

## Women's Field Hockey Rules

*updated 3/6/13*

### **Format:**

Each session consists of 9 games, including playoffs. Game play is 7v7 (6 fielders and a goalie or 7 fielders no goalie). Minimum players needed to start a game will be five (4 fielders and a goalie or 5 fielders no goalie). The home team (listed first on the schedule) will start game play for the first half.

Games will be played with USA Field Hockey Rules with the following specifications/changes:

### **Equipment:**

Teams must wear matching jerseys with a number on the back. Shin-guards are required; mouth-guards are highly recommended. Appropriate footwear includes sneakers, turf shoes or cleats- no metal spikes. Goalkeeper apparel must include: head gear with fixed full-face protection for entire head and throat, leg guards and kickers.

### **Players/Rosters:**

Captains must submit roster before first match. Changes are permitted through third match. All players are required to have a Wide World Player Pass on hand at each match for submission to the referee. Game play is 7v7, teams can roster up to 14 players.

Teams have 10 minutes to field a team before a forfeit of a game.

### **Game play/Rules:**

***Game-time:*** The game will consist of two 25-minute halves (running time). No time-outs will be permitted with the exception of a major injury/goalkeeper switch. Halftime will be two minutes. No warm up time is scheduled. If a penalty corner has not been completed at the end of a half or end of the game, the duration of the half/game will be prolonged until the penalty corner has been completed. The ball is out of play when it completely passes over a sideline or end line.

***Substitutions:*** Substitutions are done on the fly near the bench areas. Substitutions cannot be done after a penalty corner has been called until the ball is put back into normal game play.

***Legal Strokes:*** A push is an acceptable stroke. Players may not hit, slap hit or raise the ball off the ground. The ball may only be raised off the ground when shooting on goal against a team who has a fully-dressed goalkeeper present (at referee's discretion of a dangerous play). When shooting on goal against a team who is not fielding a dressed goalkeeper, the ball may not be raised any higher than knee level (at referee's discretion of a dangerous play). Defenders must be at least 5 yards from the ball on free pushes (restart of play).

***Penalty Corners:*** The defense is allowed up to four members of their team in the circle during a penalty corner (including the goalie when applicable). All remaining defenders must be behind the mid line. Up to five offensive players may be on the circle for a penalty corner (including the individual pushing the ball in); the remaining offensive player must be behind the midline. The push in will be taken where the solid white line meets the end line on either side of the net.

**Penalty Strokes:** Time does not stop for a penalty stroke. The penalty stroke will be taken from the white penalty spot marked on the field. If the player defending the stroke is a goalkeeper, they must wear protective headgear. If the player defending the stroke is a field player, they may wear a facemask as protective equipment.

**Scoring:** Goals may be scored from inside the white dashed arc when the ball is being played by the offense and passes the goal line in between the posts and under the crossbar.

**Goalkeepers:** Fielding a goalkeeper is optional. When fielded: the Goalkeeper must be properly dressed (see "Equipment") and stay within the arc to retain goalkeeper privileges. No goalkeeper: In the instance a team is not fielding a goalkeeper they may field seven field players. When a field player is acting in place of a goalkeeper on a corner or penalty stroke, their face can be no lower than standard knee level. Face protection is strongly recommended in this situation.

### **Standings/Playoffs:**

Standings will be updated at WWIS and online. All teams make the playoffs. For playoffs, teams may have more than one match in a night. All players must be on a team roster by week 3 of the regular season to participate in playoffs. Playoffs are single elimination and regular season rules apply.

The duration of a full-semi final is 25 minutes. In the event a semi-final game is tied at the end of regulation time, teams will play an un-timed, 6v6, "golden goal" round; the first team to score wins. The defense is allowed up to four members of their team in the circle during a penalty corner (including the goalie when applicable). All remaining defenders must be behind the mid line. Up to five offensive players may be on the circle for a penalty corner (including the individual pushing the ball in); the remaining offensive player must be behind the midline.

The duration of a full final is two 20-minute halves. In the event a semi-final game is tied at the end of regulation time, teams will play an un-timed, 6v6, "golden goal" round; the first team to score wins. The defense is allowed up to four members of their team in the circle during a penalty corner (including the goalie when applicable). All remaining defenders must be behind the mid line. Up to five offensive players may be on the circle for a penalty corner (including the individual pushing the ball in); the remaining offensive player must be behind the midline.

### **Sportsmanship:**

Every player must act in consideration for the safety of others. Players must ensure that their equipment does not constitute a danger to themselves or to others by virtue of its quality, materials or design. A player may be dismissed from the field if the player is violent and/or offensive in conduct. This is at the discretion of the referee and the league manager(s). Depending upon the severity of the infraction, the individual may be removed from the tournament and asked to leave the facility.