

## Field Hockey Rules

### The Game:

**Junior Level:** two teams, 7 v. 7 including goalie  
2 – 20 minute halves, with rolling substitution. Substitution should be done at the half field line; the player coming off the field should be off the field before the new player may enter.  
1 – 90 second time out, per team, per half

**Senior Level:** two teams, 11 v. 11 including goalie  
2 – 25 minute halves, with rolling substitution. Substitution must be done at the 50-yard line; the player coming off the field must be off the field before the new player may enter.  
1 – 90 second time out, per team, per half

### The Field:

**Junior Level:** Approximately 40 yards by 60 yards. Striking circle regulation and 5-yard lines regulation. No 25-yard lines, just half field. (field sizes may not be exact)

**Senior Level:** High School regulation field, 100 yards by 60 yards. All markings same as high school regulation. (field sizes may not be exact)

### The Uniform:

Team shirt and socks must be visible. Absolutely no jewelry or barrettes. Mittens, gloves, tights, and turtlenecks allowed provided team shirt and socks are visible. Mouth guards and shin guards must be worn or children will not be permitted to play. Eye goggles are optional.

### Goalie:

Must wear team shirt, chest protector, mask, throat protector, pads, kickers, gloves, and mouth guard.

### Field Players May:

- a. Only move the ball with the flat side of her stick.
- b. Ball is not permitted to touch any part of the player's body.

### Goalies May:

- a. Kick the ball or stop it with their stick or any part of her body while in the circle.
- b. Must have her stick in her hand to play the ball.
- c. May not propel a ground ball into the air with her body, hand, or stick.
- d. Outside the circle, the goalie loses her special privileges.

**Procedures:**

- Free Hit:** means of putting the ball in play by any player following a foul by an opponent. Legal strokes are a drive or push.
- Goal:** worth one point and is awarded when the whole ball crosses the goal line between the goal posts and under the crossbar. The ball, which is within the circle, shall have been hit or glanced of the stick by an attacker. No goal is scored if the attacker puts the ball into the goal from outside the circle.
- Long Hit:** method for an attacker to put the ball in play from a spot on the sideline, 5 yards from the corner flag. Legal strokes are a push or a drive.
- Center Pass:** method for putting the ball in play at the start of the game, following half-time, and after each goal. Legal strokes are a push or a drive.
- Penalty Corner:** means for an attacker to put the ball in play from a spot on the end line, 10 yards from the nearer goal post. Legal strokes include a flick, drive, or push.
- Side-in:** method for putting the ball in play after it has gone out of bounds over the sideline. Legal strokes are a drive or a push.
- 16-Yard Hit:** means for a player to put the ball in play after it has gone out of bounds over the end line, but no goal is scored. The ball is placed opposite the place where it crossed the end line, and up to 16 yards from the inner edge of the end line. Legal strokes include a drive or a push.

Note: For any of the above “hits”, the ball must move one yard before another player of the same team is allowed to play the ball, including the player taking the hit.

**Fouls:**

- Advancing:** is using any part of the body to propel, deflect, or stop the ball to a team’s advantage. The goalkeeper may stop/catch the ball within her own circle.
- Obstruction:** occurs when
- a. a player moves or interposes herself or her stick, keeping an opponent from attempting to play the ball
  - b. a player shields the ball with her stick or any part of her body

- c. a third player takes a position between an opponent and the ball so her teammate has an opportunity to play the ball.

Note: a stationary, receiving player may be facing any direction. Once a player receives the ball, she may move away in any direction (without body contact with the tackler) or pass/deflect the ball.

**Rough and dangerous play occurs when:**

- a. a player holds or marks with contact
- b. charges, pushes, or trips, intentionally

**Stick interference:**

occurs when a player hits, holds, hooks, slashes, or strikes her opponent's stick.

**Sticks:**

Is raising any part of the stick above a player's own shoulder, in dangerous and intimidating manner, when playing/attempting to play the ball.

**Undercutting:**

Is propelling the ball with a hard hit on the underside, causing the ball to be lifted into the air in a dangerous manner.

**Starting and Restarting Play:**

Play is started with a center pass in the center of the field. This occurs after half-time and after each goal scored.

- player has 5 seconds to put the ball into play
- player can use a drive or a push in any direction
- ball must move at least one yard before another player of the same team can play the ball
- until official whistle, all players, except the player making the pass, shall be in their own half of the field
- opposing players must be at least 5 yards away from the ball until it is put into play
- striker can't play ball a second time, or be within playing distance, until another player touches the ball. Players may cross the centerline as soon as the official blows the whistle.
- If there was a simultaneous foul, a time-out when no foul occurred and neither team has the ball or the ball was lodged in a player's clothes, there will be a bully on the spot.
  - o In taking a bully, each player stands squarely facing the side-line with the goal line her team is defending to her right and shall alternately strike the ground on her side of the ball and then her opponent's stick above the ball three times, after which one player must strike the ball

before it is in play. Only the flat face of the stick shall be used for making contact with the ball. All other players must be 5 yards away from the ball until the ball is put into play.

**Scoring:**

A goal is scored when the whole ball crosses the goal line between the goal posts and under the crossbar, provided the ball was hit by or glanced off the stick of an attacker while the ball was within the circle. If the ball touches the attacker's stick within the circle, a goal is scored even if the ball contacts a defender's stick or body prior to entering the goal.

**Out of Bounds (Side-in and Long Hit):**

The ball is out of bounds when it passes entirely across a sideline. A side-in is awarded to the opponent of the player last touching the ball prior to its going out-of-bounds. During side-in, no opposing player shall be within 5 yards of the ball (within the 25 yard line and end-line, all players shall be 5 yards away from the ball). Taking side-in, the ball is placed motionless on the sideline where it went out of bounds. Player can use a drive or a push. After taking the side-in, the player cannot play the ball again, or be within playing distance, until it has been touched or played by another player.

**End Line:**

If the attacking team causes the ball to go across the end line, the game is restarted by the defender taking a 16-yard hit. Legal strokes are a drive or a push. The 16-yard hit is taken opposite the place where the ball crossed the end line and up to 16 yards from the inner edge of the end line. Opponent players must be 5 yards away from the ball.

If defender unintentionally causes the ball to go across the end line or if the ball glances off the stick/person of a defender in the area and goes across the end line, the attacking team shall be awarded a long hit. The player drives or pushes the ball from a spot on the sideline, 5 yards from the corner flag on the side of the field where the ball crossed the end line. The striker cannot play the ball again, or be within playing distance, until the ball has been touched by another player. Opponent players are to be 5 yards away from the ball.

If a defender deliberately causes the ball to go across the end line, a penalty corner is awarded to the attacking team.

**Free Hit:**

A free hit is taken near the spot where the violation occurred. If the defense is awarded a free hit within 16 yards of the end line the hit can be taken anywhere opposite the violation up to 16 yards of the end line. If a defense is awarded a free hit in the circle, the hit may be taken anywhere within the circle or anywhere on line with the violation up to 16 yards from the inner edge of the end line.

- when a free hit is taken, the ball is stationary
- legal strokes are a drive or a push
- the striker cannot play the ball a second time, nor be within playing distance until the ball has been touched by another player
- no opposing player shall be within 5 yards of the spot where the free hit is taken
- on a free hit by the attacking team within 5 yards of the circle, no player shall be with 5 yards of the spot where the free hit is taken.

**Free Hit Violation:**

- in the circle, penalty corner is awarded to the opponents
- outside the circle, a free hit is awarded to the opponents
- if an opposing player is within 5 yards of the ball at the time of the free hit, it shall be retaken, progresses up to 10 yards or deal with as misconduct.

**Penalty Corner:**

- a player taking a penalty corner shall have at least one foot completely outside the field of play. She can flick, drive, or push the ball from a spot on the end line 10 yards from the goal post on the side the attacker prefers.
- all attackers, except the one hitting the ball out, shall have their sticks and feet completely outside the circle in the field of play.
- senior league can have 5 defenders behind the end line. Junior league can 4 defenders behind the end line. (including goalie). The rest of the defending team must be behind the centerline.
- no player shall cross the end line, centerline, or enter the circle until the ball is struck. No opposing player can be with 5 yards of the ball when the corner is taken.
- the player taking the corner shall not be with playing distance or play the ball again until another player touches it.
- a goal may not be scored on a defender deflection of the initial hit from the end line.
- no shot on goal is made by an attacker from the penalty corner hit or from a pass or deflection by a teammate, unless the ball is first controlled, deflected off a defender's stick/person, has traveled 5 yards from the circle or has ceased to move on its own.
- if initial shot on goal is a drive, the ball must cross at a height of no more than 18 inches, unless it touches the stick or body of a defender as it travels to the goal.
- if a penalty corner is awarded at the end of the half or game, the game continues to complete the corner. The penalty corner shall be considered complete when;

- a goal is scored
- an attacker violates any rule
- a defender violates any rule, except that if another penalty corner is awarded, the game is prolonged again
- the ball travels more than 5 yards from the circle
- the ball is played over the end line by an attacker or unintentionally by a defender after the initial hit from the end line
- the ball leaves the circle after the attacker controls the initial hit from the end line inside the circle
- a ball that has been controlled outside the circle from the initial hit enters the circle and again leaves the circle.

## **Penalty Stroke (Senior League Only)**

### **A penalty stroke shall be awarded when, in the official's opinion:**

- a goal probably would have been scored, if a foul by the defending team had not occurred in the circle
- any deliberate foul is committed by a defender inside the circle which stops a potential goal or deprives an attacker of actual or likely possession of the ball
- the defending team continues to foul during circle play or a penalty corner
- a single flagrant foul occurs
- flagrant unsportsman like conduct is displayed by a coach or non-playing team personnel
- the defending team continues to deliberately cause the ball to go over the end line

### **How taken:**

- goalkeeper may put on or remove any legal equipment if undue delay of the game does not occur. Goalkeeper may be the stroker
- during stroke, players of both teams, other than the goalie and the stroker, shall position themselves beyond the nearer 25-yard line. The ball shall be placed on a line, which is 7 yards in front of the center of the goal cage.
- stroker's feet shall be farther from the end line than the ball
- stroker can scoop, flick, or push the ball, raising it to any height.
- stroker can follow through with the stick above the shoulder
- goalie, prior to stroke, can stand in any manner with both feet touching the goal line. She cannot step in any direction or lose contact with the goal line after she and the stroker have indicated they are ready. Official asks first the goalie and then the stroker to verbally verify they are ready.
- stroker begins with officials whistle. Stroker has 5 seconds after whistle has blown.
- stroker may take one step with either foot, but it must be towards the goal. The rear foot may be dragged or lifted prior to the ball being contacted, provided it does not pass the forward foot before the ball is moved.
- stick or stroker does not have to be in contact with the ball prior to the actual stroke. She is permitted to contact the ball only once and shall not approach either the goalie or the ball after initial contact.

**Goal Scored if:**

- whole ball crosses completely over the goal in between the goal posts and under the cross bar
- the goalie takes a step in any direction or loses contact with the goal line after she and stroker said they are ready and she prevents a goal
- the goalie plays the ball without the stick in her hand
- the goalie violates any rule or commits a foul in the process of stopping a goal from being scored

**Stroke Ended if:**

- a goal is scored or awarded
- the ball is stopped or caught in the circle by the goalie
- the ball becomes lodged in the goalkeepers pads
- the ball comes to rest inside or passes outside of the circle
- the stroker takes the stroke prior to the whistle
- the stroker fails to take the stroke within 5 seconds