



## **SPORTS RULES: BOWLING**

The Official Special Olympics Sports Rules for Bowling shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale des Quilleurs (FIQ) Rules as well as World Tenpin Bowling Association (WTBA) Rules for bowling found at <http://www.worldtenpinbowling.com>. FIQ, WTBA or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Bowling or Article I. In such cases, the Official Special Olympics Sports Rules for Bowling shall apply.

Refer to Article 1, <http://resources.specialolympics.org/article1.aspx> for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition and Unified Sports.

### **SECTION A OFFICIAL EVENTS**

The following is a list of official events available in Special Olympics Southern California. The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

1. Individual
  - a. Singles (one bowler)
  - b. Ramp Unassisted Bowl (one bowler)
    - 1) Athlete aims ramp into position unassisted
    - 2) Athlete positions ball on the ramp with assistance and pushes ball down ramp toward target. An assistant must have his/her back to the pins at all times.
    - 3) A bowler may be allowed to bowl up to three frames consecutively
  - c. Ramp Assisted Bowl (one bowler)
    - 1) An assistant may aim the ramp toward the pins, but must at all times have his/her back to the pins and aim based on direction (either verbally or by physical cues) from the athlete.
    - 2) A bowler may be allowed to bowl up to three frames consecutively.
2. Team Bowling
  - a. Male (four Male bowlers)
  - b. Female (four Female bowlers)
  - c. Mixed (two Male bowlers and two Female bowlers)

### **SECTION B RULES OF COMPETITION**

1. General Rules
  - a. For tournament level play, Tournament Directors may elect to make the tournament a scratch or a handicap tournament. In either case, uniform standards (rules) must be followed under FIQ (WTBA) regulations.
  - b. In a scratch tournament the final score is the total pin fall after the required number of games has been completed. The number of games played in each event is determined by the Tournament Director.
  - c. In a handicap tournament the final score is the total pin fall plus the bowler's handicap added together.
2. Scratch Tournament



- a. In a scratch tournament athletes are assigned divisions based on their entered average. An athlete's bowling average/entry score is determined by dividing the total number of pins knocked down by the number of games bowled. Example: Total pins knock down 1264 divide by 21 games bowled = 60 (drop all fractions) average/entry score.
  - b. If athletes do not compete in a league where they would have an established average, their average/entry score can be determined in training sessions with a minimum of the most recent 15 games played.
3. Averages/Entry Score
- a. The scratch average/entry score is used to determine ability for divisioning and will be based on the following sequence.
    - 1) Bowlers with established averages will use the highest average from the most recent book with at least 15 games.
    - 2) Bowlers with more than 15 games in an established league and no book average will use the league average.
    - 3) Bowlers without a book or league averages will use a 15 game average that was established in practice or nonleague play
4. Handicap Tournament
- a. Handicapping is a means of placing bowlers and teams with varying degrees of skill levels on as equitable basis as possible for their competition against each other. In Special Olympics the handicap is normally based on 100% of the difference of the bowler's average and 200.  
  
Example: Player 1's average is 150 and Player 2's average is 100, Player 2 would receive a handicap of 100 i.e. 100 pins per game handicap to be added to their score. Player 1's handicap would be 50 i.e. 50 pins per game handicap to be added to their score. Athletes can then be grouped for competition.
5. Equipment:
- a. Bowling Balls
    - 1) Must be approved and identifiable as a ball listed in the "Approved Bowling Balls" list. FIQ (WTBA) chapter 11 page 65 advises to check list on the <http://www.bowl.com/> web site for approved bowling balls.
    - 2) If the serial number can no longer be identified, it must be replaced by engraving another serial number, provided the ball's original product name and manufacturer's name are still visible for the ball to be used in competition.
    - 3) House balls may be used if on the approved bowling ball list.
  - b. Special Equipment to Grip the Ball
    - 1) A player may use special equipment to aid in grasping and delivering the ball if it is in place of a hand, or major portion thereof, lost by amputation or otherwise.
    - 2) A player may, if granted permission by Special Olympics and each league or tournament in which the player participates, use one or either hand and/ or use special equipment to aid in grasping and delivering the ball.
    - 2) The aid cannot incorporate a mechanical device with moving parts that would impart force or impetus to the ball unless permission is granted by Special Olympics and tournament officials.
  - c. Bowling Shoes



- 1) Must be worn during bowling for the safety of the athletes.
  - 2) Bowling shoes are made with special soles so the bowler can slide right before the release of the ball.
  - 3) The bottom of the bowling shoes needs to stay clean and dry so the bowler does not stick on the approach.
  - 4) Bowling shoes provided by the bowling center may also be worn.
- d. Bowling Ball Ramps
- 1) Are used when an athlete does not have the physical ability to roll a ball with their hand or hands.
  - 2) Ramps are a two piece metal unit, one stand and one sloped piece. The stand is a minimum height of 24 inches and maximum height of 28 inches. The stand width is 24 to 25 inches across. Sloped piece – from connecting point to stand to first bend is 16 inches and from first bend to bottom of sloped piece is 54 inches.
  - 3) Bowling ramps and other assistance devices may be used with the approval of the Competition Committee.
  - 4) Athletes using ramps may be placed in separate divisions from other bowlers only for singles competition.
  - 5) All other tournament rules shall apply to athletes in the ramp divisions.
6. The Game
- a. Definition
- 1) A game of tenpin consists of ten frames. A player delivers two balls in each of the first nine frames unless a strike is scored. In the tenth frame, a player delivers three balls if a strike or a spare is scored. Every frame must be completed by each player bowling in regular order.
  - 2) A game may be played on two lanes (a pair) immediately adjoining each other. Members of competing teams, doubles and single entrants shall successively and in regular order bowl one frame on one lane, and for the next frame alternate and use the other lane until five frames are bowled on each lane of the pair.
- b. Foul Definitions
- 1) A foul occurs when a part of the player's person encroaches on or goes beyond the foul line and touches any part of the lane, equipment or building during or after a delivery.
  - 2) When a player deliberately fouls to benefit by the calling of a foul, the player shall be credited with zero pin fall for that delivery and not allowed further deliveries in that frame.
  - 3) When a foul is recorded the delivery counts but the player is not credited with any pins knocked down by that delivery. Pins knocked down by the ball when the foul occurred must be re-spotted if the player who fouled is entitled to additional deliveries in the frame.
  - 4) A foul shall be declared and recorded if the automatic foul detecting device or foul judge fails to call a foul that is apparent to:
    - a) Both captains or one or more of the opposing players.
    - b) The official score keepers
    - c) A tournament official



- 5) A foul judge shall be appointed by the tournament director when needed.
- c. Dead Ball - A ball shall be declared dead if any of the following occur:
- 1) After a delivery (and before the next delivery on the same lane), attention is immediately called to the fact that one or more pins were missing from setup of the pins.
  - 2) A player bowls on the wrong lane or out of turn. Or one player from each team on the pair of lanes bowls on the wrong lane.
  - 3) Any pin is moved or knocked down as a player delivers the ball but before the ball reaches the pins.
  - 4) A delivered ball comes in contact with a foreign obstacle.
- d. Bowling on the Wrong Lane
- 1) A dead ball shall be called and the players or players required shall re-bowl on the correct lane when one player bowls on the wrong lane.
  - 2) A dead ball shall be called and the player or players required shall re-bowl on the correct lane when one player from each team on the pair of lanes bowls on the wrong lane.
  - 3) If more than one player on the same team bowls on the wrong lane in turn, that game will be completed without adjustment. Any succeeding game must be started on the correct scheduled lane.
- e. Illegal Pinfall
- When any of the following occurs the delivery counts but the resulting pin fall does not:
- 1) A ball leaves the lane before reaching the pins
  - 2) A ball rebounds from the rear cushion
  - 3) A pin rebounds after coming in contact with the body, arms or legs of a human pinsetter
  - 4) A pin is touched by mechanical pin setting equipment
  - 5) Any pin knocked down when dead wood is being removed
  - 6) Any pin knocked down by a human pinsetter
  - 7) The player commits a foul
  - 8) A delivery is made with dead wood on the lane or in the gutter and the ball contacts such dead wood before leaving the lane surface
- f. Scoring and Terms
- All games bowled in a tournament shall be recorded, either manually or by means of an approved automatic scoring device. The score sheets shall indicate the pin fall on each ball so that if necessary a frame-by- frame audit can be made.
- 1) Scoring – except when a strike is scored, the number of pins knocked down by the player's first delivery is to be marked in the small square in the upper left-hand corner of that frame, and the number of pins knocked down by the player's second delivery is to be marked in the upper right-hand corner. If none of the standing pins are knocked down by the second delivery in the frame, the score sheet shall be marked with a (-). The count for the two deliveries in the frame shall be recorded immediately.



- 2) Strike – a strike is made when a full up of ten pins is knocked down with the first delivery in a frame. It is marked by an (X) in the small square in the upper left-hand corner of the frame where the strike was made. The count for one strike is ten plus the number of pins knocked down on the player's next two deliveries.
- 3) Double – two consecutive strikes is a double. The count for the first strike is 20 plus the number of pins knocked down with the first delivery following the second strike.
- 4) Triple or Turkey – Three successive strikes is a triple/turkey. The count for the first strike is 30. To bowl the maximum score of 300, the player must bowl 12 strikes in succession.
- 5) Spare – a spare is scored when pins left standing after the first delivery are knocked down with the second delivery in that frame. It is marked by a (/) in the small square in the upper right-hand corner of that frame. The count for a spare is 10 plus the number of pins knocked down by the player's next delivery.
- 6) Open – when a player fails to bowl down all 10 pins after two deliveries in a frame, unless the pins left standing after the first delivery constitute a split, it is called an open frame.
- 7) Split – normally marked with an 0 around the number of pins is a setup of pins left, standing after the first delivery, provided the head pin is down and:
  - a) at least one pin is down between two or more standing pins: i.e. 7-9 or 3-10
  - b) at least one pin is down immediately ahead of two or more standing pins: 5-6
- 8) Errors in Scoring – or errors in calculation must be corrected by a responsible tournament official immediately upon discovery of such error. Questionable errors shall be decided upon by the designated official.
- 9) The time limit for filing protests on scoring errors shall be one hour from the end of the event or block of games for each day of the tournament, but must be before the prize presentation or the commencement of the next round (or event) whichever is sooner.
- 10) Each protest under this rule must be specific in itself and this rule shall not be construed to cover a previous or similar violation.

### **SECTION C COACHING**

1. Coaching will be allowed as long as the coach remains in the designated coaches' area.
2. Only one coach allowed per team (in singles event 2 athletes per coach).
3. Athletes may go to their coach but, athletes cannot leave the bowlers' area and no delay of game may occur.

### **SECTION D ABSENT OR WITHDRAWAL OF BOWLERS**

1. Doubles Play (2 persons) – for a doubles competition a legal line up is considered to be two players. If a player is unable to attend on the day of competition, the doubles pairing becomes void.
2. Team Play (4 persons) – for a team competition a legal line up is considered to be four players. If any player is unable to attend on the day of competition, the team becomes void.\* Note – national programs may allow a team of 3 to compete but must re-division the team on the sum of the three averages.
3. Bowlers who complete at least three frames and cannot continue will receive one-tenth of their average per remaining frames toward their event score.



4. Bowlers who do not start or bowlers who do not complete three frames receive a zero score toward their event score and are not eligible for an award.

## **SECTION E SOSC MODIFICATIONS**

### **1. Ramp Bowling**

- a. All bowlers who utilize a ramp for bowling competition must register using appropriate ramp codes
- b. Bowling ramps and other assistance devices may be used with the approval of the Special Olympics Bowling Competition Committee. These may include modifications such as retractable handles, etc. As per ABC/WIBC Rules, any aid may not incorporate a mechanical device with moving parts that would impart a force or impetus to the ball.
- c. A ramp bowler may be allowed to bowl at least three frames consecutively; athletes using ramps shall be placed in separate divisions from other bowlers for singles competition.

### **2. Uniforms & Apparel Guidelines**

SOSC requires all uniforms to be in compliance with the NGB of the sport for competition. Tops should be able to tuck into the bottoms. Athletic shorts should be no higher than 3" above the knee.

All bowling team members should wear shirts and shorts/pants that are identical in color and style. Team shirts and undershirts if worn, shall be of the same color. If an individual wears an undergarment that extends below the bottom of the shorts, i.e. compression shorts the undergarment must be of a single color similar to the color of the uniform. All competitors must wear bowling shoes.

#### General Uniform Guidelines

- a. Jeans and Denim-type clothing are not permitted.
- b. All athletes and teams should have identical uniforms.
- c. Team shirts and undershirts shall be the color. Tops need to be able to tuck into the bottoms.
- d. Athletic shorts should be no higher than 3" above the knee. If an individual wears an undergarment that extends below the bottom of the short, i.e. compression shorts; the undergarment must be a single color similar to the color of the uniform shorts and be above the knee length.
- e. It is forbidden to wear any object that may cause injury or give an artificial advantage to any player.
  - 1) Forbidden Objects Include, but are not limited to the following:
    - Head Gear
    - Jewelry
    - Casts or Braces
    - Exceptions will be made for religious or medical medallions and flat wedding bands. If worn, they must be removed from chains and taped or sewn under the uniform.
- f. All uniforms must have an appropriate SOSC logo. No sponsor logo on uniforms.
- g. T-Shirts, if worn must be of uniform type and quality and sanctioned by the Area/Region.
- h. The name of the program may be placed on the front of the jersey or shirt. The name of the program or athlete may be placed on the back of the jersey or shirt.
- i. All team members should have uniforms that are identical in color and style unless otherwise indicated in specific sports rules (such as goalie attire).



- j. Uniform Guidelines can be modified as needed to accommodate the individual disability or medical condition of an athlete.
- k. Uniform Numbering: for teams using their uniforms for more than one sport, it is recommended that shirts be numbered utilizing the basketball regulations. This type of numbering will allow shirts to be used in most other sports offered by SOSC. Basketball rules state that numbers are required on the front and back of uniforms. Numbers on the front must be at least four inches high and six inches on the back.
- l. Athletes should not wear any extra items (such as) hats, fanny packs, etc.
- m. SPORTS SPECIFIC UNIFORM GUIDELINES:
  - Bowling:
    - Polo Shirts (T-Shirts Okay)
    - Shorts or Pants
    - Bowling Shoes
    - Socks



## SPORTS RULES: FLOOR HOCKEY

The Official Special Olympics Rules shall govern all Special Olympics Floor Hockey competitions. Special Olympics, Inc. is the International Governing Body for Floor Hockey.

Refer to Article 1, <http://resources.specialolympics.org/article1.aspx> for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

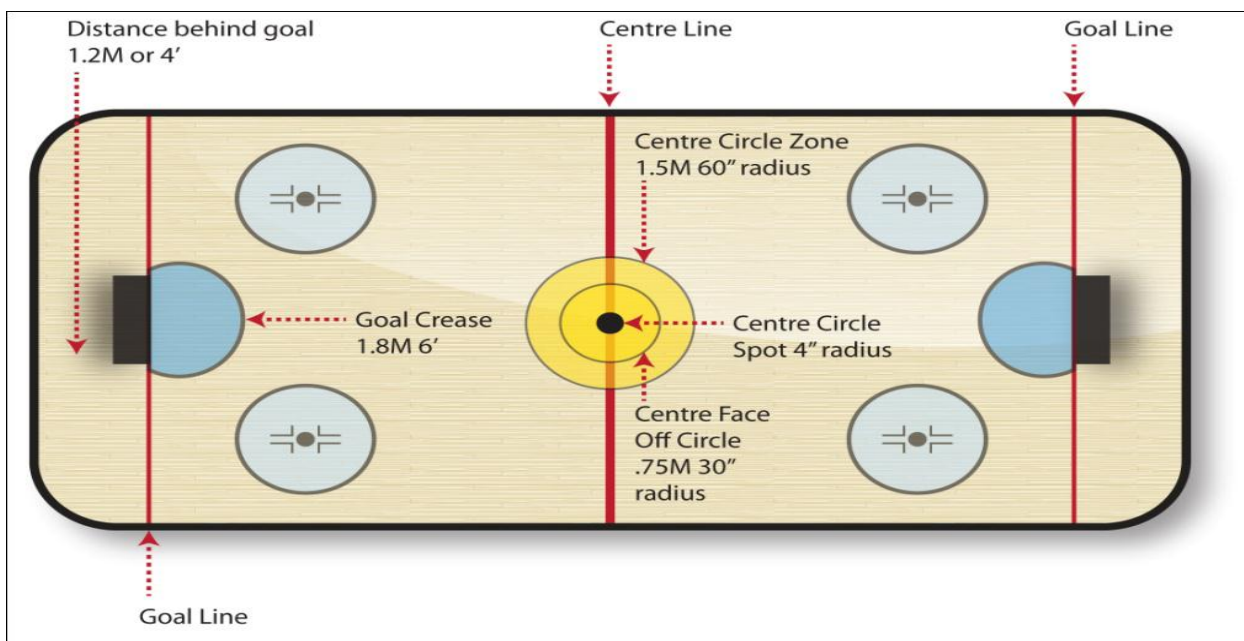
### SECTION A OFFICIAL EVENTS

The following is a list of official events available in Special Olympics. The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

1. Individual Skills Competition
2. Team Competition
3. Unified Sports® Team Competition - **SOSC does not offer this event**

### SECTION B FACILITIES

1. Official Dimensions of the Floor Hockey Playing Surface:



- a. The recommended playing area shall be a maximum of 35 meters x 20 meters and a minimum of 24 meters x 12 meters (basketball court dimensions), on a level surface properly marked for Floor Hockey.
- b. The playing surface shall be free from any projections which a player could encounter in the course of play.
- c. The playing surface may be defined by lines or boundary boards. The preferred boundary board would be constructed of sturdy material and be between 1.1m -1.2m in height. Alternative boundary boards may be used but must be of a flexible nature such as foam rubber or cardboard





to prevent injury. Marking tape may be used in place of boundary boards if no other suitable material is available.

- d. The back of the goal shall be set 1.2m out from the end line to allow play behind the goals.
- e. Both goals are set up with the center part of the goal placed in the center of the width of the playing surface.
- f. The two goals each measure 1.8m wide x 1.2m high x .6m deep. Regulation ice hockey goals are also permitted. The sides and back of the goal must have appropriate netting.
- g. A center line will mark the area of play such that the floor is divided in equal halves. Goals and end lines are equidistant from the centerline.
- h. Center Circle Spot: a line 10cm in length perpendicular to the center line or a circular spot 10cm in radius is to be marked in the center of the center face-off circle.
- i. Center Face-off Circle: a circle with a radius of .75m and a line width of 5cm to be marked outside the center circle spot.
- j. Face-Off Zone: a circle with a radius of 1.5 m and a line 5cm in width to be marked outside the center court face-off circle.
- k. Goal Line: a line 5cm in width is drawn between the two goal posts of each goal and extend to the goal crease.
- l. Goal Crease: the goal crease is a semi-circle with a 1.8m radius drawn from the center of the goal line.
- m. End Zone Face-Off Circles: face-off circles are marked with a circular spot of 10cm in radius or a line of 10cm in length in the center of each circle. There are two face-off circles in each half of the playing surface, each circle is located at a 45 degree angle from the center of the goal line. The center of each side face-off circle is positioned halfway from the centerline and the end of the court and 10 % in from the side of the court.

For instance, if the court measures 15.24 X 30.5 meters (50 X 100 feet), the center of each face-off circle is determined by measuring a point 7.6m (25 feet) from the center line and 1.5 m (5 feet) from the side of the court. If the court measures 12 X 24 meters (40 X 80 feet), the center of each face-off circle is determined by measuring 6.1m (20 feet) from the center line and 1.3m from the side of the court. Each circle has a radius of .75m and a line drawn through the center point of the face-off circle that is parallel to the center line.

- n. There shall be a designated penalty box area.

### **SECTION C    Equipment**

- 1. The puck is a circular felt disc with a center hole and has the following dimensions:
  - a. Diameter: 20cm
  - b. Center Hole: 10cm may be reinforced with leather.
  - c. Thickness: 2.5cm
  - d. Weight: 140-225 grams (5-8 ounces).
- 2. Sticks other than goalkeepers' sticks must be a rod or dowel made of wood and/or fiberglass conforming to the following dimensions:
  - a. Circumference: 7.5 - 10cm
  - b. Length: 90-150cm
  - c. The non-handle end (i.e. the bottom or floor end) of all sticks other than goalkeepers' sticks must be rounded-off. The stick must be of a uniform thickness over the entire length, however, tape or other materials may be added to the top .6m of the handle end of the stick to facilitate holding the



stick. The handle end of the stick may be built up as much as .5cm. No tape, string, or other object is allowed that will increase the diameter on the bottom 15cm of the stick.

3. The goalkeeper's stick shall be a regulation ice hockey goalkeeper's stick. The blade of the goalkeeper's stick must not exceed 8.9cm (3 ½ inches) in width at any point except at the heel where it must not exceed 11.4cm (4 ½ inches) in width; nor must the goalkeeper's stick exceed 39.3cm (15 ½ inches) in length from the heel to the end of the blade. There is to be no measurement of the curvature of the blade on the goalkeeper's stick. All other elements of the stick are subject to a measurement and the appropriate applicable penalty. The widened portion of the goalkeeper's stick extending up the shaft from the blade shall not extend more than 66cm (26 inches) from the heel and must not exceed 8.9cm (3 ½ inches) in width.
4. Mandatory Protective Equipment: All players must wear:  
Helmets with full face masks  
Gloves (i.e padded gloves, street hockey gloves, field hockey gloves)  
Shin Guards (street hockey, ice hockey, soccer guards) the goalkeeper will be allowed to wear regulation size ice hockey goalkeeper pads not to exceed 31 cm (12 inches) in width.  
Proper athletic footwear (i.e running shoes)
5. Recommended Protective Equipment:  
Elbow pads  
Athletic supporter  
Knee pads  
Goalie chest protector  
Mouth piece
6. Prior to each game the referees will check for proper equipment.

#### **SECTION D PERSONNEL**

1. There must be two certified referees in appropriate and matching attire; for example, black pants and a black and white striped referee shirt.
2. There must be two scorekeepers and one timekeeper, the scorekeepers also act as line monitors.

#### **SECTION E RULES OF COMPETITION**

1. Team Competition
  - a. Players and Line Rotations
    - 1) A team on the playing area shall consist of six (6) players; one (1) goalkeeper that must play from a standing position, two (2) defenders, and three (3) forwards (**one center and two wings**).
    - 2) There must be a goalkeeper at all times during play, with the exception of the last two minutes of the game (9th line) when the goalkeeper may be removed for an extra forward/player. This may only be done during a face-off or stoppage of play.
    - 3) Each player must wear a shirt with distinctive team color and markings and a 15 – 20 cm (6 – 8") player number on the back of the shirt.
    - 4) By the completion of the game, the total number of lines played by any one player, excluding the goal keeper who is designated to play the entire game, must not exceed the total number of lines played by any other teammate by more than one line. The goalkeeper may play the entire game or alternate playing time with another goalkeeper. If two goalkeepers are designated during the same game, by completion of the game, they must have played within one line of each other.
  - 5) Rotation of lines:



a) The recommended rotation of lines shall be as follows:

11-Player Team (11<sup>th</sup> player is a goalkeeper):

	Period 1			Period 2			Period 3		
	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3
Players	1,2,3,4,5	6,7,8,9,10	1,2,3,4,5	6,7,8,9,10	1,2,3,4,5	6,7,8,9,10	1,2,3,4,5	6,7,8,9,10	1,2,3,4,5

12-Player Team (12<sup>th</sup> player is a goalkeeper):

	Period 1			Period 2			Period 3		
	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3
Players	1,2,3,4,5	6,7,8,9,10	11,1,2,3,4	5,6,7,8,9	10,11,1,2,3	4,5,6,7,8	9,10,11,1,2	3,4,5,6,7	8,9,10,11,1

13-Player Team (13<sup>th</sup> player is a goalkeeper):

	Period 1			Period 2			Period 3		
	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3
Players	1,2,3,4,5	6,7,8,9,10	11,12,1,2,3	4,5,6,7,8	9,10,11,12,1	2,3,4,5,6	7,8,9,10,11	12,1,2,3,4	5,6,7,8,9

14-Player Team (14<sup>th</sup> player is a goalkeeper):

	Period 1			Period 2			Period 3		
	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3
Players	1,2,3,4,5	6,7,8,9,10	11,12,13,1,2	3,4,5,6,7	8,9,10,11,12	13,1,2,3,4	5,6,7,8,9	10,11,12,13,1	2,3,4,5,6

15-Player Team (15<sup>th</sup> player is a goalkeeper):

	Period 1			Period 2			Period 3		
	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3
Players	1,2,3,4,5	6,7,8,9,10	11,12,13,14,1	2,3,4,5,6	7,8,9,10,11	12,13,14,1,2	3,4,5,6,7	8,9,10,11,12	13,14,1,2,3

- 6) Teams shall start a competition with a minimum of 11 players and a maximum of 16 players. Any player not included in the line-up must be listed on the bottom of the score sheet, with the reason they are sitting out. In the event of an injury, illness or behavior issue that requires one or more players be removed from the team's line-up, the team will be allowed to continue with as few as 9 players. If a team cannot field 9 or more players for a game, then the team must forfeit

Note: If two goalkeepers are designated then the minimum they must be rotated is each game. They may be rotated on an equal basis within each game. In order to rotate on a shift basis then both goalkeepers must be dressed with full equipment to minimize delays.

- 7) Each team must submit an approved score sheet to the scorekeeper 10 minutes prior to the start of the game. Each score sheet must include team name, head coach, all players' names and individual numbers on the respective lines throughout the game reflecting the rotation of all players. One copy of the score sheet shall be kept by the scorekeeper, one by the coach of the opposing team, and one will be given back to the coach. If the score sheet is not turned in on time, a 1 -minute bench penalty may be assessed to the late team.
- 8) In case of an injury, game misconduct, or other event that requires a substitution of player/s and alters a team's line rotation, the referee will stop play. The timekeeper will stop the game clock. The team's coach will adjust the team roster/line rotation accordingly so that each player, excluding the goalkeeper, will play within one line of each other. Substitutions within a line will be allowed in the case of 3 or more simultaneous penalties. The clock will remain stopped during substitutions.
- 9) In case of a line change during the course of a player's penalty, a player from the incoming line will serve the remaining portion of the penalty. If the penalized player is scheduled to play in the incoming line then the penalized player must be the player to serve the penalty in this incoming line. If the penalized player is not scheduled to play in the incoming line then the coach will determine which player of the incoming line must serve the balance of the penalty.



- 10) Only players and 3 team officials are permitted to sit on the team's bench. Players not in the current game (injury, illness or behavior) will be listed on the bottom of the score sheet.
  - 11) To be eligible for higher level competition (i.e. International), a team must have competed in the next lower level of competition (i.e. Chapter, Area) with at least 11 players so that the 11-player international rule has been met.
- b. Divisioning
- 1) Teams will be divisioned according to a team score compiled in the Individual Skills Contest and a classification round.
  - 2) Coaches must submit Individual Skills Competition scores for each player on their team's roster, utilizing the Team Roster and Skills Assessment form prior to conducting the competition. The team score is determined by adding all players' scores and then dividing by the total number of players.
  - 3) Teams are initially grouped in divisions according to their Team Roster and Skills Assessment scores. A classification round is then conducted as a means of finalizing the divisioning process. In the classification round, teams will play one or more games with each game lasting at least six minutes. Each team will be required to play all of the players on their Team Roster.
- c. Time of Play
- 1) Games will consist of three 9-minute periods, with a 1-minute break between each period. The last three minutes of the third period (9<sup>th</sup> line) shall be stop time unless waived by both coaches prior to the start of the line. One 1-minute time-out is allowed per team per game. Coaches will signal their desire for a time-out to the referee by making a "T" sign with their hands. A time out will only be granted at a stoppage of play.
  - 2) There will be three line shifts per period. The timekeeper will signal the time for line changes with a horn/towel/whistle. Play will resume with a face-off at the face-off circle nearest the stoppage of play.
  - 3) Each period will begin with a face-off at the center floor face-off circle (lines 1, 4, 7 and overtime if needed).
  - 4) Teams may change ends after each period of play. If a team desires to change ends the head coach must inform the referees prior to the beginning of play. If neither team requests this option the team will remain on the side of the surface they began the game throughout the game.
  - 5) Time of play must be running time. However, when a goal is scored or a penalty is called, game and penalty clocks will be stopped until play is resumed. Play is resumed with a face-off and the sound of the referee's whistle. The clock will also be stopped for time-outs, line changes, and whenever the referee so designates.
- d. Face-Offs
- 1) A face-off shall occur at the following times:
    - a) to begin the game and each period at the center floor face-off circle;
    - b) after each stoppage of play during a period, except after a goal, at the nearest face-off circle;
    - c) after each goal at the center floor face-off circle;



- d) After each minor or major penalty in the offending team's defensive end;
  - e) when an unsafe condition exists due to a cracked or broken stick(s) in the vicinity of play or at any other time deemed appropriate by the referee. A face-off must take place at the nearest face-off circle to the position of the puck when play was stopped.
  - f) if attacking player shoots the puck over the boards or out of bounds in the attacking zone then the face-off comes to the neutral face-off circle. If the puck is shot out of play by a defensive player then the face-off results in the closest face-off circle to the infraction.
- 2) For all face-offs, all players must stand with their sticks and bodies completely to their team's side of the face-off line. Only two players participate in a face-off. Both players who are facing off may place the tips of their sticks on the same side of the face-off circle as long as the tip of each player's stick is in the respective half of the face-off line/circle. During the face-off players must play the puck. They are not allowed to interfere with the other player's stick during the face-off.
  - 3) The players facing off must stand completely outside of the face-off circle. Their sticks must be equal distance from the puck in the face-off zone. Their sticks must be "on-sides", (on their team's side of the centerline of the face-off circle). For face-offs from the center circle, only the players facing off are allowed in the face-off zone until the whistle is blown.
  - 4) Play starts when the referee blows the whistle.
    - a) In a case where there is a hearing-impaired player, the referee shall raise his arm to indicate that play is about to start. The referee must then simultaneously blow the whistle and drop the arms toward the puck to indicate the start of play.
  - 5) The puck must be swept out of the face-off circle in a manner such that the stick does not make contact with the center of the puck. Contact with the puck outside of the face-off circle must be made by a player other than those facing off before the players facing off can place their sticks in the center of the puck. The players who are facing off may continue to sweep at the puck until the puck is swept out of the face-off circle. After the initial sweep, the players who are facing-off may kick the puck out of the face-off circle.
- e. Goals
- 1) The entire puck must pass over the goal line to count as a goal scored. The puck needs to be in the goal before the signal sounds to end the line or period for the goal to count. One point is counted for each goal scored.
  - 2) The offensive player must put the puck into the goal with the stick from outside the goal crease area. Kicking or throwing the puck into the goal is not allowed. It is legal to kick the puck during play, but it is illegal for an offensive player to kick it into the goal. If the puck is inadvertently deflected into the goal by an offensive player or by a defending player, a goal must be allowed.
  - 3) A goal is scored anytime the puck is put into the goal in any way by a defending player
- f. Minor Fouls
- 1) The following events shall result in a stoppage of play and a face-off at the nearest face-off circle:
    - a) The goalkeeper throws the puck forward to a teammate. The goalkeeper may throw the puck no more than a 45-degree angle, (per diagram), behind the defending side face-off circle. If the puck is thrown between the defending face-off circles it is only eligible to be played by an opposing player.



- b) If a player directs a puck to a team member with his hands an immediate stoppage of play will result unless it is touched or controlled by an opposing player.
  - c) A player stands on the puck.
  - d) A player(s) holds the puck longer than 3 seconds
  - e) A stick is cracked or broken.
  - f) A player falls in the immediate area of the puck.
  - g) A goal crease violation. A goal crease violation has occurred anytime an attacking player breaks the plane of the goal crease with his body or stick, which includes the goal crease line. Or when a defensive player breaks the plane of the goal crease with his body. The only time a defensive player may reach into the crease with their stick is for the purpose of clearing the puck out of the goal crease area. The resulting face-off shall occur in the offending player's side of the court.
- 2) In the event a crease violation [f.1)g) above] is called against a defensive player whose team does not have control of the puck, the referee will indicate a "delayed foul" by raising their arm. Play will not stop until the defending team gains control of the puck at which time a face-off shall occur in the offending player's side of the court.
- g. Minor Penalties
- 1) Minor penalties shall result a 1-minute penalty for the offending player. The resulting face-off shall be taken in the offending team's defensive end. Minor penalties include the following:
    - a) Holding (impeding progress of an opposing player)
    - b) Tripping
    - c) Charging (running, jumping into or charging an opponent who has a clearly established position)
    - d) Interference (impeding the progress of an opponent who is not in possession of the puck)
    - e) Deliberately delaying the game by lying, standing on or shooting the puck out of the playing area
    - f) Hooking, slashing or kicking
    - g) High sticking (a player's stick must be held below his/her shoulders at all times)
    - h) Roughing (using any part of the body, such as an elbow, to hit an opponent or modify, by contact, the opponent's direction)
    - i) Goalkeeper outside the goal crease (both feet must stay inside the goal crease area). Delayed penalty if goalie comes out of crease and other team has possession of puck
    - j) Charging from behind
    - k) Cross-checking (occurs when a player holds his stick horizontally and shoves a player with it)



- l) The goalkeeper sits, lies down, kneels on the ground or holds the stick horizontally along the floor during play. Goalkeeper may go to the ground while making a save or to smother the puck. The goalkeeper will be warned the first time
  - m) Abuse of officials or un-sportsmanlike conduct. If the penalty is called against a player currently in the game, the offending player will serve the penalty. If the penalty is a bench penalty the coach will pick a player currently in the game to serve the penalty
  - n) A team does not submit its score sheet ten minutes prior to the scheduled start of the game, or coaches other than the designated “head coach” try to discuss rules and rules interpretations with the referees during the game. Again, the coach will decide which player shall serve the penalty.
- 2) In case of a line change during the course of a player’s penalty, a player from the in-coming line will serve the remaining portion of the penalty.
  - 3) If a goal is scored against the team which is short-handed, the player serving the penalty may return to the game even if the penalty time has not elapsed. A team shall not be required to play with fewer than four players. If more than two players are penalized during the same time, penalties shall be served in succession.

Note: Definition – “Short-handed” means that the Team is below the numerical strength of its opponents on the court at the time the goal is scored. See the following examples.

- a) A coincident minor penalty results in both teams playing at equal strength. Players will sit the entire penalty whether a goal is scored or not.
  - b) Team A gets a minor penalty and is “short-handed”, Team B gets a minor penalty 30 seconds later. Both teams are considered to be equal strength until the end of Team A’s penalty at that time Team B will be “short-handed” for the remaining 30 seconds of their players penalty.
- 4) If the goalkeeper commits a minor penalty, a teammate playing on the court at the time of the penalty can serve the 1-minute penalty for the goalkeeper.
  - 5) In the event a penalty is called against a player whose team does not have control of the puck, the referee will indicate a “delayed penalty” by raising his/her arm. Play will not stop until the defending team gains control of the puck. The full duration of the penalty shall be enacted at the time play is stopped.
  - 6) The team’s conduct before, during, and after the game is the responsibility of the head coach. If the referee determines that a team’s play is too rough or inappropriate the referee will give the head coach one warning and then the head coach may be subject to a one-minute penalty for un-sportsmanlike conduct. If the problem persists the head coach may receive a two-minute major penalty and be removed from the game.

#### h. Major Penalties

- 1) The following events must result in expulsion from the game for the offending player. The referee will stop play. The timekeeper will stop the game clock. The head coach will adjust the roster/line rotation so that each player, excluding the goalkeeper, will play within one line of each other. The player shall be substituted for by a teammate who shall serve the 2-minute penalty. The resulting face-off shall be taken in the offending team’s defensive end. Even if a goal(s) is scored while the team is short-handed for the major penalty, the player serving the 2-minute penalty may not return to the game before the two minutes have elapsed. Again, the head coach will decide which player shall serve the penalty. Major penalties include the following:



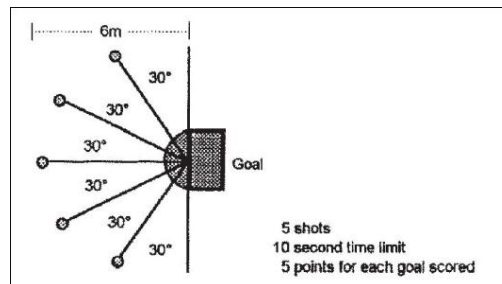
- a) Profane or offensive language
  - b) Committing any intentional foul that might injure another player
  - c) Fighting
  - d) Any action on the part of a player which is intended to provoke, or incite unsportsmanlike behavior on the part of another player.
  - e) Minor penalties which, by the discretion of the referee, are committed deliberately and with intent to injure another player, coach, or referee
  - f) Deliberately throwing or swinging a stick at the puck or another player
  - g) Receiving three minor or bench penalties in one game.
- i. Overtime
- 1) Overtime shall consist of one additional period of nine minutes with regular rotation of lines continued. The first team to score a goal shall be declared the winner. If, at the end of the overtime period, the score is still tied and no winner is needed for the competition to be completed, the game shall result in a tie. If a winner is needed then the game continues until a goal is scored.

2. Individual Skills Contest

a. Shoot Around the Goal

- 1) Purpose: To evaluate the athlete's shooting accuracy and power as well as the athlete's ability to score goals from any angle, given a time constraint.
- 2) Equipment: floor hockey stick, 5 pucks, tape, stopwatch, goal
- 3) Description: Athlete takes one shot on goal from different spots around the goal. These spots are located at the end points of five 6-meter long rays which start from a common point at the center of the goal line. Each ray is drawn such that it creates a 30 degree angle with the goal line extended or with a previously drawn ray. The athlete has a 10 second time limit to shoot all the pucks. One puck shall be at each spot before the athlete starts shooting.
- 4) Scoring: Each puck which completely crosses the goal line into the goal is worth five points. The score is the total of the five shots; 25 points maximum. (If a puck is deflected from entering the goal by a previously shot puck and the official believes it would have been a goal, then the full 5 points may be awarded).

5) Diagram:



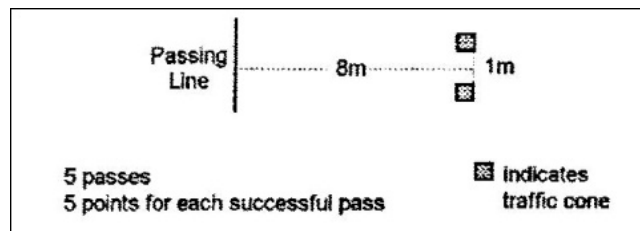
b. Pass

- 1) Purpose: To evaluate the athlete's control and accuracy when passing the puck.



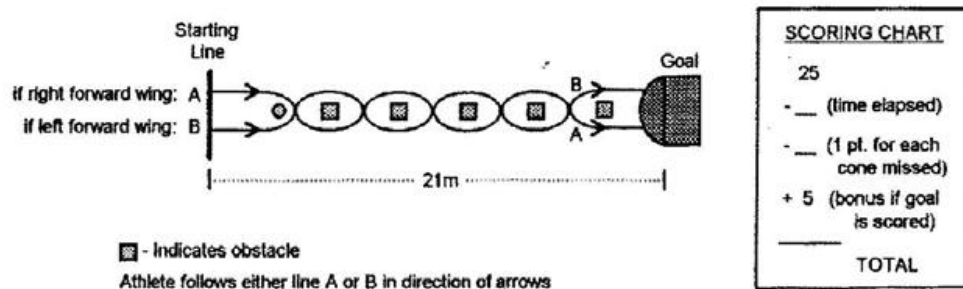


- 2) Equipment: floor hockey stick, puck, tape, marker cones.
- 3) Description: Athlete makes five passes from behind a line. Athlete tries to pass the puck between two cones (one meter apart) which are placed 8 meters from the passing line.
- 4) Scoring: Each time the puck completely crosses the line between the two cones, the athlete shall be awarded five points. If the puck hits the cone and completely crosses the line, the athlete shall be awarded three points. The athlete's total score is the sum of the scores from the five passes; 25 points maximum.
- 5) Diagram:



c. Stickhandling

- 1) Purpose: To evaluate the athlete's speed and ability to hand the puck.
- 2) Equipment: floor hockey stick, puck, 6 marker cones, tape, stopwatch, goal
- 3) Description: Athlete stickhandles the puck from a starting line through a course defined by cones, and shoots the puck at the goal. The distance from the start line shall be 21 meters. The cones shall be placed in a straight line at intervals of 3 meters. The clock stops when the puck passes the goal line.
- 4) Scoring: The time consumed stickhandling is subtracted from 25. For any cones missed, subtract one point each. Five bonus points are given if the athlete scores a goal.
- 5) Diagram:

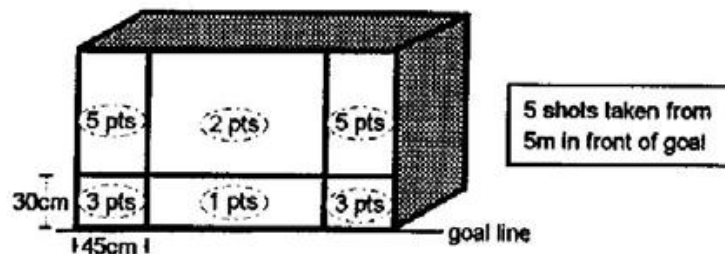


d. Shoot for Accuracy

- 1) Purpose: To evaluate the athlete's accuracy, power and ability to score by shooting the puck into specific areas of the goal.
- 2) Equipment: floor hockey stick, puck, goal, tape or rope



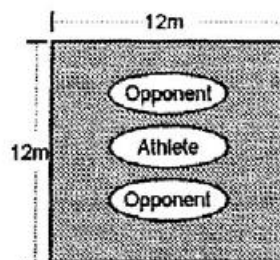
- 3) Description: Athlete takes five shots on goal from behind a line that is 5 meters from and directly in front of the goal. Six sections are defined within the goal by rope or tape as shown in the diagram. The vertical ropes or tapes are hung 45cm (18") in from each goal post. The horizontal rope or tape is strung 30cm (12") above the floor.
- 4) Scoring:
- The goal is divided into point sections as follows:
    - 5 points for any shot entering the goal in either of the upper corners
    - 3 points for any shot entering the goal in either of the lower corners
    - 2 points for any shot entering the goal in the upper middle section.
    - 1 point for any shot entering the goal in the lower middle section.
  - Each shot must completely cross the goal line into the goal for athlete to receive any points, except if the rope or tape stopped the puck from crossing the goal line. In this case, give the point total for the lesser section. The score is the total of these five shots; 25 points maximum.
- 5) Diagram:



e. Defense

- Purpose: To evaluate the athlete's skills associated with defense such as stealing the puck, pressing the opponents, stick checking, and staying between the opponents.
- Equipment: 3 floor hockey sticks, 3 pucks, 4 cones, and stopwatch
- Description: Athlete gets two attempts to steal the puck (gain control of the puck) from two opponents who try to keep it away from the athlete being tested. Athlete has 15 seconds on each attempt to steal the puck which is passed between opponents stationed in the face-off circles in a half-playing surface area (12m x 12m).
- Scoring:
  - 1 point for pressing the opponents;
  - 1 point for trying to stay between the opponents;
  - 2 points from trying to stick check opponent with puck;
  - 20 points maximum
- Diagram:
 

Note: Coaches should put opponents who are of similar ability on the floor at the same time.



2 attempts to steal the puck  
15 seconds per attempt



- Final Score
  - 1) A player's final score is determined by adding together the scores achieved in each of the five events which comprise the Individual Skills Contest.
- 3. Unified Sports® Team Competition - **SOSC does not offer this event**
  - a. The roster shall contain a proportionate number of Special Olympics Athletes and Unified Sports Partners.
  - b. During competition, the line-up can contain no more than three partners on the court at any one time. Equal playing rules as outlined for traditional Floor Hockey teams in section E, 1, apply for all players including the goalkeeper.
  - c. Each team shall have a non-playing head coach.
  - d. Selection of Special Olympics Athletes and Unified Sports Partners of similar age and ability is required for Unified Sports training and competition in Floor Hockey. Significant risk of injury could result from teams where athletes and partners are poorly matched.

## **SECTION F SOSC MODIFICATIONS**

1. In order to promote the sport of Floor Hockey by allowing teams to bring various numbers of players (new teams that don't have 11 players yet, budget constraints, schools or teams that don't have exactly 11 players on a team, etc.), the requirement of 11 players may be modified as follows:
  - a. For competitions (local, area, Chapter, etc.) other than international competitions, it is recommended that teams consist of 11 players. However, teams may dress a minimum of 9 players and a maximum of 16 players. The tournament rules committee may set further minimum and maximum standards.
  - b. A formalized line monitoring system has been instituted showing names and numbers of the players on the respective lines throughout the game reflecting a rotation of all players. Substitutions for injuries and behavior problems are permissible (rotate substituted players so that each time a different player gets substituted). Three copies of the score sheet will be submitted to the scorekeeper 10 minutes prior to the start of the game. The scorekeeper will keep one copy of the score sheet, one will be given to the coach of the opposing team, and one will be given back to the coach. If the score sheet is not turned in on time, a 2-minute bench penalty may be assessed to the delinquent team.
  - c. There are several ways to rotate lines depending upon the number of players the team has. For example, if the team has 9 players (8 plus a goalie), full lines cannot be rotated, so adjustments must be made in the rotation schedule.
2. Uniforms & Apparel Guidelines

SOSC requires all uniforms to be in compliance with the NGB of the sport for competition. Tops should be able to tuck into the bottoms. Athletic shorts should be no higher than 3" above the knee.

### General Uniform Guidelines

- a. Jeans and Denim-type clothing are not permitted.
- b. All athletes and teams should have identical uniforms.
- c. Team shirts and undershirts shall be the color. Tops need to be able to tuck into the bottoms.
- d. Athletic shorts should be no higher than 3" above the knee. If an individual wears an undergarment that extends below the bottom of the short, i.e. compression shorts; the undergarment must be a single color similar to the color of the uniform shorts and be above the knee length.



- e. It is forbidden to wear any object that may cause injury or give an artificial advantage to any player.
  - 1) Forbidden Objects Include, but are not limited to the following:
    - Head Gear
    - Jewelry
    - Casts or Braces
    - Exceptions will be made for religious or medical medallions and flat wedding bands. If worn, they must be removed from chains and taped or sewn under the uniform.
- f. All uniforms must have an appropriate SOSC logo. No sponsor logo on uniforms.
- g. T-Shirts, if worn must be of uniform type and quality and sanctioned by the Area/Region.
- h. The name of the program may be placed on the front of the jersey or shirt. The name of the program or athlete may be placed on the back of the jersey or shirt.
- i. All team members should have uniforms that are identical in color and style unless otherwise indicated in specific sports rules (such as goalie attire).
- j. Uniform Guidelines can be modified as needed to accommodate the individual disability or medical condition of an athlete.
- k. Uniform Numbering: for teams using their uniforms for more than one sport, it is recommended that shirts be numbered utilizing the basketball regulations. This type of numbering will allow shirts to be used in most other sports offered by SOSC. Basketball rules state that numbers are required on the front and back of uniforms. Numbers on the front must be at least four inches high and six inches on the back.
- l. Athletes should not wear any extra items (such as) hats, fanny packs, etc.
- m. SPORTS SPECIFIC UNIFORM GUIDELINES:
  - Floor Hockey:
    - Numbered Hockey Jersey or Long Sleeve T-Shirt
    - Long Pants
    - Socks
    - Athletic Shoes
    - Knee, Elbow and Wrist Pads
    - Helmet
    - Face Mask – Goalie
    - Gloves



## **SPORTS RULES: FOOTBALL (SOCCER)**

The Official Special Olympics Sports Rules for Football (Soccer) shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale de Football Association (FIFA) rules for football (soccer) found at <http://www.fifa.com/worldfootball/lawsofthegame.html> FIFA or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Football (Soccer) or Article I. In such cases, the Official Special Olympics Sports Rules for Football (Soccer) shall apply.

An athlete with Down syndrome who has been diagnosed with Atlanto-axial Instability may not participate in football (soccer) events.

Refer to Article 1, <http://resources.specialolympics.org/article1.aspx> for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition and Unified Sports.

### **SECTION A OFFICIAL EVENTS**

The following is a list of official events available in Special Olympics Southern California. The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

1. Individual Skills Competition (ISC)
2. 5-a-side Team (outdoor)
3. 7-a-side Team (outdoor) - **SOSC does not offer this event**
4. 11-a-side Team Competition according to FIFA rules - **SOSC does not offer this event**
5. Futsal Competition according to FIFA rules - **SOSC does not offer this event**
6. Unified Sports® 5-a-side Team Competition
7. Unified Sports 7-a-side Team Competition - **SOSC does not offer this event**
8. Unified Sports 11-a-side Team Competition - **SOSC does not offer this event**

### **SECTION B DIVISIONING**

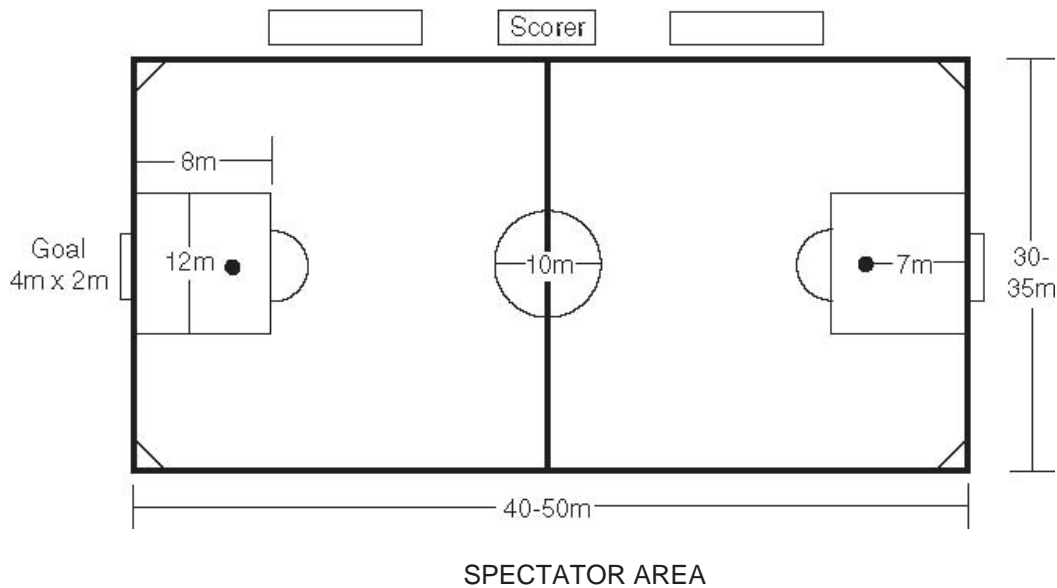
1. Teams may be divisioned based on the Team Skill Assessment found in Section D of these rules, a Prior Divisioning Form based on the SOEE Divisioning DVD, or a prior Divisioning/Team Rating form approved by the Program, and by an on-site classification round.
2. In the classification rounds, teams will play a minimum of two evaluation games of at least eight minutes (5-a-side), eight minutes (7-a-side) or fifteen minutes (11-a-side).
3. The Divisioning Committee shall ensure that all goalkeepers are adequately assessed.

### **SECTION C RULES OF COMPETITION**

1. 5-a-side (outdoor) Football
  - 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 by 30 meters. 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 by 12 meters. The penalty mark must be at 7 meters for goal size of 4 meters x 2 meters. The penalty mark must be at 6 meters for goal size of 3 meters x 2 meters.
- 5) The recommended playing surface is grass.



- b. The Ball:
  - 1) Ages 8-12: Size 4 ball, not more than 66 cm (26 in.) and not less than 63.5 cm (25 in).
  - 2) 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) Allowable roster size is to be determined by the Competition Committee. At the Special Olympics World Games, 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. A minimum of three players shall be on the field at any one time.
  - 3) Substitutions are unlimited in number (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 in order to make a substitution. A substituted player can only come on to the field when given a signal by the referee.
- d. Players' equipment:
  - 1) Shirts must be numbered.
  - 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 match to which he has been appointed.



- f. The Assistant Referee: Two assistant referees are appointed to each match for Regional and International Competitions. For Local, Program and National Competitions it is recommended to have two referees if there are not enough assistant referees.
- g. Duration of the game:
  - 1) The duration of the game shall be two equal periods of fifteen minutes with a halftime interval of five minutes. The referee should be responsible for keeping the playing time.
  - 2) If overtime is used to break a tie, two five-minute overtime periods are used. If the game is still tied, penalty kicks will be used to break the tie. (See 11-a-side tie-break protocol).
- h. Start of play:
  - 1) A ball must be kicked forward from the center spot before being touched by another player. A goal can be scored directly from a kick off.
- i. Ball in and out of play:
  - 1) Ball over the sideline results in a kick in.
  - 2) 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.
- 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 goal keeper, standing within his own penalty area, shall throw the ball back into play beyond his own 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 having touched 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 the ball is touched by any player inside the penalty area, the throw shall be retaken.
- k. Method of scoring: The whole of the ball must have completely 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 result 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. His 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:
    - a) 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.
    - b) If both teams are playing with four players and a goal is scored, both teams may be completed.



- c) 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 three players may be increased by one more player only.
- d) If both teams are playing with three players and a goal is scored, both teams may add one more player.
- e) If the team scoring the goal is the one with fewer players, the game shall continue without changing the number of players.
  - i. Keeping check of the two minutes shall be the task of the Time or Fourth Official. 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.
- m. Restart exception:
  - 1) Any free kick that is awarded to the defending team inside their own 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:
  - 1) A penalty kick is taken from the 7-meter mark or 6-meter mark depending on size of goal (see rule C, 1., a.,4) above) .
- p. Kick In: (Equivalent to the throw in for 11-a-side)

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 own 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.

  - 1) A goal cannot be scored directly from a kick in.
  - 2) A goalkeeper may not pick up a ball passed back to him/her from a kick in.
  - 3) A goalkeeper may not pick up a ball passed back to him/ her by their own teammate.
- q. Infringement penalties:
  - 1) 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.
- r. Corner-Kick: Awarded to the attacking team when a player from the defending team kicks the ball over his/her own 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/Penalty Kick:
  - 1) In regular league play, ties are considered final.





- 2) In tournament play, overtime periods shall be 5 minutes each.
- 3) If the game is still tied after the overtime periods, penalty kicks shall be used to decide the game.
  - a) The referee chooses the goal at which the kicks will be taken
  - b) The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or the second kick
  - c) Each team is responsible for selecting 5 players from those on the field of play at the end of the match and the order in which they will take the kicks
  - d) The highest score after five penalty kicks is declared the winner. The referee keeps a record of the kicks being taken
  - e) Subject to the conditions explained below, both teams take five kicks
  - f) The kicks are taken alternately by the teams
  - g) 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
  - h) 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 a goal more than the other from the same number of kicks
  - i) 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 provided his team has not used the maximum number of substitutes permitted under the competition rules
  - j) With the exception of the foregoing case, 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 kicks from the penalty mark
  - k) If at the end of the match one team has a greater number of players than its opponents, it must reduce its numbers to equate with that of its opponents. The team captain must inform the referee of the name and number of the excluded player.

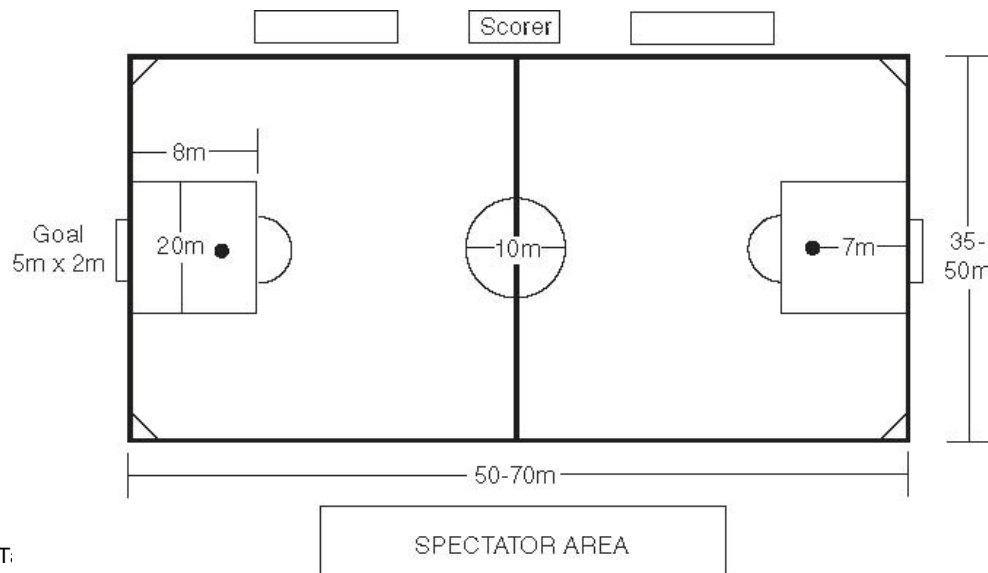
The referee must ensure that an equal number of players from each team remains within the centre circle and they shall take the kicks
  - l) Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick
  - m) Once all eligible players have taken a penalty kick, the same sequence does not have to be followed as in the first round of kicks
  - n) An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken
  - o) Only the eligible players and match officials are permitted to remain on the field of play when kicks from the penalty mark are being taken
  - p) In Unified Sports® penalty kicks, alternate kicks by athletes and partners must be taken, with the athlete taking the first penalty kick for each team
    - a) Only players on the field at the end of the second period of extra time can be used.



- b) Five players are selected from each team. Each team must select the order in which the players will take the penalty kick. If a team finishes with less than five players, the team will take the penalty kicks in the established sequence using only the remaining players on the field.
  - c) Each player takes a penalty kick, alternating teams with each shot.
  - d) The highest score after five penalty kicks is declared the winner.
  - e) 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 using the same players in the same order until one team has scored a goal more than the other from the same number of kicks.
- u. Coaching from the bench area:
    - 1) A team bench area will be provided for each team.
    - 2) Each bench area will be defined by a marked off rectangle, 15 meters in length, located on the sideline at least 5 meters away from the sideline and within 10 meters of the halfway line.
    - 3) A team bench should be provided within each area.
    - 4) Substitute players and coaches are expected to remain seated within the bench area at all times except when making a substitution.
    - 5) Coaches are expected to restrict their coaching to simple verbal encouragement.
  - 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 referee may eject the offending coach from the field.

**2. 7-a-side Football – SOSC does not offer this event**

- a. The Field of Play:
  - 1) The 7-a-side field shall be a rectangle: maximum dimensions of 70 meters by 50 meters, minimum dimensions of 50 meters by 35 meters. The smaller field is recommended for lower ability teams.
  - 2) The goal size shall be 5 meters by 2 meters.
  - 3) The goal area shall be 8 meters by 20 meters.
  - 4) The recommended playing surface is grass.





- b. The Ball:
  - 1) Ages 8-12: Size 4 ball, not more than 66 cm (26 in.) and not less than 63.5 cm (25 in).
  - 2) 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) Allowable roster size is to be determined by the Competition Committee. At the Special Olympics World Games, the roster size may not exceed 12 players.
  - 2) The game is played between two teams, each consisting of seven players, one of whom shall be the goalkeeper. A minimum of five players shall be on the field at any one time.
  - 3) Substitutions are unlimited in number (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 in order to make a substitution. A substituted player can only come on to the field when given a signal by the referee.
- d. Players' Equipment:
  - 1) Shirts must be numbered.
  - 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 match to which he has been appointed.
- f. The Assistant Referees: Two assistant referees are appointed to each match for Regional and International Competitions. For Local, Program and National Competitions it is recommended to have two referees if there are not enough assistant referees.
- g. Duration of the Game:
  - 1) The duration of the game shall be two equal periods of twenty minutes with a halftime interval of five minutes. The referee should be responsible for keeping the playing time.
  - 2) If overtime is used to break a tie, two five-minute "silver goal" overtime periods are used. If the game is still tied, penalty kicks will be used to break the tie. (See 11-a-side tie-break protocol).
- h. Start of Play:
  - 1) A ball must be kicked forward from the center spot before being touched by another player. A goal can be scored directly from a kick off.
- i. Ball In and Out of Play:
  - 1) Ball over the sideline results in a kick in.
  - 2) 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.
- 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 goal keeper, standing within his own penalty area, shall throw the ball back into play beyond his own 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 having touched 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 the ball is touched by any player inside the penalty area, the throw shall be retaken.
- k. Method of Scoring: The whole of the ball must have completely 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 result 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. His 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:
    - a) If there are seven players against six players and the team with the larger number scores a goal, the team with six players may be completed.
    - b) If both teams are playing with six players and a goal is scored, both teams may be completed.
    - c) If there are seven players playing against five or six against five and the team with the larger number scores a goal, the team with five players may be increased by one more player only.
    - d) If both teams are playing with five players and a goal is scored, both teams may add one more player.
    - e) If the team scoring the goal is the one with fewer players, the game shall continue without changing the number of players.
      - i. Keeping check of the two minutes shall be the task of the Time or Fourth Official.
      - ii. 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.
- m. Restart Exception:
  - 1) Any free kick that is awarded to the defending team inside their own 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:
  - 1) A penalty kick is taken from the 7-meter 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.
- p. Kick In: (Equivalent to the throw in for 11-a-side)



- 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 own 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 pick up a ball passed back to him/her from a kick in.
- 4) A goalkeeper may not pick up a ball passed back to him/her by their own player.
- q. Infringement penalties:
  - 1) 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.
- r. Corner-Kick: Awarded to the attacking team when a player from the defending team kicks the ball over his/her own 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/Penalty Kick:
  - 1) In regular league play, ties are considered final.
  - 2) In tournament play, if overtime is used to break a tie, two "silver goal" periods shall be played (In silver goal rules the entire overtime period is played).
  - 3) If the game is still tied after the overtime periods, penalty kicks shall be used to decide the game.
    - a) The referee chooses the goal at which the kicks will be taken
    - b) The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or the second kick
    - c) Each team is responsible for selecting 5 players from those on the field of play at the end of the match and the order in which they will take the kicks
    - d) The highest score after five penalty kicks is declared the winner. The referee keeps a record of the kicks being taken
    - e) Subject to the conditions explained below, both teams take five kicks
    - f) The kicks are taken alternately by the teams
    - g) If, before teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete five kicks, no more kicks are taken
    - h) 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 a goal more than the other from the same number of kicks



- i) A goalkeeper who is injured while kicks are being taken from the penalty mark and is unable to continue as a goalkeeper may be replaced by a named substitute
  - j) With the exception of foregoing case, 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.
  - k) If at the end of the match one team has a greater number of players than its opponents, it must reduce its numbers to equate with that of its opponents. The team captain must inform the referee of the name and number of the excluded player.  
  
The referee must ensure that an equal number of players from each team remains within the centre circle and they shall take the kicks
  - l) Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick
  - m) Once all eligible players have taken a penalty kick, the same sequence does not have to be followed as in the first round of kicks
  - n) An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken
  - o) In Unified Sports® penalty kicks, alternate kicks by athletes and partners must be taken, with the athlete taking the first penalty kick for each team
  - u. Coaching from the Bench Area:
    - 1) A team bench area will be provided for each team.
    - 2) Each bench area will be defined by a marked off rectangle, 15 meters in length, located on the sideline at least 5 meters away from the sideline and within 10 meters of the halfway line.
    - 3) A team bench should be provided within each area.
    - 4) Substitute players and coaches are expected to remain seated within the bench area at all times except when making a substitution.
    - 5) Coaches are expected to restrict their coaching to simple verbal encouragement.
  - 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 referee may eject the offending coach from the field.
3. 11-a-side Football: **SOSC does not offer 11-a-side football**
4. Indoor Football: **SOSC does not offer indoor football**
5. Unified Sports Team Competition (5-a-side)
- a. The roster shall contain a proportionate number of athletes and partners. Failure to adhere to the required ratio results in a forfeit.
  - b. During play, a team may not exceed:
    - 1) 3 athletes and 2 Unified Sports partners for 5-a-side



- c. Each team shall have an adult non-playing coach responsible for the lineup and conduct of the team during competition.

6. Individual Skills Competition (ISC): See Football (Soccer) Rules for more information.

#### **SECTION D SOSC MODIFICATIONS**

1. Coaches must stand in their respective coach boxes. Coaches are not allowed around the perimeter of the field. Coaches failing to stay within the parameters of the box will receive an un-sportsmanlike behavior conduct penalty (yellow card).
  - a. Official representatives of the competition committee also have the right to caution and eject coaches who are showing inappropriate sideline behavior.
2. Referees shall assess a technical foul on any athlete whose play is deemed dangerous. A second technical foul for dangerous play shall result in disqualification. This rule is to ensure that a play does not create a health and safety risk for other players.
3. Uniforms
  - a. The soccer uniform shall consist of a jersey or shirt, shorts or sweat pants, stockings, shin guards, and shoes.
  - b. Jerseys/shirts must be numbered on the front with 4-inch numbers and on the back with 6-inch numbers. Numbers should be centered on the shirt. Each player should have a different number using the numbers 1-20. Teams are encouraged to include a number of the front of the shorts on the bottom of the right leg. This number should be 4 inches high, and the color of the numbers should match with the rest of the uniform.
  - c. Shin guards must be completely covered by the stockings, shall be made of a suitable material (rubber, plastic, polyurethane, or similar substance), and shall afford a reasonable degree of protection.
  - d. Shoes: Soccer shoes must have rubber sole cleats. No metal cleats.
  - e. The goalkeeper shall wear colors that distinguish him/her from the other players on the team and from the referees.

#### General Uniform Guidelines

- a. Jeans and Denim-type clothing are not permitted.
- b. All athletes and teams should have identical uniforms.
- c. Team shirts and undershirts shall be the color. Tops need to be able to tuck into the bottoms.
- d. Athletic shorts should be no higher than 3" above the knee. If an individual wears an undergarment that extends below the bottom of the short, i.e. compression shorts; the undergarment must be a single color similar to the color of the uniform shorts and be above the knee length.
- e. It is forbidden to wear any object that may cause injury or give an artificial advantage to any player.
  - 1) Forbidden Objects Include, but are not limited to the following
    - Head Gear
    - Jewelry
    - Casts or Braces
    - Exceptions will be made for religious or medical medallions and flat wedding bands. If worn, they must be removed from chains and taped or sewn under the uniform.



- f. All uniforms must have an appropriate SOSC logo. No sponsor logo on uniforms.
- g. T-Shirts, if worn must be of uniform type and quality and sanctioned by the Area/Region
- h. The name of the program may be placed on the front of the jersey or shirt. The name of the program or athlete may be placed on the back of the jersey or shirt.
- i. All team members should have uniforms that are identical in color and style unless otherwise indicated in specific sports rules (such as goalie attire).
- j. Uniform Guidelines can be modified as needed to accommodate the individual disability or medical condition of an athlete.
- k. Uniform Numbering: for teams using their uniforms for more than one sport, it is recommended that shirts be numbered utilizing the basketball regulations. This type of numbering will allow shirts to be used in most other sports offered by SOSC. Basketball rules state that numbers are required on the front and back of uniforms. Numbers on the front must be at least four inches high and six inches on the back.
- l. Athletes should not wear any extra items (such as) hats, fanny packs, etc.
- m. SPORTS SPECIFIC UNIFORM GUIDELINES:
  - Football (Soccer)
    - Numbered Jersey or T-Shirt
    - Shorts or Sweat Pants
    - Knee Socks
    - Shin Guards
    - Athletics Shoes





## **SPORTS RULES: SOFTBALL**

The Official Special Olympics Sports Rules for Softball shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Softball Federation (ISF) Rules for slow pitch softball found at <http://www.internationalsoftball.com/>. ISF or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Softball or Article I. In such cases, the Official Special Olympics Sports Rules for Softball shall apply.

### **SECTION A OFFICIAL EVENTS**

The following is a list of official events available in Special Olympics Southern California. The range of events is intended to offer competition opportunities for athletes of all abilities.

1. Individual Skills Competition
2. Base Race
3. Bat for Distance
4. T-Ball Competition
5. Coach Pitch Team Competition
6. Slow Pitch Team Competition
7. Unified Sports Slow Pitch Team Competition

### **SECTION B EQUIPMENT**

1. The Official Bat
  - a. Shall be of one-piece construction, multi-piece permanently assembled or two piece interchangeable construction. If the bat is designed with interchangeable components it must meet the following criteria:
    - 1) Mating components must have a unique locking key to prevent uncertified equipment combinations in the field.
    - 2) All component combinations must meet the same standards as if it were a one-piece bat when combined or a portion of a one-piece bat if separated.
  - b. Shall be made of one piece of hardwood or formed from a block of wood consisting of two or more pieces of wood bonded together with an adhesive in such a way that the grain direction of all pieces is parallel to the length of the bat.
  - c. Shall be metal, bamboo, plastic, graphite, carbon, magnesium, fiberglass, ceramic, or any other composite material approved by the ISF Equipment Standards Commission.
  - d. Can be laminated, but must contain only wood or adhesive and have a clear finish (if finished).
  - e. Shall be round and shall be smooth.
  - f. Shall not be more than 86.4cm (34 in) long, nor exceed 1077.0 g (38 ounces) in weight.
  - g. Shall not be more than 5.7cm (2 ¼ in) in diameter at its largest part. A tolerance of 0.80mm (1/32 in) is permitted to allow for expansion.
  - h. If metal, may be angular.
  - i. Shall not have exposed rivets, pins, rough or sharp edges, or any form of exterior fastener that would present a hazard. A metal bat shall be free of burrs and cracks.
  - j. If metal, shall not have a wooden handle.



Shall have a safety grip of cork, tape (no smooth, plastic tape), or composition material. The safety grip shall not be less than 25.4cm (10 in) long and shall not extend more than 38.1cm (15 in) from the small end of the bat. Resin, pine tar, or spray substances placed on the safety grip to enhance the grip are permissible on the grip only. NOTE: Tape applied to any bat must be continuously spiral. It does not have to be a solid layer of tape. It shall not exceed two layers.

- k. Shall have a safety grip of cork, tape (no smooth, plastic tape), or composition material. The safety grip shall not be less than 25.4cm (10 in) long and shall not extend more than 38.1cm (15 in) from the small end of the bat. Resin, pine tar, or spray substances placed on the safety grip to enhance the grip are permissible on the grip only.

Note: Tape applied to any bat must be continuously spiral. It does not have to be a solid layer of tape. It shall not exceed two layers.

- l. If metal and not made of one-piece construction with the barrel end closed, shall have a rubber or vinyl plastic or other material insert approved by the ISF Equipment Standards Commission, firmly secured in the large end of the bat.
  - 1) The insert of the end cap shall be firmly and permanently sealed so it cannot be removed by anyone other than the manufacturer without damaging or destroying the end cap or barrel.
  - 2) The bat shall be free of rattles.
  - 3) The bat shall not have signs of tampering.

Note: A bat that is not free of rattles or shows signs of tampering shall be considered an altered bat.

- m. Shall have a safety knob of a minimum of 0.6cm (one fourth inch) protruding at a 90-degree angle from the handle. It may be molded, lathed, welded, or permanently fastened. Note: A "flare" or "cone" grip attached will be considered an altered bat.
- n. Shall be marked by the manufacturer in a prominent manner so as to be easily visible: "OFFICIAL ISF APPROVED SOFTBALL" or other notification as may be selected and approved by the ISF Equipment Standards Commission. If the approval notice cannot be read due to wear on the bat, the bat may still be permitted in play if it is in compliance with ISF Rules in all other respects and that compliance is determinable with reasonable certainty.
- o. The weight, distribution of weight, or length of the bat must be permanently fixed at the time of manufacture and may not be altered in any way thereafter, except as otherwise specifically provided in Rule 3, Section 1.
- p. The official bat shall not be an 'Altered Bat.' The weight, distribution of weight, and length of the bat, as well as all other characteristics of the bat must be permanently fixed at the time of manufacture and may not be altered in any way thereafter, except as otherwise specifically provided in Rule 3, Section 1, or a specification approved by the ISF Equipment Standards Commission.
- q. Note: Bats included on the ISF and ASA Bat Lists that continue to meet the provisions of Section B.1 are approved for use. Should a bat no longer meet the requirements of Section B.1it shall be considered an illegal bat and not approved for use.

## 2. Warm-Up Bats

The warm-up bat must be of one-piece construction, and it shall comply with the safety grip and safety knob requirements of the official bat. It must be marked "warm-up" in 3.2cm (1 ¼ in) letters on the barrel end. The barrel end must be in excess of 5.7cm (2 ¼ in).



3. The Official Softball
  - a. Shall be a regular, smooth-seamed, concealed stitched or flat surfaced ball.
  - b. Shall have a center core made of either No. 1 quality long fiber kapok, a mixture of cork and rubber, a polyurethane mixture, or other materials approved by the ISF Equipment Standards Commission.
  - c. May be hand or machine wound with a fine quality twisted yarn and covered with latex or rubber cement.
  - d. Shall have a cover cemented to the ball by application of cement to the underside of the cover and sewn with waxed thread of cotton or linen, or shall have a molded cover bonded to the core or molded integrally with the core, and have authentic facsimile of stitching, as may be approved by the ISF Equipment Standards Commission.
  - e. Shall have a cover of the finest quality No. 1 chrome tanned horsehide or cowhide, made of synthetic material, or made of other materials approved by the ISF Equipment Standards Commission.
  - f. Softballs used in Special Olympics play must meet the standards set by the ISF Equipment Standards Commission and must be stamped with the ISF Slow Pitch approved mark adopted and approved by the Equipment Standards Commission.
    - 1) The completed 30.5cm (12 in) ball shall be between 30.2cm (11 7/8 in) and 30.8cm (12 1/8 in) in circumference, and shall weigh between 178.0g (6 ¼ ounces) and 198.4g (7 ounces). The flat seam style shall have not less than 88 stitches in each cover, sewn by the two-needle method.
    - 2) The completed ball shall have a coefficient of restitution and compression standard as shall be determined and set by the ISF Equipment Standards Commission.
  - g. The red-stitch 30.5cm (12 inch) ball with a COR of .52 and under shall be used in all divisions, and must have a marking of MSP-52, in addition to the ISF or NGB logo.
4. Gloves and Mitts
  - a. No top lacing, webbing, or other device between the thumb and body of the glove or mitt worn by a first baseman, pitcher, or catcher or a glove worn by any fielder, shall be more than 12.7cm (5 in) in length.
  - b. Gloves worn by any player may be any combination of colors, provided none of the colors (including the lacing) are the color of the ball.
  - c. Gloves with white, gray, or yellow optic circles on the outside, giving the appearance of a ball, are illegal for all players. (SEE DRAWING AND SPECIFICATIONS)
  - d. **Any player may wear a glove or mitt.**

Glove specifications are available one the SOI Website
5. Shoes
  - a. The soles may be either smooth or have soft or hard rubber cleats.
  - b. No metal cleats are allowed in any division at any level of play.
  - c. No hard plastic, nylon or polyurethane spikes similar to a metal sole and heel plate are allowed.



- d Shoes with detachable cleats that screw onto the shoe are not allowed; however, shoes with detachable cleats that screw into the shoe are allowed.

Effect: Failure to comply with the provisions of Section 5, after a warning from the umpire, shall result in the ejection of the player from the game.

## 6. Protective Equipment

a. Athlete, partner and coach safety are paramount to the sport of Softball. Use of ISF/NGB approved protective equipment/gear is required or recommended to address potential and preventable injuries. When considering use of protective gear, please ensure the equipment is not only age appropriate, but also adequate to provide protection for the maximum number of offensive and defensive participants. For example, teams should make sure to have enough batting helmets to accommodate 2 base coaches, 3 base runners, 1 batter, 1 on-deck batter and a catcher, in addition to having replacement helmets available, if necessary. Also, teams should make sure to have a wide selection of helmet sizes available to accommodate all athletes, partners and coaches, regardless of age. Protective gear should be routinely checked to ensure it is in good working order/condition and if not, replaced with equipment that is.

b. Masks: Catchers must wear a mask with throat protector and approved helmet. An extended wire protector may be worn in lieu of an attached throat protector.

Note: The ice hockey goalie style facemask is approved for use by catchers. If there is no throat protector built onto the mask, the throat attachment must be added to the mask before using.

c. Facemasks: Any defensive or offensive player can wear an approved plastic face mask/guard. Face masks/guards that are cracked or deformed, or if padding has deteriorated or is missing, are prohibited from use and must be removed from the game. Catchers cannot wear the plastic face mask/guard in place of the regular mask with throat protector.

d. Body/Chest Protectors: It is recommended that catchers wear a body/chest protector. It is also recommended that male athletes and partners that may play catcher also wear a protective cup, as long as it is placed in the undergarments. Any defensive player that desires to wear protective body equipment is permitted to do so, and long as the equipment meet ISF or NGB standards and is in good working order/condition.

e. Shin Guards: It is recommended that catchers wear shin guards that will offer protection to the kneecap.

f. Helmets:

1) Any defensive player may wear a cap or an approved helmet of similar color of the team uniform.

2) ISF or NGB approved helmets are mandatory on offense for batters, on-deck batters, batter-runners, runners, and youth age representatives that participate as a bat boy or girl while on the field or in the dugout. They are recommended for all base coaches, including athletes and partners that may serve as base coaches. Chinstraps for helmets are also recommended, but are not required.

Effect: Failure to wear the approved batting helmet when ordered to do so by the umpire shall cause said player to be declared out.

Exception: Catchers, on-deck batters, or youth age representatives will be ejected from the game after a warning



- 3) Deliberately wearing the helmet improperly or deliberately removing the helmet during a live ball play, except on a home run hit over the fence, and seen by the umpire as a deliberate act shall cause the violator to be declared out immediately. The ball remains live.

Exception: If a thrown or batted ball contacts the deliberately removed helmet, the ball becomes dead and runners must return to the last base held at the time of such contact.

Note: Calling a runner out for removing a helmet deliberately does not cancel any force play situation.

- a) If a helmet is accidentally dislodged from its proper place on a batter, batter-runner or runner, there is no penalty and the ball remains live.
- b) If a thrown or batted ball hits the helmet while it is detached from its proper place on his person and this contact interferes with the play being made, or a defensive player comes in contact with the helmet while it is on the ground and this contact prevents him from making a play, the ball is dead, the offensive player who was wearing the helmet shall be called out, even if he had scored and the run is nullified.

#### 7. Equipment on Playing Field

- a. The ball is dead if it contacts equipment that is not part of the official equipment.
- b. For offensive equipment causing a blocked ball (and creating interference), the player being played on is out.
- c. If no apparent play is obvious, no runner will be called out, but all runners will return to the last base touched at the time of the dead ball declaration.
- d. For defensive equipment causing a blocked ball, runners are awarded:
  - 1) One base from the base last touched at the time of the pitch on a pitched ball,
  - 2) Two bases from the base last touched at the time of the throw on a thrown ball, or
  - 3) Two bases from the base last touched at the time of the pitch on a fair batted ball.

#### 8. All Equipment

Notwithstanding the foregoing, accredited Special Olympics Programs reserve the right to withhold or withdraw approval of any equipment which, in the Program's sole determination, significantly changes the character of the game, affects the safety of participants or spectators, or renders a player's performance more a product of his equipment rather than his individual skill.

### **SECTION C UNIFORM**

All players on a team shall wear uniforms alike in color, trim and style.

Exception: Players and coaches may, for religious reasons, be permitted to wear specific head covering and apparel that does not conform to standard uniform requirements without penalty.

#### 1. Caps

- a. Caps, visors, and headbands are optional for players but can be mixed. If more than one type is worn, they all must be of the same color and each of the same type must be of the same color and style. Plastic or hard visors are not allowed.

Exception: Players and coaches may, for religious reasons, be permitted to wear specific head covering and apparel that does not conform to standard uniform requirements without penalty



2. Undershirts  
Players may wear a uniform, solid colored undershirt (it may be white). It is not mandatory that all players wear an undershirt if one player wears one, but those that are worn must be alike. No player may wear ragged, frayed, or slit sleeves on exposed undershirts
3. Pants/Sliding Pants  
All player pants shall be either all long or all short in style. Players may wear a uniform solid color pair of sliding pants. It is not mandatory that all players wear sliding pants, but if more than one player wears them, they must be alike in color and style except temporary, snap-on or Velcro sliding pads. No players may wear ragged, frayed or slit legs on exposed sliding pants.
4. Numbers  
An Arabic number of contrasting color at least 15.2cm (6 in) high must be worn on the back of all uniform shirts. No manager, coach, or player on the same team may wear identical numbers, (numbers 1 and 01 are examples of identical numbers.) Only whole numbers 01 to 99 shall be used. Players without numbers will not be permitted to play.
5. Names  
Names: Individual names may be worn above the numbers on the back of all uniform shirts.
6. Casts  
Casts (plaster, metal or other hard substances in its final form) may not be worn in a game.  
Note: Any exposed metal (other than a cast) may be considered legal if adequately covered by a soft material, taped and approved by the umpire.
7. Jewelry  
No items, other than medical alert bracelets or necklaces, may be worn. Medical alert bracelets and/or necklaces are not considered jewelry, but if worn, they must be taped to the body.

Effect: If a player refuses to comply with the provisions, then that player will be removed from the game

## **SECTION D Field of Play**

(Refer to Drawing Showing Official Dimensions of Softball Diamond.)

1. The Playing Field
  - a. Is the area within which the ball may be legally played and fielded.
  - b. Shall have a clear and unobstructed area with the minimum radius as set out in the Distance Table.
  - c. Shall have an unobstructed area of not less than 7.62m (25 ft), nor more than 9.14m (30 ft) in width, outside the foul lines and between home plate and the backstop.
  - d. Should have a warning track. If a warning track is used, it shall be:
    - 1) An area within the playing field and adjacent to any permanent fence along the outfield and side boundaries.
    - 2) A minimum of 3.65m (12 ft) to a maximum of 4.57m (15 ft) from the outfield and/or side fences.
    - 3) Made of material (dirt, gravel) that is level with, but different from, the playing surface. The material must distinguish itself from the outfield surface, and signals players when they are approaching the fence.

Note: There is no requirement for facilities to cut a warning track in the permanent outfield surface (grass or otherwise) when temporary fencing is used.



2. Ground or Special Rules  
Ground or special rules establishing the limits of the playing field may be agreed upon by leagues, or opposing teams, whenever backstops, fences, stands, vehicles, spectators, or other obstructions are within the prescribed area.
  - a. Any obstruction on fair territory less than 83.82m (275 ft) from home plate, should be clearly marked for the umpire's information.
  - b. If using a baseball field, the mound should be removed and the backstop set at the prescribed distance from home plate.
3. The Official Diamond Shall Have Base Lines As Follows:
  - a. 65' and may be modified to either 60 or 70 in accordance with NGB guidelines.
    - 1) 18.29m (60 ft)
    - 2) 19.81m (65')\_
    - 3) 21.33m (70')

The Official Diamond Shall Have Pitching Distance As Follows:

  - 4) 15.24m (50 ft) & 12.19m (40 ft).

Note: If during the game, the base distance or the pitching distance is found to be at the wrong distance, correct the error at the start of the next full inning and continue playing the game.
4. Diamond Layout  
Instructions to set up a diamond are available on the SOI Website [www.specialolympics.org](http://www.specialolympics.org)

## **SECTION E Rules of Competition**

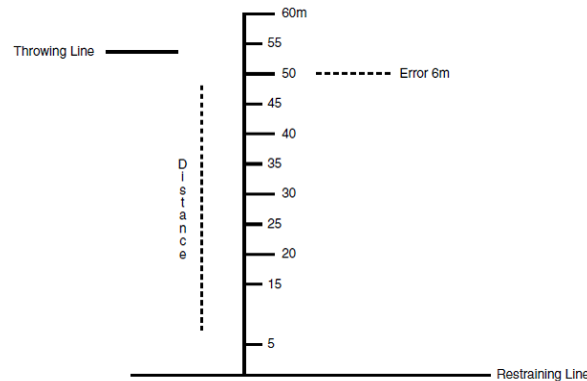
(For complete list of rules, visit the SOI Website [www.specialolympics.org](http://www.specialolympics.org))

1. Individual Skills Competition
  - a. The Individual Skills Competition is provided for athletes with limitation (such as walkers and wheelchairs), younger athletes and athletes new to the sport of softball and older athletes who still have the skills to play softball but cannot play an entire game. Individual Skills is NOT for athletes who can already play the game.
  - b. The Individual Skills Competition is composed of four events: Base Running, Throwing, Fielding and Hitting.
  - c. The athlete's final score is determined by adding together the scores achieved in each of these four events.
  - d. Athletes will be pre-divisioned according to their total scores from these four events.
  - e. Each event is diagrammed with the suggested number and placement of volunteers who will administer the event. It is also suggested that the same volunteers remain at an event throughout the competition so that consistency is provided.
    - 1) Base Running
      - a) Equipment: Three bases, home plate, stopwatch.
      - b) Purpose : To measure the athlete's base-running ability.
      - c) Description: Bases are set up like a baseball diamond and positioned 19.81 meters (65 feet) apart. The athlete is instructed to start on home plate, and run around the bases as fast as possible, touching each base en route.



- d) Scoring: The time starts when the athlete leaves home plate and stops when the athlete returns to home plate after circling the bases. The time elapsed in seconds is subtracted from 60 to determine the point score. A penalty of five seconds for each base missed or touched in improper order shall be assessed. The best score of two trials is recorded.

## 2) Throwing



- a) Equipment: Regulation field, two measuring tapes, softballs, two small cones or marking stakes
- b) Purpose: To measure the athlete's ability in throwing for distance and accuracy.
- c) Description: The player being tested stands behind the restraining line, back far enough to take one or more steps in preparation for throwing. The player has two trials to throw the softball as far and as straight as possible down the throwing line, without stepping over the restraining line. Coaches, assistants or other waiting players should be positioned in the field to indicate, using a cone or marking stake, the spot where each ball first touches the ground. The better of the two throws is measured and recorded as the player's score. If a player steps on or over the line before releasing the ball, the trial must be repeated. There will be a maximum of two repeats.
- d) Scoring: The net throwing score equals the throwing distance, measured at a point on the throwing line straight across from (perpendicular to) the spot where the ball landed, minus the error distance, the number of meters the ball landed off target, away from the throwing line. The player's score is the better of the two throws. Both error scores and distance are measured to the nearest meter; for example, if a ball lands even with (perpendicular to) the 50-meter point on the measuring tape, but is 6 meters off to one side, the player's score is 44 points (Distance thrown [50] minus number of meters off target [6] results in a net score of 44 meters). Athletes score one point per meter; for example, 44 meters equals 44 points. If the score falls between meters, the score should be rounded down; for example, 44.73 equals 44 points

## 3) Fielding

- a) Equipment: 30.5-centimeter (12-inch) softballs, measuring tape, chalk/line, cones.
- b) Purpose: To measure athlete's fielding ability.
- c) Description: The athlete will stand between and behind the two cones. The official must throw the ball on the ground to the athlete, between the cones. The throw to the athlete must hit the ground before the 6.10-meter (20-inch) chalk mark. The athlete may move aggressively toward the ball. If the thrown ball is outside of the cones, the throw must be





repeated. Each athlete gets five fielding attempts per trial. Each athlete receives two trials.

- d) Scoring: The athlete receives five points for a clearly fielded ball (either caught in glove or trapped against the body, but off the ground); two points for a ball that is blocked; zero points for a missed attempt, for a maximum score of 50

4) Hitting

- a) Equipment — Batting tee, 30.5-centimeter (12-inch) red-stitch restricted-flight softballs, bat, measuring tape and chalk.
- b) Purpose — To measure the athlete's ability to hit for distance when hitting off a batting tee.
- c) Description — Standing in a regulation-size batter's box (i.e., 2.31 meters [7 feet, 7 inches] by 99 centimeters [3 feet, 3 inches]), the athlete is instructed to hit the ball off the tee. The athlete receives three attempts.
- d) Score — The distance of the longest hit shall determine the athlete's final score. The distance of a hit is measured from the batting tee to the point where the ball first touches the ground. The distance is measured to the nearest meter; for example, one meter equals one point; 46 meters equals 46 points. If the score falls between meters, scores should be rounded down; for example, 46.73 equals 46 points. A player's final score is determined by adding together the scores achieved in each of the four events which comprise the Individual Skills Competition.

2. Base Race

Base Race is a single event intended for athletes with limitations (such as walkers and wheelchairs) from participating in other softball competitions, as well as younger athletes that are new to the sport of softball. If athletes are capable of participating in the Individual Skills Competition listed about, they should NOT participate in the Base Race.

- a. Equipment – Four bases or markers, whistle, stopwatch, tape, measuring tape, chalk

- b. Set – up:

- 1) Arrange the bases in a square, with the distance of 5 meters (16 feet, 5 inches) between each base.
- 2) Number the bases one to four using the tape.
- 3) Make a straight line between each base using chalk.

- c. Rules:

- 1) Athlete starts the race standing on base number four.
- 2) Athlete begins race at the sound of the whistle
- 3) Athlete must touch each base in the proper order, which are bases one, two, three and four

- d. Score:

- 1) Athlete is timed from starting whistle to when he/she steps on base number four to complete the race.



- 2) A penalty of five seconds is assessed on each occasion that an athlete fails to touch a base or fails to touch a base in proper order
3. Bat for Distance  
Bat for Distance is a single event intended for athletes with limitations (such as walkers and wheelchairs) from participating in other softball competitions, as well as younger athletes that are new to the sport of softball. If athletes are capable of participating in the Individual Skills Competition listed above, they should NOT participate in the Bat for Distance.
    - a) Equipment - 30-centimeter (11 3/4-inch) whiffle ball, whiffle ball tee, chalk, measuring tape.
    - b) Set-up
      - 1) Mark with chalk a 2-meter (6 feet, 6 3/4 inch) by 2-meter square for a batting area.
      - 2) Set the batting tee exactly in the middle of the square.
    - c) Rules
      - 1) Whiffle ball is set on a tee by an official before each attempt.
      - 2) Tee is arranged at a height so the ball is even with the athlete's waist.
      - 3) Athlete is allowed three nonconsecutive "at bats" to hit the ball.
    - d) Score
      - 1) The distance of each hit is measured from the point where the ball first touches the ground to the base of the tee.
      - 2) Athlete's final score is the cumulative distance of his/her "hits".
      - 3) Measure in meters; for example, one meter equals one point; round down to nearest meter.

## **SECTION F T-Ball Team Competition**

1. Divisioning
  - a. Teams will be divisioned according to a team score compiled in the Individual Skills Competition and a classification round.
  - b. Coaches must submit an Individual Skills Competition score for each player prior to the conducting of competition. A team score is determined by adding the 12 players' scores and dividing that total by 12.
  - c. Teams are initially grouped in divisions according to their Individual Skills Competition team scores. A classification round shall then be conducted as a means of finalizing the divisioning process.
  - d. In the classification round, teams will play one or more games with each game lasting no longer than 30 minutes. Each team will be required to play all of the players whose Individual Skills Competition scores were submitted to determine the team score. Both teams will be required to play the field and hit.
2. Playing Area
  - a. The field shall conform to ISF standards, with the following modifications:



- b. Bases may be modified to a distance of 18.29 meters (60 feet).
  - c. The distance from home plate to the pitcher's rubber may be modified to a minimum distance of 14 meters (45 feet, 11 1/4 inches).
  - d. A "neutral zone" will be marked in an arc of 14 meters (45 feet, 11 1/4 inches) from home plate. Any batted ball that does not cross this line will be designated a foul ball.
  - e. A coaches' circle will be located 3 meters (9 feet, 10 1/4 inches) beyond second base and made with a 1.8-meter (5 feet, 11 inch) diameter. One coach from the defensive team may be allowed to stand in this circle while his/her team is on the field.
  - f. Equipment: Same as Slow Pitch Team Competition
3. Team and Players
- a. Each team must have 10 players in the following positions to start a game:
  - b. Pitcher: Defensive position is on the rubber
  - c. Catcher: Defensive position is behind home plate
  - d. First Baseman: Normal defensive position
  - e. Second Baseman: Normal defensive position
  - f. Third Baseman: Normal defensive position
  - g. Shortstop: Normal defensive position
  - h. Four Outfielders: Must play a minimum of 3 meters (9 feet, 10 1/4 inches) behind infielders
4. General Rules and Modifications
- a. A batting tee will be placed directly on home plate.
  - b. A coach from the batting team will adjust the tee to fit the batter.
  - c. To start play, the catcher will place the ball on the tee and the umpire will say "play ball."
  - d. The batter will step in the batter's box and hit the ball.
  - e. If the batter completely misses the ball and the tee, the attempt shall be ruled a strike.
  - f. All defensive players must stand behind the neutral zone before the ball is hit. They may come into the neutral zone after the ball is hit to field it. If they touch a ball within the neutral zone, and a defensive player does not touch it, the ball will be called a foul ball.
  - g. If the batter has two strikes and fouls off the third attempt, he or she shall be declared out.
  - h. The batting team's half of the inning shall end when three outs have been made or the batting order is complete.
  - i. The batter must hit the ball within the foul lines and beyond the 14-meter (45 feet, 11 1/4 inch) neutral zone to be ruled a fair ball. If a batted ball does not leave the neutral zone, and the defensive player does not touch it, the ball will be called a foul ball.
  - j. A regulation game consists of six innings. A time limit of one hour shall be in force for all games.
  - k. The umpires are empowered to make all decisions on the playing field. If a protest is made, it shall be brought before the Softball Rules Committee who will then make a final decision. A protest will not be considered which pertains to any judgment call made by an umpire.



- I. After a ball is hit into fair territory and the batter has left the batter's box, the umpire shall remove the tee from home plate and set it in foul territory
5. Substitutions
    - a. Substitutions may be made whenever a "timeout" is called.
    - b. Any of the starting players may leave and re-enter the game. This may be done by each starting player only once, with the provision that the players occupy the same position in the batting order as the one they occupied when they left the game. A starting player may only re-enter the game for the person who substituted for him/her. Substitutes may re-enter the game in the same manner.
  6. Coaches Privileges
    - a. Two base coaches are allowed for the offensive team, one in the first base coach's box and one in the third base coach's box. The coaches must remain in those boxes while their team is at bat.
    - b. One of the two base coaches must adjust the tee to the proper height for each batter and return to the coach's box.
    - c. One coach from the defensive team may be allowed on the field, and he/she must remain in the coach's circle behind second base. Also, he/she must make a reasonable attempt to avoid any ball that is thrown in his/her direction.

## **SECTION G TEAM SLOW PITCH COMPETITIONS**

### **GENERAL RULES AND MODIFICATIONS**

1. Team Competition
  - a. Divisioning
    - 1) Teams will be divisioned according to:
      - a) Scores compiled in Softball Team Rating Forms.
      - b) A classification round of games.
    - 2) Coaches must submit a Softball Team Rating Form for each player on their rosters prior to the competition.
    - 3) The "team score" shall be determined by adding the top 10 players' scores and then dividing that total by 10.
    - 4) Teams are initially grouped in divisions according to their team rating. A classification round of games shall then be conducted as a means of finalizing the divisioning process.
    - 5) In the classification round, teams will play one or more games with each game lasting no longer than 30 minutes. Each team will be required to play all 12 players whose scores were used to determine the "team score." Both teams will be required to play the field and to bat.
  - b. General Rules and Modifications
    - 1) The field shall conform to ISF standards.
    - 2) A regulation game shall consist of seven innings. The game will be considered complete if after five full innings of play, one team leads the other by 10 runs or more. The game shall last no longer than one and a half hours.
    - 3) The distance from home plate to the pitcher's rubber may be modified to a minimum distance of 12.19 meters (40 feet) from the official distance of 15.24 meters (50 feet).



- 4) An extra player, referred to as “EP,” is optional, but if one is used, he/she must be made known prior to the start of the game and be listed on the scoring sheet in the regular batting order. If the EP is used, he/she must be used the entire game. Failure to complete the game with the EP results in the forfeiture of the game.
- 5) The EP must remain in the same position in the batting order for the duration of the game.
- 6) If an EP is used, all 11 must bat and any 10 may play defense. Defensive positions may be changed, but the batting order must remain the same.
- 7) The EP may be substituted for at any time. The substituted EP must be a player who has not yet been in the game. The starting EP may re-enter.
- 8) When batting, players will take their stance within the lines of the batter’s box.
- 9) The ball must be pitched in an underhand motion and should travel in an arc that is no less than 1.83 meters (6 feet) and no greater than 3.66 meters (12 feet).
- 10) Four balls constitute a walk and three strikes constitute an out. If the batter has two strikes and then fouls off the third pitch, he/she shall be declared out.
- 11) An appeal play is defined as a play in which an umpire is unable to make a decision unless he/she is requested to do so by a coach or player. The appeal can be made if a coach or player asks the umpire to make a ruling.
- 12) The umpires are empowered to make all decisions on the playing field. If a protest is made, it shall be brought to the Softball Rules Committee who will then make a final decision. A protest may only be made if it questions the applicability of the rules. No protest will be considered which pertains to any judgment call made by an umpire.
- 13) If a coach touches a runner while the ball is still in play, that runner will be declared out. Coaches are required to stay within the boundaries of the coaches’ boxes.

## **SECTION L UMPIRES**

### **1. Power and Duties**

The umpires are the representatives of the league or organization by which they have been assigned to a particular game, and as such, are authorized and required to enforce each section of these rules. They have the power to order a player, coach, captain or manager to do or omit to do any act which in their judgment is necessary to give force and effect to one or all of these rules and to inflict penalties as herein prescribed. The plate umpire shall have the authority to make decisions on any situations not specifically covered in the rules.

#### **General Information for Umpires**

- a. The umpire shall not be a member of either team. Examples: player, coach, manager, officer, scorer or sponsor.
- b. The umpire should be sure of the date, time and place for the game and should arrive at the playing field 20-30 minutes ahead of time, start the game on time and leave the field when the game is over.
- c. The male and female umpire must wear
  - 1) A powder blue long or short-sleeved shirt.
  - 2) Dark navy blue socks.
  - 3) Dark navy blue slacks.



- 4) Dark navy blue cap with white and blue trimmed ISF letters on the front.
  - 5) Dark navy blue ball bag (plate only).
  - 6) Dark navy blue jacket and/or sweater.
  - 7) Black shoes and belt.
  - 8) A white T-shirt worn under the powder blue shirt.
- d. Umpires must not wear exposed jewelry that may pose a hazard.
- Exception: Medical Alert Bracelets and/or necklaces
- e. The umpires should introduce themselves to the captains, managers and scorers.
- f. The umpires should inspect the playing field boundaries, equipment and clarify all ground rules to both teams and their coaches.
- g. Each umpire shall have the power to make decisions on violations committed any time during playing time or during suspension of play until the game is over.

## **SECTION M COACHES, PLAYERS, & SUBSTITUES**

### **1. Coaches**

- a. The Head Coach is responsible for signing the line-up card.
- b. Coaches must be neatly attired, including the wearing of suitable footwear, or dressed in team uniform in accordance with the color code of the team. If a coach wears a cap, it must be approved headwear.
- c. An offensive team coach (base coach) is an eligible member of the team at bat who takes his place on the field, within the coach's box.
  - 1) Two coaches are allowed to give words of assistance and direction to the members of their team while at bat.
  - 2) One shall be stationed near first base and one near third base and they are obligated to stay within the confines of their respective coach's box.

Exception: A coach may leave the coach's box to signal a runner to slide, advance or return to a base, or move out of a fielder's way, as long as he does not interfere with the play.
  - 3) A base coach may address only his own team members.
  - 4) One coach can have in his possession in the coach's box, a score book, pen or pencil and an indicator, all of which shall be used for score keeping or record keeping purposes only
- d. A defensive team coach/manager is an eligible member of the team in the field, who may be either a non-playing coach who remains in the dugout, or a playing coach who takes his place on the field. This coach may give direction and assistance to his team while they are playing defense.
- e. Coaches may not use language that will reflect negatively upon players, umpires or spectators.
- f. No communication equipment is allowed between:
  - 1) The coaches on the field;
  - 2) The coaches and the dugout;
  - 3) The coaches and any player;



- 4) The spectator area and the field, including the dugout, coaches and players

Effect: Any infraction shall result on a warning for the first occurrence. Any subsequent infraction by a coach/manager of the same team shall result in the ejection of that coach/manager.

## 2. Line-Up Cards and Rosters

- a. Official line-up cards are to be completed and submitted to the Official Scorer, or umpire, at the start of each game. The plate umpire retains the card for the duration of the game.
  - 1) A player's name shall not be on the starting line-up, unless the player is present in the team area and in uniform.
  - 2) All available substitutes should be listed in the designated place, by their last name, first name and uniform number.
  - 3) Eligible roster members may be added to the available substitute list at any time during the game.
  - 4) The name of the head coach/manager must be listed on the line-up card.

## 3. Players

- a. A team shall consist of players in the following positions:
  - 1) Ten players: pitcher (F1), catcher (F2), first baseman (F3), second baseman (F4), third baseman (F5), shortstop (F6), left fielder (F7), left center fielder (F8), right fielder (F9) and right center fielder (F10).
  - 2) With Extra Player (EP). Eleven players: same as slow pitch plus an EP who bats in the line-up.

Note: Players of the team in the field may be stationed anywhere on fair territory, except the catcher, who must be in the catcher's box, and the pitcher, who must be in a legal pitching position at the start of each pitch.

### b. Shorthanded Rule

- 1) To start a game:
  - a) A game may begin or finish with one less than required to start.
  - b) The vacant position must be listed last in the batting order.
  - c) An out will be recorded when the vacant position in the batting order is scheduled to bat.
- 2) To continue a game once started with a full team listed on the line-up card:
  - a) If a team begins play with the required number of players as listed, that team may continue a game with one less player than is currently in the line-up whenever a player leaves the game for any reason other than ejection. Under no circumstances shall a team be permitted to bat less than nine.
  - b) If playing shorthanded, and a substitute arrives, the substitute must be inserted immediately into the vacant spot. If the substitute refuses to enter for any reason, that player becomes ineligible for the remainder of the game.
  - c) If another player arrives, of the correct designation (athlete/partner), that player must be inserted into the line-up in the vacant spot by alternating athlete/partner.
  - d) If the player leaving the game is a runner or batter, the runner or batter shall be declared out.



- e) When the player who has left the game is scheduled to bat, an out shall be declared for each turn at bat. An inning or the game can end with an automatic out.
- f) The player who has left the game cannot return to the line-up.
- g) The batting order must still alternate and the defensive positioning remains as required.

Exception: A player who has left the game under the blood rule may return even after missing a turn at bat.

Effect: Failure to have the required number of eligible players to start or continue a game will result in a forfeit

- c. A team must have the required number of players present in the team area to start or continue a game.

Effect: The game is forfeited

## **SOSC MODIFICATIONS**

### 1. Competition

- a. A game will be deemed complete if a team has a ten-run lead after five innings. The leading team will be considered the winner. This is referred to as the “ten run rule.”
- b. Pitching distance is 50 feet, may be adjusted up to 40 feet.
  - 1) For tournaments, two pitching distances should be set up, the first one at 40 feet and the second one at 50 feet. Athlete pitchers are allowed to move between the two pitching rubbers as needed. Chalk lines may be added along the sides to create a box, identifying the pitching area for the athletes.
  - 2) The lowest level “C” teams can have their athlete pitchers move in front of the first pitching rubber if needed.
  - 3) Pitching: pitching should be underhand. Ball must be over batter’s head, but not more than 12 feet in height. Extension mat at home plate is not allowed at any level.
- c. Distance between bases is 65 feet, but may be adjusted to 60 feet.
- d. Coaches are not allowed to assist defensively in the outfield. Coaches must remain in the dugout area while their team is playing defense. A base coach is a member of the team at bat who resides within one of the coaching boxes on the field to direct players of the team in running the bases. Two coaches are allowed. One coach can have in his possession in a coaches box a score book, pen or pencil, and an indicator, all of which shall be used for score keeping or record-keeping purposes only. No communication equipment is allowed
- e. There will be no more than two coaches for each team to give words or signals of assistance and direction to the members of their team while at bat. One should be stationed near first base and the other near third base. Each coach must remain in his/her coaches’ box
- f. A foul ball following 2 strikes is an out.
- g. Teams may utilize the extra-player (EP) rule when applicable.

### 2. D Level Softball Modifications

Teams will be allowed to apply the following SOSC approved modifications to the Slow Pitch Team Competition rules. Areas and Regions will not be allowed to deviate from these modifications.





Please note that for the 2013 Fall Season, D level softball teams will not advance past Regional Games to Fall Games. These modifications will be reviewed at the end of the season.

SOSC APPROVED MODIFICATIONS FOR D LEVEL SOFTBALL

- a. *The coach will be allowed to pitch to his/her team. (The coach pitcher must be identified at the start of the game.)*
  - 1) Each player will receive 3 pitches from the coach pitcher.
    - a) The coach must pitch underhand, and pitch must be over batters head, but not more than 12 feet.
  - 2) If unable to hit pitched ball after three attempts, athletes will have two (2) opportunities to hit off of the batting tee.
    - a) A "neutral zone" will be marked in an arc of 14 meters (45 feet, 11 1/4 inches) from home plate. Defensive infield players must remain behind the neutral zone until the ball is hit off the tee. Once the ball is hit the defensive infielders are free to field ball in fair territory and make a play.
    - b) If a batted ball is untouched by a defensive player in the neutral zone and the ball does not pass the neutral zone before coming to a stop, it shall be ruled a foul ball.
    - c) If the defensive player touches the ball in the neutral zone, the ball is fair.
    - d) Since defensive players cannot enter the neutral zone until the ball is hit, there is no safety hazard.

Any batted ball that does not cross this line will be designated a foul ball.
  - 3) If the batter completely misses the ball and tee, the attempt shall be ruled a strike.
  - 4) Games will last one (1) hour, no new innings after 55 minutes.
- b. A coaches' circle will be located 3 meters (9 feet, 10 1/4 inches) beyond second base and made with a 1.8 meter (5 feet, 11inch) diameter. One coach from the defensive team may be allowed to stand in this circle while his/her team is on the field.
- c. The batting team's half of the inning shall end when three (3) outs have been made or the team has gone through the 10 player batting order once.

As a reminder, the batting tee should only be used as development or training tool that assists the athlete with skill development; athletes should working to move away from using the batting tee and only hitting off the pitcher.

3. Uniforms

- a. The softball uniform is a jersey or shirt, shorts, stockings, and shoes. All jerseys or shirts should have six-inch Arabic numbers on the back. Shoes: Shoes must have rubber sole cleats. No metal cleats.
- b. Batting helmets are required for all batters, base runners and Unified partners.
- c. The catcher must wear a face-mask (chest protector is not required)

General Uniform Guidelines

- a. Jeans and Denim-type clothing are not permitted.
- b. All athletes and teams should have identical uniforms.



- c. Team shirts and undershirts shall be the color. Tops need to be able to tuck into the bottoms.
- d. Athletic shorts should be no higher than 3" above the knee. If an individual wears an undergarment that extends below the bottom of the short, i.e. compression shorts; the undergarment must be a single color similar to the color of the uniform shorts and be above the knee length.
- e. It is forbidden to wear any object that may cause injury or give an artificial advantage to any player.
  - 1. Forbidden Objects Include, but are not limited to the following:
    - Head Gear
    - Jewelry
    - Casts or Braces
    - Exceptions will be made for religious or medical medallions and flat wedding bands. If worn, they must be removed from chains and taped or sewn under the uniform.
- f. All uniforms must have an appropriate SOSC logo. No sponsor logo on uniforms
- g. T-Shirts, if worn must be of uniform type and quality and sanctioned by the Area/Region
- h. The name of the program may be placed on the front of the jersey or shirt. The name of the program or athlete may be placed on the back of the jersey or shirt.
- i. All team members should have uniforms that are identical in color and style unless otherwise indicated in specific sports rules (such as goalie attire).
- j. Uniform Guidelines can be modified as needed to accommodate the individual disability or medical condition of an athlete.
- k. Uniform Numbering: for teams using their uniforms for more than one sport, it is recommended that shirts be numbered utilizing the basketball regulations. This type of numbering will allow shirts to be used in most other sports offered by SOSC. Basketball rules state that numbers are required on the front and back of uniforms. Numbers on the front must be at least four inches high and six inches on the back.
- l. Athletes should not wear any extra items (such as) hats, fanny packs, etc.
- m. SPORTS SPECIFIC UNIFORM GUIDELINES:
  - Softball
    - Numbered Softball Jersey or T-Shirt
    - Shorts or Softball/Baseball Pants
    - Knee Socks
    - Shoes
  - Sports Equipment
    - Glove
    - Batting Helmet
    - Catcher Mask



## **SPORTS RULES: TENNIS**

The Official Special Olympics Sports Rules for Tennis shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Tennis Federation (ITF) Rules for tennis found at <http://www.itftennis.com/>. ITF or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Tennis or Article I. In such cases, the Official Special Olympics Sports Rules for Tennis shall apply.

Refer to Article 1, <http://resources.specialolympics.org/article1.aspx>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

### **SECTION A OFFICIAL EVENTS**

The following is a list of official events available in Special Olympics Southern California. The range of events is intended to offer competition opportunities for athletes of all abilities.

1. Individual Skills Competition
2. Singles
3. Doubles

### **SECTION B RULES OF COMPETITION**

#### **1. Divisioning**

An athlete shall be divisioned on the basis of their rating in accordance with Tennis Rating Form. A Tennis Rating Form must be submitted for each athlete with the registration package for the event. The Tennis Rating Form provided in Section C of the Official Special Olympics Sports Rules for Tennis.

#### **2. Match play**

a. A match will consist of one of the following.

- 1) One six game No-Ad set with a margin of two games with a 7 point tie-break played at six all.
- 2) Two out of three short sets. In a short set, the first player/team who wins four games wins that set, provided there is a margin of two games over the opponent(s). If the score reaches four games all, a 7 point tie-break game shall be played. When the score in a match is one set all, one 7 point tie-break game shall be played to decide the match. This tie-break game replaces the deciding final set.

b. The No-Ad scoring system will be used for all match play. The No-Ad procedure is simply what the name implies: The first player to win four points wins the game, with the seventh point of a game becoming a game point for each player.

For Singles matches: The receiver has the choice of advantage court or deuce court, the service on the seventh point, is to be delivered to the nominated court.

For Doubles matches: The receiving pair has the choice of advantage court or deuce court, the service on the seventh point, is to be delivered to play playing in the nominated court.

For Mixed Doubles matches: The player of the same gender as the server shall receive the deciding point. i.e. male to male or female to female.

For Unified Doubles matches: The service on the seventh point is to be delivered athlete to athlete or partner to partner - **SOSC does not offer Unified Tennis.**

NOTE: The score calling may be either in the conventional terms or simple numbers, i.e., "zero, one, two, three, game."



- c. One designated Special Olympics coach may sit on court, (off the playing surface, in a chair located at the net post next to the umpire's chair) and may coach a player when the players change ends at the end of an odd game, but not after the first game of each set and not during a tie-break game.
2. Unified Sports Doubles – **SOSC does not offer Unified Tennis**
  3. Individual Skills Competition  
NOTE: Competition Managers must specify the type of ball to be used at each ISC competition. These may be a traditional tennis ball, low compression ball, or foam ball. The preferred ISC ball is the SpeedBall, distributed by the Professional Tennis Registry (PTR).
    - a. Forehand Volley
      - 1) The athlete stands approximately one meter from the net with the feeder on the other side positioned halfway between the service line and the net. Each athlete is given five attempts to hit a ball safely over the net. The feeder underhand tosses each ball to the athlete's forehand side.
      - 2) The athlete scores 10 points for hitting into the backcourt on or between the baseline, service line and singles sidelines. The athlete scores five points for hitting into either service box.
    - b. Backhand Volley
      - 1) Same as forehand volley except feeder sends the balls to athlete's backhand side. Each athlete is given five attempts.
    - c. Forehand Groundstroke
      - 1) The athlete stands on or behind the baseline. The feeder, positioned halfway between the net and service line on the same side of the net, underhand tosses the ball so it bounces once before reaching the athlete's forehand side. Each athlete is given five attempts.
      - 2) The athlete scores 10 points for hitting into the backcourt on or between the baseline, service line and singles sidelines. The athlete scores five points for hitting into either service box.
    - d. Backhand Groundstroke
      - 1) Same as forehand groundstroke except the feeder sends the ball to the athlete's backhand side. Each athlete is given five attempts.
    - e. Serve—Deuce Court
      - 1) Each athlete is given five attempts to hit a legal serve from the right court to the deuce service box. A ball landing in the correct service box will count 10 points. A zero (0) score is recorded if the athlete commits a foot fault or fails to get the ball in the service box. A foot fault occurs when the athlete steps on or over the baseline or the imaginary extensions of the center mark or sideline.
    - f. Serve—Advantage Court
      - 1) Same as serve to deuce court but from the left court to the advantage service box. Each athlete is given five attempts.
    - g. Alternating Groundstrokes with Movement
      - 1) The athlete is positioned at the center service mark on or behind the baseline. The feeder, standing halfway between the service line and net on the same side, alternates tosses to the athlete's forehand and backhand sides. Each toss should land at a point which is both halfway between the service line and baseline and halfway between the center service mark and singles sideline. The athlete must be allowed to return to the center mark before feeding the next ball. Each athlete is given ten attempts.



- 2) The athlete scores 10 points for hitting into the backcourt on or between the baseline, service line and singles sidelines. The athlete scores five points for hitting into either service box.
- h. Final Score
  - 1) A player's final score is determined by adding together the scores achieved in each of the seven events which comprise the Individual Skills Competition.

## **SECTION C SOSC MODIFICATIONS**

1. Competition
  - a. Athletes entered in Individual Skills Contest may not enter Singles/Doubles Competition. **NO EXCEPTIONS!**
  - b. Team Assessment: The Special Olympics Tennis Rating Guidelines must be submitted for all athletes attending Summer Games.
2. General Uniform Guidelines:
  - a. Jeans and Denim-type clothing are not permitted.
  - b. All athletes and teams should have identical uniforms.
  - c. Team shirts and undershirts shall be the color. Tops need to be able to tuck into the bottoms.
  - d. Athletic shorts should be no higher than 3" above the knee. If an individual wears an undergarment that extends below the bottom of the short, i.e. compression shorts; the undergarment must be a single color similar to the color of the uniform shorts and be above the knee length.
  - e. It is forbidden to wear any object that may cause injury or give an artificial advantage to any player.
    1. Forbidden Objects Include, but are not limited to the following:
      - Head Gear
      - Jewelry
      - Casts or Braces
      - Exceptions will be made for religious or medical medallions and flat wedding bands. If worn, they must be removed from chains and taped or sewn under the uniform.
  - f. All uniforms must have an appropriate SOSC logo. No sponsor logo on uniforms.
  - g. T-Shirts, if worn must be of uniform type and quality and sanctioned by the Area.
  - h. The name of the program may be placed on the front of the jersey or shirt. The name of the program or athlete may be placed on the back of the jersey or shirt.
  - i. All team members should have uniforms that are identical in color and style unless otherwise indicated in specific sports rules (such as goalie attire).
  - j. Uniform Guidelines can be modified as needed to accommodate the individual disability or medical condition of an athlete.
  - k. Uniform Numbering: for teams using their uniforms for more than one sport, it is recommended that shirts be numbered utilizing the basketball regulations. This type of numbering will allow shirts to be used in most other sports offered by SOSC. Basketball rules state that numbers are required on the front and back of uniforms. Numbers on the front must be at least four inches high and six inches on the back.
  - l. Athletes should not wear any extra items (such as) hats, fanny packs, etc.



m. SPORTS SPECIFIC UNIFORM GUIDELINES:

Tennis

- Polo Shirt
  - Shorts or Pants
  - Socks
  - Court Shoes
  - Visors or Hats
  - Wristbands or Headbands
- Sport Equipment
- Tennis Racket



## **SPORTS RULES: VOLLEYBALL**

The Official Special Olympics Sports Rules for Volleyball shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale de Volleyball (FIVB) Rules for volleyball found at <http://www.fivb.org/>. FIVB or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Volleyball or Article I. In such cases, the Official Special Olympics Sports Rules for Volleyball shall apply.

Refer to Article 1, <http://resources.specialolympics.org/article1.aspx>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

### **SECTION A OFFICIAL EVENTS**

The following is a list of official events available in Special Olympics Southern California. The range of events is intended to offer competition opportunities for athletes of all abilities. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

1. Individual Skills Competition
2. Team Competition
3. Unified Sports® Team Competition - **SOSC does not offer this event**
4. Modified Team Competition

### **SECTION B COURT AND EQUIPMENT**

1. The service line may be moved closer to the net, but no closer than 4.5 meters (14 feet, 9 inches).  
Note: There will be no modifications for Special Olympics World Games.
2. Height of the net:
  - a. Men's and coed competition—2.43 meters (7 feet, 11 5/8 inches)
  - b. Women's competition—2.24 meters (7 feet, 4 1/8 inches)
  - c. Unified Sports competition—2.43 meters (7feet, 11 5/8 inches) for men and coed and 2.24 meters (7 feet, 4 1/8 inches) for women
3. A lighter weight, leather, modified volleyball may be used. The size of the ball should be no larger than 81 centimeters (32 inches) in circumference and weigh no more than 226 grams (8 ounces). It should be as close as possible to the regulation-size volleyball. The specified standard ball only will be used in Special Olympics World Games.
4. Official Court Dimensions: 18 meters by 9 meters, surrounded by a free zone of a minimum of 3-meters wide on all sides.

### **SECTION C RULES OF COMPETITION**

1. Team Competition
  - a. Divisioning
    - 1) Prior to competition, the head coach must submit the scores from the four Volleyball Skills Assessment Tests (VSAT), i.e., serve, forearm pass, spike and bump-set, for each player on his/her roster. (These tests are for player/team assessment only and are not competition events for medals and ribbons. Information regarding the VSAT follows in Section D).
    - 2) The head coach also must identify his/her six best players in terms of their on-court playing ability by placing a star next to their names on the roster.
    - 3) A "team score" shall then be determined by adding the top eight players' VSAT scores and then dividing that total by eight.



- 4) Teams are initially grouped in divisions according to the VSAT team score.
- 5) A classification process shall then be conducted as a means of finalizing the divisioning process. Suggestions for this process include, but are not limited to:
  - a) Playing classification rounds where teams will play one or more sets, with each set lasting at least five minutes or 10 points, whichever comes first. Each team will be required to play all team members.
  - b) Playing “pool play” rounds to establish divisions.
  - c) Tournament Directors are encouraged to require that all players on a roster participate during the divisioning round for a minimum time or points as established by the tournament committee.

#### Libero Player

Any team has the option to designate no more than one Libero player on its roster for each set. There are special rules if the Libero player is injured and cannot continue. The Libero player's number must be placed on the lineup sheet for each set of each match, in addition to the numbers for the starting six players. The Libero player must wear a uniform of a different and contrasting color and/or design than that of the rest of the team in order to be easily recognized on the court. Contrasting with FIVB Rules, for Special Olympics' purposes, teams have the option of changing the Libero player from set to set.

**Libero playing actions:** The Libero is allowed to replace any player in a back-row position, except in Unified Sports competition when an athlete may only replace an athlete, and a partner replace a partner. He/she is restricted to perform as a back-row player and is not allowed to complete an attack hit from anywhere (including playing court and free zone) if at the moment of the contact, the ball is entirely higher than the top of the net. A player may not complete an attack hit from higher than the top of the net if the ball is coming from an overhead finger pass by a Libero in his/her front zone. The ball may be freely attacked if the Libero makes the same action from behind the front zone.

**Libero Replacements:** When the Libero replaces a player in the back zone, it is not counted as a substitution. Libero replacements are unlimited. Only the players whom he/she replaced may replace the Libero. Replacements may take place at the start of the set after the second referee has checked the lineup or while the ball is out of play, before the first referee blows the whistle for service.

- b. Competition Adaptations (from FIVB Rules)
  - 1) A time limit of 30 minutes may be set for each set (if time is limited).
  - 2) Multiple substitutions will be allowed as follows (except for the Libero player):
    - a) Unlimited individual entries by a substitute within the team's allowable 12 substitutions
    - b) Maximum 12 team substitutions per set.
    - c) Unlimited number of players may substitute into a single position.
    - d) A player in the starting lineup may start a set and re-enter, but only in the same position in which he started the set. Likewise, a substitute who has left the set may re-enter, but only in the position he/she had just previously played.
  - 3) Bench Coaching
    - a) A coach is permitted to get up from the bench and move around as long as the coach is not affecting the progress of the game. Coaching from behind the end line is prohibited.





- b) A coach is permitted to assist the athlete to move in position for substitutions.
  - c) A coach is permitted to make a request for substitution. The request will be recognized by the referee even if the player has not yet entered the substitution zone.
  - d) Coaches from both teams must sign the scoresheet after the match to verify the results.
- 4) For violations, a verbal or hand signal warning is issued first. After a warning, sanctions may escalate to a yellow card, which is a penalty point and service to the opponent, a red card, which results in expulsion from the set, or a yellow and red card shown together, which results in disqualification from the match.
- 5) Rally Scoring shall be used.
- c. Basic Ground Rules
- 1) Players
    - a) All matches shall start with six players. In competitions other than Special Olympics World Games, in the event of injury during a match whereby a team has been reduced to five players, a team may continue tournament competition. At no time can play continue with less than five players.
    - b) Unified Sports teams must be composed of three athletes and three partners. In extenuating circumstances, a Tournament Director may allow more athletes than partners if he/she deems that it is still in the spirit of Unified Sports.
    - c) The team roster, including substitutes, may not exceed 12 players.
  - 2) Service
    - a) The first server of each set is the right back player. Thereafter, the right front player rotates to the right back position. The team receiving first service shall rotate upon the first side out.
    - b) A team continues to serve until it commits a violation or the set ends.
    - c) The service alternates when there is a violation by the serving team. The ball is awarded to the opponent who shall rotate clockwise one position.
    - d) The winner of the coin toss may choose either to serve, receive or select a specific side of the court. If a deciding third or fifth game is necessary, a coin toss shall again be conducted with the same options.
    - e) Serve shall be from the serving area. Stepping on or over the line when the ball is contacted shall constitute a violation.
    - f) The server must contact the ball within eight seconds after the first referee's whistle for service.
  - 3) Play
    - a) The ball may be hit with any part of the body.
    - b) A player shall not play the ball twice in succession, except in blocking. This is not to be confused with allowable multiple contacts in one attempt to play the ball, as provided in Rules 10 and 15 of the FIVB Rules.



- c) A team shall not play the ball more than three times before it crosses the net. (A touch on a block does not count as one of the three hits).
  - d) Touching the net below the tape or crossing completely over the center line with any part of the body except the feet will not constitute a violation unless there is interference. It is still a fault to touch the top of the net while playing the ball or to cross completely over the center line with the foot or feet.
  - e) Any ball hitting the ceiling will be considered playable by the team causing such contact, unless the ball crosses the plane of the net.
  - f) Any ball hitting the side or back walls is considered out.
  - g) Any ball landing on the line is considered good.
  - h) Return of service may occur by any legal hit. (A forearm pass is highly recommended in order to return a hard hit serve legally).
- 4) Substitution/Replacement
- a) Players shall substitute by position as per the adapted FIVB Rules (except when using the Libero player).
  - b) Libero replacement: athletes can replace athletes only and partners can replace partners only.
- 5) Scoring
- a) A match is won by the team that wins the best of three or five sets. A one-set match is won by the team that scores 15 (or 25) or more points with a two-point advantage. Teams change sides when one team has scored eight points if playing to 15. Switch at 13 if playing to 25. In the case of a 1-1 or 2-2 set tie, the deciding set (third or fifth) is played as a tie breaker with rally point scoring procedures to 15 points and no point cap. Teams changes sides when one team has scored eight points.
  - b) A set is won by the team which first scores 25 points with a minimum lead of two points (except the deciding third or fifth game). In the case of a 24–24 tie, play is continued until a two-point lead is achieved. In predetermined three-set matches, when all three sets count as a win or loss, the third set is not considered a deciding set and will be played to 25 points.
  - c) If a team fails to serve properly, return the ball or commits any other fault, the opponent wins the rally and scores a point. When the serving team wins a rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the right to serve.
  - d) A served ball touching the net and continuing over the net shall remain in play, and the receiving team has three plays to return the ball to the opponents.
  - e) FIVB International Scoring System (based on matches won, sets won and point ratio) will be used to handle all ties during competition.
- 6) Referees
- a) Referees shall have full authority to interpret the rules. For further questions, the Competition Management Team shall be consulted.
  - b) Ball handling will be called in accordance with the ability level of the athletes.



- c) There shall be at least two line judges who shall be positioned on opposite corners in the left, rear corner of each court. Each line judge shall have responsibility to judge whether a ball is in or out for their assigned end and sidelines, as well as appropriate touch calls as instructed by the first referee. In some competitions, a four-line judge system may be utilized. In this case, two line judges will be assigned the end lines; and two line judges will be assigned the sidelines.
- d) Technical Officials (i.e. Referees) Ratings:  
There shall be a minimum requirement for a Technical Official to be considered at each level of competition. Technical Officials with higher ratings are acceptable at each level of competition.

World Games:

Minimum Requirement: National certification or highest equivalent proficiency rating awarded by a Volleyball NGB. FIVB Internationale Arbitre rating preferred.

Regional Games:

Minimum Requirement: National certification, or highest equivalent proficiency rating awarded by a Volleyball NGB.

National Games:

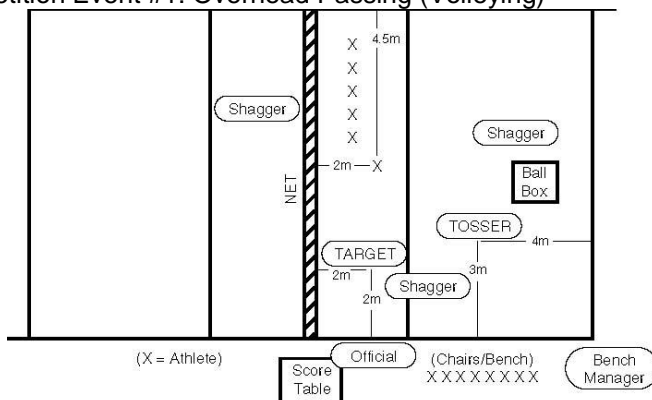
Minimum Requirement: National certification or equivalent proficiency rating awarded by their Volleyball NGB.

- 2. Unified Sports Team Competition - **SOSC does not offer this event**
  - a. The roster shall contain a proportionate number of athletes and partners.
  - b. During competition, the lineup shall never exceed three athletes and three partners at any time. Failure to adhere to the required ratio results in a forfeit.
  - c. Each team shall have an adult, non-playing coach responsible for the lineup and conduct of the team during competition.
  - d. The serving order and positions on the court, at service, shall be an alternation of athletes and partners.
  - e. Once a server has scored three consecutive points, the team shall rotate to the next server and continue to serve.
- 3. Modified Team Competition
  - a. Divisioning
    - 1) Prior to the competition, the head coach must submit the scores from the three Individual Skills Competition events, i.e., overhead passing, serving and passing (not the VSAT), for each player on his/her roster.
    - 2) The head coach also must identify his/her six best players in terms of their on-court playing ability by placing a star next to their names on the roster.
    - 3) A "team score" shall be determined by adding the top eight players' scores and then dividing that total by eight.
    - 4) Teams are initially grouped in divisions according to the Individual Skills Competition team scores.
    - 5) A classification round of sets shall then be conducted as a means of finalizing the divisioning process.



- a) In the classification round, teams will play one or more sets with each set a minimum of five minutes or 10 points, whichever comes first.
  - b) Each team will be required to play all team members.
- b. Competition Adaptations
- 1) The court is modified to 7.62 meters (25 feet) wide by 15.24 meters (50 feet) long.
  - 2) The net may not be lower than 2.24 meters (7 feet, 4 1/8 inches).
  - 3) A lighter weight, leather, modified volleyball must be used. The size of the ball should be no larger than 81 centimeters (32 inches) in circumference and weigh no more than 226 grams (8 ounces).
  - 4) Once one player has scored three consecutive points, his/her team shall rotate to the next server and continue to serve.
  - 5) Antennas will still be placed above the sideline on the net.
  - 6) In local competitions only, competition organizers may opt to have the teams NOT change courts in the middle of the deciding set.
- c. Basic Ground Rules—same as for Team Competition above.
4. Individual Skills Competition
- a. Individual Skills Competition is not designed for athletes who can already play the game.
  - b. Three events comprise the Individual Skills Competition: overhead passing (volleying), serving and passing (forearm passing).
  - c. The athlete's final score is determined by adding together the scores achieved in each of these three events.
  - d. Each event is diagrammed with the suggested number and placement of volunteers who will administer them. It is also suggested that the same tosser remain at an event throughout the competition so that consistency is provided.

**Individual Skills Competition Event #1: Overhead Passing (Volleying)**

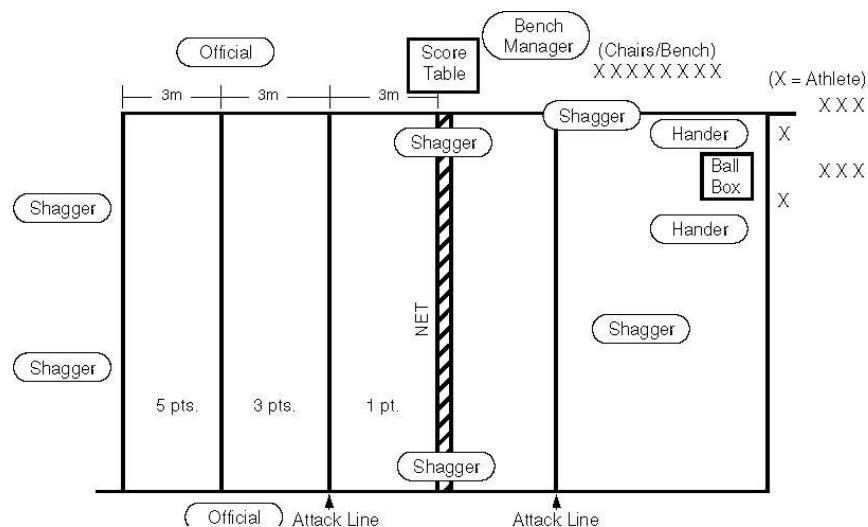


- 1) Purpose: To measure an athlete's ability to overhead pass (volley) the ball with consistency and at a height that could be spiked.



- 2) **Equipment:** Use a regulation-size court that is 18 meters (59 feet) long and 9 meters (29 feet, 6 inches) wide, four volleyballs (modified ball permissible), net height at 2.24 meters (7 feet, 4 1/8 inches) for women and 2.43 meters (7 feet, 11 5/8 inches) for men, standards, antennae and ball box.
- 3) **Description:** Player is given 10 attempts from the center front position that is 2 meters (6 feet, 6 3/4 inches) from the net and 4.5 meters (14 feet, 9 inches) from the sideline. The player receives 10, two-handed, underhand-tossed balls from the tosser who is positioned in his/her backcourt, 4 meters (13 feet, 1 1/2 inches) from the baseline and 3 meters (9 feet, 10 inches) from the sideline in the left back position. The player sets the tossed ball toward a target (a person who has his/her hands above the head and who is standing 2 meters from the net and 2 meters from the sideline in the left front position). Tosses that are not high enough for the athlete to set are repeated. The goal is for the peak of the arc of each set ball to be above net height.
- 4) **Scoring:** The peak of the arc of each set ball toward the target is measured. The athlete will receive one point for volleying/setting the ball 1 meter (3 feet, 3 1/3 inches) above his/her head height and three points for volleying/setting the ball above net height. The following result in zero points: illegal contact, balls which go lower than head high and balls which go over the net or outside the court. The athlete's final score is determined by adding together the points awarded for each of the 10 attempts. (It is suggested that the official stand on a chair to evaluate the height of each set).

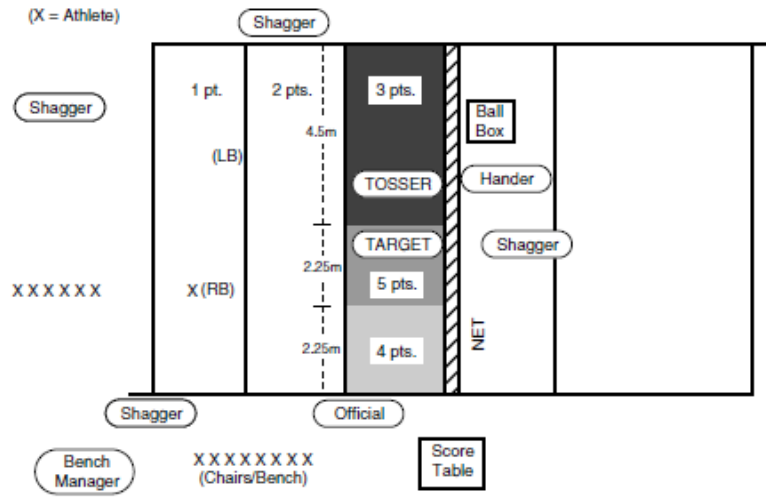
#### Individual Skills Competition Event #2: Serving



- 1) **Purpose:** To measure the athlete's ability to serve the volleyball over the net and into the opponent's court.
- 2) **Equipment:** Use a regulation-size court that is 18 meters (59 feet) long and 9 meters (29 feet, 6 inches) wide, five volleyballs (modified ball permissible), net, standards, antennae, measuring tape, floor tape or chalk and ball box.
- 3) **Description:** The athlete stands 1.5 meters inside the end line and serves 10 volleyballs, one at a time, into the opponent's court.
- 4) **Scoring:** The court is divided into three equal areas of 3 meters in width. Each of these areas is assigned a different point value. The athlete's score is the cumulative point total of the 10 serves. A ball which lands on the line is assigned to the area with the highest point value.



Individual Skills Competition Event #3: Passing (Forearm Passing)



- 1) Purpose To measure the athlete's passing accuracy, height and consistency using the forearm pass technique.
- 2) Equipment: Use a regulation-size volleyball court that is 18 meters (59 feet) long and 9 meters (29 feet, 6 inches) wide, five volleyballs (modified ball permissible), net, standards, measuring tape, marking tape and ball box.
- 3) Description: The athlete stands at the right back position, 3 meters [9'10"] from the right sideline and 1 meter [3'3 1/3"] from the baseline. A ball is thrown, using a two-hand, overhead toss by a coach/official who is standing on the same side of the net in the center front position, 2 meters (6 feet, 6 3/4 inches) from the net. The athlete receives the toss and passes the ball toward a target (a person who has his/her hands above the head and who is standing on the same side, 2 meters away from the net, and 4 meters [13 feet, 1 1/2 inches] from the sideline away from the tosser). Target areas of varying point values are marked on the front court. The event is repeated with the athlete at the left back position, 3 meters from the left sideline and 1 meter from the baseline.
- 4) Scoring: The athlete must pass the ball so that the peak of the arc is at least net height in order to receive maximum points. A ball which lands on the line is assigned to the area with the higher point value. A ball which is passed below net height will receive only one point, regardless of where it lands. The athlete's final score is determined by adding together the points scored from his/her five attempts at both the right back and the left back positions. It is suggested that the official stand on a chair to evaluate the height of each pass.

**SECTION D SOSC MODIFICATIONS**

1. General Uniform Guidelines
  - a. Jeans and Denim-type clothing are not permitted.
  - b. All athletes and teams should have identical uniforms.
  - c. Team shirts and undershirts shall be the color. Tops need to be able to tuck into the bottoms.
  - d. Athletic shorts should be no higher than 3" above the knee. If an individual wears an undergarment that extends below the bottom of the short, i.e. compression shorts; the undergarment must be a single color similar to the color of the uniform shorts and be above the knee length.



- e. It is forbidden to wear any object that may cause injury or give an artificial advantage to any player.
- f. Forbidden Objects Include, but are not limited to the following:
  - Head Gear
  - Jewelry
  - Casts or Braces
  - Exceptions will be made for religious or medical medallions and flat wedding bands. If worn, they must be removed from chains and taped or sewn under the uniform.
- g. All uniforms must have an appropriate SOSC logo. No sponsor logo on uniforms.
- h. T-Shirts, if worn must be of uniform type and quality and sanctioned by the Area.
- i. The name of the program may be placed on the front of the jersey or shirt. The name of the program or athlete may be placed on the back of the jersey or shirt.
- j. All team members should have uniforms that are identical in color and style unless otherwise indicated in specific sports rules (such as goalie attire).
- k. Uniform Guidelines can be modified as needed to accommodate the individual disability or medical condition of an athlete.
- l. Uniform Numbering: for teams using their uniforms for more than one sport, it is recommended that shirts be numbered utilizing the basketball regulations. This type of numbering will allow shirts to be used in most other sports offered by SOSC. Basketball rules state that numbers are required on the front and back of uniforms. Numbers on the front must be at least four inches high and six inches on the back.
- m. Athletes should not wear any extra items (such as) hats, fanny packs, etc.  
SPORTS SPECIFIC UNIFORM GUIDELINES:  
Volleyball
  - Numbered Jersey or T-Shirt
  - Shorts
  - Socks
  - Athletic Shoes
  - Knee Pads