



OFFICIAL RULE BOOK

FIELD HOCKEY

Revised - January 2016

www.PlayMoreSJ.com

1. EQUIPMENT AND FIELD

- I. Field dimensions will vary, depending on the facility.
- II. All players must wear a mouth piece and shin guards.
- III. Any player that does not have both pieces of equipment will not be eligible to play.
- IV. PlayMore will supply game balls.

1. GAME PLAY RULES

PlayMore follows the National Federation of State High School Rules as a guideline, with the following rules being changed or highlighted.

Timing

- I. Two 23-Minute Halves (3 Minutes Halftime) with running clock, except:

Substitutions

- I. Teams may substitute players at any time during active play of the game without stoppage of play or time clock. Changes “on the fly” are permitted; yet are not to be done in a way to gain an advantage during game play.
- II. There is no limit to the number of players who are permitted to be substituted at the same time or to the number of times any player is permitted to substitute or be substituted.

Start and Re-start the Game

- I. The home team will be awarded the ball first and is permitted to play the ball in any direction.
- II. Direction of play is reversed in the second half of the match.
- III. All players other than the player taking the centre pass must be in the half of the pitch which includes the goal they are defending
- IV. A bully takes place to re-start a match when time or play has been stopped for an injury or for any other reason and no penalty has been awarded :
 - o A bully is taken close to the location of the ball when play was stopped. The ball is placed between one players from each team who face each other with the goal they are defending to their right. The two players start with their sticks on the ground to the right of the ball and then tap the flat faces of their sticks together once just over the ball after which either player is permitted to play the ball.
- V. A player is not allowed to use the wall in any way to help shield the ball.

- VI. A player is not allowed to lift the ball any higher than the knee.
- VII. Any back swing or other use of the stick that is ruled by the referee as dangerous will result in a whistle and the ball will be awarded to the other team.
- VIII. No hacking or stick interference is allowed.
- IX. Players must not obstruct an opponent who is attempting to play the ball. Players obstruct if they:
 - Back into an opponent
 - Physically interfere with the stick or body of an opponent
 - Shield the ball from a legitimate tackle with their stick or any part of their body.
 - A stationary player receiving the ball is permitted to face in any direction. A player with the ball is permitted to move off with it in any direction except bodily into an opponent or into a position between the ball and an opponent who is within playing distance of the ball and attempting to play it.
 - A player who runs in front of or blocks an opponent to stop them legitimately playing or attempting to play the ball is obstructing (this is third party or shadow obstruction). This also applies if an attacker runs across or blocks defenders when a penalty corner is being taken.
- X. A goal is scored when an attacker pushes, flicks or scoops into the opponent's goal from within the scoring circle.
- XI. If a ball is played from outside the 'shooting circle' and it goes directly into the goal or is only touched by a defender on the way, it does not count as a score.

Stroke

- I. In any instance in which a penalty stroke would be the call, a goal will be awarded to the team who would have been given a chance to shoot the penalty stroke.

Penalties

- I. Advantage: A penalty is awarded only when a player or team has been disadvantaged by an opponent breaking the rules. If awarding a penalty is not an advantage to the team which did not break the rules, play will continue.

- II. A free hit is awarded to the opposing team :
 - For an offence by an attacker in the half of the pitch they are attacking
 - For an unintentional offence by a defender outside the circle but within the half of the pitch they are defending
- III. A penalty corner is awarded :
 - For an offence by a defender in the circle which does not prevent the probable scoring of a goal
 - For an intentional offence 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 offence by a defender outside the circle but within the half of the pitch they are defending

Free Hit

- I. A free hit is taken close to where the offence occurred.
- II. The ball must be stationary.
- III. Self starts are permitted – ball must be stopped/controlled before beginning self start.
- IV. Opponents must be at least 3 yards from the ball.
- V. Free hits going into the opponent's circle must be moved 5 yards before entering the circle.
(Penalty corner hits do not have to move 5 yards before entering circle, see Penalty Corners below)

Penalty Corners

- I. Besides the four players permitted on the goal-line during the corner, all other players must return behind midfield before the start of the corner.
 - a. During a short-handed corner, all players besides the two players permitted on the goal-line during the corner must return behind midfield before the start of the corner.
- II. A direct hit into the circle is permitted as well as self start, the ball is not required to move 5 yards before entering the circle.

Timeouts

- I. Each team will be given one 60 second timeout per half.
- II. Play is restarted by putting the ball back into play or with the free push, centre-pass or bully which was due to take place before the time-out occurred.

Overtime

- I. *Is there overtime during the regular season?* **No.**
- II. All Overtime periods will be five minutes, and each team will have one timeout.
- III. During the playoffs, an unlimited amount of overtimes will be used to determine a winner.
- IV. Overtime periods will be played 6 on 6.

2. FORFEIT POLICY

- I. If your team receives a forfeit win, a score of 5-0 will be recorded.