



House Rules for Field Hockey

Our purpose at Sahlen's Sports Park is to provide a facility where family oriented, recreational sport activities can be enjoyed in an environment that cultivates values like Sportsmanship, Leadership, Honesty, Responsibility and Integrity. This environment is a product of both the actions and attitudes of our staff, management and all who passes through our doors.

1. Coaches/ Managers/ Captains Responsibilities:

- a. Submit a completed roster/ SSP waiver form prior to fist match
- b. Signed Code of Conduct prior to fist match.
- c. Full payment prior to 2nd match of league schedule. Teams not paid in full by this date will be removed from league.

2. General Rules:

- a. SSP will abide by National Federation of State High School Associations rules other than the changes below.
- b. Minimum four (4) players plus goalie.
- c. Players may not wear jewelry.
- d. Any player with a "hard cast" will need to have a minimum of 1" padding and permission to play from the referee.
- e. Away team starts with ball in first half and home team has ball in second half.
- f. Spitting is **NOT** allowed – 1st will be a verbal warning, 2nd will be ejection.

3. Cancellations & Rescheduling Requests:

- a. Sahlen's Sports Park will be **OPEN no matter the weather outside**. The weather has to be VERY severe for SSP to close. If SSP does close, we will post on website and Facebook and tweet (@SahlenSSP). Please do not call inquiring about whether we will be open unless it is posted on website.
- b. SSP activities are extremely busy, therefore rescheduling of games will be only considered in extremely rare circumstances. Unavailability of players within teams will not be an acceptable reason to try and reschedule.
- c. For any changes to the schedule, the coach/ manager / captain will notify team(s).

4. Equipment:

- a. Players will **NOT** be permitted to wear Cleats/ Molded Shoe. Player wearing cleats or molded shoe will be subject to not being able to participate in match.
- b. All players must wear shin guards.
- c. Teams must have the same color jersey; pinnies will be available if there is a color conflict.
- d. Mouth Guards are required

5. Substitutions:

- a. Each team can sub as much as desired however substitution periods are at the discretion of the referee during any stoppage in play.
- b. Substitutions can be made at all times, they can be made on the “fly”
- c. The referee does not have to be notified of substitutions.

6. Overtime:

- a. There will be no overtime during regular league play.
- b. There will be a 5 minute overtime in Playoff matches
- c. There will be a 5-minute overtime in Championship matches
- d. If teams are still in tie; strokes will determine winner. Each team will have three (3) players to shoot

7. Playing Time:

- a. The length of all leagues matches will consist of two (2) 25-minute halves, running clock with a two-minute halftime.
- b. Referees have been instructed to start all matches according to posted scheduled. Coaches/ Managers/ Captains are responsible to watch the clock and have their team ready to start on time. **Referees will start matches whether or not your team is on the field and ready to play.**
- c. Time may be stopped at the referee’s discretion for situations that are beyond the control of the referee and/or teams
- d. Referee will declare a forfeit after 8 minutes scheduled team does not show up schedule start time.
- e. There are **no** time-outs.

8. Cautions / Yellow or Red Cards

- a. **Yellow Card:** player must sit out for 2-minute while team plays down a man/women unless opposing team scores within the 2-minute penalty. (If goalie is issued a yellow card, a teammate may serve the penalty time.)
- b. **Red Card:** Player must leave field and may not remain on the team’s bench. Depending on referee’s discretion, he/she may be asked to leave the facility.

9. Game Rules

- a. Players are permitted to play the ball with the flat of the face side
- b. No foot to ball contact
- c. No high stick or high back swings
- d. No third party
- e. While a player is taking a free hit or starting a corner the back swing of their hit cannot be too high for this is considered dangerous
- f. Ball can go no higher than knees height
- g. No shoving/using your body/stick to prevent advancement in the other team
- h. **Free hits** are awarded when offences are committed outside the scoring circles
- i. A **Penalty Corner** is awarded when a foul is committed inside the circle

10. Players on Field:

- a. 9 vs. 9 including goalie

11. Goalkeepers:

- a. Jerseys should be different from that of the referees, teammates and opposing team players. Goalie must also have goalie pads and helmet.
- b. Goalkeepers may block or deflect the ball from the goal with any part of their bodies, and propel the ball with their feet, legs, the associated padding or their stick

12. Standings:

- a. Point system
 - i. 3 points for Win
 - ii. 1 point for tie
 - iii. 0 points for a loss
- b. Tie-Breaker
 - i. Head-to-head record
 - ii. Goal differential for season (Max of +/- 3 goals per match)
 - iii. Most points scored
 - iv. Least points conceded

13. Unsportsmanlike/ Misconduct

- a. Sahlen's Sports Park has a ZERO Tolerance Policy towards fighting
- b. Any unsportsmanlike and/or inappropriate language or conduct directed at referees, coaches, players, fans or staff of SSP is NOT acceptable. Any violations are subject to removal of a participant or team for an entire season.
- c. Referees have the right to eject players, terminate games and use any measures they deem necessary to maintain a safe environment. Any games that are terminated to an incident such as this will not be rescheduled.
- d. Sahlen's Sports Park has the right to suspend any individual from the facility for any period of time we deem. Any incident resulting in these actions are at the sole discretion of SSP management.

Sahlen's Sports Park reserves the right to add, modify or change any the rules at any time.