *High 2*- Good (good fundamentals)
- *Mid 2*- Average (pretty good team concept)
- *Low 2*- Limited (basic team concept)

Level 3

- Slightly better ability to dribble
- Limited concept of game rules and needs frequent coaching in offense and defense
- Pass the ball only to get rid of the ball
- Higher division 4 passing ability
- 1 or 2 players score all of the goals
- Low understanding of the fouls
- Limited team concept

Level 4

- All players have limited ability to dribble
- Extremely low understanding of rules or game play and needs constant coaching on offense and defense
- No team concept
- If only one highly-skilled player dominates the game, you could still possibly be a Level 4 team.

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

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 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.

SECTION B - OFFICIAL EVENTS

The following are Official Soccer Events offered by SONC/SONV:

1. Five-a-side Team (outdoor)
2. Individual Skills Competition (ISC)

SECTION C - DIVISIONS

1. Competitors in Soccer will compete in an Open Age Group:
 - a) Open Age Group: Combination of other age groups. This group will be used if there are not enough teams within a specific age group to make a competitive division.
2. All Co-ed teams will compete in the male divisions according to ability.
3. Teams will be divisioned according to:
 - a) Regional Events
 - b) Previous year's tournament results
 - c) Local invitational and scrimmage results

SECTION D - UNIFORMS

1. All players should wear matching uniforms (trim and style), that are of the same color. The jersey should have at least a 6" number on the back and be contrasting to the shirt color. No 2 players may wear the same number. If caps are to be worn they must all be matching.
2. Shin guards are required and must be covered by the socks.
3. No jeans.
4. 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’ areas” 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 Federation Internationale 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

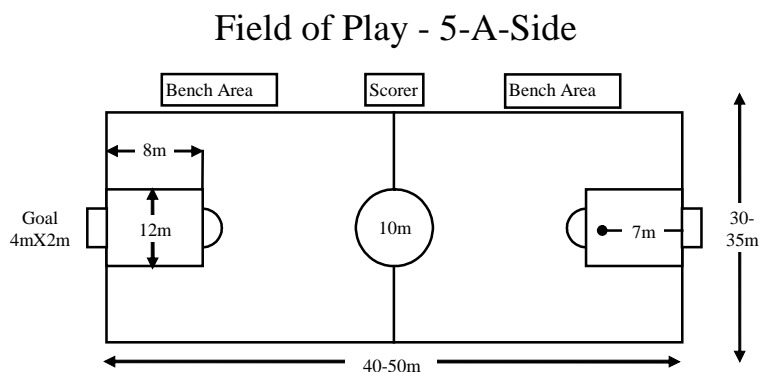
(312) 808-1300

4. Protests can only be made by the Head Coach and must be made immediately following an incident. The protest must be given to the Referee or Field Supervisor.
5. Protests are only allowed for rules interpretations and implementation issues. Protests are not allowed on judgment calls. The Soccer Rules Committee will decide on all protests within 30 minutes of the completed game.
6. Protest forms will be available with the Field Supervisor.

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



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 five for all 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, 2 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) 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) The ball must be completely over the line to be considered out of play.
 - b) Kick-in or throw-in
 - i) 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.

- ii) A goal cannot be scored directly from a kick-in.
 - iii) A goalkeeper may not pick up a ball passed back to him from kick-in.
 - c) Goal Clearance
 - i) All Goal clearances must be thrown.
 - ii) 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.
 - iii) The above rules of goal clearance also apply when a goalkeeper gains possession, with his hands, of a ball that is still in play.
 - iv) Infringement penalties:
 - a) 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.
 - b) From the goalkeeper's throw, if the ball is touched by an opposing player inside the penalty area, the throw shall be retaken.
 - d) Corner Kick
 - i) 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.
 - ii) Opposing players must retire at least 5m from the ball.
 - e) Free Kick
 - i) Opposing players must retire at least 5m from the ball for all free-kicks.
 - ii) Any free-kick that is awarded to the defending team inside their own penalty area will be restarted with a throw from the goalkeeper.
 - iii) 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.
7. Fouls and misconduct
- a) With the exception of no off-sides: **slide tackling**, tripping, pushing, handball, or charging result in a direct free-kick. Obstruction or dangerous play results in an indirect.
 - b) Yellow Cards
 - i) 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.
 - c) Red Cards
 - i) 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.
 - ii) 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.

- d) 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;
 - 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.

8. Overtime/Penalty Kicks

- a) All Games will be played out in pool, round-robin, leveling games, and medal play. The teams will be given a five-minute rest and immediately proceed with two successive “sudden death” periods.
- b) 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.
 - i) Only the players on the field at the end of the second overtime period will be allowed to participate in the FIFA kicks (including Goal Keepers).
 - 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 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.
 - v) With teams alternating, 5 kicks will be taken by each team. The team scoring the most goals will be declared the winner.
 - vi) 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.
 - vii) 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.

9. Tie breakers - In case of a tie for awarding purpose, divisioning games, or seeding for medal play, the following procedures will take place in this order:

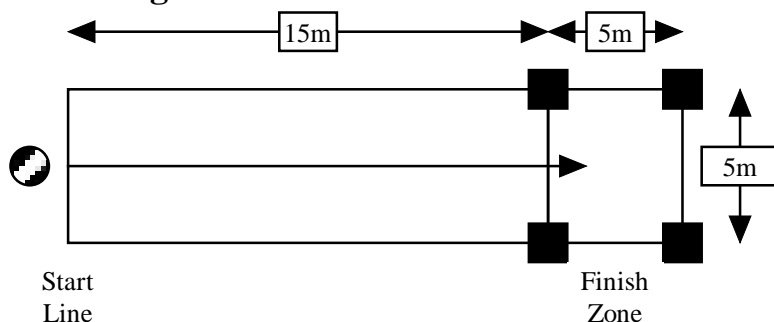
- a) Head to Head: counting only games between the teams that are tied; if still tied, proceed to b.

- b) Lowest total defensive points allowed, counting only games between the teams that are tied; if still tied, proceed to c. (No divisioning or play-in games)
- c) Lowest total defensive points allowed, counting games against all common opponent. (No divisioning or play-in games)
- d) Games Rules Committee will make final decision on outcome of the tie.
- e) Forfeit Rule:
 - i) If any team involved in a tie and has forfeited a game (no divisioning or play-in games) it will be placed in the lowest position of the teams involved.
 - ii) If any team involved in a tie played a team that forfeited a win to them, all games involving that team will be tossed out

SECTION I - INDIVIDUAL SKILLS CONTEST

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.
2. 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.
3. 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

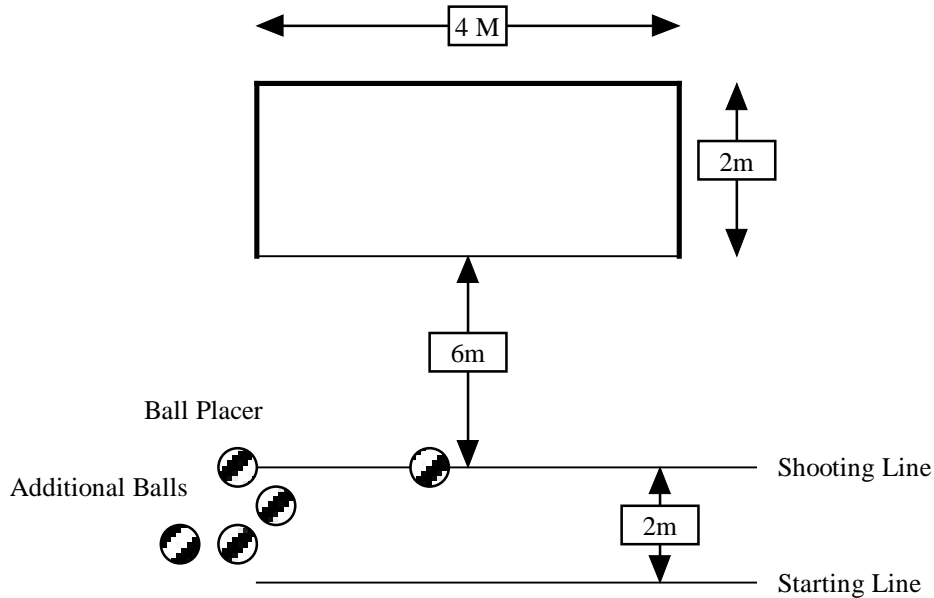


*Scoring Conversion Chart:
Dribble Time --- Point Score*

<i>Seconds</i>	<i>Points</i>
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

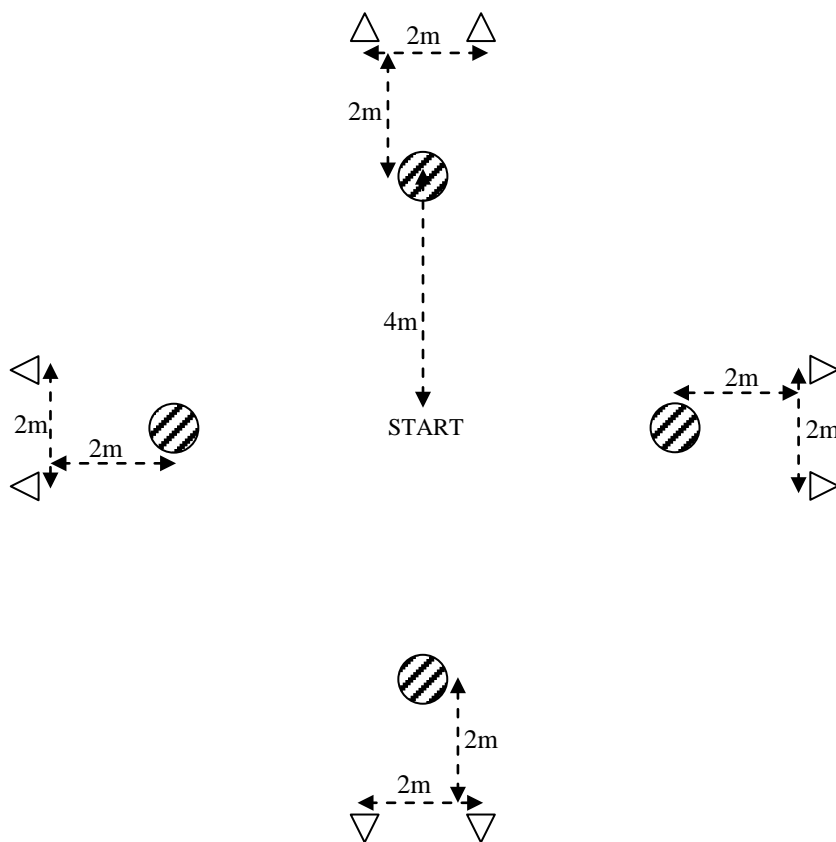
1. Purpose: To measure an athlete's ball dribbling ability.
2. Equipment
 - a) Size 5 ball
 - b) Tape or chalk
 - c) 4 large cones to mark finish zone
 - d) Stopwatch
3. Description
 - a) Athlete dribbles from the starting line to the finish zone, staying inside the marked lane.
 - b) Finish zone is marked with cones and chalk.
 - c) Clock is stopped when both the athlete and the ball are stopped inside the finish zone.
 - d) If athlete overshoots the finish zone, he/she must dribble ball back in the finish zone to finish (stop time).
4. Scoring
 - a) Time (in seconds) elapsed while athlete is dribbling ball is converted into points using scale above.
 - b) Deduction of 5 points is made for each time the ball runs over the sidelines of the lane or if athlete touches ball with his/her hands.
 - c) If the ball runs over the sideline, the official will immediately place another ball in the center of the lane opposite the point at which the ball went out.

Event #2: Shooting



1. Purpose: To measure the athlete's shooting ability.
2. Equipment
 - a) 5 soccer balls
 - b) Tape or chalk
 - c) 4 meter X 2 meter 5-a-side goal with net
3. Description
 - a) Athlete begins at start line and walks/runs forward to shoot the ball into the goal from 6 meters.
 - b) Athlete returns to the start line.
 - c) Official places next ball for athlete to shoot.
 - d) Player receives 5 total attempts.
4. Scoring
 - a) Each successful goal scored is 10 points. Maximum score for this event is 50 points.

Event #3: Run & Kick



*Scoring Conversion Chart:
Dribble Time --- Point Score*

<i>Seconds</i>	<i>Points</i>
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
56 or more	15 points

1. Purpose: To measure athlete's ability to run and then kick the ball with accuracy.
2. Equipment
 - a) 4 soccer balls
 - b) Chalk or tape to mark starting point
 - c) Cones or flags for 2 meter wide target gate
3. Description
 - a) Athlete begins at starting point.
 - b) Athlete runs to any ball and kicks it through target gate. (each ball can only be kicked once)
 - c) Athlete then proceeds to run and kick another ball through target gate.
 - d) Clock is stopped when athlete kicks last remaining ball.
4. Scoring
 - a) Total time (in seconds) elapsed from when the athlete start to when he/she kicks the last ball is recorded and converted into points using the conversion chart above.
 - b) Bonus of 5 points is added for each ball kicked successfully through a target gate.

SECTION J – 2009 RULE CHANGES

1. Actual rules changes listed below are underlined and in bold print (within rule book).
2. General formatting and wording changes. Addition of Section J for rule changes.
3. Section H - Rules of Competition
 - a) #7, page 11
 - With the exception of no off-sides: slide tackling, tripping, pushing, handball, or charging result in a direct free-kick.