



SPORTS for Exceptional Athletes Soccer Rules



as of 5/16/07

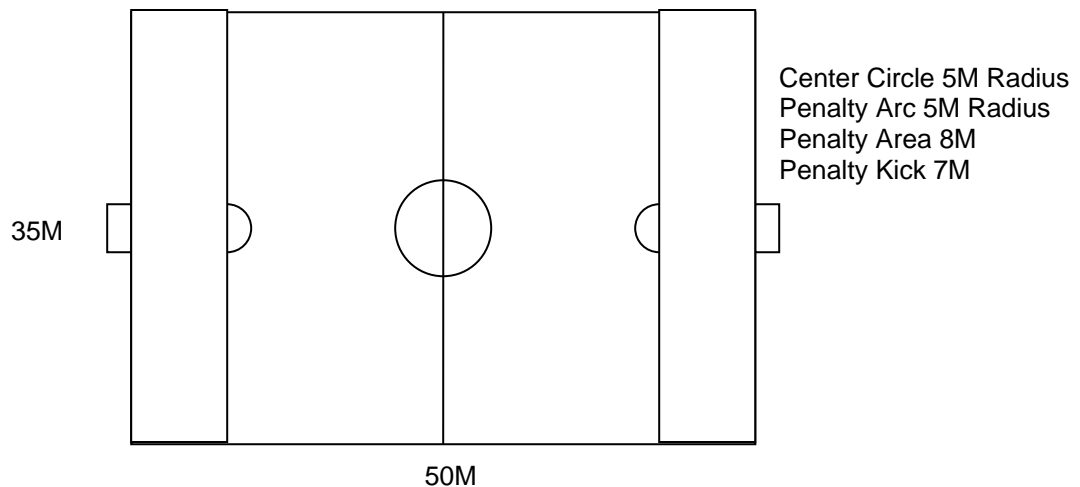
The Soccer Rules are based on FIFA (Federation Internationale de Football Association) and Indoor Soccer Rules.

1. Number of Players

- 6 players on the field at any one time (by agreement of both coaches and referee, the number of players on the field may be increased or decreased).
- No maximum roster size.
- Teams may be made up of athletes with developmental disabilities, families, friends and others in the community who want to play on inclusive teams. Abilities should be at least relatively close between team members.
- Substitutions are unlimited. Get the referee's attention during any stoppage of play to make a substitution.
- All players should participate in at least half of the game.

2. Field of Play

- The recommended field of play size is 50 meters X 35 meters.



3. Duration of the Game

- Recommended 2 equal periods of 20 minutes (15 minute halves if time constraint).

4. Overtime/Penalty Kick

- In regular league play, ties are considered final.
- If overtime is needed to break a tie, two periods of five minutes each shall be played with the team scoring the first goal winning.
- If the game is still tied, each team alternates taking five penalty shots. If after five penalty shots the game is still tied, one penalty kick will be taken on an alternating basis until an advantage is achieved. Each penalty shot must be taken by a different individual.

5. Start of Play

- A ball may be kicked in any direction before being touched by another player.

6. Scoring

- A goal is scored when the whole ball has completely crossed the goal line inside the goal to count as a goal.

7. Ball in and out of Play

- Ball over the side-line results in a kick-in.
- Ball over the end-line results in a goal-clearance or a corner kick.
- When the whole ball has completely crossed the line, it is considered out of play.



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8. Goal Clearance

- a. When the whole ball crosses 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 not further than the half-way line (i.e. the ball must touch the ground or another player before crossing the half-way line). The ball shall be deemed in play as soon as it passed outside the penalty area.
- b. The above rules of goal clearance also apply when a goalkeeper gains possession, with his hands, of a ball that is still in play.
- c. Infringement penalties:
 - i. 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 touched the ground, the referee shall award an indirect free-kick for the opposing team from any point on the half-way line.
 - ii. From the goalkeeper's throw, if the ball is touched by an opposing player inside the penalty area, the throw shall be retaken.

9. Kick-in (Equivalent to the throw-in in eleven-a-side)

- a. When the whole ball crosses the side-line, it shall be kicked back into the game, from the place where it crossed the 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. The ball cannot be played again by the kicker until it has been touched by another player. Opposing players must be at least 5 meters from the ball.
- b. A goal cannot be scored directly from a kick-in. It must first touch another player.
- c. Goalkeepers cannot touch with their hand a ball that is kicked-in directly to them by their team.
- d. If the player taking the kick-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.

10. Fouls and Misconducts – Free Kicks

- a. Direct (a goal can be scored directly on the kick): kicking, tripping, charging, striking, pushing, jumping at or holding an opponent, spitting, abuse, or handball.
- b. Indirect (must touch another player after kick): obstruction or dangerous play.
- c. There is no off-side foul.
- d. Opposing players must be at least 5 meters from the ball for all free-kicks.
- e. Re-start 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.

11. Penalty Kick

- a. The penalty kick is taken from the 7 meter line. All players except the kicker and the goalkeeper must be outside the penalty area and arc. The goalkeeper must stay on his goal-line until the ball is kicked.

12. Corner-Kick

- a. When the ball is last touched by the defending team and goes over the goal line, a member of the attacking team shall take a corner-kick.
- b. Opposing players must be at least 5 meters from the ball.
- c. Corner-kicks are direct free kicks.