

Soccer (Team & Skills)

Revised 2025

Special Olympics
Iowa



Registration Entries



Entry forms are available online at www.soiowa.org

- ▶ Competitions tab > click on Participation Forms > Scroll to Summer Games
- ▶ Entries can be emailed to: registrations@soiowa.org
- ▶ 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 Sports Rules for Football (Soccer) shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale de Football Association (FIFA) rules for football (soccer) found at <https://www.fifa.com/> or NGB rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Football (Soccer) or Article I. In such cases, the Official Special Olympics Sports Rules for Football (Soccer) shall apply. Special Olympics Soccer Rules can be found on the [Summer Games](#) page of our website

Equipment

- Non-metal cleats may be worn

Soccer Skills Competition



- Soccer Skills Competition consists 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



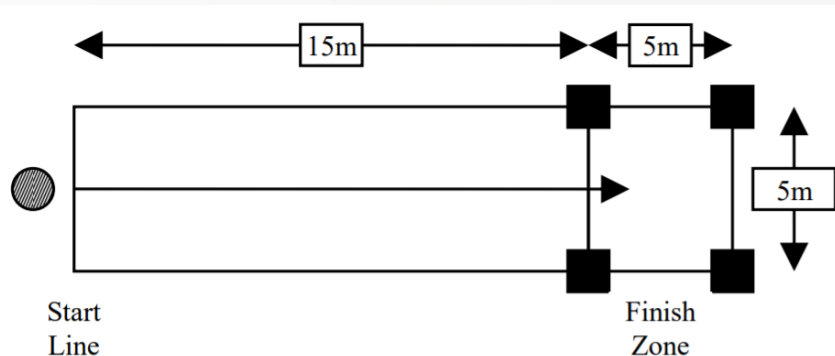
Event #1: Dribbling

Equipment:

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

Description:

- The athlete dribbles from the start 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

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		

Event #2: Shooting



Equipment:

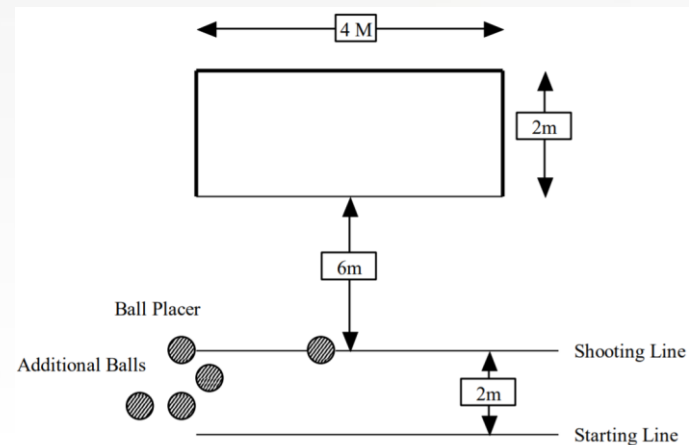
- Size four or size five balls, tape, or chalk, four meter by two meter five-a-side goal with net

Description:

- Athlete begins at the start line and walks or runs forward to shoot the ball into the goal from a distance of six meters. The athlete has a two minute time limit to complete a total of five 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

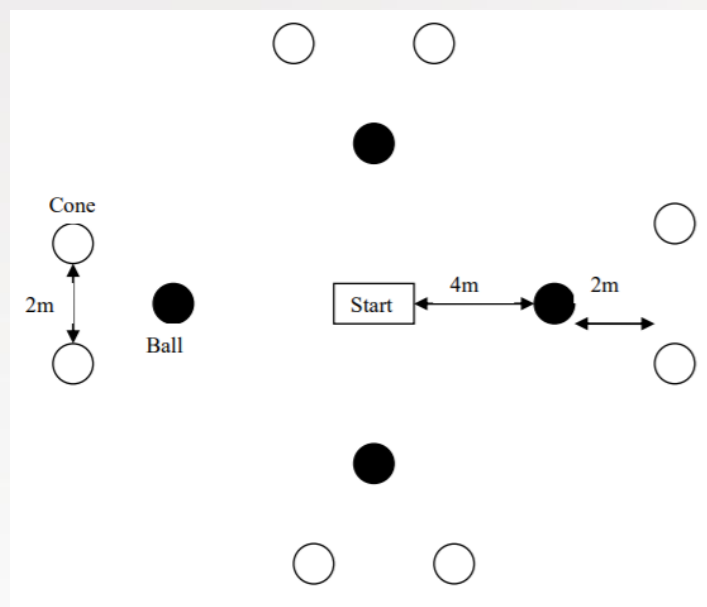


Equipment:

- Four, size four or size five, balls. A central starting point should be marked. A two-meter wide target gate (cones or flags) set up two 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 athlete starts to when he/she kicks the last ball is 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 seconds	50 points
16–20 seconds	45 points
21–25 seconds	40 points
26–30 seconds	35 points
31–35 seconds	30 points
36–40 seconds	25 points
41–45 seconds	20 points
46–50 seconds	15 points
51–55 seconds	10 points
56 or more seconds	5 points

Team Soccer



Entries:

- Soccer Team Skills Assessment are included with the entry form

Events:

- Coed soccer teams (SOIA)
- Seven-a-side soccer (traditional)
- Seven-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

Seven-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 shall use a size 4 ball, not more than 66 centimeters (26 in) and not less than 63.5 centimeters (25 in)
- All other players shall use a size 5 ball, not more than 70 centimeters (28 in) and not less than 68 centimeters (27 in)

Seven-A-Side Soccer



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 Game:

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

Seven-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 \(Team & Skills\)](#)