HEREFORD SPORTS & WELLNESS

OUTDOOR SOCCER RULES
AGE 4 - 6TH GRADE

PLAYER ELIGIBILITY

- Players must be age 4 - 6th grade for the current school year.
- At any time during the season, Hereford Sports & Wellness may request proof of eligibility.
- Players must register within their specific grade level. Players may not register to play up or down a grade level.
- Players must register within their specific grade level. Players may play up one grade level. However, if two grades are merged to form one league, players must play within their designated grade and cannot play up one grade level.

EQUIPMENT

- Hereford Sports & Wellness will furnish the following equipment for teams:
    a. Practice/game balls
        i. Age 4 - 4th Grade: #3 size
        ii. 5th - 6th Grade: #4 size
- Please return all equipment immediately following the season.
- Players must wear their assigned Hereford Sports & Wellness t-shirt.
- Tennis shoes or rubber turf shoes are required. Metal spikes are not permitted.
- Shin guards are required.
- Jewelry or hair accessories of any kind are not permitted, with the exception of plain bobby pins.
- Hard or plaster casts are not permitted.

GAME RULES

- Each player must play in at least half the game.
- Each game will consist of two 20-minute halves with a running clock.
- Each half will consist of two 10-minute quarters with a running clock.
- Halftime will be 5-minutes.
- Games ending in a tie shall remain a tie.
- Substitutions can be made at any time during play.
    a. Players coming out of the game must be off the field before the sub enters the field.
- Offsides will only be enforced in the 5th and 6th grade league.
    a. Example: if the red team is offsides, set the ball where the offsides player is, or where the last blue defender is and award the kick to the blue team.
- The ball is out of play when the entire ball passes a goal line or touchline, either on the ground or in the air.
- The ball is in play at all other times, including:
    a. When it rebounds from a goalpost or crossbar and remains in play.
    b. When it touches an official in the field of play.
    c. Until an official sounds the whistle.
- Slide tackling will be allowed, but the player must have contact with the ball. If not, it will be a foul where the ball is played.
- Teams should stand on opposite sidelines.
- Penalty kicks will be allowed.

SCORING
- Goals will be worth one point.
- The ball must pass completely beyond the goal line, between the goal posts, and under the crossbar.

START OF PLAY
- The game will be started with a coin toss. The winning team will be awarded the choice of kickoff or receiving the kickoff.
- A kickoff will initiate play at the start of each half and after goals.
- Teams will alternate kickoff for each half.
- The ball shall be kicked while it is stationary on the ground in the center of the field of play.
- A successful kick is when the ball has traveled at least its own circumference into the opponent's end of the field.
- After the kickoff, any player except the one who kicked off may play the ball.
    a. Penalty: Indirect or free kick awarded to the opponent at the spot of the foul.
- A goal may be scored directly from a kickoff.

THROW INS
- A throw in is awarded when the whole of the ball passes over the touchline, on the ground or in the air.
- A second throw in is allowed if a player commits a foul on an initial attempt.
- During a throw in, the player must have both feet on or behind the touchline, use both hands, and deliver the ball from behind and over their head.

GOAL KICKS
- May be taken from any point inside the goal area.
- Opponents must be 6-yards away from the ball.
- Are awarded to the defending team when the entire ball crosses the goal line, in the air or on the ground, having last been played by the attacking team.
- Any player on the defending team may take the goal kick.

CORNER KICKS
- Shall be awarded when the entire ball passes over the goal line, in the air or on the ground, having last been touched by the defending team.
- Players of the defending team must be at least 6-yards from the ball until it has been kicked.
- A goal may be scored directly from a corner kick.

FREE KICKS
- All free kicks will be indirect.
- A goal may not be scored until the ball has been touched or played by a second player of either team.
- No kicks may be taken by the attacking team within the defending's team goal box.

PENALTY AREA
- The goalie may touch the ball inside the penalty area.
- Once the goalie has the ball in hand, all play must stop.

FOULS AND MISCONDUCT

- Intentionally trip/kick or attempt to trip/kick an opponent.
- Intentionally push, hold, or charge an opponent.
- Kick or attempt to kick the ball while it is in possession of the goalkeeper.
- Handling the ball with hands.
    a. In the age 4 - Kindergarten leagues, hand touches are allowed providing they do not catch or throw the ball.
- Goalie takes more than four steps before releasing the ball.
- Goalie touches the ball with their hands after they have received it directly from a throw in taken by a teammate.
- Goalie touches the ball with their hands after it has been passed to them by a teammate.
    a. The goalie is allowed to kick a ball that is passed to them by a teammate, but is not allowed to pick it up.
- No headers.

PLAYING AREA AND NUMBER OF PLAYERS

- In age 4 - 4TH grade, if a team has less than five players the coaches may agree to play 4v4 or 3v3.
- In 5th - 6th grade, if a team has less than six players, the coaches may agree to play 5v5 or 4v4.

GRADE	# OF PLAYERS	FIELD SIZE	GOAL SIZE
Age 4 - 4TH	5 v 5 with goalie	30 yds x 40 yds	6 ft x 8 ft
5TH - 6TH	6 v 6 with goalie	30 yds x 40 yds	6 ft x 8 ft

COACHES

- The head coach is responsible for:
    a. The physical and mental well-being of all children while entrusted to their care.
    b. Maintaining an adequate level of discipline on his or her team.
    c. The conduct and control of their team's fans and spectators.
    d. Ensuring minimum playing time is met for all players.
- All assistant coaches must be listed on the roster and have a background check on file. If no background check is on file, the coach will be removed from the sideline.
- Should head coaches or their assistant coaches violate any Hereford Sports & Wellness playing rules or directives, they may be subject to disciplinary actions.
- In the age 4 - Kindergarten divisions, one coach may be on the field but may not enter the goal area. Please stay out of the way of play.

CODE OF CONDUCT

- The Code of Conduct applies to parents, coaches/volunteers, spectators, parents, contracted employees, officials, and professional staff.
- Profane, obscene, abusive, degrading/threatening language, gestures and/or taunting in the presence of anyone attending a Hereford Sports & Wellness event is prohibited.
- Do not handle a child/participant in an aggressive or abusive manner.
- Any act of violence is prohibited.
- Accept the decision of the game officials as being fair and called to the best of their ability.
- Do not knowingly permit an ineligible player to play in any game.
- Please use good sportsmanship.
- The use of drugs, alcohol, vaping, or tobacco in any form is not permitted while attending any Hereford Sports & Wellness event.
- No firearms or weapons will be permitted at any Hereford Sports & Wellness event.

AT ANY TIME, AT THE SOLE DISCRETION OF HEREFORD SPORTS & WELLNESS, VIOLATION OF THE CODE OF CONDUCT IS SUBJECT TO SUSPENSION OR EXPULSION FROM OUR PROGRAM.