

Adult Field Hockey Rules and Regulations/Seacoast United

1. Every effort will be made to play all of the games on the "C" field. However, under certain circumstances play may need to move to the "B" field. Play on the B field will be modified outdoor rules. The guideline on that field is safety and outdoor rules.
On both fields, it is not legal to lift the ball on a free hit.
On both fields, when the game is starting or after a goal is scored, all players must be on their own side of the midfield until the ball is moved (not when the whistle is blown).
2. This is a coed league; each team must have no more than 2 male players on the field at any time. Each team will consist of up to 6 players on the field at a time. Teams may play with less than 6, down to 4, without having to forfeit. If you borrow a player from another team, it will be listed as a forfeit. However, it is best to have enough players to field as competitive a team as possible for the benefit of the opponent.
3. The game clock will start no later than 5 minutes after the scheduled start time. All games will consist of two halves of 25 minutes of running time, unless both teams agree to play for less time. There will be a 3 minute half time, when time permits.
4. Each team should bring their own medical kit with at least band aids and ice packs.
5. **The game:** In indoor play, the ball must travel along the ground and must not be slapped or hit. The only legal strokes are a push or sweep. Backswings must be kept to a minimum and wide sweeping pushes are subject to penalty if the ball is determined to be slapped at or if a player is hit on the follow through. Self-starts are legal; that is, the player may start to dribble the ball herself rather than only being allowed the pass the ball. The rule for a self-start is that the ball must be set by a tap that settles the ball and notifies everyone of the intent to start to play. Then the player is free to move the ball forward in a self-start. It is **not** legal to drag the ball in one continuous motion without a tap by the stick to settle the ball first.
6. Deflections may not be played in the air at any time. If a ball pops up, it must land first and not be batted in the air, **even in the goal area.**
7. On a free push, the defenders must be 3 meters away from the ball. When the offense is inside the offensive half, the **indirect entry rule applies.** To meet the criteria, the ball must be carried 3 meters before entering the circle, the ball must be passed to a teammate, a defense player must touch the ball, or the ball must contact the side boards prior to entering the circle.
8. On penalty corners, defense may have 2 players in the goal behind the line. The ball is injected from either white dot near the corner of the field. The ball must leave the red circle and re-enter the circle for a goal to be awarded. An offensive player must touch the ball inside the circle for the goal to be awarded. If a defensive player is judged to intentionally hit the ball into the wall, a corner will be awarded. If a defensive player goes down on the goal line and attempts to stop a ball from scoring, a goal may be awarded. Additionally, if a defensive player uses the body to stop a ball from scoring, and the player is standing along the goal line area, a goal may be awarded. It is the **judgment of the umpire whether to award a corner or a goal.** When possible, the umpire will wait to see if the offense can put the ball into the goal.
9. It is the intent to keep the game as safe as possible. Toward that end, the offensive players should keep shots on goal controlled. If the goal area is open the player may lift the ball toward

goal without penalty. A defensive player who stands on the goal line is considered to be there at her own risk. However, the offensive player should make every attempt to place the shot away from the upper part of the body of the defender. Again, this is the judgment of the umpire as to whether to award a goal or a free push out. The question to be determined is whether the offensive player was controlling the shot on goal, and the position of the defensive player (s).

10. The OUT of BOUNDS area is the tall wall extending from the goal area along the end-line toward the side, where the wall becomes significantly shorter. The red padding along the goal area is considered IN PLAY and treated as goal posts.
11. When the team who is in the lead acquires a goal differential of 5 goals, they must play down to 5 players. If the differential becomes less than 5, the 6th player may return.
12. **In indoor play, it is not legal to use a part of the body for support on the floor while playing the ball; this is called a 3rd point of contact. The player is not allowed to use one hand for support on the ground while using the stick hand to reach for the ball.** Additionally, a player cannot play the ball on the ground or on one knee, as this would also provide additional support beyond what is legal.
13. Penalties for misconduct, verbal abuse, or repeated fouls are as follows: 1) first offense, the player is warned for behavior 2) second offense the player is asked to leave the field for a minimum of 2 minutes 3) 3rd offense the player is asked to leave for a minimum of 5 minutes. At any point, the umpire may use his/her discretion and eject the player if warranted. In the event of a player ejection, the team will play short a player. For other penalties, substitution may occur. Any player ejection will be reported to management and the player will be suspended from the next game as well.
14. Obstruction is the act of preventing an opponent from having access to the ball. This occurs when a player is seen shielding the ball, backing into a player, or using their body or stick to interfere with an opponent who is attempting to play the ball. The player with the ball must be moving away from the player attempting to play the ball; if they move into the player with their body, it results in obstruction. The player who wants to get the ball must have their stick on the ground in a legal attempt to access the ball. When a person is upright and trying to push through the other player to get to the ball, often the judgment of the umpire is that the player is not trying to play the ball.