

LANCO Field House Field Hockey – Rules of Play

All games will be played according to outdoor rules set by **FIH** for youth and adult players with the following modifications:

1. Duration of games for league play

- Two (2) halves, 25 minutes each
- Half time shall be two (2) minutes
- During the regular season, games may end in a tie, and corners will END when time runs out.

2. Dimensions of field

- Field 1 field size: 70' x 150'
- Field 2 field size: 80' x 175'
- Field 3 field size: 80' x 175'
- Full Field field size: 175' x 175' (adult summer league – fields 2&3)
- Insert Five meters along the side line outside the circle
- Insert mark 10 meters from post along the end line (adult summer league)

❖ Number of players

Winter League

- All teams will play with 5 field players plus a goalkeeper (6 vs. 6)
- Teams may play with 6 field players and no goalkeeper
- Female only league – no males players allowed

Full Field Summer League (Field 2&3)

- All teams will play with 8 field players plus a goalkeeper (9 vs. 9)
- Two (2) males are allowed on the roster – only one (1)* male on the field at a time
(i.e. only one male player on field at any time: either goalie or field player – not both)

3. Start of the game

- The team listed first on the umpires score card will have possession of the ball at the start of the first half. At the start of the game the ball may be passed in any direction and/or may be started with the self-pass. Players must remain in their half until the ball is hit.

4. Free Hits and Side-Ins

- Self start pass may be used according to FIH rules.
- Opponents must be at least 5 meters away.
- When a free hit is awarded to the attack with in their offensive half, all players other than the player taking the free hit must be at least 5 meters from the ball.
- A free hit awarded within 5 meters of the circle to the attack is taken at the nearest point 5 meters from the circle.
- From a Free Hit awarded to the attack within their half, the ball must not be played into the circle until it has travelled at least 5 meters or has been touched by a player on either team other than the player taking the free hit
 - ✚ if a the player taking the free hit continues to play the ball (ie no other player has yet played it):
 - ✚ that player may play the ball any number of times, but
 - ✚ the ball must travel (controlled) at least 5 meters, before
 - ✚ that player plays the ball into the circle by hitting or pushing the ball again

5. Mandatory Experimental Rule (FIH – 8.1a)

- A goal is scored when the ball is played by an attacker, or touches the stick or body of a defender, within the circle. (commonly known as “own goal”)

6. Lifts

- Lifts, flicks, scoops and lofted balls are permitted. Umpires discretion for dangerous play shall be observed (*legitimate evasive action*). Dangerous play if ball hits ceiling, change of possession to opponents at that point.

7. Penalty Corners

- 3 Defenders & the goalkeeper (Winter League)
- 4 Defenders & the goalkeeper (Summer League)
- NOTE: Penalty corners will NOT played out if time expires (*exceptions: Championship Game & Leaving-Early infractions*)

All other defenders must return to the opposite striking circle. If the first shot on goal is a hit (as opposed to a push, flick or scoop), the ball must cross the goal-line, or be on a path which would have resulted in it crossing the goal-line, at a height of not more than 460mm (boards).

**Substitution is permitted only after the penalty corner has been completed*

Until the ball has been played, no attacker other than the one taking the push from the back line is permitted to enter the circle and no defender is permitted to cross the back-line or leave the opposite-side circle. *For any offences of this rule other than the goalkeeper, the offending player(s) shall be required to go the opposite-side circle. For goalkeeper infraction, a defending player is sent to the opposite circle.*

8. Long Hits

- Ball must be placed along the sideline, 5 meters outside the circle. Players must move the ball (controlled) 5 meters before the ball enters the circle unless it has been touched by a player on either team other than the player taking the long free hit.

9. Substitutions

- Substitutions are permitted at any time and will be allowed on the “fly”, as long as the player running off the field is 5 meters from their own bench area. The player running onto to field will substitute from the center line. There is no limit to the number of players who are permitted to be substituted at the same time or to the number of times any player is permitted to substitute or be substituted.

10. Cards

- **Green** [▲] Card→ Where a **Green** card is issued, player suspended: **2** minutes
- **Yellow** [■] Card→ Where a **Yellow** card is issued, player suspended: **5** minutes (min)
- **Red** [●] Card→ Where a **Red** card is issued, player shall be ejected from game
• *teams will play short a player during suspension or ejection.*

11. Teams Forms

Any team competing with players not on their Team Form causes their team to forfeit which will be recorded as a 0-5 loss. If a team does not have enough players to compete, the team must forfeit before the start of the game and will be permitted to play recreationally. A team may start with two

players down (3 players down in full field). All players must have signed waivers on file with LANCO Field House

12. Coaching

Coaches must stay in the “coach’s area”, along the side line from the bench to the centerline.

Coaching from the sideline is permitted provided instruction is given and not derogatory.

No coach, player or spectator may make derogatory comments or gestures to umpires, other coaches, other players or spectators. No coach, player or spectator will use profanity or behave destructively.

Coaches or team captains have total responsibility for the conduct of their players, friends and spectators at all times. Spectators will be ejected from the facility for any disruptive behavior.

Winter League teams must have a coach (parent) present at game time to play.

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14. Players

Players are permitted to play on more than one team in the same age group as long as the teams are in different divisions. No more than 5 players may participate in a Premier Division and then go play for the same Division 1 team in the same age group. If a team enrolls two teams in the same division, a player cannot switch back and forth on both teams. Players are permitted to play in more than one league. Goalies may play on two teams, but must be listed on both team rosters.

15. Equipment

- All players **MUST** wear shin guards and mouth guards. Players may wear molded rubber soles cleats or indoor shoes. **NO** metal cleats permitted.
- NFHS approved eye protection may be worn
- **NO** Jewelry. {**No taping over earrings**} #jewelry prohibition does not apply to Summer League
- No metal or plastic hair accessories

16. Scoring System

- Teams will be given:
 - ✚ Three (3) points for a win
 - ✚ One (1) point for a tie
 - ✚ Zero (0) points for a loss

17. Tie Breakers

- Tie breakers will be used as follows:
 - ✚ Head-to-Head
 - ✚ Total goals *against*
 - ✚ Total goals *for*