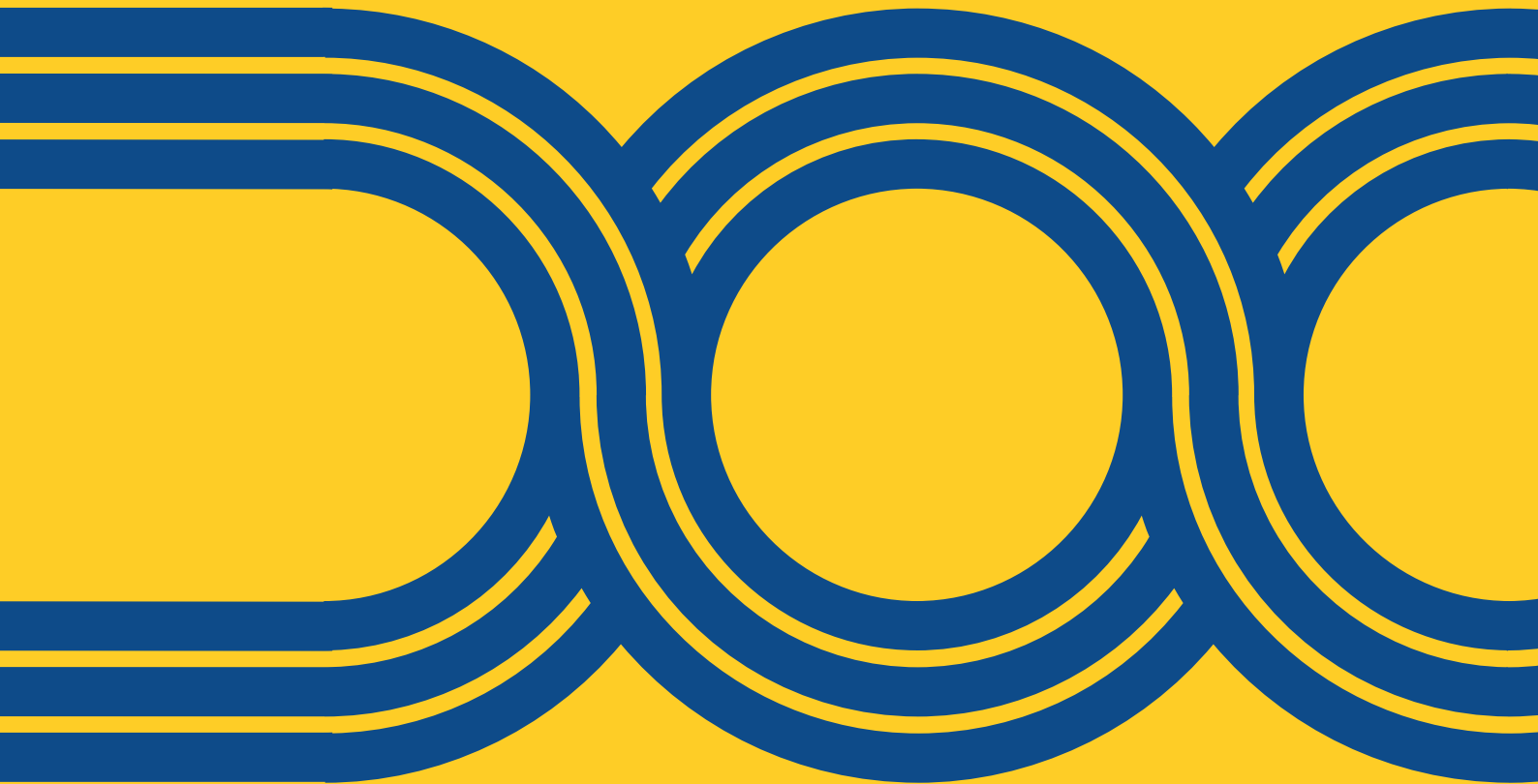




4–6 September 2026 in Malmö

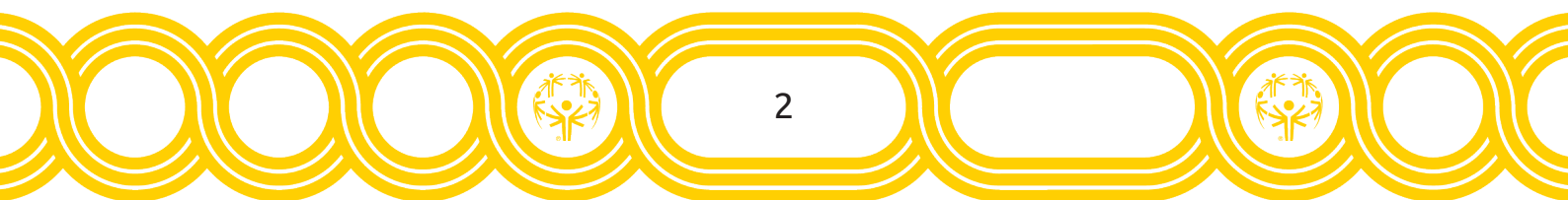
Competition Guide: **Football**



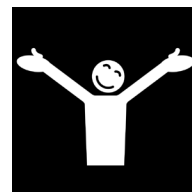
**SPECIAL
OLYMPICS
SWEDEN**
INVITATIONAL
GAMES 2026

Content

3	Welcome to SOSIG!
4	Competition Information
5	Before the Competition
6	Competition Matches
7	How the Competition Works
9	Packing List
10	Speci-Lo
11	General



Welcome to SOSIG!



We are so happy that you will participate.

Here you will meet new friends, experience exciting competitions and feel the joy of competing together with others.

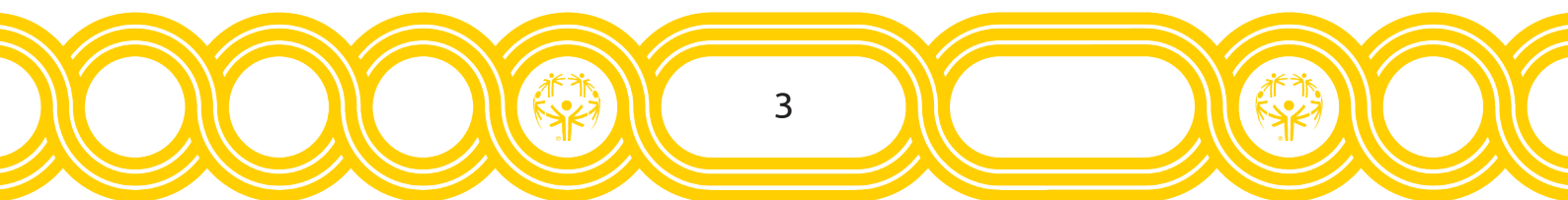
There will be athletes from Sweden and 25 other countries who will be competing in Malmö!

The most important thing to remember is to:

- **Have fun**
- **Do your best**
- **Be part of the community with all the athletes and leaders**

We at Special Olympics Sweden really look forward to meeting you!

Best regards,
Special Olympics Sverige



Competition Information

Football Sport Organizers:

- FIFH Malmö



Contact Details

Peter Björkstrand
bjorkstrand@telia.com



Competition Venue

Stadium Area, Pitches 9 and 10
Address: Stadiongatan 40



Changing Rooms

There are three changing rooms available for basic changing before and after the end of the competition at Athleticum in the Stadium area. These are located about 5 minutes from the football pitches.



Between the two pitches there are two changing rooms that are available for "last minute" changing before and after the match but keep in mind that it will be crowded there.

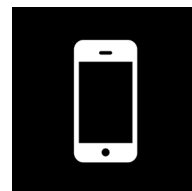
Information session for coaches

Short information meeting for leaders physically on site Saturday morning before the matches start.



Info and live broadcast

More sports info, results and live broadcast can be found at:
<https://specialolympicsswedeninvitationalgames.cupmanager.net/2026,sv/result/>



Other Important Information

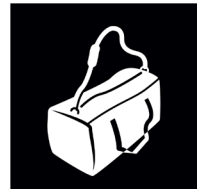
- Maximum 11 players are allowed in the team during the tournament.
- Matches are played on artificial turf.
- Cleats suitable for artificial turf and outdoor use are allowed.
- All players in the same team must wear matching shirts, shorts, and socks. The shirt must have a visible number.



Before the Competition

What to bring:

- 2 different colored match kits (numbered shirts, shorts, socks)
- Football boots
- Shin pads
- Goalkeeper gloves
- Water bottle (labeled with your name)



When should I be there?

All teams must check in at the secretariat tent and confirm their team roster at least 40 minutes before the first game.

Check-in: Checking in means telling the sport organizers that your team is there and ready to play.



Warm-up

All teams are asked to use the free areas around the pitches for warm-up.



Divisioning

On Saturday morning, all teams play two games.
Each game is 12 minutes long.

These games are used to place teams at the right level,
so the competition is fair.

If a team plays much better in the competition games than in divisioning
games than before, it may be disqualified.

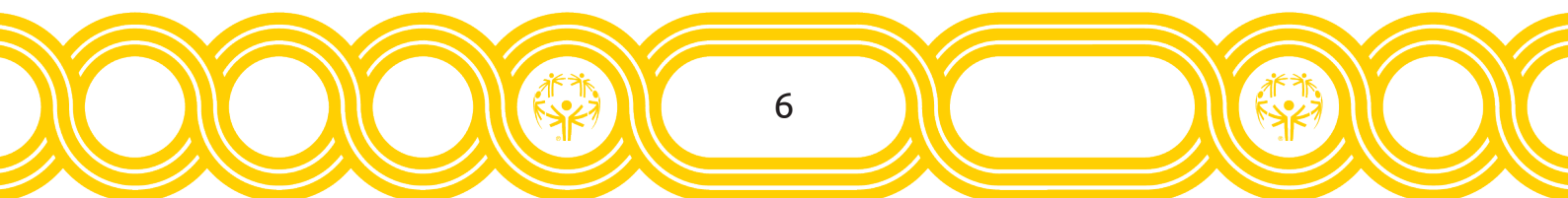
All players must play at least 5 minutes in each game.



Coach's responsibility

The head coach must:

- make sure the team does its best in all games



How the competition works



Before the match

Matches are either 2 x 12 minutes or 2 x 15 minutes.
This depends on the group.
There is no march-in before the match.
Teams stand at the sideline, outside their area.
The referee leads the teams to the centre.
Teams greet each other before the match starts.

During the match

Ball size 5 is used.
Players can be changed when the game is stopped.
The referee must approve substitutions.
All players must play at least 10 minutes per match.
Coaches must stay in the coaching area.
Coaches should give simple and positive instructions.
Only one coach may stand at a time.

After the match

Thank the other team and the referees.
The head coach must sign the match protocol.
This must be done before leaving the pitch.

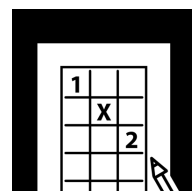


Cards (warnings and suspensions)

Yellow cards count during the whole competition.
Two yellow cards = miss the next match.
Red card, or two yellow cards in one match:
The player cannot continue the match.
The player also misses the next match.
Yellow cards from divisioning do not count.
Red cards from divisioning do count.

Points system and ranking criteria

Win = 3 points
Draw = 1 point
Loss = 0 points



Teams are ranked by

1. Points
2. Goal difference
3. Goals scored
4. Drawing by the organizing committee



Draws and penalties

Draws stand after divisioning and group matches.

There is no extra time in medal matches.

If a match is a draw, it will be decided by penalty kicks.

Each team takes 3 penalties, then sudden death if needed.

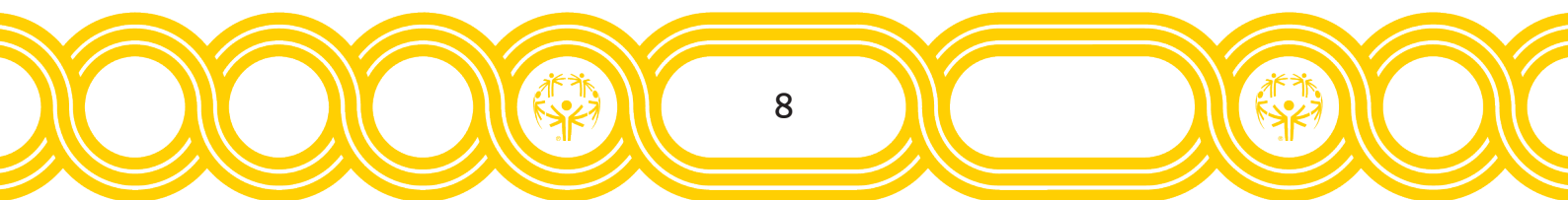
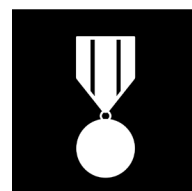
Only players on the pitch at the end of the match can take penalties.

Award Ceremony

Prize ceremony takes place on Saturday afternoon for those playing on Saturday.

For those playing on Sunday, the prize ceremony takes place on Sunday afternoon.

Medals are given for 1st, 2nd, and 3rd place. Everyone gets a plaque.



Packing List

Here are tips on things to pack and bring to Malmö and the competitions.

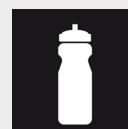
Match clothes

clothes you play in



Water bottle

Marked with you name



Sports equipment

shoes, shin guards, goalkeeper gloves



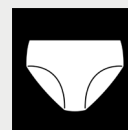
Non-match clothes

Clothes for when you are not competing



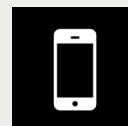
Underwear and socks

Underwear and socks that lasts your whole stay



Phone

Don't forget the charger



Rain wear

If it rains during the opening ceremony for example



Toiletry bag

Examples of items for your toiletry bag: deodorant, soap, shampoo, conditioner, toothbrush, toothpaste)



Medicine

If you are taking medicine, it's important to bring it yourself



Speci-Lo

Speci-Lo is Special Olympics Sweden's mascot.

She is a brave lynx who loves sports almost as much as she loves giving hugs.

Speci-Lo will be at SOSIG and is the athletes' very best friend.

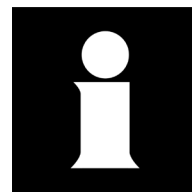
She cheers and encourages and helps the athletes bring out their inner lynx, just as a good friend should.



General Questions

If you have any questions you can e-mail us.

E-mail address: info@specialolympics.se



Website

At <https://www.sogames2026.se/> you find all the information about:

- Competition
- Event
- Surrounding Activities



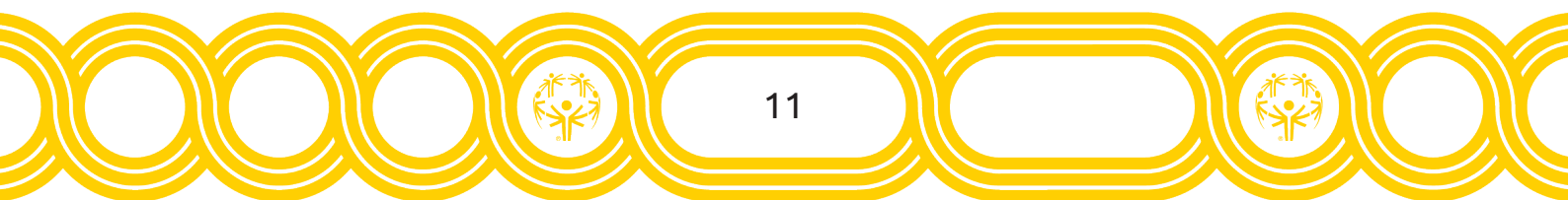
There is always the latest information with updated times.

See you in Malmö!

We are very much looking forward to meeting you at
Special Olympics Sweden Invitational Games.

We wish you a great good luck!

Best regards,
Special Olympics Sverige





SPECIAL OLYMPICS SWEDEN

INVITATIONAL GAMES 2026

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