



Fore Kicks Field Hockey Game Rules

Rev 11/2/10

A. General Rules – All Fields

1. Zero Tolerance Policy will be enforced at ALL times regarding coach, player and spectator behavior
2. Seven players are allowed on the field at one time. Six field and one goal keeper. If there is no goalkeeper cones can be designated in the mouth of the goal as a goalkeeper and there can be a seventh field player on the field. Scoring is on the outside of the cones.
3. The game starts with a center pass.
4. A foul occurs when a player does any of the following on the field:
 - a. Hits the ball with a back swing
 - b. Lifts the ball or plays a lofted ball
 - c. Uses the stick to obstruct play
 - d. Plays the ball into the opponent's feet
 - e. Uses the body to obstruct play.
5. The penalty for any foul is a push pass for the non-offending team. Opponents must be three meters away.
6. Advancing will be called if an advantage occurs.
7. A shot may be lifted if no defender is present within three meters.
8. All players must wear a mouth guard and protective eye goggles.
9. Someone over 21 years of age must be on the bench at all times.
10. Rosters cannot exceed 22 players. Maximum 15 dressed players on bench for any 6v6 game,
11. 5 goal maximum differential to be displayed at anytime on scoreboard and counted in standings.
12. 6v6 league standings – 3 points for win, 1 point for tie.
13. Tie breaker for final standings: head to head, most wins, fewest goals allowed, most shutouts, goal differential (5 max. per game), coin toss
14. League Games: 25 minute halves – running time, 3 minute half time.
Playoff Games: 25-50 minute games TBD for each section.
Running time for all games including no stoppage of clock for injuries. All games must start on time. Fore Kicks reserves the right to shorten game times accordingly to end before next game start time. Teams not ready to play within 10 minutes of scheduled time will forfeit game.
15. Substitutions can be made “on the fly” once player coming off is within 5 feet of bench area. Penalty for too many players on field is subject to the referee's interpretation. Advantage rule applied when appropriate.
16. **NO SPITTING in facility on any surface at any time-** Infraction can result in player ejection from game at referee's discretion.