



Soccer Manual

Rules, Regulations, & Training Information

All Special Olympics Kentucky Soccer games and tournaments should be run according to FIFA rules. Any modifications to those rules can be found in this manual.

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Special Olympics
Kentucky



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SOKY SOCCER SEASON

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

7-A-SIDE (Outdoors)

The SOKY soccer season runs March through June. There will be three (3) Regional Tournaments, in which every team **MUST** participate in at least **ONE (1)** of these Regional Tournaments in order to qualify for the State Tournament. The State Tournament will be held at Summer Games in early June.

DIVISIONS

Soccer teams will compete in the following divisions.

- a. Junior – ages 15 and under
- b. Open – ages 16 and over
- c. Open Division – Reserved for combining ages groups when there are not a minimum number of teams in a division.

7-A-SIDE SOCCER RULES

The rules of play for 7-a-side are the same as 11-a-side except for the following modifications:

1. **Field of Play:**

- a. A 7-a-side field shall be a rectangle; maximum dimensions 70m x 50m, minimum dimensions 50m x 35m. The smaller field is recommended for lower ability teams.
- b. The field shall be marked out as shown on the diagram on page 10 of this manual.
- c. The goal size shall be 5m x 2m. The goal area shall be 8m x 20m.

2. **The Ball:**

- a. All divisions will use a size 5 ball.
- b. Each team is responsible for providing a game ball at each tournament.

3. **Number of Players:**

- a. Minimum number of players on a roster is eight (8) and the maximum is twelve (12).
- b. The game is played between two teams, each consisting of seven (7) players, one of whom shall be the goalkeeper. A minimum of five (5) players shall be on the field at any one time.
- c. Substitutions are unlimited in number and players may return to the field after being substituted. Substitutions can be made at any stoppage of play (e.g., ball is out-of-bounds, between periods, after a goal is scored, during a time-out). The coach must signal the referee or assistant referee in order to make a substitution. A substituted player can only come on the field when given a signal by the referee.

4. **Players Equipment:**

- a. Teams **MUST** have matching uniforms and shirts must be numbered. All team members must wear the same color shorts.
- b. Shin guards are required! If wearing shorts, shin guards must be covered by socks.
- c. Soccer shoes are mandatory. **NO** shoes with front toe cleats may be worn (i.e. no baseball or football shoes if they have a front cleat, unless you cut it off). Only rubber cleats are allowed. Absolutely **NO** metal

cleats. Tennis shoes are **NOT** allowed unless an athlete cannot wear cleats for a physical reason. If this is the case, the SOKY tournament director needs to be notified ahead of time.

d. No denim shorts or pants are permitted.

5. **Referee:** one referee

6. **Linesmen:** two assistant referees

7. **Duration of the Match:**

a. The match shall consist of two (2) equal periods of 20 minutes with a half-time interval of five (5) minutes.

b. If the event of a tie, teams will play **ONE (1)** five-minute overtime period.

c. If the game is still tied after the overtime period, each team will designate five (5) players to take alternating penalty kicks; the best of five (5) is the winner.

d. If still tied, alternating penalty kicks will be taken by the remaining players until the winner is decided by a single goal.

8. **Start of Play:**

A ball must be kicked and move forward from the center spot before being touched by another player.

9. **Ball In and Out of Play:**

A ball over the touch line results in a kick-in or throw-in. A ball over the goal line results in a goal kick or a corner kick. The ball must be completely over the line to be considered out of play.

10. **Goal Kick:**

a. 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 area, shall throw OR kick the ball back into play, beyond his own penalty area but not further than the halfway line. **The ball must touch the ground or another player before crossing the halfway line.** The ball shall be deemed in play as soon as it has passed outside the penalty area.

b. The above goal kick rule also applies when a goalkeeper gains possession, with his hands, of a ball that is still in play.

Infringement penalties:

1. If a ball thrown by the goalkeeper passes beyond the goalkeeper's half of the field without first having been touched by another 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.
2. From the goalkeeper's throw, if the ball is touched by any player inside the penalty area, the throw shall be retaken.

11. Method of Scoring:

The whole of the ball must have completely crossed the goal line to count as a goal.

12. Fouls and Misconducts:

(Same as for 11-a-side, EXCEPT THERE ARE NO OFFSIDES.)

- a. Tripping, pushing, handball or charging results in a direct free-kick.
- b. Obstruction or dangerous play results in an indirect free-kick.
- c. If a player is expelled from the match (receives two yellow cards or a red card), this player may NOT re-enter the match. His team must play a player down for two (2) minutes unless a goal is scored before the two (2) minutes have elapsed. In this case the following shall apply:
 1. If there are seven (7) players against six (6) players and the team with the larger number scores a goal, the team with six (6) players may be completed.
 2. If both teams are playing with six (6) players and a goal is scored, both teams may be completed.
 3. If there are seven (7) players playing against five (5) and the team with the larger number scores a goal, the team with five (5) players may be increased by one player only.
 4. If both teams are playing with five (5) players and a goal is scored, both teams may add one (1) more player.
 5. If the team scoring the goal is the one with fewer players, the game shall continue without changing the number of players.
 - Keeping check of the two (2) minutes shall be the task of the Timer or fourth Official.
 - The player who enters the game as a substitute after two (2) minutes may only do so with the consent of the referee and when the ball is out of bounds.

13. Re-start Exception:

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

14. **Free-Kick:**

Opposing players must be at least five (5) meters from the ball for all free-kicks.

*When an indirect free kick is awarded to the attacking team inside the penalty area within five (5) meters from the goal line, the referee must place the ball at five (5) meters from the goal line.

15. **Penalty Kick:**

POSITION of the BALL and the PLAYERS

- The ball is placed on the penalty mark (7 meter line).
- The player taking the penalty kick is properly identified.
- The defending goalkeeper remains on his/her goal line, facing the kicker, between the goalposts, until the ball has been kicked.
- The players other than the kicker are located inside the field of play, outside the penalty area, behind the penalty mark, and at least 10 yards (9.15m) from the penalty mark.
- The referee does not signal for a penalty kick until the players have taken up position in accordance with the rule. The referee decides when a penalty kick has been completed.

PROCEDURE

- The player taking the penalty kicks the ball forward.
- He does not play the ball a second time until it has touched another player.
- The ball is in play when it is kicked and moves forward.
- When a penalty kick is taken during the normal course of play, or time has been extended at halftime or full time to allow a penalty kick to be taken, a goal is awarded if, before passing between the goalposts and under the crossbar, the ball touches either or both goalposts and/or crossbar, and/or the goalkeeper.

INFRINGEMENTS/SANCTIONS

1. *If the referee gives the signal for a penalty kick to be taken, and before the ball is in play:*
 - *the player taking the penalty kick infringes the rules of the game:* the referee allows the kick to proceed. If the ball enters the goal, the kick is retaken. If the ball does not enter the goal, the kick is not retaken.
 - *the goalkeeper infringes the rules of the game:* the referee allows the kick to proceed. If the ball enters the goal, a goal is awarded. If the ball does not enter the goal, the kick is retaken.

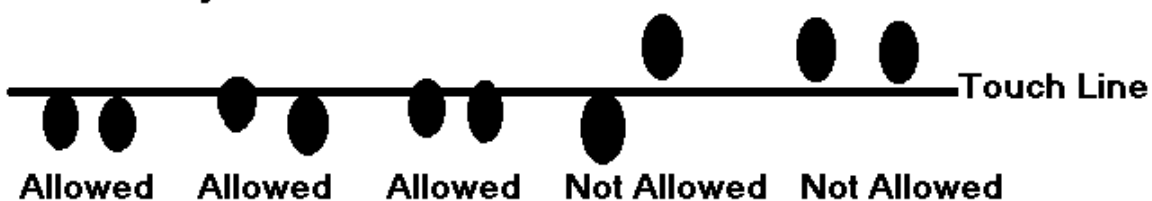
2. *If, after the penalty kick has been taken:*
- *the kicker touches the ball a second time before it has touched another player:* an indirect free kick is awarded to the opposing team. The kick is to be taken from the place where the infringement occurred.
 - *the kicker deliberately handles the ball before it has touched another player:* a direct free kick is awarded to the opposing team. The kick is to be taken from the place where the infringement occurred.
 - *the ball is touched by an outside agent as it moves forward:* the kick is retaken.
 - *the ball rebounds into the field of play from the goalkeeper, the crossbar or the goalposts, and is then touched by an outside agent:* the referee stops play. Play is restarted with a dropped ball at the place where it touched the outside agent.

**16. Kick-in (B Division ONLY - equivalent to the throw-in during 11-a-side)
Throw-in (1A, 2A, 3A, and 4A):**

- a. In the B Division, when the whole of the ball passes over a touch line, it shall be kicked or thrown back into the game from the place where it crossed the touch 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 or thrown. It shall be deemed in play immediately if it touches, while still in the air, the outer edge of the vertical plane of the touch line. Players from the opposing team must be at least 5m from the spot where the kick/throw is being taken.
- b. In the 1A Division, kick-ins are not allowed. Athlete will have to attempt a throw-in to place the ball back into play. As long as an attempt is made on a throw-in, the throw-in will be legal.
- c. In the 2A division, a correct throw-in is required to place the ball back into play.
 - At the moment of delivering the ball, the thrower must:
 - be facing the field of play.
 - plant his/her heels on the ground and remain on the ground behind or on the touchline. One foot is allowed to drag on the ground, as long as the other foot remains stationary.
 - use both hands.
 - deliver the ball from directly behind and over his/her head.
 - **If at anytime the thrower delivers an incorrect throw-in, the throw-in will be awarded to the other team.**

Kick-In/Throw-In Foot Placement

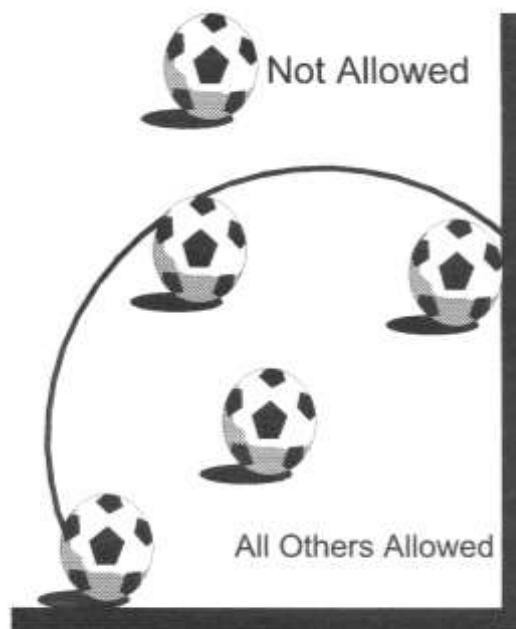
Field of Play



- d. A goal cannot be scored directly from a kick-in or throw-in.
- e. If the player taking the kick-in or throw-in plays the ball 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.
- f. A goal keeper may not pick up a ball with his hands that has been passed back to him by his own player.

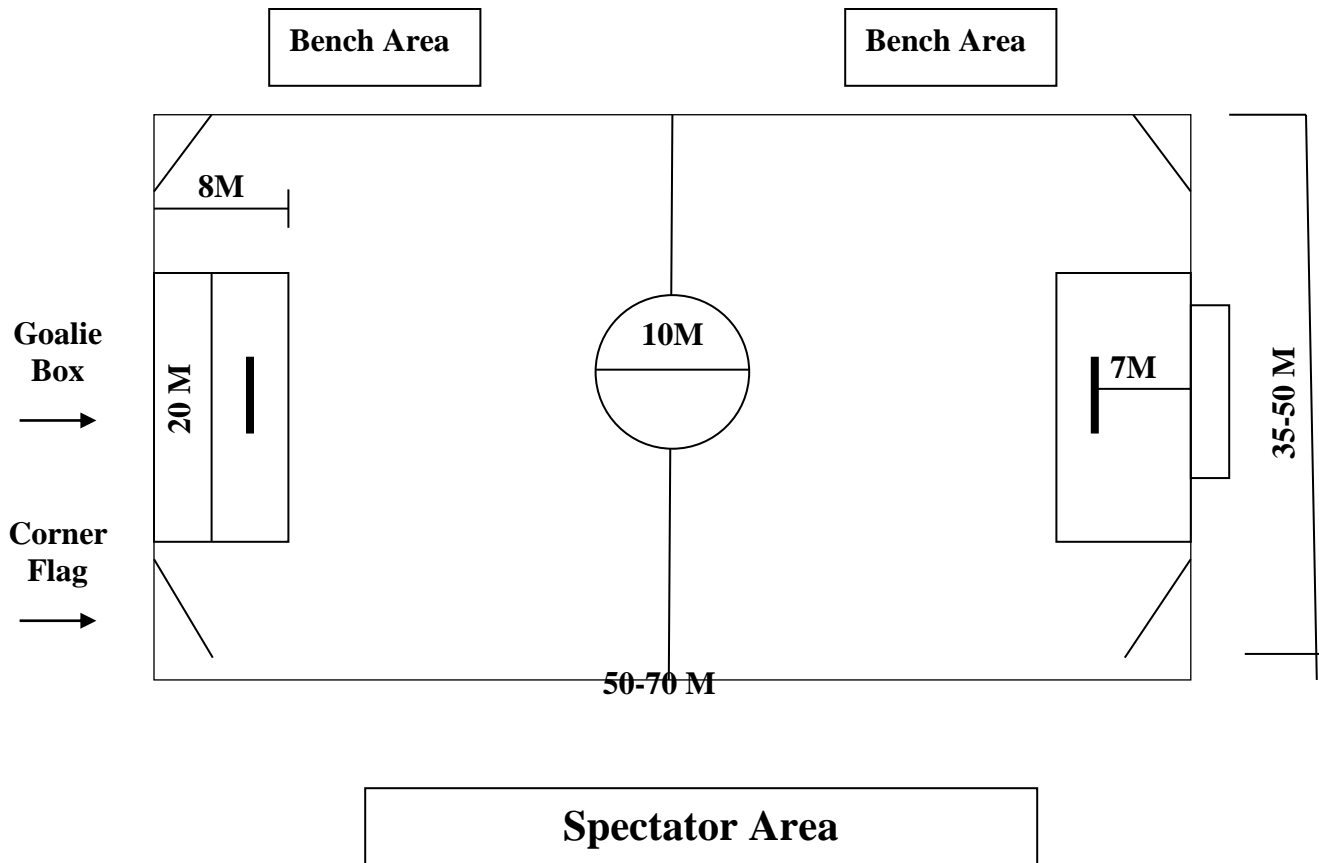
17. Corner Kick

Awarded to the attacking team when a player from the defending team kicks the ball over his/her own goal line. Opposing players must retire at least 5m from the ball.



Ball Placement For Corner Kick

FIELD DIMENSIONS



Goal Size: 5M x 2M
Goalie Box: 8M x 20M
Penalty Kick Line: 7M from goal line

Reminders:

Bench Area – Reserved for coaches and athletes only! All spectators should be in spectator area.

SOCCER TERMS & DEFINITIONS

Goalkeeper

The goalkeeper's main responsibility is to protect the goal by keeping the soccer ball out of the goal. The keeper is the only player who may use his/her hands to play the ball on the playing field within his/her goalie box. The keeper can use their hands to catch or pick up from the ground.

Throw-in or Kick-in

A player throws or kicks the ball into the field of play after the ball has been sent off the field outside one of the boundary lines.

Proper throw-in or kick-in:

- Player must face the field and the player's hands (if using throw-in), must retain on opposite sides of the ball.
- Player must remain off the field until the ball leaves the players hands or foot.
- When using the throw-in, the throwing motion must begin with the ball behind the player's head and the ball must be thrown over the head.
- The throw-in or kick-in must occur from the spot at which the ball left the field.
- When using the throw-in, the player's feet must stay on the ground until the ball leaves the player's hand.

Cards

Certain rule violations by players (and coaches) result in a referee issuing a card to the offending player. There are two (2) types of cards in soccer: yellow and red cards. Specific rules dictate which rule violation result in yellow versus red cards being used. The most serious rules violations result in a player receiving a red card. Once a player receives a red card, he/she is expelled from the remainder of the soccer match. If a player is removed from the game because of a red card, his or her team cannot replace that player on the field. That team must play the remainder of the match minus a player.

Hand Ball

A hand ball refers to a rule infraction in which a player, (except the goal keeper), intentionally handles the ball with his or her hand or arm.

Obstruction

This is a rule infraction when a player used his or her body to block the path of an opposing player, without the former player making an apparent attempt to play the ball. When a referee calls obstruction, the opposing team is awarded an indirect free kick from the point at which the foul occurred.

Corner Kick

Corner kicks are used to restart the field of play when the ball goes out of play across the goal line after having been last touched by a player on the team defending the goal. Corner kicks are taken within the corner area of the field closest to the point at which the ball crossed the goal line.

Uniforms & Equipment

- Players **MUST** wear socks pulled up, shin guards and soccer shoes.
- Players may not wear items likely to cause harm to themselves or others (e.g., jewelry, metal hair barrettes, hard casts)
- Goal keepers **MUST** wear colors that distinguish them from other players and the referee.

Tackle

Tackle instructs a defensive player to use his or her feet to take the ball away from an opposing player who is dribbling the ball.

Dribble

A reference for a player who has control of the ball while advancing the ball forward with the feet.

Assist

An assist refers to a play in which a player passes the ball to a teammate and the teammate immediately scores a goal.

Header

When a ball in the air approaches a player, he or she should play the ball with his or her head. The player should attempt to pass or direct the ball with his or her head to a teammate or take a shot at the goal.

Control

Controlling the ball on the ground or in the air with any part of his or her body.

Procedure to determine the winner of a match

This procedure refers to breaking a tie score existing at the end of a soccer match and the overtime periods. Each team is allowed five penalty kicks as part of this tie breaker. The team scoring the most goals during the tie breaker wins the match. The taking of penalty kicks continues until the tie is broken.

Touch Line = side line

Goal line = end line

Free Kicks

Free kicks are either direct or indirect. For both free kicks, the ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player.

The Direct Free Kick

- If a direct free kick is kicked directly into the opponents' goal, a goal is awarded.
- If a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

The Indirect Free Kick

- **Signal**
The referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play.
- **Ball Enters the Goal**
A goal can be scored only if the ball subsequently touches another player before it enters the goal.
 - If an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded.
 - If an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

SOCCER DRILLS

Monkey in the Middle

Circle five (5) to eight (8) players around a single player (“the monkey”). Using one ball, the players outside must pass the ball around the circle without losing the ball to the monkey. The players can make only minimal movements side to side. If the monkey has stolen the ball, the player losing possession goes to the middle. If they make a bad pass, the offending player goes to the middle.

Who Will Get There First?

Make two equal teams. Put two cones 5m away from each team. One player is to be the goalie. Place the ball on the penalty line. The coach blows the whistle. One person from both teams will run to the ball. The player who gets the ball first takes a shot on a goal. This drill will improve running and kicking.

Switch

Divide the team into offense and defense. Pair athletes with similar skill levels so that they are challenged. Place them at mid field. Kick the ball to the middle of the field and have the players race to it. Whoever gets there first is offense, the other is defense. If anytime the defender takes the ball away from the other player, they become offense. Take the shot and try to score. Add a goalie to this drill and practice three players at once.

World Cup

Place a goalie and three balls on the goal line. Athletes in pairs will take the field at the midfield line. The goalie will throw the ball into play. The athletes must try to get to the ball first. Partners should pass the ball between them to move the ball up the field, and they should attempt a shot on the goal. If successful, they move on. The ball stays in the net and the goalie throws out a new one. This drill focuses on ball control and teamwork.

Follow the Leader

Form a single file line. Place a ball at the feet of the first athlete in line. Set up cones for the players to weave through. The first player dribbles the ball through and the rest of the line follows behind. Once the course is completed, the leader goes to the back of the line. The next athlete in line then becomes the leader. The primary focus of the drill is dribbling.