HEREFORD SPORTS & WELLNESS

INDOOR SOCCER RULES
AGE 4 - 4TH GRADE

PLAYER ELIGIBILITY
- Players must be age 4 - 4th 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 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. Age 4 - 4th grade: #3 size soccer ball
- Please return all equipment immediately following the season.
- Players must wear their assigned Hereford Sports & Wellness t-shirt.
    a. With the exception of the goalkeeper.
- Tennis shoes or indoor soccer shoes are recommended.
    a. Soccer shoes/cleats with rubber spikes are not allowed, unless the shoe has more than 30 spikes.
- Shin guards are mandatory.
- 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 one full quarter in each half.
    a. Players will not be allowed to sit out one entire half.
- Each game will consist of two 20-minute halves with a running clock.
- Halftime will be 5-minutes.
- Each team will be allowed two timeouts per half, with a running a clock.
- The mandatory substitution break will be at the 10-minute break or teams may sub freely on dead-ball situations.
    a. Players coming out of the game must be off the field before the sub enters the field.
- The ball is out of play when:
    a. The entire ball crosses over the barriers.
    b. The referee stops play.
- The ball is in play at all other times, including when:
    a. The ball continues to bounce within the playing field after striking the goal posts or crossbar.
    b. The ball continues within the playing field after touching the referee who is inside the playing field.
- Offsides will not be enforced.
- No headers.

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 officially starts at the first successful kick, not the referee's whistle.
- A successful kick is when the ball has traveled at least its own circumference into the opponent's end of the field.
- For the second half, the teams change sides and the kick is made by the team that did not kick off in the first half.
- At the signal of the referee, the ball is placed at mid-field and kicked forward.
    a. Members of the kicking team must stay 10-yards from the ball until the kick off is made.
- 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.
- After a goal, play is resumed with the team being scored upon kicking off at midfield.

THROW INS

- A throw in is awarded when the whole of the ball passes over the touchline, on the ground or in the air.
- 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.
- The throwing player can not play the ball a second time until it is touched by another player.
- If the throwing player plays the ball before it has been touched by another player, the opposing team will be awarded an indirect kick from at the point of the infraction.
- If the throw in is in any way incorrect, the opposing team will be awarded a throw in.

DROP BALL

- Used when play has been stopped for some reason other than stated in the rules, when the ball has not gone out of bounds, and when the referee can not determine which team forced the ball out of bounds.
- The ball is dropped where play has stopped and it is in play as soon as the ball touches the ground.

FREE KICKS

- Direct free kick:
    a. A goal may be scored directly by one player.
    b. The referee should signal by an arm extended towards the opponent's goal.
- Indirect free kick:
    a. A goal cannot be scored unless the ball is touched by another player other than the kicker.
    b. The referee should signal by placing their hand and arm overhead.
- For a legal free kick:
    a. The ball must be in a stationary position.
    b. The player taking the free kick cannot play the ball again before it has been touched by another player.

PENALTY AREA

- The penalty area is a large rectangle that surrounds the goal area.
- No offensive player is allowed inside the penalty area.
- No defensive player, except the goalie, is allowed inside the penalty area.
- If the offense commits a foul, the defense is awarded a goal kick.
- If the defense commits a foul, the offense is awarded a corner kick.

PENALTY KICKS

- All kicks are made from the area halfway between the front of the penalty area and midfield.
    a. The only two players involved are the kicker and the goalie.
- The referee signals the kicker to kick towards the goal.
    a. The ball is in play as soon as it is kicked.
- If the above rules are broken by:
    a. The defending team:
        i. The penalty shot must be repeated if a goal was not scored.
    b. The offensive team (other than the kicker):
        i. The defensive team is awarded an indirect kick just outside of the penalty area.
- The opposing goalkeeper must stand, without moving his feet, on his own goal posts. They may move only after the ball is struck.
    a. If they move before hand and the goal is missed, another kick will be awarded to the kicker.
- The goalie may not do anything to distract the kicker.

PROHIBITED ACTS

- A direct free kick will be awarded to the opposing team at the point of infraction:
    a. Slide tackling
    b. Kicking
    c. Tripping
    d. Jumping on or charging an opponent
    e. Slugging
    f. Holding
    g. Pushing
    h. Handling the ball with the hands or arms
        i. The goalkeeper may touch the ball with their hands or arms within the penalty area.
- An indirect free kick will be awarded to the opposing team at the point of the infraction:
    a. Playing dangerously
    b. Shoulder to shoulder blocking off the action
    c. Obstruction
    d. Attacking the goalkeeper when they have both hands on the ball
    e. Unsportsmanlike conduct
- If anyone enters the field to argue a call made by the official the result will be a penalty kick for the opposing team.
    a. After two offences, the individual will be asked to leave the playing area and will be suspended for the next two games.
    b. Accumulation of two unsportsmanlike penalties throughout the season will result in suspension from the program for the remainder of the year.

PLAYING AREA AND NUMBER OF PLAYERS

- All games will be played at the Caviness Sportsplex.
- In all leagues , a team must have at least four players for opening kick off.
- The black lines are the official field markings.
- No food or drink in the playing area.

PLAYING AREA AND NUMBER OF PLAYERS

GRADE	# OF PLAYERS	FIELD SIZE	GOAL SIZE
Age 4 - 4TH	5 v 5 including goalie	20 yds x 30 yds	6 ft x 6 ft x 3 ft

REFEREE

- One referee will be provided.
- The referee controls all soccer activity and their decision is final.
- The referee is empowered to call a 2-minute injury time out for an injured player.
    a. A drop ball wil resume play.

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 - 1st grade 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.