



ADULT FIELD HOCKEY LEAGUE

DETAILS & RULES

DETAILS:

- This is an adult recreational league – please compete with this understanding.
- Teams should be ready to get on the field as soon as the game prior to theirs has ended.
- Games will consist of 2 x 24 minute periods with a 5-minute halftime, and 7-minute changeovers.
- All players MUST wear shin guards, mouthguards, and turf/tennis shoes.
- All players MUST wear their team color indicated on the schedule. Shirts do not have to be matching, only similar in color.
- 7 players per side, no goalkeepers.

RULES:

- Players may not hit the ball. Intentional driving and high sticks are not allowed.
- Only pushing, sweeping, flicking, or deflecting is allowed. The ball can only be lifted or deflected in the shooting circle with the purpose of scoring a goal.
- Players may not intentionally lift the ball during normal field play.
- Unintentional lifting will be called if deemed dangerous by official.
- Shots on goal can be called back if deemed dangerous by official.
- Regular sweeping is allowed. You are NOT allowed to sweep with the blade of your stick.
- The self-start / self-pass rule will be in affect.
- The ball may not travel directly into the circle from a free hit to the attack within the 23m area without first traveling 5m to another player or being dribbled at least 5m by a player making a "self-pass".
- This league will not play out penalty corners. Instead, attacking team will be awarded a free hit outside the circle.
- In order to keep the flow of the game and minimize play stoppage, teams will be allowed to “play on” in most scenarios if not deemed “dangerous” by official.

MVSC FIELD HOCKEY OFFICIALS:

- MVSC Field Hockey will support all calls made by official.
- MVSC Field Hockey will not accept any negative comments, facial expressions, or gestures made toward official.

Thank you for playing in the MVSC Field Hockey Adult League. For any questions, comments, or concerns please contact Field Hockey Program Director – Taylor Florence at tflorence@mockingbirdsoccer.net