



Unified Soccer



Rules and Regulations

SECTION A — OFFICIAL EVENTS

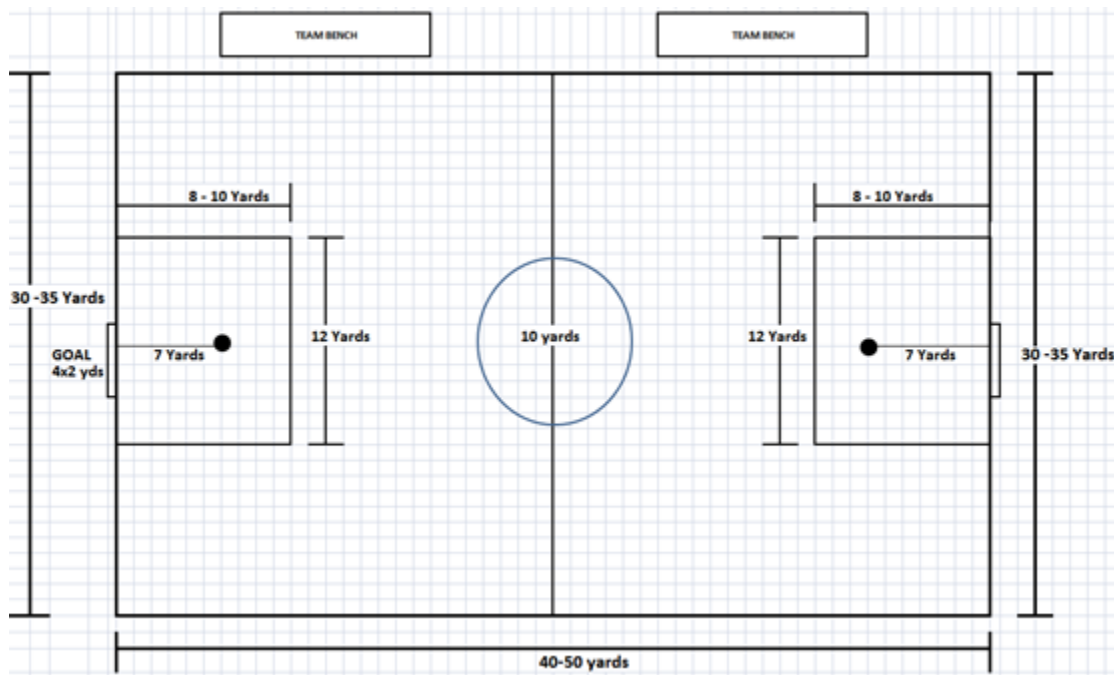
- High School Unified Teams will be participating in the 5-a-side modified competition model

SECTION B — RULES OF COMPETITION

5-a-side Soccer - 1 Athlete or partner Goalkeeper, 2 Athlete field players, and 2 Partner field players

a. The Field of Play:

- 1) The 5-a-side field shall be a rectangle: maximum dimensions of 50 meters by 35 meters, minimum dimensions of 40 meters (approx. 55 yards) by 30 meters (approx. 40 yards). The smaller field is recommended for lower-ability teams.
- 2) The field shall be marked out as shown below. (See 5-a-side field diagram)
- 3) The goal size must be between a minimum of 3 meters x 2 meters and a maximum of 4 meters by 2 meters.
- 4) The goal area shall be 8 meters (approx.9 yards) by 12 meters (approx. 13 yards). The penalty mark must be at 7 meters (approx. 8 yards) for a goal size of 4 meters x 2 meters. The penalty mark must be 6 meters (approximately 7 yards) for a goal size of 3 meters x 2 meters.
- 5) The recommended playing surface is grass.



b. The Ball:

1) All other players: Size 5 ball, not more than 70 cm (28 in) and not less than 68 cm (27 in).

c. The Number of Players:

- 1) The roster size for High School Unified Sports in both the gold and silver divisions will be ten max.
- 2) The game is played between two teams, each consisting of 5 players, one of whom shall be the goalkeeper (athlete or partner).

c. The Number of Players Continued:

- 3) To support the modified competitive model, the goalkeeper should be an athlete or Partner
- 4) Substitutions are unlimited (players may return to the field after being substituted). 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. The coach must signal the referee or linesman to make a substitution. A substituted player can only come onto the field when given a signal by the referee.

d. Players' equipment:

- 1) Shirts must be numbered. Partners are odd numbers, and athletes are even numbers.
- 2) Shin pads are required.
- 3) No metal studs are allowed.

e. The Referee:

Each match is controlled by one referee who has full authority to enforce the Laws of the Game in connection with the partner to which he has been appointed.

g. Duration of the game:

- 1) The game's duration shall be four equal quarters of six minutes with a halftime interval of 5 minutes. There will be a continuously running clock. The referee should be responsible for keeping the playing time.
- 2) Each team shall have one thirty-second timeout that stops the clock each quarter to allow substitutions.
- 3) If a tie is tied at the end of regulation, the game will go into a 4-minute overtime first team to score will win the match. If no team has a score at the end of overtime, we will go into a kickoff, and only two athletes from each group will kick.

h. Start of play:

- 1) A ball may be kicked in any direction from the center spot before being touched by another player. The kicker can stand in the opposing half to take the kick. Another player must touch the ball before the kicker can touch the ball again (double touch). A goal can be scored directly from a kickoff.

i. Ball in and out of play:

- 1) Ball over the sideline results in a throw-in. An athlete or a partner may perform the throw-in. If the participant cannot complete a throw-in, they may kick in.
- 2) Ball over the end line results in a goal clearance or a corner kick.
- 3) The ball must be ultimately over the line to be considered out of play.
- 4) Both partners and athletes can take starts and restarts.

j. 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 penalty area, shall throw the ball back into play beyond his penalty area but not 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:
 - a) 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 touching the ground, the referee shall award an indirect free kick for the opposing team from any point on the halfway line.
 - b) From the goalkeeper's throw, if any player inside the penalty area touches the ball, the throw shall be retaken.

k. Method of scoring:

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

l. Fouls and misconduct (except there is no offside):

Tripping, pushing, handball, or charging results in a direct free kick. Obstruction or dangerous play results in an indirect.

- 1) If a player is expelled from the game (receives two yellow cards or a red card), this player may not re-enter the game.

m. Restart exception:

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

n. Free Kick:

- 1) Opposing players must retire at least 5 meters from the ball for all 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 at five meters from the goal line.

o. Penalty Kick:

A penalty kick is taken from the penalty mark. All players except the kicker and the goalkeeper must retire outside the penalty area and arc. The goalkeeper must stand on the goal line until the penalty kick is taken.

p. Kick In:

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 kicker cannot play the ball again until another player has touched it. The players from the opposing team must retire at least 5 meters from the spot where the kick is being taken.

- 1) A goal cannot be scored directly from a kick-in.
- 2) A goalkeeper may not pick a ball passed back to them from a kick-in.
- 3) A goalkeeper may not pick up a ball passed back to them by their player.

q. Infringement penalties:

- 1) If the player takes the kick and plays the ball for a second time before another player has touched it, an indirect free kick is awarded to the opposing team from where the infringement occurred.

r. Corner-Kick:

She awarded the attacking team when a player (athlete or partner) from the defending team kicks the ball over their end line.

- 1) Opposing players must retire at least 5 meters from the ball.

s. In the case of extreme heat, the official representative from the Competition Committee (e.g., Field Manager) may signal to the referee to introduce a water break (maximum of three minutes) at a natural break in play, approximately halfway through each half.

t. Overtime:

- 1) The game will have a 3-minute running clock first team to score will win the match

u. Coaching from the bench area:

- 1) A team bench area will be provided for each team.
- 2) A team bench should be provided within each area.
- 3) Coaches and substitutes must remain on the sidelines during active play.

v. Verbal abuse of players or officials, or excessive and explicit coaching from the sidelines, will be considered unsportsmanlike conduct and may result in a warning from the Referee. If such behavior persists, the r Referee may eject the offending coach from the field.

w. Continue Unified Partner Rules:

- 1) Partners shall score no more than 50% of the goals.
- 2) Both partners and athletes can take starts and restarts.
- 3) There shall be at most one consecutive partner-to-partner pass. However, partners may pass to each other more than one time during team possession if an athlete gets the ball between keys. Example: Partner A passes to partner B, partner B then passes to athlete A, and athlete A passes back to partner B. Then partner B is permitted to give back to partner A within the team's possession.
- 4) A partner cannot impede an athlete's ability to attempt to score. This includes standing in front of or advancing toward the athlete trying to achieve.

- 5) At no time can a partner impede an athlete's ability from dribbling down the field of play or when an athlete is attempting to pass the ball to another team member.
- 6) During the competition, the line-up shall never exceed three (3) athletes and two (2) partners at any time
- 7) Each team shall have an AIA-sanctioned coach responsible for the line-up and conduct of the team during the competition.
- 8) Partners shall NOT dominate play.
- 9) Athletes must be wearing even numbers, and partners must be wearing odd numbers.
- 10) The regulation ball must always be used during play. No substitute balls are permitted. For example, no nerf balls, rubber balls, or any other size ball may be used during the game.