

Department of Recreational Sports | Intramural Sports 2022-23

6v6 Field Hockey Information Sheet

Rules of the Game

1. Players and Substitutes
 - a. Games are played between 2 teams of 6 players.
 - b. Teams must have **at least 4 players** in order to begin a game.
 - i. If a team falls below 4 players during the game due to injuries or ejections, play may continue as long as the game remains competitive.
 - c. **Only two Sport Club or Registered Student Organization team members may be on a team roster in their sport or allied sport.**
 - d. If a team does not have the required minimum number of players checked in at the scheduled game time, a 10-minute grace period is given.
 - i. If a team (or teams) doesn't have the required number of players by the end of the 10-minute grace period, the game is recorded as a forfeit.
 - ii. If one team is present at the start of the grace period (scheduled game time), that team has the option to start up by the mercy rule (5 goals) when their opponent arrives during the grace period. However, the present team may also elect to decline the penalty and start the game with a score of 0-0.
 - e. Unlimited substitutions may be made:
 - i. After a goal;
 - ii. To replace an injured player;
 - iii. At halftime;
 - iv. On a free hit.
2. Game Equipment
 - a. All players must wear field hockey shin guards and a mouthguard while playing.
 - b. Only women's field hockey sticks are permitted. Sticks, mouthguards, and shin guards must be brought by players.
 - c. Field hockey balls will be provided.
3. The Field
 - a. All games will be played at the SRA Fields.
 - b. The field is approximately 60 yards in length and 33 yards in width.
 - c. Goals are positioned outside the field of play at the center of and touching each back line.
 - d. There are no offsides.
4. The Game
 - a. Game consists of two 15-minute halves with a 5 minute halftime.
 - b. Teams have 1 timeout per half. A timeout may be called after a goal or by the team in possession of the ball during play.
 - c. Games are played with a running clock except for the last 30 seconds of the first half and last 2 minutes of the second half, in which the clock is stopped on all whistles.
5. Starting Play
 - a. A coin-toss will be made between the two captains before the start of play. The winning captain shall have a choice of goal to attack in the first half or to start the match with a center pass. The losing captain will take the remaining option.
 - b. Each half of the game is started by a center pass in the center of the field.
 - i. All players other than the player taking the center pass must be at least 5 yards from the ball and on the half of the field which contains the goal they are defending.
 - c. No penalty corners shall be taken. If there is an infraction committed by the defense, play is restarted with the ball on the dashed line outside of the striking circle closest to the infraction. The ball must travel 5 yards before being played in the circle.
 - i. The defense must be 5 yards away from the player taking the free hit.
 - ii. The defense may be in the striking circle.
6. Out of Bounds

- a. If a ball goes out of bounds on the sideline, possession will change, a player from the offended team can play the ball directly without passing, and the procedures for taking a free hit apply.
- b. When the ball goes out of bounds on the backline and no goal is scored:
 - i. If played by an attacker, play is restarted with the ball up to 13 yards from and in line with where it crossed the backline and the procedures for taking a free hit apply.
 - ii. If played unintentionally or deflected by a defender, play is restarted on the sideline up to 5 yards from the corner nearest to where the ball crossed the backline and the procedures for taking a free hit apply.

7. Scoring

- a. A goal is scored when the ball passes completely over the goal line and under the crossbar.
- b. Goals shall be scored from within the striking circle. The ball must be touched by an attack player within the circle.

8. Goalkeeper

- a. There are no goalies, but there will be modified, smaller goals.
- b. After each score, play will restart with a center pass.

9. Conduct of Players

- a. Players must hold their stick and not use it in a dangerous way.
- b. Players must not:
 - i. Lift their stick over the heads of other players;
 - ii. Touch, handle, or interfere with other players, their sticks, or their clothing;
 - iii. Obstruct an opponent who is attempting to play the ball by backing into an opponent, physically interfering with the stick or body of an opponent, or shielding the ball from a legitimate tackle with their stick or any part of the body;
 - iv. Stop, kick, propel, pick up or catch the ball with any part of their body;
 - v. Play the ball above shoulder height with any part of the stick;
 - vi. Kick the ball;
 - vii. Intentionally hit an opponent's stick (hacking)
 - viii. Intentionally raise the ball above knee height from a hit except for a shot at goal;
 - ix. Tackle unless in a position to play the ball without body contact.

10. Penalties

- a. A penalty is awarded when a player or a team has been disadvantaged by an opponent committing an infraction upon the rules.
- b. A free hit will be awarded to the offended team for any offenses committed by the attacking team or the defending team.
 - i. When taking a free hit:
 1. The ball must be stationary;
 2. All players besides the player taking the free hit shall be at least 5 yards from the ball;
 3. The ball must travel 5 yards before a shot is taken on goal.
- c. Penalty strokes
 - i. A penalty stroke shall be awarded for an intentional offense by a defender in the circle to prevent a goal being scored or to deprive an attacker of actual or likely possession of the ball.
 - ii. A penalty stroke is taken from a spot 10 yards from the goal line and lined up with the center of the goal.
 - iii. When taking a penalty stroke:
 1. All other players must be at or behind midfield;
 2. The player taking the stroke must stand behind and within playing distance of the ball;
 3. The player taking the stroke is permitted to raise the ball to any height while pushing, flicking, or scooping the ball;
 4. The player taking the stroke must play the ball only once.
 - iv. If a goal is scored, play will be restarted with a center pass for the non-scoring team. If the goal is unsuccessful, play will be restarted with a free hit with the ball up to 13 yards from an in line with where it crossed the backline.

11. Cards

- a. Cards will be given for dangerous play fouls, including excessive body contact with another player, misuse of the stick in a dangerous manner, lifting the ball within five yards of another player or playing

the ball above shoulder height when perceived as dangerous.

- i. Green
 1. This is an official warning given to the player to not break the rules and results in a 2-minute timeout.
- ii. Yellow
 1. Results in a 3-minute timeout, following an offense.
- iii. Red
 1. Results in an immediate ejection.

12. Overtime Procedure

- a. In the event of a tie, overtime will consist of a 5-minute sudden victory running clock period. There will be no timeouts.
- b. If no goal is scored in the first overtime period, subsequent overtime periods will occur until a winner is declared.

13. Mercy Rule

- a. If a team is winning by 5 goals in the last 2 minutes of the second half, the game will end and the team ahead by 5 will be declared the winner.