

Field House Field Hockey Rules of Play

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

1. Duration of games for league play

All teams will play 8 scheduled games.

Length of the games will be 2 halves lasting 20 minutes each.

Halftime shall be 2 minutes.

2. Dimensions of field

FIELD NO.	FIELD SIZE
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Field 1 & 2	82' X 174'
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3. Number of players

Winter Youth League

All teams will play with 5 field players plus a goalkeeper (6 vs. 6).

*Teams can play with 6 field players and no goalkeeper

*Female only league – no males allowed to play in youth league

Adult League

All teams will play with 5 players plus a goalkeeper (6 vs 6)

*Teams can play with 6 field players and no goalkeeper

* Males will be allowed on roster – only 2 males on field at a time

4. No intentional flicks and scoops during field play.

*Small lifts are permitted. Referees discretion for dangerous play

*Flicks are allowed when shooting on goal

5. Unintentional lofted balls will be ruled according to danger.

6. All free hits and side – ins, both teams must be five yards away.

****NEW RULES****

*Free hits into the circle must be touched by 2 players on the same team before entering the circle

7. Penalty Corners

Only 3 defenders and the goalkeeper are allowed back to defend. All other defenders must return to the 50 yard line.

9. Start of Game

The team listed as home will have pass back at the start of the game. The ball must be passed back at the start of a game. No one may cross the midfield line until the ball has moved.

10. THERE WILL BE NO OFFSIDES.

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11. Substitutions

Substitutions will be allowed on the “fly“, as long as the player who is running off the field is 10 yards within their own bench area. The player running on will pass that player about 5 yards from the bench area.

12. Coaching

Coaches must stay in “coach’s area“. 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 referees, 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.

13. Scoring System

All goals are one point goals.

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

14. Tie Breakers

Tie breakers will be used as follows: (1) Head-to-head competition
 (2) Total goals against
 (3) Total goals for

15. Team Rosters

Any team competing with players not on their Team Roster causes their team to forfeit, which will be recorded as a 0-5 loss against the team. 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 2 players down. At this point, any player that the team picks up must sign a waiver form supplied by LANCO Field House management before the start of the game.

16. 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. Players must be paid for both teams. 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 2 teams (must be on both team rosters).

17. Equipment

All players must wear shin guards and mouth guards. All players must wear molded rubber soled cleats or indoor shoes.