

GAME RULES
WOMEN'S INDOOR 7v7 FIELD HOCKEY
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EQUIPMENT

- 1) Shin guards and mouth guards are mandatory. Bring your own stick. Eye wear & gloves are optional but strongly encouraged.
- 2) BSSC will provide each player with a team t-shirt of a designated color. Each player is **required** to wear that shirt or a shirt of the same color to each game. If the opposing team captain does not approve of the color of the shirt then that player must change shirts, or will not be allowed to play. The game official must be involved in this decision. **ALWAYS BRING AN EXTRA WHITE T-SHIRT IN CASE YOU PLAY A TEAM WITH A SIMILAR SHIRT COLOR.**
- 3) BSSC provides 1 game ball per team. Teams must bring at least 1 ball to each game. Players are responsible for all other equipment.
- 4) Players may not wear loose or bulky jewelry (ex: hoop earrings, large rings, watches, loose neck chains and bracelets). Wedding bands are OK.
- 5) **FOOTWEAR.**
 - a) WINCHESTER (TURF FIELD) – Cleats, turf shoes, sneakers allowed. No metal spikes allowed.

PLAYERS & ROSTERS

- 1) There can be any number of players on a team roster, and rosters are open to players of all gender identities and expressions. A team on the field shall consist of not more than 7 players (6 field players & 1 goalie), with the following requirements:
 - a) **WOMEN'S LEAGUES:** Rosters are open to only players who identify as women (“female players”). Five players are required to be on the field at the start of the game to avoid forfeiting. The forfeiting team is responsible for paying both teams’ ref fees and the game shall be played as a scrimmage with a referee.
- 2) All players must be listed on the online roster and have signed the online digital waiver in order to be eligible to play.
- 3) Rosters are open throughout the entire regular season. Any player that plays on your team, even if just a sub, needs to be listed on the online roster. We have moved to a single pricing model and no longer require membership or the non-member fees for the players on your roster.
- 2) **PROTESTING.** If your team thinks that an illegal player was used, the opponent picked up too many people, and/or neglected to inform you & the referee, you must bring it to the attention of the referee **BEFORE** the game is over. The referee will note the protest and talk to the opposing team after the game. The referee will **NOT** make a decision on the protest, but will gather information and forward to BSSC, so the Program Manager can determine the appropriate action.

DURATION OF GAME

REGULAR SEASON.

- 1) One 40-minute game, running clock, no half time, unless specified otherwise.
- 2) No grace period. Games start and end on time. The clock will start whether teams are ready or not. Be dressed and warmed up at least 5 minutes before scheduled game.
- 3) The clock will run during player injuries, unless the official deems the injury as serious. The official may also stop the clock for other circumstances deemed appropriate.
- 4) No timeouts.
- 5) Regular season games ending in a tie will remain a tie.
- 6) **PLAYOFFS OVERTIME.** See “Playoffs” section.

PLAYING THE GAME

Unless otherwise noted above, National Federation High School rules will be used.

- 1) **SUBSTITUTIONS.** Allowed "on the fly" with exiting player within 10 yards of own bench area and entering player passing exiting player within 5 yards of own bench area.
- 2) **NO BACKSWING ABOVE THE KNEE. NO FORWARD SWING ABOVE THE HIP.** Players must not play the ball dangerously or in a way which leads to dangerous play.
- 3) **FREE HITS.** Legal stroke = push & self start. Both teams must be 5 yards away from the ball.
- 4) **LOFTED BALL.** Lofted balls over 4 inches will be ruled dangerous. Sweeper in front of the goal and playing the ball while on the ground will be ruled as dangerous and a goal will be awarded. All balls will be looked at by the official for danger. Any ball deemed to be dangerous regardless of its height off of the ground will be whistled. **Players must not "slap" the ball. A player may sweep the ball forward & back, chop, flick, scoop, push, and dribble, provided they are not over 4 inches and no back swing or forward swing is used to hit the ball.**
- 5) Intentionally kicking the ball to save it from going into the goal, will be an automatic goal.
- 6) If a defensive player is standing in front of the goal, they must actively be playing the ball or marking an offender, they may not:
 - a) have any part of their feet on the goal line and/or
 - b) not have her stick horizontally in front of her on the ground with her feet in the goal mouth.
 - c) **EXPLANATION OF RULE #6.** The league has always been advertised as 7v7 without goalies. Over the years as the league matured, players would stand in front of the goal stopping the ball anyway they could. It has become an art form and dangerous.
 - i. Rule #6 means that when the ball comes into the circle, each player must be playing a one on one defense. Defense must be within a sticks length (not stick & arm) of the player they are covering. If a player is in front of the goal and not within a sticks length of an offensive player and a shot on goal is taken, an automatic goal will be awarded. This also means there are no zones. This rule does not pertain to any play outside the circle.
- 7) **NO DRILLING.** Playing the ball deliberately and hard into an opponent's stick, feet or hands, especially when done close to a player or when the opponent is in a low 'set' position is considered dangerous and should be penalized accordingly. If this action persists in a match a yellow card should be given. The goal is to eliminate this action from the match as it can lead to serious injury.
- 8) **PENALTY CORNERS.**
 - a) Three (3) players (updated 5/12/15) are allowed to defend. All other players must return to the mid-line. Attacking team must remain out of the circle and off the line and the defending team must line up behind the goal line until the ball is put into play.
 - b) Fouls by the attacking team will result in a free hit for defense from top of circle.
 - c) Fouls by the defending team will result in a retake of the corner and the player that violates must go to mid-line. A replacement is not allowed.
 - d) Persistent fouls by the defense may result in a penalty stroke. Referee will control the start of a corner with a hand indication. Legal stroke for player taking the corner hit is a push. The ball must come outside of the circle and then brought back in to the circle in order for a goal to be scored.

SCORING

- 1) A goal is scored provided the ball was hit by or glanced off the stick of an attack player within the circle.
- 2) Goals will not count if a stick blade is above the waist level, kicked in or the hand bats the ball.
- 3) Shots which bounce off a player's body and into the net will be counted, if the contact with the person is accidental (official's judgment).
- 4) See "Playing the Game" (rule #6) and "Penalties" (rule #2b) re: automatic goals.

PENALTIES

- 1) Fouls are when a player uses the body or the stick in any manner to strike, attempt to strike, trip, attempt to trip, push, hold, charge, obstruct, including third-party, or cause dangerous play. Dissent (word or action) and vulgar or profane language are misconduct. **Penalty will be change of possession.**
- 2) All penalties are at the discretion of the game officials. If an official feels that a player is playing "out of control" or in a dangerous manner, then the official has the right to give that player a verbal warning. If the player does not start to play in a fun safe manner, then the official has the right to issue a penalty or ask that player to sit down for the remainder of the game. As a method to control the game, referees will carry 2 cards: Yellow, and Red; each of which carries a penalty.
 - a) If player is shown a yellow card, player will be penalized **three** (3) minutes of playing time and team will play down. ANY PLAYER RECEIVING THREE (3) YELLOW CARDS IN ONE SEASON WILL BE DISMISSED FOR THE REST OF THE SEASON WITHOUT A REFUND.
 - b) If a red card is given, the offending team will play down the remainder of the game and a goal will be awarded to opponent. PLAYER ISSUED A RED CARD WILL BE REPORTED TO PROGRAM MANAGER BY CAPTAINS AND THE PLAYER MAY NOT PLAY IN NEXT SCHEDULED GAME.

PLAYOFFS

- 1) All players must be listed on and have signed their team's official roster in order to be eligible to play. No picking up players during playoffs.
- 2) To be eligible for the playoffs, players must play in 1 games.
- 3) As always, treat opponents and refs with respect.
- 4) See "Protesting" above if you think your opponent is using an illegal player.
- 5) **PLAYOFFS OVERTIME.** Games ending in a tie will play sudden death overtime. Whoever scores the first goal will win. Teams will play 5v5 for the 5 minutes, with substitutions. 3 defenders back on penalty corners during 5v5. If no one scores, it will go to 3v3 with substitutions. Two defenders back on penalty corners during 3v3. No timeouts in overtime.

TIE BREAKER POLICY TO DETERMINE PLAYOFF SEEDING

The following criteria will be used to determine seeding for playoffs (within each conference) in case of a tie in record (division ties are not always broken this way because divisions can have different numbers of teams):

- 1) Any team with a forfeit is automatically seeded lower
- 2) Head to Head (only if all tied teams played each other and an equal number of times)
- 3) Record against common opponent
- 4) Strength of schedule (total winning percentage of all teams played against, cannot be used if all teams play ALL the same teams)
- 5) Record against each common opponent starting at the top, one team at a time
- 6) Coin toss

* If multiple teams are tied, go through criteria until one team is determined stronger (or weaker) than the rest, then start at the top again with the "new" tied teams.

DISPUTES & FEEDBACK

In the absence of the Program Manager, any "game-time" decisions regarding any issue should be discussed with the following people present: the referee and both team captains (or a team rep if the captain is not present at the game). The referee will have the final say on any issue that arises before a game.

Any player or team that wishes to file a formal complaint, protest, or feedback must email the Program Manager within 24 hours of the incident. The Program Manager will respond as soon as possible after receiving it.

Boston Ski & Sports Club reserves the right to add, delete or modify any rule at any time.