

Youth Field Hockey Rules

Starting Game or Restarting After Goal

- Game starts with a push back from the center midfield spot - each team must be in their respective halves of the field.
- After a goal, the team conceding the goal will restart the game with another push back from the center midfield spot.

Definition of a Goal

- Entire ball must cross all the way over the goal line, not higher than backboard height. Can only be scored within the 10-yard scoring zone.

Ties, Overtime, Penalty Shoot-Outs

- Tie scores stand as is. No overtimes or penalty shoot-outs.

No Offsides

- There is no offsides rule in youth field hockey (just like other levels of field hockey).

Basic Rules - Fouls

- Cannot play ball on back/round side of stick (only flat side).
- Cannot use any part of body to stop ball.
- Cannot raise hockey stick above knee level.
- Cannot make bodily contact with opponent (no body checking).
- Cannot make stick contact with opponent's stick.
- Cannot use body to block opponent from playing ball (no picks or screens).

Restarting Play After Fouls or Ball Out-of-Bounds

- Fouls in Midfield Area (between scoring zones) - opposing team restarts play where foul occurred.
- Foul by Offense in Scoring Zone - defense restarts play just outside of 10-yard scoring zone line from point where foul occurred.
- Foul by Defense in Scoring Zone - offense restarts play just outside of 10-yard scoring zone line from point where foul occurred (no penalty corners).
- Sideline Out-of-Bounds - opposing team restarts play on sideline where the ball went out of bounds.
- End Line Out-of-Bounds by Defense - offense restarts play just outside of 10-yard scoring zone line from point where the ball went out of bounds.
- Only the player restarting the ball is allowed on the ball. ALL other players on both teams must be four yards away from ball (measured as 4 to 5 giant steps).

