



Field Hockey Rules & Regulations

Field of Play:

42 yards x 82 yards.

Length:

Two 25-minute halves.

Format:

8v8 (plus goalie).

Required Equipment:

- Mouth guard
- Goggles
- Shin guards

Basic Rules:

- No cleats
- All players must be 18+ years old.
- Mouth guards, goggles, shin guards are all required.
- [House League Rules](#)