

PLAYER ELIGIBILITY

- Players must be age 4 - 6th grade for the 2022-2023 school year.
- At any time during the season, Hereford Sports & Wellness may request proof of eligibility.

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 cleats are required.
- 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.

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

- Profane, obscene, abusive, or degrading language in the presence of anyone attending a Hereford Sports & Wellness event is prohibited.
- Do not handle a child in an aggressive or abusive manner.

CODE OF CONDUCT CONT.

- Any act of violence shall result in the head coach and/or assistant coach, player, or parent being suspended indefinitely.
- Accept the decision of the game officials on the field as being fair and called to the best of their ability.
 - a. This does not mean a coach cannot question a call in the proper manner.
- Do not criticize the opposing team, its players, coaches, or fans by words or gestures.
- The use of drugs, alcohol, or tobacco in any form is not permitted while attending any Hereford Sports & Wellness event.
- Do not knowingly permit an ineligible player to play in any game.
 - a. Doing so will result in forfeiting the game and an indefinite suspension from Hereford Sports & Wellness.
- Please use good sportsmanship.