



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.