



SOCCER DAY IN SASKATCHEWAN

Skills Competitions Information & Rules

Event Information

Times

1:00pm – 5:00pm – U9, U11, U13, U15, U17, Men's & Women's (Open to Public)

Ethos for Event

The Skills Competition event is a fun event for people of all abilities to test their individual ability with the ball in a range of different activities. They will be competing against the clock and each other. There is zero tolerance for unsportsmanlike behavior.

Player Eligibility

All abilities and ages are welcome to attend.

Age Categories:

Adult – 2003 birth years & older

U17 – 2004 & 2005 birth years

U15 – 2006 & 2007 birth years

U13 – 2008 & 2009 birth years

U11 – 2010 & 2011 birth years

U9 and younger – 2012 & younger

Game Duration

Juggling Challenge – 1 minute

Power Challenge – 3 attempts

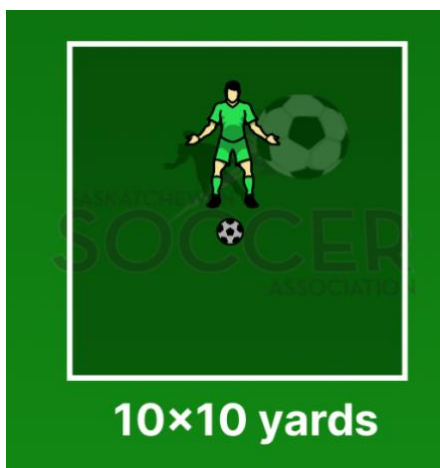
Dribbling Challenge – Quickest time wins



Game Rules – Juggling Challenge

The Juggling Challenge will involve a single player who will attempt to achieve their highest consecutive juggling score within the time limit of 1 minute.

1. The player must sign in with their name, a contact email address & their birth year.
2. The ball must start on the ground without the player touching it
3. The player must stay in the 10x10 yard grid at all times during their attempt.
 - a. If they leave the box, this ends that sequence of juggles and they must begin again.
4. Upon the 'Go' command from the time-keeper, the player must attempt to achieve as many consecutive juggles as possible in 1 minute using only soccer body parts (ie. No hands or arms).
 - a. If the ball touches the ground, then that ends their current juggle sequence and their current score becomes their high-score. They may restart a new sequence if time allows. For example, if they had completed 10 juggles before the end of their sequence, then their high-score is now set at 10 and they start a new sequence from 0. If they beat their score of 10 before the time runs out, then that is their new high-score. If they do not, then 10 remains their final score.
5. At the end of the 1-minute time limit, the time-keeper will shout 'End'. All juggles after this are not counted. The players highest consecutive score will be counted as their final result.
6. The player with the highest score at the end of the day is declared the winner, 2nd highest declared 2nd etc.
7. There are no limits on the number of attempts a player may have, however they must rejoin the line at back after each individual attempt.

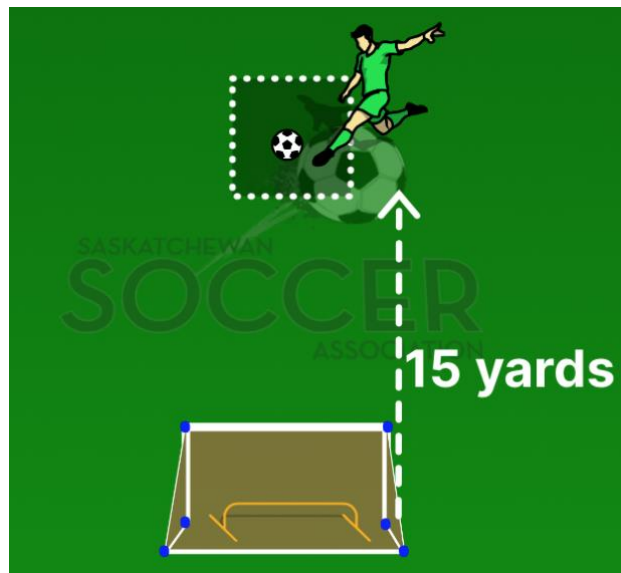


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Game Rules – Power Challenge

The Power Challenge is an activity designed to find the player with the most powerful strike of a soccer ball using an 'Adidas Micoach Smart Ball'. Their score is recorded by the speed that the ball travels after being struck.

1. The player must sign in with their name, a contact email address & their birth year.
2. The ball must be still and placed in the players preferred position in the 3x3 yard box
3. Upon the 'Go' command from the time-keeper, the player has 3 attempts to strike the ball and gain their most powerful shot using only soccer body parts (ie. No hands or arms).
 - a. Each shot must be above the lower limit line and between the posts to count.
 - i. The player may have 1 re-attempt if they miss their target with one of their 3 shots.
 - b. If the Smart App connect with the ball does not register a speed, then the player gets another shot. This does not count as a re-attempt.
 - i. The time-keeper reserves the right to remove any scores when an unrealistic speed is recorded.
4. The player with the highest speed at the end of the day is declared the winner, 2nd highest declared 2nd etc.
5. There are no limits on the number of games a player may have, however they must rejoin the line at back after each individual game.



Game Rules – Dribbling Challenge

The Dribbling Challenge involves an individual player completing the dribbling course as quickly as they can. All obstacles must be completed in order, and their score is their time taken to complete the course.

1. The player must sign in with their name, a contact email address & their birth year.
2. The ball must start on the ground without the player touching it in the 2x2 yard starting box.
3. Upon the 'Go' command from the time-keeper, the player must dribble the ball through the course as quickly as possible using only soccer body parts (ie. No hands or arms).
 - a. All obstacles must be completed before moving on to the next obstacle.
 - b. Players can attempt at obstacle as many times as necessary, but can not move on until it is completed.
 - c. The course is completed when the ball is stopped within the starting box and the foot is removed to leave the ball freestanding and in the box.
 - i. If the ball rolls out of the box, the course is not complete and the player must replace the ball in the box.
4. The player has a maximum of 90 seconds to complete the course.
 - a. If they do not, then their location on the course with a time of 1-minute 30 seconds will be their score.
5. The player with the fastest time or furthest distance at the end of the day is declared the winner, 2nd fastest/distance declared 2nd etc.
6. There are no limits on the number of attempts a player may have, however they must rejoin the line at back after each individual attempt.

