



2020 Special Olympics Oregon Virtual Fall Season Soccer Rules and Guidelines

IMPORTANT DATES

- **Fall Season Begins – September 2020**
 - Participants may sign up ANYTIME during the season as long as they submit their final scores before the November 9 deadline.
 - Participants are strongly encouraged to sign up early to begin training and to get connected to a virtual coach/mentor from their local program or another part of the state.
 - All virtual coaches/mentors will be Class A volunteers.
- **Fall Virtual Games Opening Ceremonies - Monday, November 2, 2020**
- **Competition Week Scores Entry Period – Monday, November 2 to Monday, November 9, 2020**
- **Fall Virtual Games Celebration Week – November 16-20, 2020**

RULES/GUIDELINES

The posted Special Olympics Oregon Fall Virtual Soccer Rules shall govern competitions for this season.

Due to the nature of these virtual events, there will be lots of flexibility allowed in the types of equipment used as well as allowances for a variety of settings for the field of play.

Modifications will be permissible to enable as much participation as possible as long as these modifications are safe and still support the integrity of the skills for each event.

The “honor system” will be used when final scores are submitted.

SIGN UP, TRAINING & COMPETITION REMINDERS

- Complete the sport sign up process on-line, by phone or by mail any time before the end of season.
- Final Scores must be submitted during Competition Week – November 2-9, 2020.

SECTION A - OFFICIAL EVENTS

- 1) Individual Skills Competition (ISC) – total score is comprised of 2 skills (dribbling and shooting)
- 2) Individual Soccer Juggling
- 3) Unified Team Soccer Juggling – 3 athletes + partners for a combined total score (participants perform skills separately)

Athletes may compete in AS MANY (up to 3) of the soccer events as they like. Details about each event are shared in information in SECTION D – Event Descriptions

SECTION B - DIVISIONS

- 1) While entry scores will not be used to create divisions, final scores will be collected and will be used to create divisions for awards recognition.
- 2) Because competition will be conducted virtually by each individual participant in a variety of settings, we will be operating on the honor system.
- 3) Individuals and teams will compete in one of three distinct age groups:
 - a) Youth (all individual participants or team members are age 8 to 21)
 - b) Adult age group (participants are age 22 or older or have at least one team member 22 or older)
 - c) Open age group: reserved for combining age groups to meet the required minimum number of competitors or teams in a division (minimum of 3 or more), or to ensure quality competition.
Note: The oldest member of a team will determine the age division of the team. It is suggested that delegations form teams that are age appropriate. Male, female, and co-ed teams will be divided together unless there are enough teams within a category to create equitable divisions.

SECTION C – COACHES AND THEIR RESPONSIBILITIES

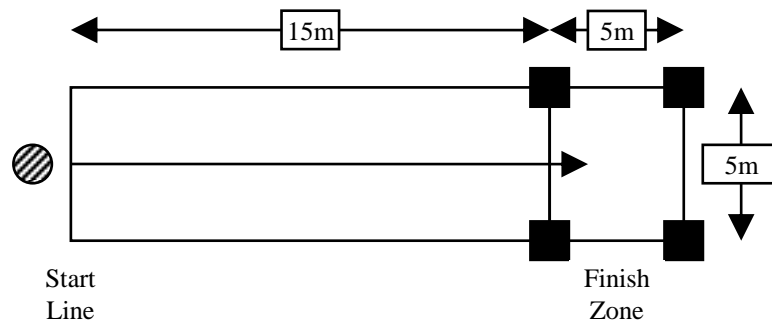
- 1) Coaches will receive information to assist athletes and Unified partners in training and competition
- 2) Coaches will provide communication, training guidance and support during the season through one or more of the following communication platforms based on athlete and coach abilities to connect digitally. These may include:
 - a) Live Zoom or other video conferencing training sessions or check-ins
 - b) Phone calls, email, text
 - c) Written training plans and instructions
- 3) Additional opportunities for statewide sports training will be made available through SOOR State Office
- 4) Coaches will assist participants in completing the skills for competition and submitting final scores

SECTION D – EVENT DESCRIPTIONS

EVENT 1 - Virtual Soccer Individual Skills (ISC) - 2 skills

- 1) The ISC provides participants with the opportunity to compete in a variety of skills
 - a) Note that it is not permitted to register athletes in wheelchairs in soccer ISC, as the rules do not adapt for athletes in a chair.
- 2) The ISC consists of 2 skills: dribbling and shooting. Each athlete performs each skill once. The total score from the 2 skills is then used to generate a COMBINED TOTAL SCORE which will be used to place players for awards.

ISC Skill #1 - Dribbling



NOTE for Set Up - (1 m is equal to one large step. So 15m = 15 large steps, 5m = 5 large steps)

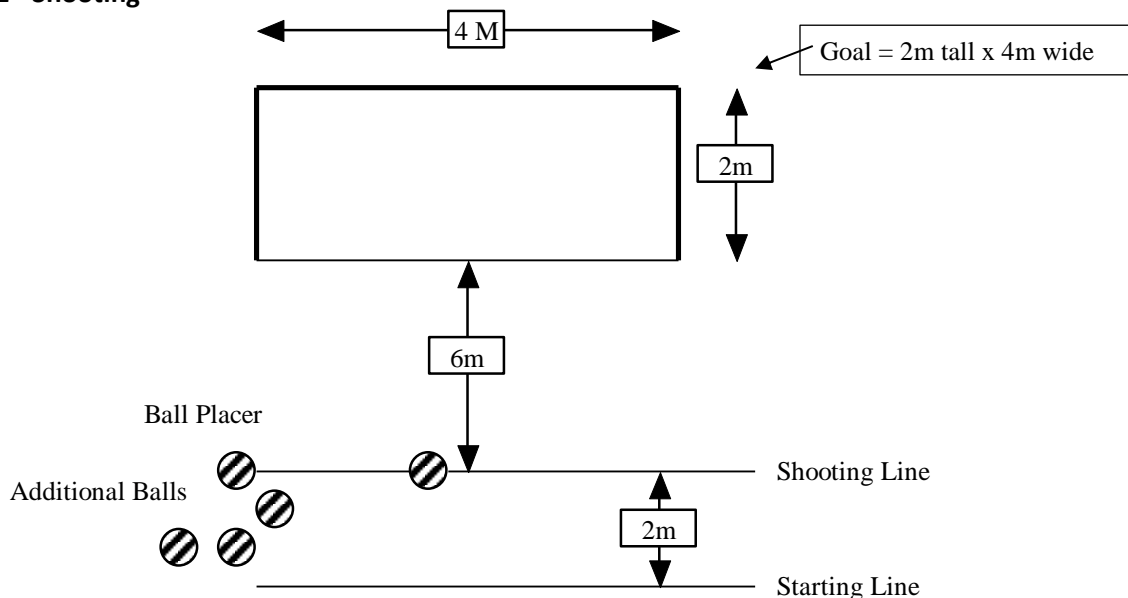
- i) Equipment (participants are encouraged to improvise if equipment such as cones are not available)
 - (1) #5 or #4 ball
 - (2) Cones, tape or chalk preferred to help identify a dribbling zone
 - (3) Cones to mark the finish zone
 - (4) Stopwatch (or person to count if stopwatch not available)
- ii) Description
 - (1) The player dribbles from the starting line to the finish zone, staying inside the marked lane. Ideally, the finish zone should be marked off with cones or chalk. The clock is stopped when both the player and the ball are stopped inside the finish zone. If the player overshoots the finish zone, he/she must dribble it back in to finish.
- iii) Scoring
 - (1) The time (in seconds) elapsed while the player is dribbling is converted into points using the scale below. A deduction of 5 points is made for each time the ball runs over the side-lines of the lane or if a player touches the ball with his/her hands (note: If the ball runs over the side-line, the referee will immediately place another ball in the center of the lane at the point at which the ball went out.)
 - (2) Each player gets 3 attempts to achieve best score. Record only best score of 3 attempts on scorecard.

Scoring Conversion Chart:

Dribble Time (Seconds) --- Point Score

5-10	- 60 points	26-30	- 40 points	46-50	- 20 points
11-15	- 55 points	31-35	- 35 points	51-55	- 15 points
16-20	- 50 points	36-40	- 30 points	56+	- 10 points
21-25	- 45 points	41-45	- 25 points		

ISC Skill #2 - Shooting



i) Equipment

- (1) Minimum of One and up to Five #5 or #4 balls. This can be done with any number of soccer balls ranging from as few as one to as many as five.
- (2) Cones, Tape, chalk or other stationary markers
- (3) A 4m x 2m soccer goal with net is ideal but cones or other markers to mark off the width of a goal will also work just fine. If a full goal with posts, crossbar and net is not available, participants can judge whether or not the ball stayed under the imaginary "crossbar" and within the imaginary "posts".

ii) Description

- (1) Player begins at the start line and walks or runs forward to shoot the ball into the goal from a distance of 6m (equivalent to 6 giant steps).
- (2) The player returns to the line to take another shot (either with same ball each time or with another ball if more than one is available).
- (3) Player repeats for a total of 5 shots.

iii) Scoring

- (1) Each successful goal scores 10 points.
- (2) Missed shots score 0 points.
- (3) TOTAL SCORE = number of shots made into the goal x 10 points each. Maximum score would be 50 points.

EVENT 2 - Soccer Juggling - Individual

- 1) Equipment – one (1) size #5 or #4 soccer ball (or other ball of similar size if soccer ball not available).
- 2) Rules
 - a. Soccer juggling is defined as any legal touch (which does not involve the use of the hand or arm) that keeps the ball in the air. Once the ball touches the ground, the juggling attempt is completed.
 - b. A participant may start counting touch as soon as the first legal touch is made to keep the ball in the air. Participants may start with ball from the ground or may hold the ball with their hands to drop it to thigh or foot to begin counting. Once the first touch is made, the use of hands or arm are no longer permitted.
- 3) Scoring
 - a. Each touch counts as one point.
 - b. For competition, participants will get 10 separate attempts to earn their top score.
 - c. Only the top score will be submitted for competition on the scorecard.

EVENT 3 - Soccer Juggling – Unified Team

- 1) Equipment – one (1) size #5 or #4 soccer ball (or other ball of similar size if soccer ball not available).
- 2) Team
 - a. 3 participants with intellectual disabilities + 2 participants without intellectual disabilities
 - b. Special Olympics Oregon can assist in creation of these teams
- 3) Rules
 - a. Soccer juggling is defined as any legal touch (which does not involve the use of the hand or arm) that keeps the ball in the air. Once the ball touches the ground, the juggling attempt is completed.
 - b. A participant may start counting as soon as the first touch is made to keep the ball in the air. Participants may start with ball from the ground or may hold the ball with their hands to drop it to thigh or foot to begin counting. Once the first touch is made, the use of hands or arm are no longer permitted.
 - c. For competition, participants will get 10 separate attempts to earn their top score.
- 4) Scoring
 - a. Each legal touch counts as one point.
 - b. Unified team juggling event allows for 5 participants to ADD their top scores together for a TOTAL TEAM SCORE.
 - c. Only the top score from each individual will be used to create the TOTAL team score that is submitted for competition on the scorecard.