HEREFORD SPORTS & WELLNESS

5th - 6th GRADE INDOOR SOCCER

OFFICIAL RULES

- Penal Foul: Fouls that are assessed to players who commit offenses in a manner that the referee considers careless, serious, reckless, or involving excessive force. Teams are allowed 5 penal fouls per half. When a team accumulates 6 penal fouls, a penalty shootout is awarded to the opposing team.
    a. The player must serve his/her time until a goal is scored by the opposing team or until the 2-minute time penalty has expired, at which point, the power play is over. If the same team receives three more fouls in the period, then another shootout will be awarded.
- The goalkeeper may punt or dropkick the ball on a goal clearance or while the ball is in play at any time. In all other age divisions, the goalkeeper may only throw the ball.
- If a goalkeeper is injured, and play must be stopped, the goalkeeper must come out on the second stoppage of play and may not reenter until the next guaranteed substitution.
- The goalkeeper must serve their own time penalties on any card.
- A mandatory whistle is required to restart play on every corner kick, foul inside the arch, and when the ball touches the superstructure.
- No slide-tackles. This will be considered a penal foul. (Rule 10.1.d)
    a. Slide-Tackle: Leaving one's feet to propel one or both feet, legs, or other body parts in the direction of the opponent with or without the ball.
- A superstructure violation occurs when the ball contacts any part of the net above the field of play. If the ball is kicked into the superstructure, the restart will be taken from the offending team's defensive red line.
- Any incident where a player has contact with the ball with any part of the head, whether intentional or unintentional, will be considered a foul.

HOUSE RULES

- Administrative Red Card: Any player and/or coach receiving an administrative red card will be suspended for the remainder of that game, plus one additional game and must leave the facility at the time of the red card.
- Straight Red Card: Any player and/or coach receiving a straight red card will be suspended for the remainder of that game, plus a minimum of one additional game and must leave the facility at the time of the red card. The individual(s) receiving a straight red card may also be required to make an appointment to meet with Hereford Sports & Wellness personnel to discuss the future of their participation at the Sportsplex. Individuals receiving straight red cards are also subject to a probation period. The team will receive a full 5-minute penalty regardless of if a goal is scored.
- Straight Yellow Card: Any player receiving a straight yellow card will have a 4-minute penalty and this penalty will also count for two blue cards. The individual(s) receiving a straight yellow card must serve the full 4-minutes (no exceptions) regardless of if the other team scores a goal. Any carded offense after this penalty will result in a red card.
- No person under the age of 18 will be allowed to be the head coach for a team. Any acting assistant coach must be at least 17 years old.

HOUSE RULES CONT.

- Only the head coach and one assistant coach are allowed in the player's box for each game. Only players and coaches for that game are allowed in the box. 7th & 8th grade players and coaches must have a Hereford Sports & Wellness Waiver of Claim and current picture ID on file in the Sportsplex office.
- There should be no one on the field of play at any time other than registered players, coaches, and/or referees.
- Anyone caught spitting at another player and/or anywhere on the field of play will be issued a straight red card and will be subject to the penalties outlined above.
- Players must wear their assigned Hereford Sports & Wellness t-shirt.
- Shin Guards are mandatory for play and must be covered completely by the player's socks.
- There will be no jewelry of any kind allowed on the playing field.
- Tennis shoes and turf shoes will be allowed. Plastic cleats, or any shoe containing less than 30 cleats per shoe, are strictly prohibited.
- A player cannot wear jeans, jean shorts or any clothing with snaps to play. A player may not wear any apparel with derogatory remarks.
- There is to be no outside food or drink in the facility. Vending machines will be provided during league play.
- Major and minor infractions are penalized by a direct kick. When a free kick occurs the opposing players must be at least 15-feet away.
- Time penalties are issued for serious fouls such as delay of game, unsportsmanlike conduct and/or violent conduct.
- Blue card conduct will result in 2-minute time penalties.
- Red card penalties will result in ejection from the game and facility.
- A player/team issued a time penalty must play one man short for the allotted time giving the opposing team a power play. The player serving the time penalty may reenter the game after the allotted time expires or when a goal is scored by the opposing team.
- A blue card for misconduct requires the player to sit out the allotted time but the team does not have to play short. The player may not reenter his players' box until a guaranteed substitution takes place.
- Guaranteed substitutions can happen when:
    a. A goal has been scored
    b. A time penalty has been awarded
    c. An injury timeout has been called
    d. At halftime
- If play is inadvertently restarted with too many players on the field after any guaranteed substitution occasion, no time penalty shall be assessed.
- If a team falls below the minimum number of players because of a time penalty, the game is a forfeit.
- Any time penalty remaining at the end of a half will be carried over to the next half.
- A player issued two blue cards in one game is automatically issued a yellow card.
- A player receiving three blue cards in one game is automatically issued a red card.

HOUSE RULES CONT.

- Delay of game is called when:
    a. A player deliberately puts the ball out of play
    b. The defending players line up closer than 15-feet from a free kick
    c. Players take longer than 5-seconds to put a free kick into play
    d. A goalie does not distribute the ball outside the penalty area within 5-seconds
- Dissent: A form of misconduct consisting of protesting a call by any official. This offense may result in a blue, yellow, or red card depending on the severity of the offense.
- Misconduct: An act deemed by the referee to be unsporting, reckless, violent, of flagrantly in the violation of the laws and spirit of the game, and punishable by a blue, yellow, or red card.
- Shootouts are awarded when the last defender purposely fouls an attacker to prevent a goal or for the accumulation of six team fouls.
    a. If the same team receives three more fouls in the period, then another shootout will be awarded.
- Shootouts are taken from the red dot where the attacker is allowed to dribble forward and shoot on the goal. The goalie must have at least one foot on the goal line until the whistle blows. All other players must line up at midfield. Once the whistle blows, the ball is in play and all players can move.
- A red line violation occurs when the ball crosses both red lines in the air without being touched by a player, the wall, the net, or the referee. Change of possession and a direct kick from the line first crossed restarts play.
- Red line violations, two touch fouls, time penalties, illegal substitutions, delay of game, and bench penalties are not considered team fouls and will not be accumulated.
- The foul count is reset to zero with the start of each half.

ADDITIONAL RULES AND GENERAL INFORMATION

- At any time prior to, or during the season, Hereford Sports & Wellness may request proof of eligibility (grade and/or age) for any participant.
- All games are played full field (200' x 80').
- All schedules will be posted on our website (www.herefordsports.org) or you may pick up a copy of your team's schedule in the Sportsplex office. Each league will consist of eight games per team.
- In 5th & 6th grade, there will be 7 total players on the field at a time per team (6 field players and 1 keeper).
- In 7th & 8th grade, there will be 6 total players on the field at a time per team (5 field players and 1 keeper).
- The minimum to start and continue a game is four field players and a keeper in all age groups.
- After 5-minutes from the original scheduled game time, a game is forfeited if a team does not have the minimum number of players present.
- Players may not play on multiple teams.
- Players must be in the 5^{th} - 6^{th} grade for the current school year.
- Players must register within their specific grade level. Since two grades are merged to form one league, players must play within their designated grade and cannot play up one grade level.
- All divisions will play with a size 4 ball.

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.