

# Seattle Field Hockey Social Rules - 2019



The social will be played in accordance with [FIH rules](#) with the following changes/additions:

## Rule 1 – Team Composition

- 7 players (includes a goalie) on a field at any time (min 6 players to start)
- For Mixed division only:
  - Minimum of 3 Women on the field at all times (does not include the goalie)
  - Minimum of 1 Man and max of 3 Men on the field at all times (does not include the goalie)

## Rule 2 – NO HITTING or SCOOPING

- No hands together hitting or sweeping
- No tomahawks (reverse hits or sweeps)
- No scooping / aerials above knee height

## Rule 3 – Scoring

- Same as regular outdoor rules

## Rule 4 - Long Corners & 16 Yard Free Hits

- Long corners will be played from roughly the half field line
- '16 yard free hits' (current FIH rules apply)

## Rule 5 – Penalty Corners and Penalty Strokes

- Penalty Corner = Shoot out
  - Penalty corner will become a shoot-out.
  - Taken by a player on the field at the time of the penalty corner
  - Must use provided sticks
  - For Mixed division only:
    - Each team must alternate between female players and male players for each attempt
  - Start from 5m outside the circle
  - 10 second time limit controlled by the umpire
  - Once the ball is out of play or comes outside the circle the shoot-out is over
  - Intentional foul by the goalie is an automatic goal
  - Restart only as a goal or 16
- Penalty Stroke
  - Taken by a player on the field at the time of the penalty stroke
  - Must use provided sticks
  - For Mixed division only:
    - Only permitted to be taken by a Female player
  - For teams playing without a goalie, a penalty stroke awarded against them is an automatic goal

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### Rule 6 – Game Format

- Games will be controlled by a central horn (start, half, and end)
- Games are to start on the hour and will run for 50 minutes in duration regardless of actual start time (i.e. you can play two full 25-minute halves if you start on the hour. If you start late you will not get two full 25-minute halves)
- 5-minute half time
- Each team must have a minimum of 6 players (goalie included) on the field at the start of the game

### Rule 7 – Player Protection

- All players under 18 years of age are required to wear mouth guards and shin guards at all times
- Goalies must wear appropriate protection as they would during a normal game

### Rule 8 – Uniforms

- Teams are to supply their own shirts, socks and shorts/skirts to wear during all games
- Teams are encouraged to be as “creative” as possible with their team uniforms
- Pinnies will be provided if uniform conflicts arise
- Goalies must wear a different color top than the other team and the umpires

### Rule 9 – Goalies

- Each team shall be allowed one goaltender on the field at a time
- The goaltender may be removed and another "player" substituted - the substitute shall not be permitted the privilege of the goaltender
- Goalie's privileges are the same as in regular field hockey game.
- If your team goalie is unable to play, you are allowed to play without a goalie or use a goalie from another team

### Rule 10 –The Field

- Games will be played using ½ the field, width wide (the end lines and center line become the new sidelines and the sidelines become the new end lines)
- Two games will run simultaneously each using ½ the field
- Shooting circles will be marked
- All outdoor 23 meter rules apply but will now apply inside the half line (e.g. all players 5 meters on a free hit, ball moving 5 meters before being played into the circle)

### Rule 11 – Goals and Nets

- The goals will consist of regulation outdoor field hockey goals
- Goals will be placed straddling the original 23 meter line at opposite ends of the field

### Rule 12 – Bench

- Players must stand along the original baselines of a full field out of the way of both the umpires and field players
- No one is permitted to stand behind either of the goals (for safety reason)

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### Rule 13 – Substitutions

- Substitutes can be made at any time
- All substitutions must be made from the center of the playing field
- Players must be off the field before the substitute comes on the field
- Unlimited substitutions are allowed throughout the game
- Goalies may be substituted at any time, but time will not be stopped
- A substitute player can go behind the net and change with the goalie as long as the goalie is off the field prior to the new player going onto the field.

### Rule 14 – Cards

- Remember that this is a “Social” and the focus is on having fun and enjoying the weekend
  - Green Card is 2 minutes off the field timed by the umpire
    - Play does not stop, the 2 minutes start when the player is on the sideline
  - Yellow Card is a minimum of 5 minutes at the referee’s discretion and the Captain should be informed
    - Play does not stop. The time starts when the player is on the sideline
  - Any player receiving a RED card will not be permitted to continue in the Social and will not be eligible to participate in future tournaments without the consent of the Seattle Field Hockey Social tournament organizers
    - The player’s team must designate another player to leave the field for a minimum of 5 minutes at the referee’s discretion and the Captain should be informed
    - Play does not stop. The time starts when the player is on the sideline and the umpire resumes play
- The Seattle Field Hockey Social tournament organizers reserve the right to refund any team or player registration fee and request that they leave the Festival, rather than having to deal with issuing cards for player misconduct.

### Rule 15 – Umpires

- All umpires will be appointed by the Head Umpire
- There will be one umpire per game
- Umpires should bring two different sounding whistles to each game, if possible, to prevent confusion on the opposing field
- Umpire will be responsible for:
- The game ball (umpires to pick-up and drop-off balls from the Admin/First Aid tent each game)
- Reporting all Yellow and Red cards to the Seattle Field Hockey Social tournament organizers
- Player of the Game cards - for awarding the players of the game (one per team)
- Reminding the captains that mouthguards are mandatory for all players under 18 years of age and that they are responsible for their team’s conduct
- Assigning pinnies if teams have conflicting uniforms

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- Injury - anything that you feel is serious enough stop the play (time keeps running) - Safety of the injured person is of the utmost importance. If the injured person is unable to move call an ambulance (911) and make sure that the player is treated by trained medical personnel. If the injured player can be moved off the field do so as quickly as possible
- Player Misconduct / Dangerous Play
- Try to ignore comments unless personal or abusive
- Do not tolerate loud/rude comments about the umpiring (from field players or from the sidelines)
- Deal with dangerous play on the field - Stop the match to speak to the captain or abusive player or dangerous player on the field. Card either the captain or the abusive/dangerous player and report incident to Seattle Field Hockey Social tournament organizers if misconduct/abuse continues

### Rule 16 – Protests

- This is a FUN, social tournament, without prizes or winners' trophies based on game scores. Please treat it as such.
- Protests of an umpire's decision during the game are not valid
- Any formal protest must be submitted in writing to the Seattle Field Hockey Social tournament co-chairs (Wendy Lomme or Apoorva Bansal) or the tournament table within 10 minutes of the end of the game

### Rule 17 – First Aid and Ice

- First aid supplies and ice will be provided at the field
- Emergency Services (911) will be contacted for all serious medical emergencies

### Rule 18 – Alcohol Consumption

- The Seattle Field Hockey Social tournament organizers reserve the right to suspend the playing privileges at any time during the festival of any person that is deemed to have consumed excess Alcohol
- No alcohol is permitted on the fields at any time. Alcohol must be consumed in the designated beer garden.
- We encourage a social atmosphere, but please drink responsibly