



**Special Olympics**  
South Dakota



# ATHLETE HANDBOOK

## Soccer

2021

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Special Olympics South Dakota



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**Dear Special Olympics Athlete,**

Congratulations on becoming a part of Special Olympics South Dakota (SOSD)!

Through your commitment to Special Olympics and its programs, we challenge you to train and compete in all sports you desire. We also challenge you to find your voice and to help us shape and grow SOSD. There are many exciting ways to be an athlete and a leader, so be sure to ask your coach or the Special Olympics office for more resources.

By participating in sports, physical fitness, and health education programs, you will increase self-confidence and social skills, improve physical and motor skills, and have more opportunities to grow as a person. This handbook is designed to introduce SOSD to you and to provide general information needed as an athlete.

We wish you luck, and can't wait to see you out on the field and in the community!



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## 1. Competition

The state is divided into four Areas. The city in which you live will determine which Area competitions you attend.

Northeast (NE) - Aberdeen, Huron, Watertown, and the surrounding communities

Southeast (SE) - Brookings, Mitchell, Sioux Falls, Yankton, and the surrounding communities

Black Hills (BH) - Custer, Rapid City, Spearfish, and the surrounding communities

Central (C) - Pierre, Mission, Winner, and the surrounding communities. These delegations do not have dedicated Area competitions to attend. In other words, you can choose where you wish to go.

For those who qualify, there are also State competitions held in the following sports:

**State Basketball Tournament** - Team (Traditional & Unified), Cheerleading (Traditional & Unified), and Skills (Individual & Team)

**State Summer Games** - Swimming (Traditional & Unified), Powerlifting, Volleyball, Soccer (Traditional & Unified), Soccer Skills, Racewalking, and Track & Field (Traditional & Unified)

**State Equestrian**

**Fall Classic** - Bocce (Traditional & Unified), Softball (Traditional & Unified), and Softball Skills

**State Traditional Bowling**

**State Unified Bowling**

Eligibility to participate in these events will depend on you meeting all of the training requirements and rules developed by your Delegation or Team.

Please Note: Delegations and Teams may choose to NOT participate in events. There could be many reasons for this, including the availability of coaches, finances, and roster numbers.

## 2. Practices / Training Requirements

The time, place, duration, and content of your practices will be established by your program leadership and can vary rather significantly from program to program. However, rest assured your coaches have completed the required certification course work and have demonstrated competence in coaching their sport. The following are general training expectations set forth by the State Office:

- Bowling: A minimum of five 3-game series or a total of 15 games over a minimum of 8 weeks.
- Winter Games: A minimum of 15 hours over a minimum of 8 weeks.
- Basketball: A minimum of 15 hours over a minimum of 8 weeks.
- Summer Games: A minimum of 15 hours over a minimum of 8 weeks. The number of hours required would be divided among the number of sports in which you are participating; for example 3 sports - 5 hrs per sport / 2 sports - 7.5 hrs per sport / 1 sport - 15 hours.
- Equestrian: A minimum of 15 hours over a minimum of 8 weeks.

- Fall Classic: A minimum of 15 hours over a minimum of 8 weeks. The number of hours required would be divided among the number of sports in which you are participating; for example 2 sports - 7.5 hrs per sport / 1 sport - 15 hours.

### **3. Unified Sports**

There are two kinds of teams in Special Olympics, Traditional and Unified. Everyone on a Traditional Team is a Special Olympics Athlete. On a Unified Team, some of the players have a disability and some do not.

### **4. Athletes Code of Conduct**

Special Olympics is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All Special Olympics athletes and Unified Sports Partners are expected to observe the following code:

#### **Sportsmanship**

I will practice good sportsmanship.

I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.

I will not use bad language.

I will not swear or insult other persons.

I will not fight with other athletes, coaches, volunteers, or staff.

#### **Training and Competition**

I will train regularly.

I will learn and follow the rules of my sport.

I will listen to my coaches and the officials and ask questions when I do not understand.

I will always try my best during training, divisioning, and competitions.

I will not “hold back” in preliminary competition just to get into an easier finals division.

#### **Responsibility for My Actions**

I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.

I will not smoke or vape in non-smoking areas.

I will not drink alcohol or use illegal drugs at Special Olympics events.

I will not take drugs for the purpose of improving my performance.

I will obey all laws and Special Olympics rules.

I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by my Program or a Games Organizing Committee for a World Games, up to and including not being allowed to participate.

### **5. You Know What I mean?**

People often use short-cuts when speaking and writing about Special Olympics.

DQ = Disqualification. An athlete will receive only a participation ribbon when, during competition, a judge determines a rules infraction has occurred.

GOC = Games Organizing Committee. For every State event we host, there is a group of people from the host city who help organize the event.

HA = Healthy Athletes. At our State Summer Games, we provide health screenings to athletes.

HOD = Head of Delegation. This is the person in charge of your delegation/team.

ID = Intellectual Disability. All athletes participating in Special Olympics have an ID.

LETR = Law Enforcement Torch Run. These are people who help raise money for SOSD.

SO or SOI = Special Olympics and Special Olympics, Inc. The preferred name is Special Olympics.

SOSD = Special Olympics South Dakota. SOSD is a state program of Special Olympics. The State Office is located in Sioux Falls.

UP = Unified Partners. These are players on teams who do not have an ID.

YA = Young Athletes. These are future Special Olympics athletes who are ages 2 - 7.

## **6. Application for Participation in Special Olympics South Dakota**

To participate in Special Olympics, you must complete Form A: Application for Participation in Special Olympics South Dakota. This form contains the following components:

- ⇒ Your contact information
- ⇒ Contact information for a parent/guardian
- ⇒ Health insurance information
- ⇒ Physical exam that must be completed by a medical professional every three years
- ⇒ A release signed by either you or a parent/guardian
- ⇒ Once this form is completed, you should give it to your HOD. They will give a copy to the State Office.
- ⇒ If you should get injured or become ill at a Special Olympics event and should require the care of a medical professional, your HOD should bring this document with you.

## **7. Concussions**

### **Defining a Concussion**

A concussion is a type of traumatic brain injury caused when you get hit on the head or from a bunch of smaller blows to the head. Concussions can also occur from a blow to the body that causes the head and brain to move quickly back and forth—causing the brain to bounce around or twist within the skull. Although concussions are usually not life-threatening, their effects can be serious, therefore, proper attention must be paid to individuals suspected of sustaining a concussion.

### **Suspected or Confirmed Concussion**

If a coach or official thinks you have sustained a concussion in a practice, game, or competition, you will be removed

from practice, play, or competition at that time. If a qualified medical professional is available on-site to render an evaluation, that person shall have final authority as to whether or not a concussion is suspected. If applicable, your parent or guardian should be made aware that the participant is suspected of sustaining a concussion.

### **Return to Play**

If you have been removed from practice, play or competition due to a suspected concussion, you may not participate in Special Olympics sports activities until either of the following occurs A) at least seven consecutive days have passed since you were removed from play and a currently licensed, qualified medical professional\* provides written clearance for the participant to return to practice, play and competition or B) a currently licensed, qualified medical professional determines you did not suffer a concussion and provides written clearance for you to return to activities immediately. Written clearance in either of the scenarios above shall become a permanent record.

\*A qualified medical professional is defined as a person who is registered, certified, licensed, or otherwise recognized in law, by the State of South Dakota, to provide medical treatment and is trained and experienced in the evaluation, management, and care of concussions.

## **8. Abuse**

Your health, safety, and well-being are of the highest concern to those in your Special Olympics family (Coaches, chaperones, staff, and volunteers). If you should ever feel unsafe or mistreated, we urge you to seek the assistance of a family member or a trusted member of your Special Olympics family.

## **9. Competition Readiness**

To compete at your best you need to be prepared!

1. Proper sports equipment: For example, you will need a softball glove that fits your hand.
2. Uniform or sports clothing: Blue jeans are not appropriate for competition. Your shoelaces should be tied and you should be wearing sports socks.
3. Proper sports shoes: If you wear cowboy boots while competing in basketball, for example, the possibility of injuring an ankle is quite high. Plus, you won't look like a serious athlete.
4. Minimal or no jewelry.
5. Hair is out of your face.
6. Sunscreen on exposed skin.
7. Eat a healthy snack or meal within 2-3 hours of the event.
8. Drink one bottle of water within an hour of the event.
9. Warm-up before the event.

## **10. Year-round Fitness**

Staying fit and healthy should not end when your latest State event is over. It is very important for you to set fitness goals and strive to fulfill them. Here are some ideas:

1. Work out or go for a walk at least 5 times per week.

2. Eat fast food no more than 3 times per week.
3. Get 8 hours of sleep per night.
4. Drink 5 large glasses of water per day.
5. Do not drink soda... even diet soda.
6. Eat 5 fruits and/or vegetables every day.

## 11. Athlete Leadership

Inclusion starts with Athlete Leadership! What does the word “inclusion” mean? Many things, but as it applies to Special Olympics it means:

- A. You should have the opportunity to enjoy the same experiences as people without an ID, and;
- B. You should have the same opportunities to contribute to SO through the sharing of your talents and gifts outside of competition.

The following are roles athletes can and should be filling:

1. Athlete Leadership Council
2. Coaches
3. Committee Members
4. Fund-raisers
5. Games Organizing Committee Members
6. Global Messengers (Giving Speeches)
7. Health Promoters
8. Officials
9. Photographers
10. Reporters
11. SOSD Board of Directors
12. Volunteers

For more information regarding any of these roles, contact the state office at 605.331.4117.

## 12. Fundraising

It takes a lot of money to put on Special Olympics events. You can help your local program as well as the State with this. We strongly encourage you to attend fundraising events in your community and actively help out when applicable.

**For you to perform at your best, you need to know the rules of the game. Look for Athlete Handbooks for all of your sports.**

# Special Olympics South Dakota Sports Rules - Soccer

## 5-Aside Rules

### Number of Players

1. The roster size may not exceed 10 players.
2. The game is played between two teams each consisting of five players, one of whom shall be the goalkeeper.

### Traditional 5-aside soccer

1. All players are athletes.
2. A minimum of 3 players shall be on the field at any one time.

### Unified 5-aside soccer

1. The roster shall contain a proportionate number of athletes and unified partners.
2. During play, a team may not exceed 3 athletes and 2 unified partners. Failure to adhere to the required ratio results in a forfeit.
3. Each team shall have a non-playing coach responsible for the lineup and conduct of the team during the competition.

### Substitutions

1. These are unlimited in number (players may return to the field after being substituted).
2. 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.
3. A substituted player can only come onto the field when given a signal by the referee.

### Divisioning Guidelines

Your division will be determined by the oldest person on your team. This applies to traditional as well as unified teams. Junior: 8-15 years old, Schooler: 16-21 years old, Senior: 22+ years old.

### Players' Equipment

1. A player's uniform consists of a jersey (shirt), shorts, stockings (socks), shin guards, and appropriate footwear for the sport. The shin guards must be worn and covered by socks.
2. Soccer cleats must not have metal cleats/studs.
3. The goalkeepers shall wear colors contrasting with those of the two teams and the referee.
4. A captain's armband should also be included as a clothing requirement to clearly identify the team's captain.

### Duration of Game

1. The duration of the game shall be two equal periods of fifteen minutes with a halftime interval of five minutes.
2. If overtime is used to break a tie, two 5-minute "golden goal" overtime periods are used (the first goal scored wins). If the game is still tied, penalty kicks will be used to break the tie.

### Start of Play

1. All players, except the player taking the kick-off, must be on their half of the field of play.
2. The ball must be stationary on the center mark.
3. The referee gives a signal.

4. A ball must be kicked at least one full revolution forward from the center spot before being touched by another player.
5. A goal can be scored directly against the opponent from the kick-off; if the ball directly enters the kicker's goal, a corner kick is awarded to the opposing team.

## **Ball in and Out of Play**

1. The ball over the sideline results in a kick in.
2. The ball over the end line results in a goal clearance or a corner kick.
3. The ball must be completely over the line to be considered out of play.

## **Goal Clearance**

1. 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 the ball back into play beyond his own penalty area, but no further than the halfway line (i.e., 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 passes outside the penalty area.
2. The above rules of goal clearance also apply when a goalkeeper gains possession with his hands of a ball that is still in play.
3. Infringement penalties:
  - ⇒ If the ball thrown by the goalkeeper passes beyond the goalkeeper's half of the field without first having been touched by a player or without having been touched by the ground, the referee shall award an indirect free kick for the opposing team from any point on the halfway line.
  - ⇒ From the goalkeeper's throw, if the ball is touched by any player inside the penalty area, the throw shall be re-taken.

## **Scoring**

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

## **Fouls and Misconduct**

1. There is no offside.
2. Tripping, pushing, hand-ball, or charging results in a direct free-kick; obstruction or dangerous play result in an indirect free-kick.

## **Restart Exception**

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

## **Free-kick**

1. Opposing players must retire at least five meters from the ball for free kicks.
2. When an indirect free kick is awarded to the attacking team inside the penalty area, (within 5 meters from the goal line), the referee must place the ball 5 meters from the goal line.

## **Penalty Kick**

1. A penalty kick is taken from the 7-meter mark.
2. All players, except the kicker and the goalkeeper, must retire outside the penalty area and arc.
3. The goalkeeper must stand on his/her goal-line until the penalty kick is taken.

## **Kick In (equivalent to the throw-in)**

1. When the whole of the ball passes over a sideline, it shall be kicked back into the game from the place where it crossed the line (on the sideline), by a player from the opposing team to that of the player who last touched it. The ball must be stationary before being kicked. It shall be deemed in play immediately after it has traveled the distance of its circumference. The ball cannot be played again by the kicker until it has been touched by another player. The players from the opposing team must retire at least 5 meters from the spot where the kick is being taken.
2. A goal cannot be scored directly from a kick-in.
3. A goalkeeper may not touch the ball with hands receiving it directly from a kick-in by a teammate.
4. A goalkeeper may not touch the ball with hands after it has been deliberately kicked to him/her by a teammate.

## **Infringement Penalties**

If the player taking the kick-in plays the ball for 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.

## **Corner-Kick**

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

## **Overtime/Penalty Kick**

1. Two 5-minute overtime periods are used.
2. “Golden goal” applies during overtime periods (the first goal scored wins).

## **Ties At The End Of Overtime**

1. Penalty kicks shall be used to decide the game.
2. The referee chooses the goal at which the kicks will be taken.
3. The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or the second kick.
4. The 5 players on the field of play at the end of the match will be eligible to do penalty kicks and the order in which they will take the kicks is decided by the team/coach.
5. The highest score after five penalty kicks is declared the winner. The referee keeps score.
6. Subject to the conditions explained below, both teams take five kicks.
7. The kicks are taken alternately by the teams.
8. If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken.
9. If, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, kicks continue to be taken in the same order until one team has scored one goal more than the other from the same number of kicks.
10. A goalkeeper who is injured while kicks are being taken from the penalty mark and is unable to continue as goalkeeper may be replaced by a named substitute.
11. Except for injury, only players who are on the field of play at the end of the match, which includes extra time where appropriate, are eligible to take penalty kicks.
12. An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken.
13. In Unified Sports penalty kicks, alternate kicks by athletes and unified partners must be taken, with the athlete taking the first penalty kick for each team.

## **SOCCER INDIVIDUAL SKILLS CONTEST**

### **Eligibility**

1. This contest is designed specifically for lower ability athletes who have not developed the skills necessary to meaningfully participate in team soccer.
2. Players who cannot participate in team soccer because of their need to use a walking device can participate in soccer individual skills.

### **Skills To Be Judged**

1. Dribbling
2. Shooting
3. Run and Kick

### **Individual Soccer Contest (ISC) General Rules**

1. Athletes should perform each event twice.
2. The scores from the two rounds are added together to get each event score.
3. The three event scores are added together to get the ISC total score.

### **AWARDS CRITERIA**

1. For 5-aside play, individual medals will be awarded to team members placing first through third in each division. Teams placing 4th to 8th will receive place ribbons.
2. Individual skills athletes will receive medals for the first three places in each division. Individuals/teams playing 4th-8th will receive ribbons.

### **SPORTSMANSHIP**

1. Put forth maximum effort during each event.
2. Practice the skills with the same intensity as you would perform them in competition.
3. Always finish a game/event. Never quit.
4. Always comply with the rules.
5. Demonstrate sportsmanship and fair play at all times.
6. Respect the decision of the officials at all times.