

2026 Fall Field Hockey Rules

Team/Equipment

1. All teams must have a designated coach on the sidelines or the team must forfeit. For younger teams the coach may be on the field with the team. It is strongly encouraged to have an assistant coach for the 7-10 yr. old's so that someone can manage the bench.
2. 7 field players plus 1 goal keeper on the field. If you do not have enough, you can play 1 person down without having to forfeit. The other team is not obligated to play a man down.
3. Substitutions are made on the fly and should be made on a regular basis. All players should receive an equitable amount of playing time. **If you have substitutes, ALL PLAYERS MUST BE SUBSTITUTED OUT OF THE GAME (Except the goalie).**
 - **EXAMPLE: IF YOU HAVE 4 PLAYERS ON THE BENCH, ALL 4 SHOULD PLAY EACH HALF**
 - **ONE PLAYER SHOULDN'T GET 30 MINUTES OF PLAYING TIME AND ANOTHER LESS THAN 10. THIS IS NOT EQUITABLE PLAYING TIME (40 MINUTE GAME)**
4. **MANDATORY EQUIPMENT – Outdoor Stick, shinguards, & mouthguard. Outdoor shoes/sneakers OR CLEATS are also recommended.**

Game

1. Games will be 45 minutes in total: 10-minute quarters; 3 – minute halftime and 1 – minute in between quarter 1 and 2 AND 3 and 4.
2. Each team is will have 1 timeout per game (**1 minute**)
3. Ties (in playoffs) will be determined by playing a 5-minute overtime period. Each team removes one player for the overtime period. The team to score first in overtime wins the game. If a 2nd overtime is necessary teams will remove a 2nd player from the field. After 2 overtimes then we will continue with subsequent overtimes at 6v6 (5 players and goalie) until a team scores. 11-14 age group may elect to do strokes after 2 overtimes have been played.

Field Rules/Fouls

1. No hacking – girls should be making a controlled attempt to make a defensive play on the ball.
2. Foot fouls – 11-14 age group will be called tighter than 7-10
3. Obstruction
 - a. Do not use your body to protect/shield the ball from the defender. You can do this while the ball is moving (ex: making a turn to dodge the player). If the ball becomes stationary it is a whistle for obstruction.
 - b. 3rd party obstruction: a teammate from the offensive team comes between the player carrying the ball (offender) and the defense, impeding the defender from making a play on the ball.
4. High hits – in the field of play the ball should generally stay below the knee. Aerial balls may be used in the 11-14 age group but must be played in a safe manner. This is at the official's discretion. High shots on goal can/will be allowed pending there was no danger to a defensive player. Danger is considered by flight of the ball (direct hard shot or does it have arc) as well as is it into a player that was already in a defensive position within playing distance.
 - a. Reverse chip shots are prohibited due to lack of control and we have many young (new to the game) players who don't know how to defend against this skill.

Corners

1. For defensive corners - all players must line up inside of the goal: 3 defenders and a goalie or 4 defense if no goalie is playing.
2. On offensive corners, the ball must be controlled outside of the circle before it can be brought in for the shot.
3. If the defender runs into the path of a shot on a corner, another corner is awarded.
4. If a player has goalkeeper privileges, that player must put on a helmet during a corner or penalty stroke.

Free Hits

Offensive/Attack

1. On free hits past the 25-yard line must first go 5 yards (with pass or self-start) before entering the circle. Defensive players must remain 5 yards away until free hit or self-start has been taken.
2. Self-starts may be used. Ball must be stationary before free-hit/self-start is taken.

Defense

1. If the ball goes over the end line off an attacking player it is a 16-yard hit for the defense. This is taken at the top of the circle straight up from where it went out over the end line.

Point System

- WIN = 3 POINTS
- TIE = 1 POINT
- LOSS = 0 POINTS

If, at the end of the season, more than 1 team has the same number of points, the tiebreaker will be determined by head-to-head matches.

Example: STX beat GRAYS 2 out of the 3 times they played each other, STX owns the tiebreaker

Behavior

1. Players, coaches & spectators will be expected to respect the official and the calls made by the official – if you have a question about a call ask, she will be happy to explain the call.
2. If a player receives a card for an excessive penalty, they will sit out for 5 minutes. Any red cards and they will not be allowed to participate in the remainder of the game and will be suspended from the next game.
3. If **TWO** red cards are given in the course of a season the player will be removed from the league for the remainder of the season.

HAVE FUN & LEARN THE GAME OF HOCKEY!!!