

Field Hockey Rules

INCIDENTAL CONTACT IS POSSIBLE IN FIELD HOCKEY AND INJURIES ARE A POSSIBILITY. JAMES MADISON UNIVERSITY RECREATION ASSUMES NO RESPONSIBILITIES FOR INJURIES. BASIC FIRST-AID AND CPR WILL BE AVAILABLE WHEN NECESSARY.

Changes from last year's rules are indicated by a **gray highlight**.

RULE 1 – THE FIELD OF PLAY

SECTION 1 – SIZE OF THE FIELD

Article 1. The field of play is rectangular, approximately 80 yards in length and 40 yards in width.

SECTION 2 – MARKINGS

Article 1. Side lines mark the longer perimeters of the field, and back lines mark the shorter perimeters of the field.

Article 2. The goal lines are the parts of the back lines that are between the goal posts.

SECTION 3 – GOALS

Article 1. Goals are positioned outside the field of play at the center of and touching each back line.

RULE 2 – TEAM COMPOSITION

SECTION 1 – NUMBER OF PLAYERS

Article 1. The game shall be played by two teams, each consisting of not more than 7 players on the field at one time. A game shall not be started with fewer than 5 players.

Article 2. **Field hockey is a women's league sport. Since there is not a men's league offered for field hockey, 2 males are allowed on each team's roster. However, only one male can be on the field at a time.**

Article 3. All participants must be listed on the official team roster prior to their participation in any Intramural Sports activity. Roster provisions are outlined in the Intramural Sports Manual, which can be found on the UREC – Intramural Sports website.

Article 4. If, at game time, one team has not met the minimum player requirement and their opponents have, the Captain's Choice rule will go into effect. Captain's Choice provisions are outlined in the Intramural Sports Manual, which can be found on the UREC – Intramural Sports website.

SECTION 2 – POSITION OF PLAYERS

Article 1. Each team shall play with only field players. No players on the field shall have goalkeeping privileges or wear a different color of shirt.

SECTION 3 – SUBSTITUTIONS

Article 1. Each team is permitted to substitute from its players not on the field of play, and there is no limit to the number of substitutions a team is allowed at one time or throughout the game.

Article 2. Substitutions are permitted:

- a. After a goal,
- b. To replace an injured player,
- c. At halftime,
- d. On a free hit.

Article 3. Exiting players and entering substitutes must leave and enter the field of play for substitution purposes within 3 yards of the center line on the same side of the field as their team bench area.

Article 4. A player who is injured, bleeding, has an open wound, has any amount of blood on his/her uniform or has blood on his/her person shall be directed to leave the activity until the bleeding has stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition. That player shall leave the field and may be replaced.

SECTION 3 – TEAM CAPTAINS

Article 1. Each team must designate a team captain. Team captains are responsible for:

- a. Behavior of all players on their teams
- b. Ensuring that substitutions of players on their teams are carried out correctly.

RULE 3 – PLAYER’S CLOTHING AND EQUIPMENT

SECTION 1 – REQUIRED EQUIPMENT

Article 1. Field players of the same team must wear same color or similarly-colored shirts or jerseys.

Article 2. Each player must wear a mouth guard and eye protection while playing.

Article 3. Each player must wear appropriate footwear. Multi-purpose or turf plastic cleated footwear may be worn.

Article 4. UREC will provide sticks and field hockey balls. Participants may use their own sticks as long as the stick does not have any rough or sharp parts or anything that may be dangerous to other players.

SECTION 2 – RECOMMENDED/OPTIONAL EQUIPMENT

Article 1. UREC will provide shin guards for any and all players to wear.

Article 2. Players may wear soft, pliable gloves as long as they do not have hard and/or unyielding materials or materials dangerous to other players in them.

SECTION 3 – ILLEGAL EQUIPMENT

Article 1. No players shall wear any of the following:

- a. Jewelry of any kind;
NOTE: Medical alert bracelets/necklaces are legal but must be visible and taped to the body.
- b. Headgear;
- c. Shoulder pads or body pads;
- d. Baseball caps;
- e. Bandanas with knots;
- f. Any other unyielding equipment or equipment deemed by the Intramural Sports staff to be dangerous to self or others.

RULE 4 – MATCH AND RESULT

SECTION 1 – TIMING

Article 1. A match consists of two 20-minute halves. The clock will run continuously for the first 38 minutes of game time, and it will only stop for time-outs. In the final two minutes of the second half, the clock will stop on every whistle.

Article 2. The halftime intermission shall be no longer than 5 minutes.

Article 3. Each team shall be allowed 2 time-outs per half, and each timeout shall last no longer than 1 minute. A time-out can be called after a goal or during any dead ball situation.

SECTION 2 – SCORING

Article 1. A goal is scored when the ball passes 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 by an attacker.

Article 2. If the goal differential is 5 goals or more with 5 minutes or less remaining in the second half, the game shall be ended.

Article 3. Games ending in a tie during the regular season shall be recorded as a tie and no overtime will be played.

SECTION 3 – OVERTIME

Article 1. Games ending in a tie during the playoffs will be followed by a 3-minute overtime period.

Article 2. The clock will run continuously (except for a team or official's time-out) until the final minute of the overtime period. In the final minute, the clock will stop on all officials' whistles.

Article 3. Each team is allowed one time-out for each overtime period. Time-outs do not carry over from regulation into the overtime period.

Article 4. The first team to score a goal in the overtime period will be declared the winner. If no goal is scored in the first overtime period, subsequent overtime periods will occur until a winner is declared.

RULE 5 – PLAYING THE GAME

SECTION 1 – STARTING AND RE-STARTING THE MATCH

Article 1. A coin is tossed to start the match, and the captain of the visiting team shall call the toss.

1. The team that wins the toss has the choice of which goal to attack in the first half of the match or to start the match with a center pass.
2. If the team winning the toss chooses which goal to attack in the first half of the match, the opposing team, starts the match with a center pass.
3. If the team winning the toss chooses to start the match with a center pass, the opposing team has the choice of which goal to attack in the first half of the match.

Article 2. Direction of play is reversed in the second half of the match and the team that chose which goal to attack in the first half will start the second half with a center pass.

Article 3. A center pass:

- a. Is taken to start the match by a player from the team winning the toss if they chose this option; otherwise by a player from the opposing team;
- b. Is taken to re-start the match after half-time by a player of the team which did not take the center pass to start the match;
- c. Is taken after a goal by a player of the team against which the goal was scored;
- d. Is taken at the center of the field;
- e. Is permitted to travel in any direction;

Article 4. During a center pass, all players other than the player taking the center pass must be at least 5 yards from the ball and on the half of the field which contains the goal they are defending.

Article 5. No penalty corners shall be taken. A free hit shall be awarded to the offended team for any offenses committed by the attacking team or the defending team. During a free hit, all players besides the player taking the free hit shall be at least 5 yards from the ball. The ball must travel 5 yards before a shot is taken on goal.

Article 6. In the event of the ball traveling out of bounds or an offense occurs, a player from the offended team can play the ball directly without passing and the procedures for taking a free hit apply.

SECTION 2 – BALL OUTSIDE THE FIELD

Article 1. The ball is out of play when it passes completely over the sideline or backline.

Article 2. Play is re-started by a player of the team which was not the last team to touch or play the ball before it went out of play.

Article 3. When the ball travels over the sideline, play is re-started where the ball crossed the line and the procedures for taking a free hit apply.

Article 4. When the ball is played over the backline and no goal is scored:

- a. If played by an attacker, play is re-started with the ball up to 15 yards from and in line with where it crossed the backline and the procedures for taking a free hit apply.
- b. If played unintentionally or deflected by a defender, play is re-started on the sideline up to 5 yards from the corner nearest to where the ball crossed the backline and the procedures for taking a free hit apply.
- c. If played intentionally by a defender, play is re-started with the ball on the backline from a spot that is 10 yards from the goalpost of the attacking team's choice.

SECTION 3 – CONDUCT OF PLAYERS

Article 1. Players must hold their stick and not use it in a dangerous way.

Article 2. Players must not:

- a. Lift their stick over the heads of other players;
- b. Touch, handle, or interfere with other players, their sticks, or their clothing;
- c. Intimidate or impede another player;
- d. Obstruct an opponent who is attempting to play the ball;
NOTE: Players obstruct if they back into an opponent, physically interfere with the stick or body of an opponent, or shield the ball from a legitimate tackle with their stick or any part of the body.
- e. Play the ball with the back of the stick;
- f. Stop or catch the ball with the hand(s);
- g. Play the ball above shoulder height with any part of the stick;
- h. Play the ball dangerously or in a way which leads to dangerous play;
NOTE: A ball is considered dangerous when it causes legitimate evasive action by players.
- i. Intentionally raise the ball from a hit except for a shot at goal;
NOTE: Players are permitted to raise the ball with a flick or a scoop provided it is not dangerous. A flick or scoop toward an opponent within 5 yards is considered dangerous.
- j. Approach within 5 yards of an opponent receiving a fallen raised ball until it has been received, controlled, and is on the ground;
NOTE: The initial receiver has a right to the ball. If it is not clear which player is the initial receiver, the player of the team which raised the ball must allow the opponent to receive it.
- k. Stop, kick, propel, pick up, throw, or carry the ball with any part of the body;
NOTE: If the ball hits the hand(s) or body of a field player, it is not always an offense. The player only gains an offense if they position themselves with the intention of stopping or playing the ball in this way.
- l. Tackle unless in a position to play the ball without body contact;
NOTE: Reckless play, such as sliding tackles and other overly physical challenges by field players which take an opponent to the ground and which have the potential to cause injury should attract appropriate match and personal penalties.
- m. Intentionally enter the goal their opponents are defending or run behind either goal;
- n. Throw any object or piece of equipment anywhere on the field;
- o. Delay play to gain benefit by time-wasting.

RULE 6 – PENALTIES

SECTION 1 – WHEN AWARDED

Article 1. A penalty is awarded only when a player or a team has been disadvantaged by an opponent committing an infraction upon the rules.

Article 2. A free hit is awarded to the offended team for any offense committed by an opponent during a play which does not involve a probable goal-scoring opportunity.

Article 3. A penalty stroke is awarded to the offended team for any offense committed by a defender which prevents a probable goal-scoring opportunity.

SECTION 2 – PROCEDURES FOR TAKING A FREE HIT

Article 1. A free hit is taken within playing distance of where the offense occurred and with no significant advantaged gained for the offended team.

Article 2. A free hit awarded to the defending team within 15 yards of the backline is taken up to 15 yards from the backline in line with the location of the offense, parallel to the sideline.

Article 3. When taking a free hit:

- a. The ball must be stationary;
- b. Opponents must be at least 5 yards from the ball;
NOTE: If an opponent is within 5 yards of the ball, they must not interfere with the taking of the free hit or must not play or attempt to play the ball. If this player is not playing the ball, attempting to play the ball, or influencing play, the free hit need not be delayed.
- c. All players other than the player taking the free hit must be at least 5 yards from the ball;
- d. The ball is moved using a hit, push, flick, or scoop;
- e. The ball may be raised immediately using a push, flick, or scoop, but must not be raised intentionally using a hit;
- f. The ball must travel 5 yards before the player taking the free hit takes a shot on goal.

SECTION 3 – PROCEDURES FOR TAKING A PENALTY STROKE

Article 1. A penalty stroke is taken from a spot 10 yards from the goal line and lined up with the center of the goal.

Article 2. When taking a penalty stroke:

- a. All players on the field other than the player taking on the stroke must be at or behind midfield and must not influence the taking of the stroke;
- b. The player taking the stroke must stand behind and within playing distance of the ball before beginning the stroke;
- c. The whistle is blown when the player taking the stroke is ready;
NOTE: The player taking the stroke must not take it until the whistle is blown.
- d. The player taking the stroke must push, flick, or scoop the ball in one continuous motion and is permitted to raise it to any height;
- e. The player taking the stroke must not drag or roll the ball before the shot;
- f. The player taking the stroke must play the ball only once and must not subsequently approach it.

Article 3. The penalty stroke is completed when a goal is scored or a goal is unsuccessful. If the goal is scored, play will be re-started with a center pass for the non-scoring team. If the goal is unsuccessful, play will be re-started with the ball up to 15 yards from and in line with where it crossed the backline and the procedures for taking a free hit apply.