

## **RULES – 5 VS. 5 UNIFIED SOCCER COMPETITION**

### **1) THE TEAM**

- Teams on the field will be comprised of 3 Special Olympics athletes and 2 partners.
- Team rosters will be limited to 10 players; 6 Special Olympics athletes and 4 partners.
- Teams will enter either an Intermediate or High division of play.

### **2) GAME DURATION**

- Duration of the game will be two 15-minute halves and a 5-minute halftime.

### **3) FIELD SIZE AND MARKINGS**

- The fields will be U6 to U10 youth size soccer fields.

### **4) EQUIPMENT**

- Shirts must be numbered on the back
- Shin guards are required for all players.
- Size 5 soccer balls will be used.
- Rubber cleats may be worn or tennis shoes. No boots or sandals of any kind.

### **5) START OF PLAY**

- The ball is placed on center spot and kicked or passed forward one full rotation.
- Opposing players must remain outside the center circle until the ball has been touched.

### **6) GENERAL RULES**

- There is a goalie in Unified 5-a-side soccer. Goalie must differentiate jersey color.
- All fouls shall result in an indirect free kick with opponents at least 5 yards away.
- All free kicks shall be indirect—a tap or short pass from one teammate to another.
- Balls going out-of-bounds on sidelines are put back into play with an indirect free kick.
- A goal can't be scored directly from a kick-in even if you bounce it off the goalie.
- Balls going out on the endline from an offensive player result in a kick-in from the goal line. If the ball is off a defensive player there will be a corner kick.
- Opposing players must be at least 5 yards from the ball for all free kicks.
- There are no off-sides in Unified 5-a-side soccer.
- Penalty kicks are made only on flagrant fouls.
- In tournament play, ties are considered final.
- Substitutions are unlimited and may be made anytime the ball is out-of-bounds, between halves, after a goal is scored or during an injury time-out. Coach must signal the referee or linesman to substitute and the sub can only enter the field when signaled by the referee.