Basic Format

- Varsity 30-minute halves w/ two 90 second time-outs per game
- JV 25-minute halves
- Middle School 20-minute halves, running clock.
- Pre-game coin toss determines possession or goal defending. JV based on varsity coin toss.

Uniform Compliance

- Proper equipment colored mouth guard and shin guards
- Goalies properly equipped, including mouth guard
- No jewelry
- No metal hairclips
- Shirts tucked in
- Undergarments cannot hang below kilt
- Eye protection is required and must meet ASTM standards
- Only one speaking captain on the field

Substitution

- No substitutions prior to a penalty corner. Substitutions may occur immediately after initial hit.
- During play, substitution must occur in the substitution area in front of the scorers' table.
- The exiting player must completely come off the field before the substituting player enters the field from the substitution area.
- If a substitution is made during half time, a team time-out or an injury time-out, the players must report to the scorers' table before entering the game.

Scoring

- A goal shall be scored when the whole ball crosses the goal line, provided that the ball came in contact with an attacker's stick first.
- As long as an attacker's stick touched the ball within the circle, a goal is scored even if the ball contacts a defender's stick or body prior to entering the goal.
- Scorer retrieves ball from cage and carries it back to center field.

Center Pass

- The game begins with a center pass from center field.
- The center pass restarts the game after a goal.
- On the whistle, the player taking the center pass has 5 seconds to put the ball into play, in any direction.
- All players, except the one taking the center pass, must be at least 7 yards from the ball until it is played.
- Players on either team may cross the centerline as soon as the whistle is blown.

Fouls

- Advancing advancing the ball by any means other than the stick; using any part of
 the body to propel, deflect or stop the ball to a team's advantage; playing the ball with
 the rounded side of the stick; incidental contact that does not change the play is not
 called in most cases.
- **Blocking** using the body or stick to impede the progress of an opponent.
- **Flagrant Foul** is any act (physical or verbal) which is extremely offensive or could cause bodily injury or harm to another player.
- Obstruction occurs when
 - a. A player moves or imposes herself or her stick, obstructing an opponent from attempting to play the ball;
 - b. A player shields the ball with her stick or any part of her body;
 - c. A third player takes a position between an opponent and the ball so her teammate has an opportunity to play the ball.
 - If the player with the ball maintains possession and is able to continue to play with control, the play is allowed to continue.
- Rough and Dangerous Play holding and marking with contact, charging, pushing and tripping; playing the ball in a potentially dangerous way.
- Stick Interference when a player hits, holds, hooks, slashes or strikes her opponent's stick; within the 25-yard line, this foul leads to a penalty corner; in the circle, a penalty stroke may be awarded.
- Sticks raising any part of the stick above a player's own shoulder in a dangerous or intimidating manner, when playing or attempting to play the ball.
- **Undercutting** propelling the ball with a hard hit on the underside, causing the ball to be lifted into the air in a dangerous manner.

Putting the Ball in Play

- Self-starts, pushes, and hits are allowed on side-ins, long hits, free hits, 16-yard hits and center pass (NO LIFTED BALLS, SCOOPS, FLICKS, CHIPS).
- The ball must be stationary before it is played.
- If the player hits at but misses the ball, she can retake the hit, provided she did not foul.
- The ball must move at least 1 yard before another player of the same team can play the ball.
- The player putting the play in play cannot play the ball a second time until another player has touched the ball.
- If the ball lifts when the intention was clearly to play it along the ground, it is allowed provided it is not dangerous itself and does not lead to dangerous play.
- Opponents must be 7 yards from the ball until it is played.
- Players of the same team can be within 7 yards of the ball, except on the center pass.

Side-Ins

- A side-in is awarded when the ball goes out of bounds over a sideline.
- The ball is placed on the sideline where it went out of bounds.
- For fouls on the team taking the side-in, the opposing team is awarded a free hit.

16-Yard Hits

- When the offense commits a foul in the striking circle or the ball goes over the end line off the offense, then the defense is awarded a 16-yard hit.
- The back runs to retrieve the ball and runs up to the 16-yard line opposite the violation or rolls it up to another back positioned in the appropriate spot.

Long Hits

- When the defense unintentionally causes the ball to go over the end line, then a long hit
 is awarded to the attacking team.
- The long hit is taken at the side line hash mark, 5-yards from the end line.
- For fouls on the team taking the long hit, the opposing team is awarded a free hit
- For deliberate fouls on the defending team, a penalty corner is awarded.

Free Hits

- Fouls result in a "free hit" awarded to the opposing team.
- Fouls in the striking circle on the <u>defense</u> result in a "penalty corner".
- Fouls in the striking circle on the offense result in a "16-yard hit".
- Free hits are taken at the spot of the foul.
- Players must pick up the ball and move it to the spot of the foul. An official may count
 moving the ball with the stick into position as the actual hit.
- On free hits, the opposing team must be 7 yards away from the hit. Players on the team taking the free hit can be within 7 yards as long as the hit is not within 5 yards of the striking circle.

Advantage Rule

- Fouls occur only when the offending team gains an advantage or dangerous and/or intimidating play occurs.
- Advantage is indicated by extending an arm in the direction in which the free hit would be awarded if a foul is whistled.

Note that all play restarts can be with a "self-start" whereby a player restarts play by dribbling the ball. This new rule in 2010 speeds up the play of the game.

Bully

- A bully takes place to restart a game when time or play has been stopped for an injury or for any other reason and no penalty has been awarded.
- A player from each team faces each other with the goal they are defending to their right.
 The two players start with their sticks on the ground on either side of the ball and then tap
 the flat face of their sticks together once just over the ball after which either player is
 permitted to play the ball.

Penalty Corners

- Awarded to the offense when the defense commits a foul in the striking circle or the defense deliberately causes the ball to go over the end line.
- Also awarded when the defense commits a deliberate foul within the 25-yard line.
- No substitution for either team until after the penalty corner initial hit from the end line.
- An offense player known as the inserter (usually the left wing) inserts the ball from a 10yard mark from the goal post.
- The inserter must have one foot completely outside the field of play. She can flick, drive or push the ball to her teammates on the top of the circle. Drag flicks are not permitted.
- Offensive players at the top of the circle must have their sticks, hands and feet not touching the ground inside the circle.
- The defense is allowed a maximum of 5 players including the goalie. All must be positioned behind the backline and their sticks, hands and feet must not touch the ground inside the circle and must be within the 5-yard mark of the goal post.
- The remaining opposing players must be behind the centerline until the ball is inserted.
- No player can enter the circle until the ball has been inserted.
- The inserter may not play the ball after inserting it until another player has touched the ball.
- The attack must control the ball before attempting a shot on goal. The ball does not have to be stationary before a shot is taken.
- If the corner is awarded at the end of the half or game, the game shall continue to complete the penalty corner unless the scoring of a goal does not influence the outcome of the game.

Penalty Strokes

- A penalty stroke is awarded when a goal probably would have been scored if a foul had not been committed by the defense, unsportsmanlike conduct, or the defense continually and deliberately causes the ball to go over the end line.
- All players, other than the stroker and opposing goalie, must be behind the 25-yard line.
- The ball is placed on a 7-yard mark in front of the goal.
- The stroker may scoop, flick or push the ball, raising it to any height.
- The stroker must stand behind and within a stick's reach of the ball before beginning the stroke.

Spectators

- Must be at least 5 yards outside the sidelines.
- No spectators permitted behind the end lines.