

GAME RULES

NEWTON WOMEN'S 5v5 INDOOR FIELD HOCKEY (WITH BOARDS)

EQUIPMENT

- 1) Shin guards and mouth guards are mandatory. Eye wear & gloves are optional but strongly encouraged. Players must provide their own stick.
- 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) Only flat-surfaced sneakers are allowed at Valeo Sports (Newton). NO CLEATS OR SPIKES ALLOWED! During the snowy winter months, please wear separate shoes outside then change into playing shoes once inside the facility. This is to reduce the sports court getting wet and salty from the snow.

PLAYERS, ROSTER, ELIGIBILITY

- 1) **PLAYERS.** There can be any number of players on a team roster. For women's field hockey, the rosters are open to only players who identify as women ("female players"). A team on the field shall consist of not more than 5 players (no goalies).
- 2) **ROSTER.** No limit to the number of players on the roster. Captains can add players to the online roster up until the 3rd week of the season. After the 3rd week, the rosters are frozen and only rostered players can play for remainder of season. All \$25/non-member fees are charged at this time, too. Any roster additions of non-BSSC members must be accompanied by the \$25/non-member payment. Any "special circumstances" for roster additions or subtractions must be presented to the program manager in writing and cleared before the player can play in their first game for that team.
- 3) **ELIGIBILITY.** All players must be listed on and signed team's official roster in order to be eligible to play. If a team has the minimum # of players needed to avoid a forfeit (see "Forfeit Penalty & Pick Up" policy online), then they can pick up players from within the league. They must notify the Program Manager or ref and the other team captain.
- 4) **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

- 1) Two 25-minute halves, running clock
- 2) **NO GRACE PERIOD.** Games start and end on time. The clock will start whether team is ready or not. Be dressed and warmed up at least 15 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) **HALFTIME.** Not be more than 5 minutes and not less than 1 minute.
- 5) **TIMEOUTS.** No time outs in either regular season or playoffs.
- 6) **TIES.** Regular season games ending in a tie will remain a tie.
- 7) **PLAYOFFS OVERTIME.** Games ending in a tie will result in sudden death overtime. Each team will play 3 vs 3. After 5 minutes, no subs will be allowed. Whoever scores the first goal wins. No timeouts in overtime.

PLAYING THE GAME

- 1) **# OF PLAYERS.** Maximum of 5 field players. NO GOALIES.
- 2) **SUBSTITUTIONS.** Allowed on the "fly" at midfield.
- 3) **FREE HITS.** Both teams must be **3** yards away from the ball.
- 4) No lofted balls. Balls must be on floor at all times.
- 5) All balls will be looked at by the official for danger. Players must not hit, slap, flick, or scoop the ball. On any pass or shot, the stick blade may not go above knee level of the player making the pass or shot.
- 6) **LEGAL HITS.** Legal hits are self start, push, wrist and forward or back sweep.
- 7) No body checking, pushing, or tripping into the boards. An automatic yellow card will be given for 5 minutes. Offending team will play short a player. No release on goal scored by opponents. 2 Yellow cards in the game for this offense will mean expulsion from the game and a 1 game suspension will be administered.
- 8) Players may not battle for the ball and tie up along the boards. The first player to the ball gets to play it. The other players will step back into a defensive position. Failure to give the player room will result in a free position.
- 9) Players may play the ball behind the goals. Playing the ball off the boards is legal.
- 10) Out of bounds only happens when the ball goes over the boards.
- 11) **PENALTY CORNERS.** Two (2) defenders and the sweeper 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. Fouls by the attacking team will result in a free hit for defense from top of circle. Fouls by the defending team will result in a retake of the corner and the player that violates must go to the mid line. A replacement is not allowed.
 - a. Legal stroke for player taking the corner hit is a push. Ball must come outside the yellow square and then be brought back in past the yellow square in order for a goal to be scored. (2 yellow squares designate the circle LINE). All fouls in the circle and behind the net will be a corner.
- 12) **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 game a yellow card will be given. The goal is to eliminate this action from the game as it can lead to serious injury.
- 13) Intentionally kicking the ball to save it from going into the goal will be an automatic goal.

GOALS/SCORING

- 1) Goals will be placed at each end in the middle of the horizontal line before the curve in the boards. The front of the goal should be at the back of the square.
- 2) When the ball comes into the circle: If a player is in front of the goal and not within a sticks length (not stick & arm, just stick), of an offensive player and a shot on goal is taken, an automatic goal must be awarded. This also means there are no zones. This rule does not pertain to any play outside the circle.
- 3) Offensive players may NOT put their body into the crease. This will result in a free position for the defense.
- 4) 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 in the crease (blue) area
 - b. BSSC leagues have always been advertised as 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.
 - c. This rule 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.
- 5) **SHOOTING ON GOAL & FREE HITS.** Players may not shoot on goal from outside the designated circle. Players may carry or pass the ball (travel) 3 yards before entering the circle.
- 6) Goals from penalty corners are played according to the established rules and regulations stated previously. Corner ends when the ball completely goes past the yellow square.
- 7) On a corner, the offensive team after the injection must allow the ball to come outside the designated circle before a goal can be scored.
- 8) A goal is scored when the ball passes completely across the plane of the goal line.
- 9) Goals will not count if a stick blade is above the knee level, kicked in or the hand bats the ball.
- 10) Shots which bounce off a *defensive player's body or stick* and into the net will be counted, if the contact with the person/*stick* is accidental (official's judgment).

PENALTIES

- 1) Fouls are when a player uses the body or the stick in any manner to strike, attempt to strike, trip, and 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 3 cards: Green, Yellow, and Red; each of which carries a penalty. Refs will notify teams when penalty times have expired.
 - a. If a player is given a green card, the penalty is change in possession.
 - b. If player is given a yellow card, player will be penalized **three** (3) minutes of playing time and team will play down.
 - c. If a player is given a red card, **player is removed from the game and team will play down for remainder of game.** Player issued a red card will be reported to BSSC and player cannot play in next scheduled game.

- d. ANY PLAYER RECEIVING THREE (3) YELLOW CARDS IN ONE SEASON WILL BE DISMISSED FOR THE REST OF THE SEASON WITHOUT A REFUND.

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) **PLAYOFFS ELIGIBILITY.** To be eligible for the playoffs, players must play in 2 games.
- 3) **PLAYOFFS OVERTIME.** Games ending in a tie will result in sudden death overtime. Each team will play 3 vs 3. After 5 *minutes*, no subs will be allowed. Whoever scores the first goal wins. 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 due to the fact that 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 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, change, or modify any rule at any time.