



# Field Hockey Rules

LEAGUE GUIDELINES FOR PLAYERS AND TEAMS

These rules apply to field hockey games. Note that Elementary, Junior Varsity, and Varsity divisions follow Pennsylvania Interscholastic Athletic Association (PIAA) rules, while the Open Division follows NCAA rules.

## Player Requirements and Team Composition

1. **Mandatory Equipment:** All players *must* wear shin guards and mouth guards. Goggles are optional.
2. **No Jewelry:** Wearing jewelry is not permitted.
3. **Substitutions:** Substitutions are allowed when the players being replaced are off the field.
4. **Team Composition:** Each team consists of seven players, including a goalkeeper.
5. **Minimum Players:** Teams can play with as few as four players.

## Gameplay Regulations

1. **Ball Handling:** Lifting the ball during play is prohibited.
2. **Goalkeeper Absence:** If there is no designated goalkeeper on the field, teams are allowed to play with seven field players.
3. **Penalty Stroke:** If a penalty stroke is awarded, the goal remains empty, and the stroke is taken on the undefended goal.
4. **Penalty Corner:** During a penalty corner, 3 players plus the goalie line up behind the end line, and 3 players line up behind the center field line.
5. **End of Game:** Penalty corners are not played out; all games end at the buzzer.

## Penalties and Disciplinary Actions

1. **Illegal Player:** Using an ineligible player without informing the referee will result in the following:
  - The team will forfeit the game and become ineligible for playoffs.
  - The player will receive a red card.

2. **Red Card:** A player receiving a red card is suspended for the remainder of the current game and the following game.
3. **Fighting:** A red card issued for fighting results in disqualification from the leagues for one year.
4. **Yellow Card:** A player receiving a yellow card must leave the field until play restarts.
5. **Spitting:** Spitting is not permitted and will result in a yellow card.

## Umpire and Referee Authority

1. **Time Adjustments:** The umpire has the right to add time after the buzzer for delays or to issue cards in close games.
2. **Referee Authority:** Referees have the authority to manage any situation involving players, coaches, or spectators, whether during game play or elsewhere in the facility.
3. **Dome Management:** Dome management and staff can issue suspensions in place of a red card, equivalent to the referee/umpire's authority.

## Game Logistics

1. **Bench Placement:** Players and teams must use benches opposite the spectator bleachers.
2. **Game Ball:** Both teams are required to provide a game ball.
3. **Half Time:** Half time is 1 minute in duration, and the game clock starts promptly.
4. **Game Time:** No time will be added for a late start or extended half time.

## Summary

This document outlines the rules and regulations for field hockey games, covering player requirements, gameplay rules, penalties, and game logistics. It is important for all participants to understand and adhere to these rules to ensure fair play and sportsmanship.