

Field Hockey Rules

Duration of Games

- Adult: Games are 25-minute halves with a 2-minute half time. No timeouts.
- Youth: Games are 20-minute halves with a 2-minute half time. No timeouts.

Composition of Teams

- Indoor Field Hockey (7v7 League): A maximum of 7 players/minimum of 5 players.
- Outdoor Field Hockey (9v9 League): A maximum of 9 players/minimum of 7 players.
- Each team either a goalkeeper, a player with goalkeeping privileges, or only plays with field players.

Field of Play

- Indoor: The field will be lined around the entire perimeter just off the wall, creating a boundary, and the wall can no longer be used. Our hope is to make the game more similar in rules to an outdoor game and will make play safer. There is a long dash to distinguish between the sideline and endline, along the curved areas of the field.
- Outdoor: Playing area is half field of a regulation football field.

Forfeits

- If a game starts without the required minimum of players, the team which does not have enough players will forfeit! The score of a forfeited game is 8-0.
 - If neither team has the required minimum of players, they both will forfeit unless each captain discusses an alternative arrangement with the referee prior to the game.
- If an individual participates on a team without paying the sub fee, the game will be forfeited.
 - Due to the high demand, a goalie may play on another team without paying a sub fee.
- If a game is forfeited, a scrimmage can take place during the forfeited time block without paying a sub fee (*FH waiver must be completed and on file*).

Substitutions

- Substitutions are not permitted for suspended players during their suspension.
- After completing a suspension, a player is permitted to be substituted without first returning to the field.
- A subbed player must come off the field before a new player can enter the field.

- NO SUBBING IS ALLOWED DURING PLAYOFFS!

Captains

- One player on each team must be appointed as captain.
- A replacement captain must be appointed when a captain is suspended/absent and should notify the official prior to the game beginning.
- Captains are responsible for the behavior of all players on their team and for ensuring that substitutions of players on their team are done correctly.
- **A captain is the only individual who can question/comment to the official.**
- Captains are responsible for only having their teammates in the player's box. All fans must remain on the bleacher side of the field.

Conduct

- Players are expected to act responsibly at all times. Be respectful and practice good sportsmanship on and off the field. The use of profane and/or vulgar language, and/or harsh treatment towards opponents or umpires is not tolerated.
- When indoors, absolutely no boarding (pushing/bumping an opponent into the wall) is allowed!
- Players on the field must hold their stick and not use it in a dangerous way. *Players must not lift their stick over the heads of other players.*
- Players must not touch, handle, or interfere with other players, their sticks or clothing.
- Players must not intimidate or impede another player.
- Players must not play the ball with the back of the stick
- Players must not play the ball with any part of the stick when the ball is above shoulder height except that defenders are permitted to use the stick to stop or deflect a shot at goal at any height. *When saving a shot at goal, a defender must not be penalized if their stick is not motionless or is traveling towards the ball while attempting to stop or deflect the shot. If the ball is hit and a goal is prevented a penalty stroke will be awarded.*
- Players must not play the ball dangerously or in a way which leads to dangerous play. *Playing the ball deliberately/hard into an opponent's stick, feet or hands with associated risk of injury when a player is in a 'set' or stationary position; and players collecting, turning and trying to play the ball deliberately through a defending player who is either close to the player in possession or is trying to play the ball are both dangerous actions.*
- Players may not approach an aerial within five yards of an opponent receiving an aerial pass until it has been received and controlled on the ground. *It is not a foul if the ball rises unintentionally off the field unless an opponent is within playing distance to the ball.*

- Players must not stop, kick, propel, pick up, throw or carry the ball with any part of their body. *It is not always a foul if the ball hits the foot, hand or body of a field player. The player only commits a foul if they gain an advantage or if they position themselves with the intention of stopping the ball in this way.*
- Players must not obstruct an opponent who is attempting to play the ball.
- *Players obstruct into an opponent if they:*
 - *back into an opponent.*
 - *physically interfere with the stick or body of an opponent.*
 - *shield the ball from a tackle with their stick or any part of their body.*
 - *A player who runs in front of or blocks an opponent to stop them playing or attempting to play the ball is obstructing (this is third party). This also applies if an attacker runs across or blocks defenders when a penalty corner is being taken.*
- Players must not tackle unless in a position to play the ball without body contact.
- Goalkeepers or players with goalkeeping privileges must not lie on the ball.
- When the ball is outside the circle they are defending, goalkeepers or players with goalkeeping privileges are only permitted to play the ball with their stick. *A player with goalkeeping privileges is considered to be a field player when outside their defending circle.*
- On a self-start, the ball must be moved 5M before entering the circle and/or taking a shot. If a pass and/or shot is taken early, possession will be awarded to the defensive team at the .

Clothing/Equipment

- Field players on the same team must wear the same color. Goal keepers and players with goalkeeping privileges must wear a garment which is a different color than both teams.
- Players must not wear anything which is dangerous to other players.
- Equipment required: shin guards, mouth guards, and field hockey stick. Stick must be smooth and cannot have any rough or sharp parts.

Scoring

- A goal is scored when the ball is played within the circle by an attacker and does not travel outside the circle before passing completely over the goal-line and under the cross bar. *The ball may be played by a defender or touch their body before or after being played in the circle by an attacker.*

Penalties

- A penalty corner is awarded:
 - for a foul by a defender in the circle which does not prevent the chance of scoring a goal.

- for an intentional foul in the circle by a defender against an opponent who does not have possession of the ball or an opportunity to play the ball.
- for an intentional foul by a defender outside the circle but within the half of the field they are defending.
- against the team which carried out a substitution incorrectly.
- when the ball becomes lodged in a player's clothing or equipment while in the circle they are defending.
- Taking a penalty corner:
 - Attackers must be on the field, outside the circle with sticks, hands, and feet not touching the ground inside the circle.
 - Three defenders and a goalkeeper or player with goalkeeping privileges start within the cage. No attacker other than the inserter is permitted to enter the circle. No defender is permitted to cross the goal line or line of restraint (50yd if outside / 43yd line if indoors) until the ball is played.
 - If a defender crosses the end line before permitted, they are required to go behind the 50yd line if outside / 43yd line if indoors and cannot be replaced by another defender. The corner is taken again.
 - If an attacker enters the circle before permitted, the offending player is required to go behind the line of restraint (50yd if outside / 43yd line if indoors). *Those who foul may not return for re-taken penalty corners, but may do so for subsequent corners.*
 - The inserter must not play the ball again or approach within playing distance until it has been played by another player.
 - A goal cannot be scored until the ball travels outside the circle.
 - A defender who is running into the shot or into the ball handler without attempting to play the ball with their stick will be penalized for dangerous play.
 - If a defender is within 5M of the first shot at goal during the penalty corner and is struck by the ball below the knee, another corner will be awarded. If struck on or above the knee in a normal stance, the shot will be judged to be dangerous and 16yd hit will be awarded for the defending team.
- A penalty corner is completed when:
 - a goal is scored.
 - a 16yd hit if outside is awarded to the defending team.
 - the ball travels more than 3M from the outside of the circle.
- A penalty stroke is awarded:
 - for a foul by a defender in the circle which prevents the probable scoring of a goal
 - for an intentional foul in the circle by a defender against an opponent who has possession of the ball or an opportunity to play the ball.

- Taking a penalty stroke:
 - all players on the field other than the player taking the stroke and the player defending must stand beyond the line of restraint (50yd line if outside / 43yd line if indoors) and on the sides of the field. No influence is allowed during the stroke.
 - the player taking the stroke must stand behind the and within playing distance of the ball before beginning the stroke.
 - the player defending the stroke must stand with both feet on the goal line, once the whistle is blown to start the stroke, must not move until the ball has been played.
 - If the player defending the stroke is a goalkeeper or player with goalkeeping privileges, they must wear protective headgear; if the player defending the stroke is otherwise taking part in the game as a field player, they may wear only a face mask as protective equipment. *If the defending team only has field players, the defender may only use their stick to make a save.*
 - The player taking the stroke must push, flick, or scoop the ball and is permitted to raise it to any height. *Using a dragging action is not permitted.*
 - *For any foul by a player of the defending team and a goal is or is not scored: the stroke is taken again.*
 - *For any foul by the player taking the stroke: a 16yd hit is awarded to the defense.*
 - The player taking the stroke must play the ball only once and must not subsequently approach either the ball or the player defending the stroke.
- A stroke is completed when:
 - a goal is scored.
 - the ball comes to rest inside the circle, lodges in the goalkeepers equipment, is caught by the goalkeeper or player with goalkeeping privileges, or goes outside the circle.
- Personal Penalties:
 - verbal caution.
 - green card (1-minute suspension).
 - yellow card (2-minute suspension).
 - red card (suspension for remainder of game and following game- must leave facility immediately).