



Soccer (Team & Skills)

Special Olympics Iowa



Registration Entries

- ▶ Entry forms are available online at www.soiowa.org
 - ▶ Website: Competitions tab > click on Participation Forms > Scroll to Summer Games
- ▶ Area Competition Entries (**If offered in your area**)
 - ▶ Emailed or mailed to your local Area Director.
 - ▶ Website: Area Competitions tab > click on your area
- ▶ State Competition Entries
 - ▶ Emailed to: registrations@soiowa.org
 - ~OR~
 - ▶ Mailed to Tanner Nissen at the State Office (551 SE Dovetail Road, PO Box 620, Grimes, Iowa)
 - ▶ After your entries have been put into GMS you will be sent a Delegation Report.
 - ▶ Review the report and return to the State Office with any corrections.



Rules



- ▶ The official Special Olympics Rules for 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 soccer found at National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Soccer or Article 1. In such cases, the Official Special Olympics Sports Rules for Soccer shall apply. Special Olympics Soccer Rules can be found on the Summer Games page of our website.
 - ▶ [Special Olympics, Inc. Soccer \(Football\) Rules](#)



Soccer Skills Competition

- ▶ Soccer Skills Competition consist of three events:
 - ▶ Dribbling
 - ▶ Shooting
 - ▶ 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 competitors in divisions 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.

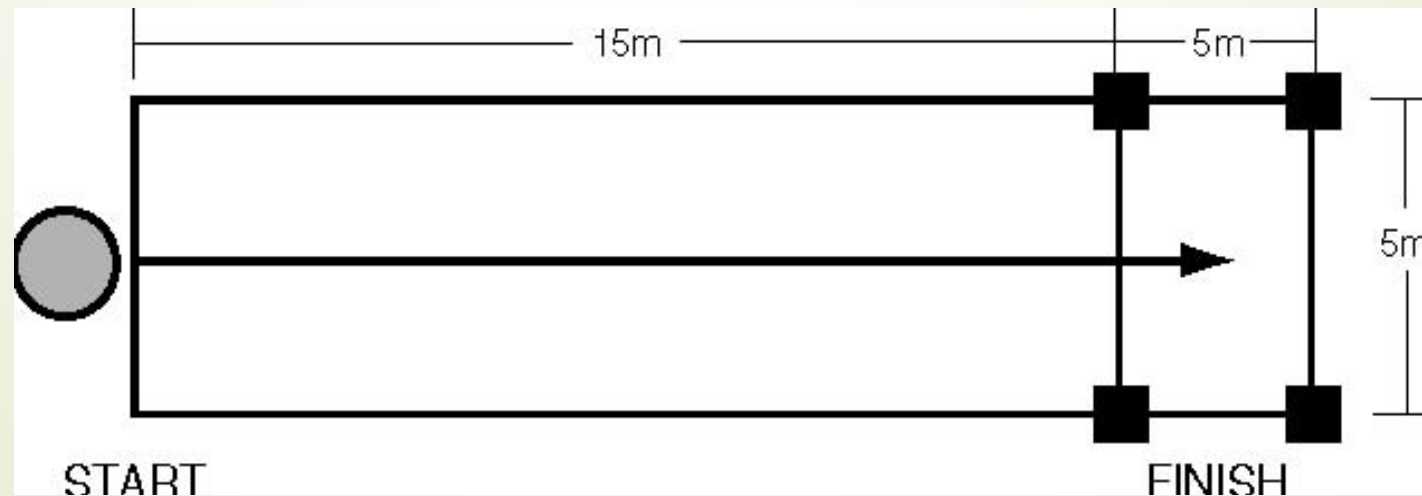
Event #1: Dribbling

► Equipment:

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

► 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 to the finish.





Event #1: Dribbling

- ▶ **Scoring:**

- ▶ 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 immediately place another ball in the center of the lane opposite the point at which the ball went out)
- ▶ **Example:** 11 seconds (60 points) + 15 seconds (55 points) = 115 points total
 - ▶ Maximum total points an athlete can score is: 120 points



Event #1: Dribbling 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

Event #2: Shooting

Equipment:

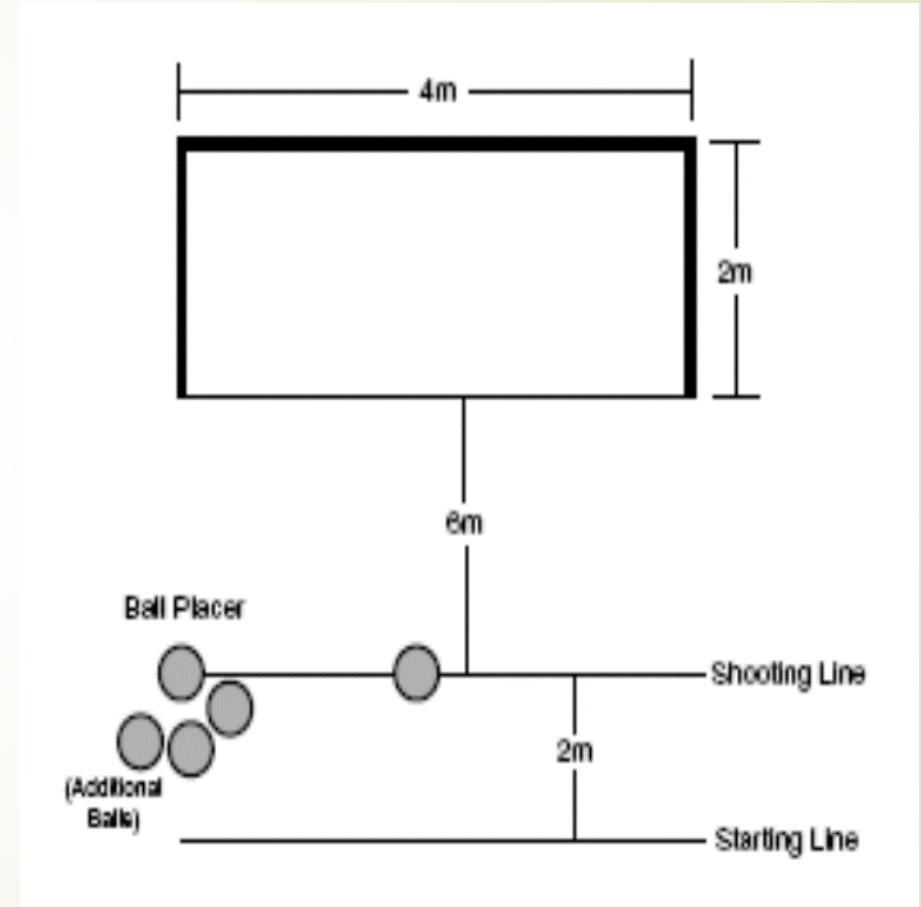
- Size four or size five balls, tape or chalk, 4 meter by 2 meter five-a-side goal with net.

Description:

- Athlete begins at the start line and walks or runs forward to shoot the ball into the goal from a distance of six(6) meters. **The athlete has a 2 minute time limit to complete a total of 5 shots.** 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.

Scoring:

- Each successful goal scores 10 points.



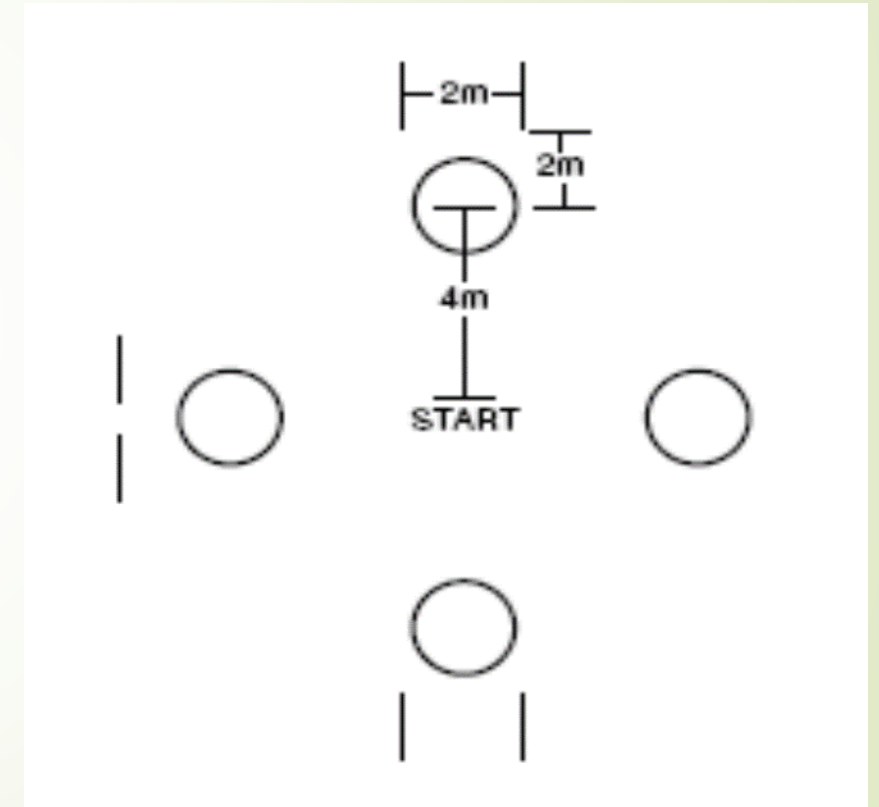
Event #3: Run and Kick

► Equipment:

- Four, size four or size five, balls. A central starting point should be marked. A 2-meter wide target gate (cones or flags) set up 2 meters ahead of each ball.

► Description:

- 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.



Event #3: Run and Kick

- ▶ **Scoring:**
 - ▶ 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
 - ▶ **A bonus of five points is added for each ball kicked successfully through a target gate**

Scoring Conversion Chart	Points 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



Team Soccer

▶ **Entries:**

- ▶ Soccer Team Skills Assessment for Individuals are included with the entry form.

▶ **Events:**

- ▶ SOIA= coed soccer teams
- ▶ 7 a-side soccer Traditional
- ▶ 7 a-side Unified Team
 - ▶ Team Soccer competition does not follow the age categories for divisioning. It is an open age competition, which means teams may consist of athletes of all ages.

▶ **Equipment:**

- ▶ Size 5 soccer ball
- ▶ Shin guards are required – provided by delegation
- ▶ Team shirts of the same color are to be worn

▶ **Competition:**

- ▶ Seven players must start at each game



7-a-side Soccer:

➤ **The Field of Play:**

- Field should 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.
- The goal size shall be five meters by two meters.
- The goal area shall be eight meters by 20 meters.

➤ **The Ball:**

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



7-a-side Soccer:

► **The Number of Players:**

- Roster size may not exceed 12 players
- 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.
- 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.

► **Duration of the Game:**

- The duration of the game shall be two equal periods of 20 minutes with a halftime interval of 5 minutes.
- If overtime is used to break a tie, two 5 minute overtime periods are used. If the game is still tied, penalty kicks will be used to break the tie.



7-a-side Soccer: Unified Teams

- ▶ 4 athletes, 3 Unified Partners
- ▶ 3 athletes, 3 Unified Partners
- ▶ 3 athletes, 2 Unified Partners
 - ▶ If your team does not fall into accordance to these configurations it will result in forfeiture.



Quiz:

- ▶ Click the link below to take the quiz:
 - ▶ [Soccer \(Team & Skills\)](#)