

***Special
Olympics
Hawai'i***



Soccer



Sport Information Guide

***Rules and Guidelines
Summer 2025***

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Special Olympics Mission Statement:

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics Athletes and the community.

Rule Changes, Additions, or Clarifications from Previous Rules.

Section B - 2025 Deadlines and Dates have been updated.

Any changes to the rules from the previous year are in **bold** text.

For more information please go to www.sohawaii.org or e-mail sohisports@sohawaii.org

SOHI SOCCER RULES AND REGULATIONS

These Official Special Olympics Hawaii Rules shall govern all Special Olympics Hawaii Soccer competitions. As an International sports program, Special Olympics has created these rules based upon the Federation Internationale de Football Association (FIFA) rules for Soccer (Football). FIFA rules shall be employed except when they are in conflict with these Official Special Olympics Hawaii Sports Rules. In such cases, these Official Special Olympics Hawaii Sports Rules shall apply.

SECTION A - GENERAL RULES

1. Each Special Olympics Athlete is required to have a valid Medical form (Application for Participation) filled out by a certified physician, and a signed Release form in order to participate. Each Unified Partner must fill out a Unified Sports® partner release form. Unified Partners ages 16 and above must fill out a Volunteer Information form, and meet Class "A" Volunteer criteria in order to participate. Athletes or Partners without the appropriate forms are ineligible to participate. These forms must be on file with their Area Director and with the State Office.
2. All Head Coaches and Assistant Coaches must fill out a Volunteer Information form and meet Class "A" Volunteer criteria in order to participate.
3. All Head Coaches and Assistant Coaches must complete NFHS or CDC Concussion Training.
4. Each team must have a Head Coach certified by SOHI in Soccer to participate in Area, Regional and State Competition. Additionally, all Unified Teams must have a Head Coach who has completed the Unified Sports Training.
5. For more information regarding Coaches Certification and Class A Volunteer requirements please see the following: <http://sohawaii.org/get-involved/coaches>
6. Athletes and Unified Partners must participate in a training program run by a registered delegation. Athletes and Unified Partners must comply with Delegation, Area, and State training policies and standards, and must meet minimum attendance requirements set by the Delegation or Area to participate in Area, Regional, or State competition.
7. Each team is required to play in their specified qualifying Area or Regional tournament to qualify for participation in the Aukake Classic tournament. Only athletes and Unified Partners who played in their specified qualifying tournament can play at the Aukake Classic.
8. Each player must play at least one quarter (10 minutes) of play in its entirety, unless the player is physically unable. If they are unable, they must play 10 minutes within two consecutive quarters. Scorekeepers must be notified in this instance.
9. Injured players are not required to play. Players removed for disciplinary reasons are not required to play. Coaches must notify the scorekeeper prior to the game if players on the approved tournament roster will not be playing due to injury or disciplinary reasons.
10. Any player ejected from a game will be ineligible to play in the team's next game.
11. No make-up games will be allowed to qualify athletes who have missed Area or Regional competition.
12. Individual Skills Athletes must compete in a qualifying Area of Regional competition to advance to Aukake Classic competition.
13. Delegations with multiple teams should identify these teams with different team names, not numbers or letters.

SECTION B – IMPORTANT DATES – SOCCER

Event	Date/Deadline
Official Training May Begin	June 9
Official Training Must Begin for Delegations/ Teams	June 30
All Athletes Must Begin Training/ All Medicals Due/ Last Day to Transfer Delegations	July 3
Soccer Coaches Clinic	June 21
Registration Deadlines for Area or Regional Competition	By Area, check with your AD
Area or Regional Competitions	July 1- July 31
Aukake Classic	August 16-17

SECTION C – SPECIAL OLYMPICS HAWAII TRAINING POLICY

1. Delegations must offer enough training sessions so that athletes have the opportunity to gain the skills and fitness levels required to be successful in their specific events.
2. Athletes must attend enough training sessions to gain the skills and fitness levels required to be successful in their specific events.
3. SOHI recommends that every athlete is offered at least two training opportunities per week with every training opportunity being at least 1 – 1 ½ hours in duration (per the Global Strategic Plan). However, SOHI will accept a minimum of one training session a week for at least 90 minutes.
4. Area and Regional Competitions, scrimmages, and mini-meets will be considered as training sessions.
5. SOHI requires that Athletes/ Unified Partners attend a minimum of 75% of training sessions offered by their delegation. Delegations may require a higher attendance percentage, but may not require Athletes/Unified Partners to attend more than 90% of training sessions.
6. Athletes with documented injury or illness during a season may receive an exemption from the above policy, but must participate in a minimum of 50% of practices during the season, must have the requisite skills, and be physically capable (strength, fitness, injury/sickness fully healed with doctor's clearance) of successfully participating in the sport as determined by their Head Coach.

SECTION D - OFFICIAL EVENTS

- Five-a-side Team Competition
- Five-a-side Unified Team Competition (If enough teams entered in appropriate age group)
- Individual Skills Competition (ISC)

SECTION E - DIVISIONS

At this time all divisions will be created solely on the basis of the ability levels of the teams entered in the tournament. If enough youth teams are entered in the tournament, a youth division will be created. Unified® competition will only be offered if enough teams are entered.

1. The Head Coach must submit the scores from the three Soccer Skills Assessment Tests (SSAT), for each player on his/her roster prior to competition.

2. The Head Coach must also identify the five best players in terms of their on-field playing ability by placing a star next to their names on the roster.
3. Teams are initially grouped in divisions according to their SSAT team score and previous competition performance.
4. A classification round of games shall then be conducted as a means of finalizing the divisioning process. Classification games are a minimum of 8 minutes.

SECTION F - UNIFORMS

1. All players must wear matching uniforms (same color) with numbers, except for the goalie, who must wear a conflicting color of jersey than his/her teammates and the other team.
2. Numbers on the back of the shirt must be centered and must be between 25cm – 35 cm in height. Numbers on the front of the shirt must be between 10cm – 15cm in height.
3. Shin guards are required. Socks must cover shin guards.
4. Athletic shorts must be worn and color should match all teammates. (Except goalie)
5. Soccer cleats are strongly recommended (rubber sole cleats). No metal studs/cleats are allowed. No cleats with a front cleat/stud (as found in baseball, football, etc.) are allowed.
6. Those players who wear eyeglasses while playing are required to wear a strap to hold the glasses in place. Sports goggles are recommended.
7. No jewelry, watches, etc. may be worn during competition.
8. No uniforms, or attire, which are worn by athletes or coaches while competing or at opening, closing, or awards ceremonies, may be emblazoned with commercial names or messages unless they are the normal modest commercial markings of the manufacturer.

SECTION G - OFFICIALS AND THEIR DUTIES

1. The referee is responsible for the entire game, including keeping a record of the game and acting as the timekeeper. The referee makes decisions on penalties, cautions and ejects players for misconduct. The referee may also end the game due to inclement weather, spectator interference, etc. Referee determines injury time outs and other time stoppages. All decisions by the referee are final. Referees shall have the power to make all decisions on any point not specifically covered in the rules.
2. 2 assistant referees (linesmen), one on each side of the field, are primarily responsible for indicating to the referee when the ball is out of play and which team is entitled to a kick-in, goal clearance or corner kick.
3. There may also be a 4th official at the score table to assist with substitutes, keeping time and score, and tracking time of penalties. The on-field referee has the final say on all rulings.

SECTION H - COACHES AND THEIR RESPONSIBILITIES

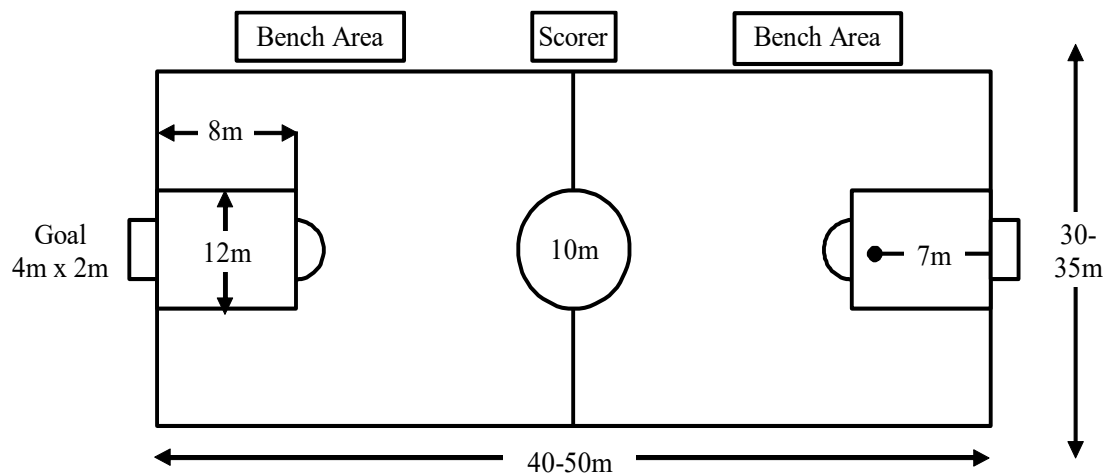
1. Coaches and substitutes shall remain within the designated “team bench area” while the game is in progress.
2. Verbal abuse of players or officials will be considered unsportsmanlike conduct and may result in a warning from the referee. If such behavior persists, the referee may eject the offending coach from the field.
3. Coaches are responsible for knowing and understanding the rules of the game, not only the modified rules in this manual, but also the International Rules of the game. The National Governing Body of rules for Special Olympics Soccer is the Federation International de Football Association (**FIFA**). To acquire your own **FIFA** Rules Book go to FIFA.com. You can download the “The Laws of the Game” under the Regulations and Directories tab.

SECTION I - PRE-GAME PROTOCOL

1. Coaches must present their rosters at the Official Score Table 30 minutes prior to each game
2. An official will review each team member for appropriate attire and soccer shoes.
3. The referee will meet with coaches to ensure there are no questions regarding rules, substitution procedures, or sideline conduct, and ask if there is anything the official should be aware of about individual players.
4. The referee will call the captains of each team over to the sideline and perform the coin toss to choose ends.
5. Two minutes prior to the start of the game, the teams are escorted onto the field in two single file lines. Teams line up in a single line on either side of the halfway line facing the spectator bleachers.

SECTION J – FIVE-A-SIDE SOCCER - RULES OF COMPETITION

Field of Play - 5-A-Side



1. **Field of Play**
 - a) The five-a-side field shall be a rectangle, maximum dimensions 50m x 35m, and minimum dimensions 40m x 30m. The maximum dimensions are normally used for tournament play.
 - b) The field shall be marked out as shown above.
 - c) The goal size shall be approximately 4m x 2m.
 - d) The goal area shall be 8m x 12m
 - e) The penalty kick mark shall be 7m from the goal line.
 - f) The recommended playing surface is grass.
2. **The Ball**

A size five ball will be used for all competition.
3. **Number of Players**
 - a) The roster size may not exceed eleven players.
 - b) The game is played between two teams, each consisting of five players on the field, one of whom shall be the goalkeeper. A minimum of three players on one team shall be on the field at any one time, or a forfeit will be declared.

- c) Substitutions are unlimited in number (players may return to the field after being substituted). Substitutions can be made anytime the ball is out-of-bounds, between periods, after a goal is scored, or during a time-out for an injury. The coach must signal the referee or linesman in order to make a substitution. The player must wait for entry into the game at midfield. A substituted player can only come on to the field when given a signal by the referee.

4. **Duration of the Game**

- a) The duration of the game shall be four quarters of ten minutes. The half-time interval is seven minutes. There will be a one minute water break between the 1st and 2nd, and 3rd and 4th quarters. The referee should be responsible for keeping the playing time.
- b) If overtime is used to break a tie, up to two, five minute overtime periods will be played. If a goal is scored during overtime, the remaining time in that period is still played. If a team is ahead at the conclusion of the first or second overtime, they are declared the winner. If the game is still tied after 2 overtime periods, penalty kicks will be used to break the tie.

5. **Overtime/Kicks from the Penalty Mark**

Depending on the tournament format, ties may or may not stand for preliminary or pool play. For all advancement rounds, championships, or games to determine place, the following format will apply to games that end regulation time in a tie.

- a) The teams will be given a five-minute rest and then proceed with two successive 5 minute overtime periods. The second overtime period will only be played if the score is tied at the end of the first overtime period.
- b) If the teams are still tied at the end of the two overtime periods, kicks from the penalty mark shall be used to decide the game.
 - The referee chooses the goal at which the kicks will be taken.
 - Team captains will meet at the center of the field and the team whose captain wins the toss determines whether to take the first or the second kick.
 - Only the players on the field at the end of the second overtime period will be allowed to participate in the penalty kicks.
 - Each team selects the order in which their players will take the kick.
 - If at the end of the match one team has a greater number of players than its opponent it must reduce its number to equate with that of its opponent.
 - With teams alternating, five kicks will be taken by each team. The team scoring the most goals will be declared the winner.
 - If the teams remain tied after the first round, the teams will continue to alternate shots, utilizing the same five players. The first team to score with the opposing team missing will be declared the winner. Teams may use a different order after the first round of kicks.
 - An injured player may be substituted. No player may take a second kick until all eligible players have attempted a first kick.
 - Each team may select any of their participating players on the field to serve as the goalkeeper. The keeper may be changed at any time by one of the participating players. In the event that the goalkeeper becomes injured, he/she may be replaced by a player not currently on the field.

6. **Start of Play**

A coin toss at the beginning of the game determines which team decides between taking the kickoff or defending a chosen side first. The team that does not take the kickoff at the

beginning of the game takes the second half kickoff. The team that is scored upon is awarded a kickoff to restart the game.

At the beginning of each half, or overtime period, and after a goal is scored, a kickoff starts play. The ball is placed on the center spot inside the center circle. When it is stationary, and the referee gives a signal, the offensive player must kick the ball, in any direction, to start play. The ball is in play once it has been touched by the offensive player and clearly moves. The player kicking the ball cannot touch the ball again until it has been played by another player. A goal can be scored directly from the kick-off.

All players must remain on their half of the field, and the opposition must be outside of the center circle, until the ball is in play.

7. Ball In and Out of Play

- a) Ball over the side-line results in a kick-in.
- b) Ball over the end-line results in a goal-clearance or a corner kick.
- c) The ball must be completely over the line to be considered out of play.
- d) The ball is in play at all other times even if it hits the goalposts, crossbar or referee, as long as it is still on the field of play.

8. Goal Clearance

- a) When the ball passes over the end-line (not in the goal), having last been played by an attacking player, the goalkeeper, standing within his/her own penalty area, shall throw the ball back into play beyond the 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 passes outside the penalty area. The goalkeeper has 6 seconds once they take possession of the ball to throw the ball into play. (This time limit may be modified for certain divisions.) Goalkeepers can run to the edge of the penalty area to release the ball.
- b) The above rules of goal clearance also apply when a goalkeeper gains possession, with his/her hands, of a ball that is still in play.
- c) A goalkeeper cannot play a ball with his/her hands off a pass from a teammate's foot.
- d) Players from the opposing team must remain outside of the penalty area as the goalie clears the ball.
- e) 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 any player inside the penalty area touches the ball, the throw shall be retaken.

9. Kick In (Equivalent to the throw-in in 11-a-side)

- a) When the whole of the ball passes over a side-line, it shall be kicked back into the game, from the place where it crossed the line (on the side-line), by a player from the opposing team of the player who last touched it. The ball must be stationary before being kicked. It shall be deemed in play after it has been touched by the offensive player and is entirely inside the side-line. The kicker cannot play the ball again until it has been touched by another player. The players from the opposing team must stand at least 5m from the spot where the kick is being taken.
- b) A goal cannot be scored directly from a kick-in.

- c) A goalkeeper may not pick up a ball with his/her hands passed back to him from a kick-in by a teammate.
- d) Infringement - 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.

10. **Corner-Kick**

A corner kick is awarded to the attacking team when a player from the defending team plays the ball over his/her own end-line. Opposing players must stand at least 5m from the ball until it has traveled one revolution. A kick is taken from the quarter circle, with a radius of 1m, which is marked in each of the four corners of the field. The kicker may not touch the ball a second time until it has been touched by another player. A goal may be scored directly from a corner kick.

11. **Method of Scoring**

A goal is scored when the whole ball crosses the goal line between the goal posts and under the crossbar. The whole of the ball must have completely crossed the line inside the goal to count as a goal. A goal cannot be thrown, carried or propelled by the hand or arm of a player on the opposing team

12. **Fouls and Misconducts**

There is no off-side. Tripping, pushing, handball, slide-tackling, or charging violations result in a direct free-kick. If a foul that would normally result in a direct free-kick is committed by the defensive team in their penalty area, the offensive team will receive a penalty kick. Obstruction or dangerous play results in an indirect free kick.

The Nine Major Fouls

There are nine major offenses, or fouls, which result in either a direct free kick or a penalty kick, depending on the location of the offense.

1. Kicking or attempting to kick an opponent.
 - a. Tripping an opponent; i.e., throwing or attempting to throw an opponent with the legs or by undercutting an opponent with the body.
 - b. Jumping at an opponent in a way that endangers the player.
 - c. Charging an opponent in a violent or dangerous manner.
2. Charging an opponent from behind unless the latter is obstructing.
3. Striking, attempting to strike or spitting at an opponent.
4. Holding an opponent.
5. Pushing an opponent.
6. Directing or stopping the ball by using the hands or arms. This rule does not apply to the goalkeeper within the penalty area.

13. **Direct and Indirect Free Kicks**

There are two types of free kicks: Direct and Indirect.

Direct Free Kick (DFK) – A goal may be scored by kicking the ball directly into the *opponents'* goal, without the ball touching any player other than the kicker. (If it does touch another player before it goes into *either* goal, it is also a valid score.)

Indirect Free Kick (IFK) – A goal may be scored only if the ball touches or is played by one or more players (either team) after it is kicked into play and before it enters either goal.

- a) The referee signals an IFK (rather than a DFK) by putting one arm straight up holding it up until the ball touches or is played by another player (either team), or until the ball goes out of play.
- b) Opposing players must stand at least 5m away from the ball for all free-kicks
- c) The ball is in play once it is kicked and moves forward. The kicker may not play the ball a second time until another player has touched it

14. 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.

15. Penalty Kick

Penalty kicks are taken from the 7m line. All players except the kicker and the goalkeeper must retire outside the penalty area and arc. The goalkeeper must stand on his/her goal-line until the penalty kick is taken.

16. Player Expulsion

If a player is expelled from the game (receives two yellow cards or a red card), this player may not re-enter the game and is ineligible for the next game. His/her team must play a player down for two minutes unless a goal is scored before the two minutes have elapsed. In this case the following shall apply:

- i. If there are five players against four players and the team with the larger number scores a goal, the team with four players may be completed with a fifth player.
- ii. If both teams are playing with four players and a goal is scored, both teams may be completed.
- iii. If there are five players playing against three, or four against three, and the team with the larger number scores a goal, the team with the three players may be increased by one more player only.
- iv. If both teams are playing with three players and a goal is scored, both teams may add one more player.
- v. If the team scoring the goal is the one with fewer players, the game shall continue without changing the number of players.
 - 1. Keeping track of the two minutes shall be the task of the timer or fourth official.
 - 2. The player who enters the game as a substitute after two minutes may only do so with the consent of the referee and when the ball is out of bounds.

SECTION K – UNIFIED® FIVE-A-SIDE SOCCER - RULES OF COMPETITION

The Game Rules for Unified® 5-A-Side Soccer are the same as Traditional 5-A-Side with the following exceptions or additions:

1. A non-playing adult coach must be responsible for the on and off field conduct of the team.
2. The coach and team members must know the General Principles of the Unified Sports® program.
3. Both Athletes AND Unified Partners must meet the Training Standards explained in Section C.
4. 5-A-Side Lineup: A team is allowed to play with a maximum of five and a minimum of three players during competition. Only the following lineups are allowed:
 - a. 3 athletes and 2 partners
 - b. 2 athletes and 2 partners
 - c. 2 athletes and 1 partner

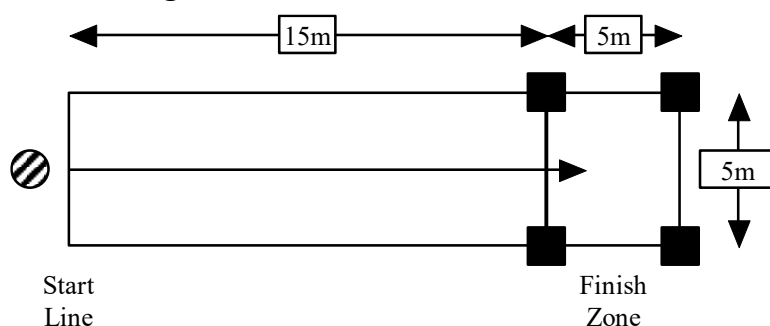
Failure to adhere to the required ratio results in forfeit.

5. The overall team roster shall contain proportionate numbers of Special Olympics athletes and partners.
6. Unified Sports® teams should be made up of Athletes and Partners who are of similar ages and ability levels. Every attempt should be made to keep all teammates as closely matched as possible. This will decrease the risk of injury and provide a more meaningful sports experience.
7. In consideration of safety and dominant play, individuals with significantly greater skill than the majority of their teammates may be prohibited from competing during competition
8. Athletes must wear even number uniforms; Unified Partners must wear odd number uniforms.
9. If kicks from the penalty mark are being used to break a tie, Athletes and Partners must alternate kicks with an athlete taking the first kick.

SECTION L - INDIVIDUAL SKILLS CONTEST (ISC)

- The ISC is designed specifically for lower ability athletes who have not yet developed the skills necessary to participate meaningfully in team soccer, and for players who cannot participate in team soccer because of their need to use a walking device.
- The ISC consists of three events: Dribbling, Shooting, and Run & Kick. Competitors may first go through a divisioning round where each athlete performs each event once. The total score from the three events are then used to place players in divisions with others of similar abilities for the competition (medal) round.
- In the medal round, each player will perform each event twice. The total score from the two rounds is added together to give the final score.
- The ISC Training Score (submitted prior to Area Games) is the combined score of one attempt at all three events. Use the scoring charts or explanation to determine the score for each event.

Event #1: Dribbling



1. Equipment

#5 or #4 ball, tape or chalk, and four large cones to mark the finish zone.

2. Description

The player dribbles from the starting line to the finish zone, staying inside the marked lane. The finish zone should be marked off with cones, as well as 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.

3. Scoring

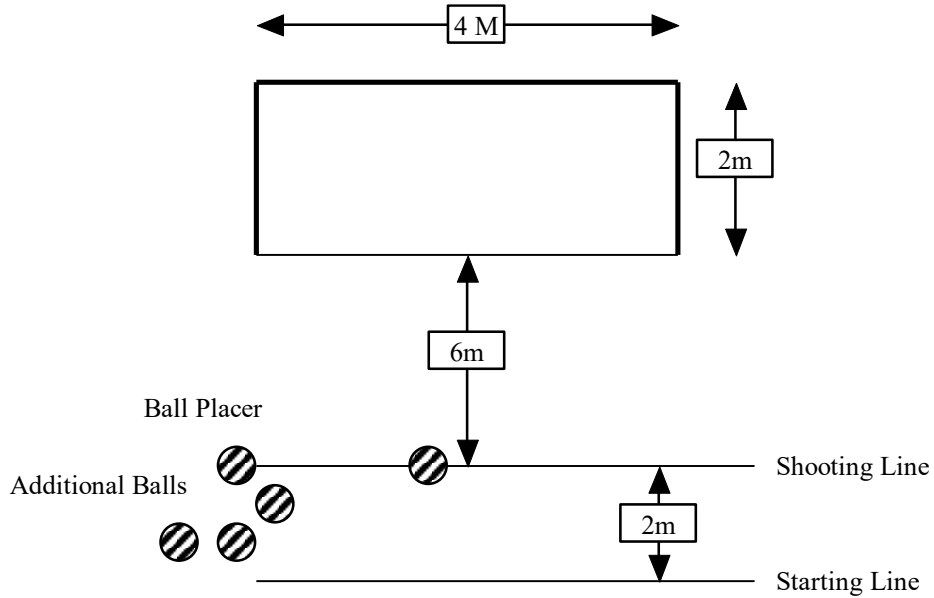
The time (in seconds) elapsed while the player is dribbling is converted into points using the scale below. A deduction of 5 points is made for each time the ball runs over the side-lines of the lane or if a player touches the ball with his/her hands (Note: If the ball runs over the side-line, the referee will immediately place another ball in the center of the lane at the point at which the ball went out.)

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	

Event #2: Shooting



1. Equipment

Five #5 or #4 balls, tape or chalk, and 4m x 2m 5-a-side goal with net.

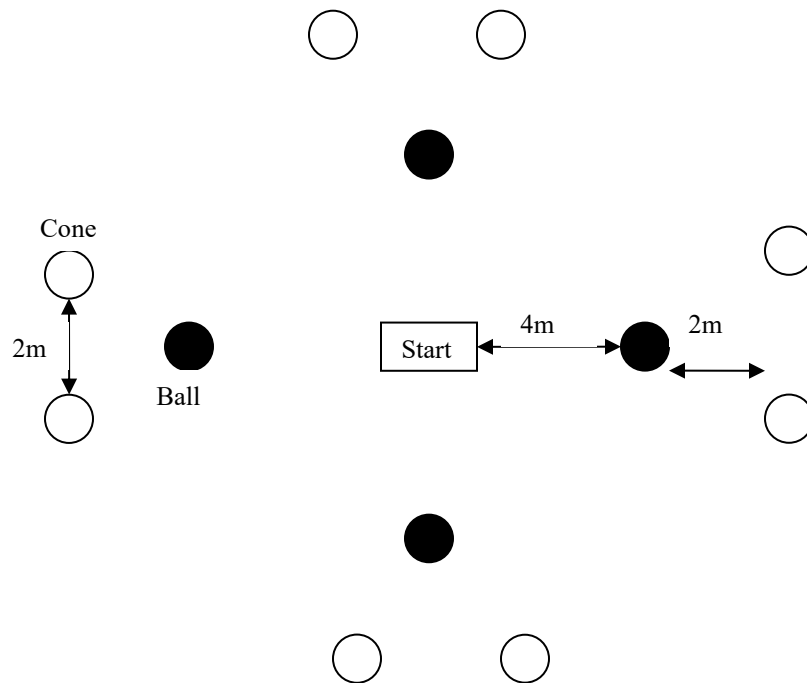
2. Description

Player begins at the start line and walks or runs forward to shoot the ball into the goal from a distance of 6m. The player is only allowed to kick each ball once. The player returns to the line. Ball placer (Official) places the next ball to be shot. Player repeats. Total of five shots. The player must complete all five shots within two minutes. Shots taken after two minutes do not count.

3. Scoring

Each successful goal scores 10 points.

Event #3: Run & Kick



1. Equipment

Four #5 or #4 balls. Placed as shown. A central starting point should be marked 4m from each ball (in the center). A 2m wide target gate (of two cones or flags) set up 2m ahead of each ball.

2. Description

Player begins at the starting marker. He/she runs to any ball and kicks it through a target gate. He/she is only allowed to kick the ball once. The player then runs and kicks another ball through a target gate. When the player kicks the last ball, the clock is stopped.

3. Scoring

The total time (in seconds) elapsed from when the player starts to when he/she kicks the last ball is recorded and converted into points using the conversion chart below. A bonus of five points is added for each ball kicked successfully through a target gate.

Scoring Conversion Chart:

Dribble Time --- Point Score (Seconds)

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

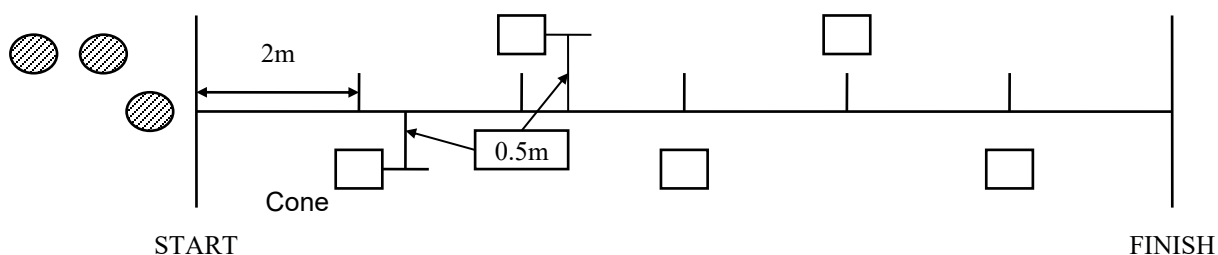
SECTION M - SOCCER SKILLS ASSESSMENT TEST (SSAT)

Individual player scores from each of the following skills assessment tests must be submitted to the Competition Organizing Committee by all teams entering Special Olympics Soccer competition. The total score of the following three skills tests must be submitted for each player on a team's roster.

These tests are designed to help the Competition Committee gain a preliminary idea as to the ability level of the teams entered in the tournament. This allows the Committee to place teams in preliminary divisions for on-site evaluation. These tests can be critical to the success of the tournament.

These tests are to be used as an enhancement to, not a replacement for, on-site observation and evaluation.

STSAT #1: DRIBBLING



SET-UP

12m dribbling slalom: five cones (minimum 18" high), 2m apart, staggered 0.5m from central line. Three to five balls at the start line.

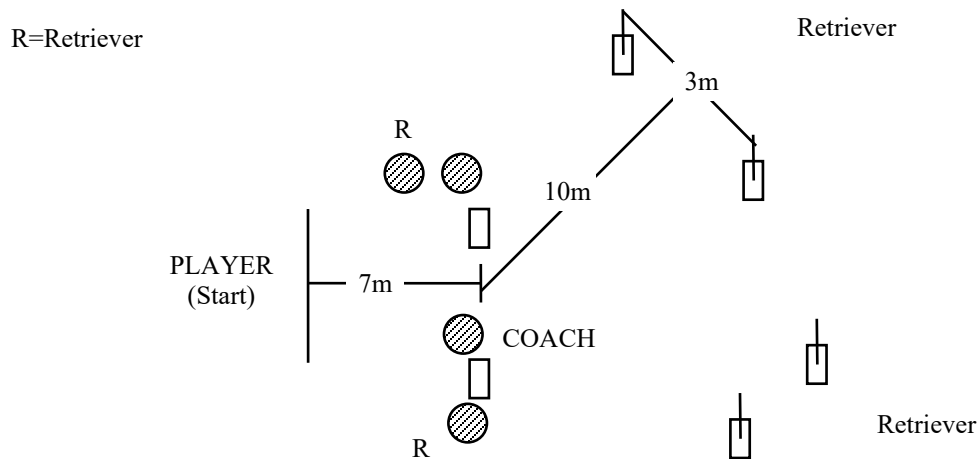
TEST

- Time: one minute
- Player dribbles through slalom as quickly as possible, rounding all cones to the outside.
- Player leaves ball over the finish line (ball must be stopped) and sprints back to the start.
- If there is time remaining, start with the second ball and repeat.
- Player continues to repeat until one minute time has elapsed.
- A whistle will be blown when one minute has elapsed to signify the end of the test.

SCORING

Player scores five points for each cone passed (to the outside) (i.e. 25 points per successful run). Cones that are knocked down do not count.

STSAT #2: CONTROL AND PASS



SET-UP

- Two cones to form a “passing gate” 5m wide, and 7m from the starting line.
- Two passing “target gates” (cones & 1m flags, if possible) as shown
- Four to eight soccer balls. (If balls are in short supply, use four balls but have an efficient retrieval system for returning balls to the coach.)

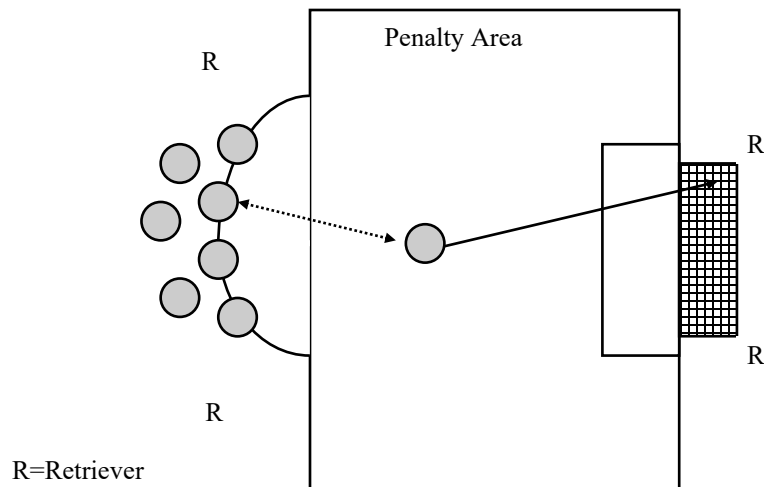
TEST

- Time: one minute
- Coach rolls the ball at moderate pace to the waiting player.
- The player may wait on the line or move toward the ball once it has been rolled.
- Player controls the ball and dribbles through the passing gate.
- Coach alternately calls and physically indicates “left” or “right” to designate target.
 - Ball one: Right. Ball two: Left. Ball three: Right. Etc.
- Players can dribble as close as they like before passing the ball through the target.
- The coach will roll the next ball as soon as the player returns to the starting line.

SCORING

Player scores 10 points for each successful pass through a target gate.
A ball that hits the cone and goes through will count.

STSAT #3: SHOOTING



SET-UP

- Use the penalty area and goal with nets, using the measurements of a 5-a-side field. Cones can be used if goals and nets not available.
- Four to eight balls at the top of the penalty arc. (If balls are in short supply, the test can be run with four to five balls with a good retrieval and return system.)

TEST

- Player starts at the penalty spot. Runs to the first ball. Collects the ball. Dribbles into the penalty area and shoots. Attempting to shoot the ball IN THE AIR to the goal.
- Players can shoot from whatever distance they choose once they are inside the penalty area.
- As soon as the player has shot, he/she returns and repeats with another ball.
- A whistle will be blown after one minute to signify the end of the test.

SCORING

Player scores ten points for each shot traveling from foot to goal IN THE AIR. Five points for each shot that touches the ground before entering the goal.

Special Olympics Hawaii Coaches Code of Conduct

Special Olympics is committed to the highest ideals of sport and expects all coaches to honor sport and Special Olympics. This is the SOI and SOHI Coaches Code of Conduct. Local Delegations and Area Programs may also have Codes of Conduct specific to their program with certain specifications not included below. All Special Olympics coaches agree to observe the following code:

Respect for Others:

I will respect the rights, dignity and worth of athletes, coaches, officials, other volunteers, friends and spectators in Special Olympics.

I will treat everyone equally regardless of sex, ethnic origin, religion or ability.

I will be a positive role model for the athletes I coach.

Ensure a Positive Experience:

I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive experience.

I will respect the talent, developmental stage and goals of each athlete.

I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.

I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.

I will ensure that accurate scores are provided for entry of an athlete into any event.

I will instruct each athlete to perform to the best of the athlete's ability at all preliminary competition and finals competition in accordance with the Official Special Olympics Sports Rules.

Act Professionally and Take Responsibility for My Actions:

My language, manner, punctuality, preparation and presentation will demonstrate high standards.

I will display control, respect, dignity and professionalism to all involved in the sport (athletes, coaches, opponents, officials, administrators, parents, spectators, media, etc.).

I will encourage athletes to demonstrate the same qualities.

I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions, during competition, or at any Special Olympics event or function.

I will refrain from any form of personal abuse towards athletes and others, including verbal, physical and emotional abuse.

I will be alert to any form of abuse from other sources directed toward athletes in my care.

Quality Service to the Athletes:

I will seek continual improvement through performance evaluation and ongoing coach education.

I will be knowledgeable about the Sports Rules and skills of the sport(s) I coach.

I will provide a planned training program.

I will keep copies of the medical, training and competition records for each athlete I coach.

I will follow the Special Olympics Hawaii and National Federation/Governing Body rules for my sport(s).

Health and Safety of Athletes:

I will ensure that the equipment and facilities are safe to use.

I will ensure that the equipment, rules, training and environment are appropriate for the age and ability of the athletes.

I will review each athlete's medical form and be aware of any limitations on that athlete's participation noted on that form.

I will encourage athletes to seek medical advice when required.

I will maintain the same interest and support toward sick and injured athletes.

I will allow further participation in training and competition only when appropriate.

Violations of the Code of Conduct:

I understand that if I violate this Code of Conduct I will be subject to a range of consequences, up to and including being prohibited from coaching in Special Olympics.

Furthermore, I understand that I accept the responsibility for the behavior of the athletes under my supervision.

Should the behaviors and/or attitude of any coach or other faction of the member organization be contrary to the principles, goals, or philosophies of Special Olympics, then one or more of the following steps may be taken by the Games Committee, Sport Officials, or other representatives of Special Olympics Hawaii in an effort to alleviate the situation without further affecting Special Olympic athletes or the competition:

The coach may be notified of the undesirable behavior and requested to remedy the situation for continued participation, **and/or** the coach may be requested to withdraw personally, or as a team or organization, from the remainder of the event or tournament.

In the event of extreme or repeated behavior contrary to the best interests of Special Olympics, Special Olympics may:

Prevent the coach, team organization, or specific members of the delegation from participating in any or all Special Olympics events for a specified period of time, **and/or** prevent the coach, team, organization, or specific members of the delegation from participating in Special Olympics indefinitely.

Special Olympics Hawaii Athlete/ Unified Partner Code of Conduct

Special Olympics Hawai'i is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. The following code of conduct applies to in-person events, virtual events and activities (Zoom, etc.) and on relevant social media platforms. All athletes and Unified Partners agree to the following code:

Athlete/ Partner Standards of Behavior

- I will practice good sportsmanship.
- I will learn and follow the rules of my sport.
- I will act in ways that bring respect to my coaches, team, Special Olympics, and me.
- I will attend 75% or more of practices.
- I will participate in all activities as deemed necessary by my Head Coach or Head of Delegation.
- I will always try my best during training, divisioning events, and competition.
- I will obey all safety rules
- I will listen to and respect my coaches and officials and ask questions when I do not understand
- I will not "hold back" in preliminary competitions just to get into an easier finals competition division
- I will abide by and follow all laws, Special Olympics Hawai'i rules, and National Federation/Governing Body rules for my sport(s).
- I will not use or bring alcohol, drugs/controlled substances, or tobacco products at/to any Special Olympics event (practices, competitions, fundraisers, etc.)
- I will not verbally insult or abuse others or use inappropriate language (swearing). This applies to in-person, virtual and social media settings.
- I will not possess harmful or threatening weapons.
- I will not act in a violent, sexually inappropriate or disruptive manner with other athletes, coaches, volunteers, or staff. This includes inappropriate or unwanted physical, verbal, or sexual actions or behaviors, both in-person and on-line.

Disciplinary Measures for violations of the Code of Conduct

Minor Offenses: non-illegal or non-aggressive behaviors

- 1) 1st offense – verbal warning
- 2) 2nd offense – written warning with the possibility of short-term suspension, depending on severity of violation. Consequences may include:
 - a) Removal from practice(s)
 - b) Removal or suspension from Area/Regional competition
 - c) Removal or suspension from State Games, a season, or a longer period of time.
- 3) 3rd offense – Suspension from program for a period to be determined based on severity and timing of the current and past violations. Suspensions may range from one season to three years. If prior violations are minor, and/or not recent history, suspensions will be reviewed.

Major Offenses: Illegal acts and aggressive behaviors including sexual harassment, physical assault and threats of physical violence

- 1) Immediate suspension from the program, AND

- 2) Suspension or Removal from the SOHI program, suspension length determined by the SOHI Risk Management Group.

All disciplinary action may be appealed to the SOHI Appeals Committee by the athlete/ partner and/ or their legal guardian.

Note: All offenses will be documented and kept on file.

Travel to competitions or events: Athletes and Youth (8-17) Partners

In order for any Special Olympics Hawai'i athlete/youth partner to travel to a Regional or State competition they must meet the following travel requirements.

- Be able to travel with a Special Olympics designated chaperone for the duration of the event, including flights.
- Be able to independently manage the activities and skills of daily living, ie. toileting, showering, personal hygiene, etc., with minimal help.
- Cannot be a danger to themselves or others
- Cannot be a flight risk and must listen to instructions from their chaperone, coaches and Head of Delegation.
- Be able to compete in their events independently, or only with the level of assistance allowed in the rules for their specific events.

Athlete/ Partner:

I understand that I am to abide by this Code of Conduct, I will be subject to a range of consequences by Special Olympics Hawai'i up to and including not being allowed to participate.