

Basic Format

- Varsity – 30-minute halves w/ two 90 second time-outs per game; JV – 25-minute halves
- Pre-game coin toss determines possession or goal defending. JV based on varsity coin toss.

Starting and Stopping The Clock

- The clock shall be started immediately upon the official's whistle prior to the center pass at the beginning of each half.
- The game clock shall be stopped by the official's signal (crossed arms above head) for:
 - a. Injury to a player or an official;
 - b. Penalty strokes;
 - c. Carding or disqualification of a player;
 - d. Team time-outs;
 - e. A goal;
- Each team shall be permitted two 90-second time-outs.

Substitution

- No substitutions prior to a penalty corner. Substitutions may occur immediately after initial hit from the end line. Players can exit the field prior to the penalty corner insert but substituting players must wait until the hit out.
- 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 is 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. Assisting players raise their hands.
- The game clock stops upon a goal scored (for Varsity, JV is a running clock). If the game score meets the mercy-rule game differential (5 goals difference), then the clock is not stopped for goals.

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 5 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.
 - d. 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.

Penalties

- Green Card – 2-minute suspension
- Yellow Card – 5-minute suspension minimum first offense, 10-minutes second offense same offender
- Red Card – offender disqualified from game and team plays short

Center Pass

- A center pass is used to start the game, second half or restart the game after a goal.
- On the official's whistle, the player taking the center pass has five seconds to put the ball into play, using a drive, flick, scoop, push or self-pass in any direction.

Self-Pass (Self-Start)

- The self-pass shall be an option on the center pass, all free hits, long hits, side-ins, 16-yards hits and center passes.
- On 16-yard hits, center passes, side-ins and all free hits awarded outside the 25-yard area, opponents must be 5 yards away.
- However, on free hits and side-ins awarded to the attack within the attacking 25-yard area, all players must be 5 yards away.
- In addition, the team restarting play may not play the ball into the circle unless it amassed a dribbling distance of 5 yards from the starting point of the restart or the ball has been touched by either a teammate or an opponent prior to entering the circle.
- Free hits must not be played directly into the circle.

Putting the Ball in Play

- Self-starts, pushes, and hits are allowed on side-ins, long hits, free hits, 16-yard hits and center.
- 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.
- 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 5 yards from the ball until it is played.
- Players of the same team can be within 5 yards of the ball, except on the center pass and within 5 yards of the circle.

Free Hits

- 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 5 yards away from the hit. Players on the team taking the free hit can be within 5 yards as long as the hit is not within 5 yards of the striking circle.
- If the defense is awarded a free hit within 16 yards of the end line or in the circle, the hit may be taken anywhere in line with the violation up to 16 yards from the inner edge of the end line.
- If the attack is awarded a free hit within 5 yards of the circle, the hit will be taken on the broken line circle.
- Free hits must travel 5 yards before the ball can enter the striking circle.
- Opponents must be at least 5 yards from the ball. If an opponent is within 5 yards of the ball, she must not interfere with the taking of the free hit or must not play or attempt to play the ball. If this player is not playing the ball, attempting to play the ball or influencing play, the free hit need not be delayed.

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.

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 defense players 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.

25-Yard Hit

- When the defense unintentionally causes the ball to go over the end line, then a 25-yard hit is awarded to the attacking team.

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.

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 10-yard 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 but it cannot be higher than the backboard.
- 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 Stroke

- A penalty stroke shall be awarded when, in the official's opinion:
 - a. A goal probably would have been scored, if a foul by the defending team had not occurred in the circle;
 - b. Any deliberate foul is committed by a defender inside the circle which stops a potential goal or deprives an attacker of actual or likely possession of the ball;
 - c. A single flagrant foul occurs;
 - d. Flagrant unsportsmanlike conduct is displayed by a coach or nonplaying team personnel;
 - e. The defending team continues to deliberately cause the ball to go over the end line.
- The game clock is stopped and remains stopped until game play is resumed.
- During the penalty stroke, players of both teams, other than the goalkeeper and stroker participating, shall position themselves beyond the nearer 25-yard line.
- The ball shall be placed on a line (stroke line) which is 7 yards in front of the center of the goal.
- Before taking the stroke, the stroker's feet shall be farther from the end line than the ball. The stroker may:
 - a. Scoop, flick or push the ball, raising it to any height;
 - b. Follow through with the stick above the shoulder.
- Prior to the penalty stroke, the goalkeeper may stand in any manner with both feet touching the goal line. She shall not take a step in any direction after she and the stroker have indicated they are ready and until the ball has been played.
- The official shall ask first the goalkeeper and then the stroker to verbally verify that they are ready. A lack of response shall indicate readiness.
- The penalty stroke begins with the official's whistle.
- The stroker shall not take the stroke prior to the whistle but must take it within five seconds after the whistle is blown.
- The player taking the stroke must stand behind and within a stick's reach of the ball before beginning the stroke.
- The stroker's stick does not have to be in contact with the ball prior to the actual stroke. She is permitted to contact the ball only once and shall not approach either the goalkeeper or the ball after initial contact.
- The player taking the stroke must not feint at playing the ball.
- The goalkeeper may exercise her usual privileges (and raise the stick above her shoulders to block a shot) after the ball has been played by the stroker.
- A goal is scored on the penalty stroke when the whole ball crosses completely over the goal line between the goal posts and under the crossbar.