

**2011-2012 SUFH Field Hockey League Rules**  
**High School and Middle School**  
**HS Games- C Field, MS Games- D Field**

**I. Rosters and Payment:**

1. Full payment is required by the second scheduled game.
2. Failure to pay in full by this time will result in withdrawal from the rest of the session.
3. A player may only represent one team.

**II. Team Composition:**

1. Rosters must include at least 8 players.
2. Each team must have at least 5 field players present at each game.  
MS games on D field- we will play 5v5. NO GK and no extra player. Any less results in a forfeit in the scorebook (although, the game will still be played with uneven sides or by sharing players.) If a team has a GK that team will play with 4 field players.
3. HS games on C field- we will play 6v6. IF a team does not have a GK we will play with the open goal, no cones, and 6 field players. If a team has a GK that team will play with 5 field players and a GK.

**III. Points and Forfeits:**

1. Week 8 will consist of championship games. Seeds are determined by: 1) Points, 2) Head to Head (if a tie in points), 3) Goal Differential (if a tie after points and head to head)
2. Points are determined as follows: Win=3 points, Tie= 2 points, Loss= 1 point, Forfeit = 0 points (non-forfeiting team = 2 points)
3. FORFEITS result from:
  - a. A team not showing up.** In this case, the arena staff will recruit players from other teams to field a team so the game can still be played. There is NO tolerance for NO SHOWS.
  - b. A team does not have at least 5 field players.** In this case, the GAME WILL STILL BE PLAYED. We ask that either 1) the forfeiting coach agree to play down/short players or 2) the coaches agree to sharing players from the team that has more.

#### **IV. Sportspersonship:**

1. EVERYONE, regardless of age, gender, and ability are expected to play with an attitude of enjoyable competition. That is to say, “win at all cost” attitudes will not be tolerated.
2. While it is understood that players will be competitive, only respectful, “sportspersonlike” conduct will be tolerated by arena staff and officials.
3. Aggression, or actions with intent to harm, will not be tolerated. This includes verbal aggression.
4. Flagrant or repeated fouls by the same player will result in a 2-minute penalty for that player. The team serving the penalty may NOT replace the player. If this behavior continues, the player will be sent from the field for good. The ejected player will be suspended for the next game. Once the player served the ban, any further ejections will result in a total ban from the league.

#### **V. Equipment and Apparel:**

1. All players are required to wear shin guards and mouth guards. Appropriate footwear is required (sneakers or turf shoes, NO CLEATS).
2. Goggles are not mandatory – but since it is a NFHS rule now, we encourage all coaches to insist on having their players wear goggles.

#### **VI. Substitution:**

1. Substitution is rolling. It must not interfere with the flow of the game. If it does, the referee will blow the whistle and the other team will receive a free hit.
2. Teams do not have to wait for the other team’s substitution to be completed on a free hit.
3. NO substitution on CORNERS.

#### **VII. Ball height:**

1. For the purpose of improving the indoor play at SUFH, the rules regarding ball height will become more aligned with FIH rules (the international governing body of field hockey rules). The ball can never be played above the knee, unless it is a shot on goal.
2. **Shots on goal** may be lifted at any height as long as it is not deemed dangerous by having an opponent within 5 yards of the hit.
3. If a defender is in the way of a lifted shot on goal, resulting in a shot going into

the defender, a PENALTY CORNER will be called.

### **VIII. Scoring:**

1. If a ball enters the “circle area” from an offensive team member and touches a defensive team’s stick before entering the goal, it results in a 16-yd. hit. The ball must touch an offensive team member’s stick inside the dotted circle line prior to entering the goal in order to count as a goal.
2. If there is a **goal differential of 5** or more, the winning team is required to take off a player. (Understand, if space were allowed, we would prefer to have the losing team add a player.) This rule is in place for the purpose of maintaining competitive games and limit teams getting “crushed”. If a referee believes a team is **INTENTIONALLY** allowing the other team to score simply to regain their other player, they will not be allowed to add that member back on.

### **IX. Out of Bounds:**

1. The tall wall is considered “out of bounds.” Whenever the ball touches that wall, it is a “dead ball” and results in a 16-yd hit.
2. The only exception is when a defensive team member intentionally hits it into that wall. In this case, a penalty corner is awarded.

### **X. Free Hits:**

1. Free hits must be taken from the location of the infraction. Players must observe referees’ directions if the ball needs to be relocated.
2. Only pushes and sweeps are allowed.
3. All players must be 5 yards away. Failure to comply with this rule will result in potential loss of possession or 5 yard “bump up.”
4. Self restarts will be played and encouraged.

### **XI. Penalties:**

1. **Stick obstruction:** A player’s stick may NOT make contact with another player’s stick when playing the ball. There cannot be any interference by making contact with a stick.
2. **Obstruction:** Players may not obstruct an opponent who is attempting to play the ball. Players obstruct if they: 1- back into an opponent, 2- physically interfere with the stick or body of an opponent, 3-shield the ball from a legitimate tackle with their stick or any part of their body.
  - a. **Third Party:** No player can run in front of or block

an opponent to stop them legitimately playing or attempting to play the ball. This also applies if an attacker runs across or blocks defenders when a penalty corner is being taken.

3. **Kicks:** Players may not INTENTIONALLY kick, stop, propel, throw, or carry the ball at any time. A penalty will only be given if a player voluntarily commits the above.

4. **Ball not controlled on Penalty Corner:** The ball must be controlled on a penalty corner before a shot can be taken. The only exception is if the ball travels 3 yards outside of the dotted circle line.

5. **Hits: NO HITS ARE ALLOWED.** The only legal strokes are a push or sweep along the surface. No back swings are allowed in indoor hockey.

6. **Playing the ball on the ground:** A player may not play or attempt to play while on the ground. This includes going down on one knee to stop a ball or perform a tackle. A free hit will be awarded to the other team.

7. **NOTE: WHILE REFEREES SHOULD CALL PENALTIES CONSISTENTLY, THEY WILL ALSO USE THE ADVANTAGE RULE. THAT IS, IF A FOUL OCCURS AND NO ONE IS AROUND THE BALL OR PLAYER WITH THE BALL, PLAY WILL CONTINUE. IN ADDITION, IF A FOUL OCCURS, BUT THE OTHER TEAM GAINS POSSESSION RIGHT AWAY, NO CALL WILL BE MADE. THIS RULE IS IN PLACE TO LIMIT INTERRUPTIONS TO PLAY.**

## **XII. Penalty Corners:**

1. Two defending players and any number of offensive players are involved in the penalty corner.
2. The ball should start from the white painted dots on either corner of the field.
3. Any intentional use of the body by the defending team to stop a shot on goal will result in a goal being awarded to the offensive team.
4. The ball must travel outside of the "circle area" and be controlled, before entering the circle.
5. There are NO LONG CORNERS. (long hits)

## **XIII. Referees:**

1. The referee's decision is final. The rules are designed to promote safety and keep the game enjoyable for all. **This includes the referee.** If any players direct verbal abuse towards the referee, or other players, then they will be dismissed

from the field. If the same player continues, then they will be dealt with by arena staff and may be asked to leave the league.

2. If a team has any complaints, questions, or concerns the only time that it is appropriate to address the referee is during half time or between games.

All interactions must be respectful and in line with good sportspersonship. The referee has the right to decline to speak with any team and request the coach to speak to the Director of Field Hockey. If preferred, further complaints and/or questions can be directed to the Director of Field Hockey.

#### **XIV. Communication:**

1. If you have questions about scheduling, please make sure you call AS EARLY AS POSSIBLE so we can do our best to meet your requests.

2. Team contacts should make sure to check email and voicemail messages regularly for updates on game times.

3. Please do not call the DAY OF your game to tell us you do not have enough players. Even though you will technically have to “forfeit,” come with however many players you have. The game can still take place by sharing players or recruiting others from other teams. It is NOT FAIR to your opponent (or the arena as we hire referees well in advance for these games) to just not show up. Thanks so much for your cooperation!

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