



Field Hockey Rules

Game Details:

- Each game will consist of two, 25 minute halves
- There will be at most a 5 minute half time (slightly shorter if games are behind schedule)
- All games will have a referee
- 6v6 +goalkeeper OR 7v7 all field players w/ cones in the net

Equipment, etc.:

- ALL jewelry must be off
- Goggles, shin guards and mouth guards are REQUIRED

Substitutions:

- Rolling substitutions
- The substitution does not have to be complete before the opposing team takes a free hit
- No substitutions on corners

Penalties:

1. *Feet* - Field players are unable to use their feet at any point during the game.
2. *Stick Obstruction* - A player cannot interfere with another players' attempt to play the ball using their stick.
3. *Obstruction* - A player cannot obstruct another players' attempt to play the ball using their body.
4. *Third Party* - A player cannot block an opposing player or run in front of an opposing player who is attempting to play the ball.
5. *Ball Height* - The height of the ball must remain below the knee. **When a player is shooting on goal, if there is no defender between them and the goal, the player may shoot the ball at any height as long as the ball is not seen as dangerous.

Free Hits:

- All other players must be at least 3 yards away.
- Only sweeps or pushes are allowed. THERE ARE NO HITS ALLOWED IN INDOOR FIELD HOCKEY.
- The self start rule will be used. **The ball must come to a complete stop before restarting.
- If the ball comes in contact with the back wall that is on either side of the goal cage within the arc of the circle, the ball is considered dead, and either a 16 yrd hit out or free hit coming in will be issued based off which team hit it into the back wall.

Penalty Corners:

→ **WITH A GOALIE in the cage, a corner will be called for a foul that occurs on the defense within the CIRCLE; WITHOUT A GOALIE in the cage, a corner will be called for a foul that occurs on the defense within the BOX.**

1. Offensive Corners -

- a. Any desired number of offensive players can be on the circle during a penalty corner.
- b. The player who is inserting the ball on an offensive corner should start the ball on the painted marker located in each corner of the field.
- c. The ball must come outside the circle before being able to go back in as a scoring opportunity
- d. If an offensive player steps into the circle before the ball is inserted into play, that player will be sent to the 50-yrd line by the referee.

2. Defensive Corners -

- a. There will be two defenders and a goalie back in the cage, OR three field players.
- b. Defensive players are allowed to leave the goal cage once the ball is put into play by the inserter.
- c. If a defender leaves the goal cage before the ball is inserted into play, that player will be sent to the 50-yrd line by the referee and that player CANNOT be replaced, ie. the defensive unit plays with one player less.

3. Scoring -

- a. **WITH A GOALIE** the offensive team must have touched the ball within the offensive circle.
- b. **WITHOUT A GOALIE** the offensive team must have touched the ball within the white box.
- c. If the ball enters the cage having been untouched by an offensive player within the circle or box respectively, it will result in a 16 yrd hit coming out.
- d. If at any point there is a 5 goal or more differential, the winning team should remove a player from the field. **If the score at any point comes back within the 5 goal range, a player should be put back in to make it even again.

Miscellaneous:

- If a team does not have a goalie, we have equipment you can borrow or goalies willing to play for multiple teams.
- Players should put equipment on AND off outside of the field so as not to delay the start of the next game
- Only players, coaches (no more than 2 per team) and ref's are allowed within the field at all times.
- All players and coaches should remember that we are here to have FUN and get better in the off season - keep good sportsmanship in mind. Be helpful, be kind.

Our Ref's are here to help you learn!

Please ask them if you have questions or need clarification on something!