

UNIVERSITY OF MASSACHUSETTS  
INTRAMURAL SPORTS

**WOMEN'S FIELD HOCKEY RULES**

The *International Hockey Federation Rules of Hockey* with NCAA modifications will govern play with the following intramural modifications.

Each player must present his/her [valid UMass UCard](#) to participate in each and every intramural contest.

For the full list of intramural policies and procedures, please read the [Intramural Captains Guide](#).

Team captains are responsible for the conduct and eligibility of their teams and adherence to the rules governing play.

**I. TEAM**

- A. A team shall consist of seven (7) players: six (6) field players plus one (1) goalkeeper.
1. A game cannot begin without at least five (5) players -- four (4) field players and one (1) goalkeeper. Additional players may enter the game upon arrival and whenever play is dead.
  2. If a team fails to have the minimum number of players present at the scheduled location within 5 minutes of the scheduled time, the contest will be declared forfeited to the team ready to play.
  3. If, at any time during the game, a team does not maintain the minimum number of players, that team shall forfeit the game regardless of the score.

**II. EQUIPMENT**

- A. Mouthguards **are required** and shinguards are strongly recommended.
- B. Goalkeeper equipment (pads, kickers, blockers, gloves, mask) will be provided by the intramural program.
- C. Appropriate footwear must be worn. Multi-purpose or turf plastic-cleated footwear may be worn. Metal-cleated shoes are prohibited.
- D. The official shall not permit any player to wear equipment that, in his or her judgment, is dangerous to other players. **Jewelry, including rings, bracelets, necklaces, watches and earrings, is illegal.** Also, hats and bandanas are not permitted. Taping of earrings or other jewelry is not permitted regardless of the reason. Medical emergency bracelets/necklaces may be worn but **must** be taped to the person and completely covered.

**III. FIELD OF PLAY**

- A. The field of play is approximately 80 yards in length and 40 yards in width with marked lines in accordance with intramural field proportions and modified rules of play.

**IV. PLAY**

- A. To Start a Game
1. A coin toss will be used to determine ball possession or direction of attack. To start the second half, the team that lost the coin toss will have the choice of ball possession or direction of attack.
  2. All players must be in their own half of the field and all opponents at least 5 yards from the ball.
  3. One player will initiate play with a **push or hit in any direction.**
- B. Out-of-Bounds
1. A ball over the sideline shall be put back in play on the sideline closest to where the ball went out of play.
  2. A ball over the backline *unintentionally* by the **defense** shall be put in play on the backline up to 5 yards from the corner nearest to where the ball crossed the backline.
  3. A ball over the backline *intentionally* by the **defense** shall be put in play on the backline from a spot 10 yards from the nearer goalpost on whichever side the attacking team prefers.
  4. A ball over the backline by the **attack team** shall be put in play up to 16 yards from and opposite where, or close to where, the ball crossed the backline.
- C. No penalty corners shall be taken. A free hit shall be awarded for offenses by the attack team and defense.
- D. Penalty Strokes
1. A **penalty stroke** shall be awarded for an intentional offense by a defender in the circle to prevent a goal being scored or to deprive an attacker of actual or likely possession of the ball.

2. A **penalty stroke** shall be awarded for an unintentional offense by a defender in the circle that prevents the probable scoring of a goal.
- E. Goals shall be scored from within the striking circle. The ball must be touched by an attack player within the circle
- F. Highlighted Conduct of Play
1. Players shall not:
    - a. intentionally raise the ball from a hit except for a shot at goal or so that the ball lands directly in the circle.
    - b. play the ball above shoulder height with any part of the stick.
    - c. lift their sticks over the heads of players.
    - d. stop or catch the ball with the hand. No hand stops are allowed with the exception of the goalkeeper who has kicking/handling privileges within the striking circle.
    - e. obstruct an opponent from attempting to play the ball.
- V. **GAME**
- A. Playing time shall be forty (40) minutes duration divided into two (2) twenty minute halves.
1. All playing time shall be running time.
  2. There shall be a two (2) minute intermission after the first half of play.
  3. Mercy Rule – if the score/goal differential is 5 goals or greater with five (5) minutes or less to play in the 2<sup>nd</sup> half, the game shall be ended.
- B. Substitutions
1. Unlimited substitutions may be made:
    - a. after a goal
    - b. to replace an injured player
    - c. at halftime
    - d. on a free hit
- C. Timeouts
1. Each team is permitted two (2) timeouts of one (1) minute duration per game.
  2. A timeout may be called after a goal or by the team in possession of the ball during play.
- D. Tie Games -- A coin toss shall be used to determine ball possession or direction of attack to start the first overtime period. If a stroke-off is required, the winner of the coin toss shall elect to hit first or second.
1. League/Pool Play
    - a. A **sudden victory** running time period of five (5) minutes. The game is completed as soon as a goal has been scored.
    - b. One (1) timeout is permitted of one (1) minute duration.
    - c. If the game remains tied after the overtime period, the game will be recorded as a tie.
  2. Championship Play
    - a. A **sudden victory** running time period of five (5) minutes. The game is completed as soon as a goal has been scored.
    - b. One (1) timeout is permitted of one (1) minute duration.
    - c. If the game remains tied after the overtime period, a series of penalty strokes will be taken.
    - d. Penalty Strokes
      1. A coin toss will give a team the choice to attack or defend.
      2. Penalty strokes will be attempted only by the players on the field at the end of the overtime period.
      3. Five players from each team shall take a penalty stroke alternately against the same goalkeeper from the opposing team. The team scoring the greater number of goals will be the winner. Once the stroke procedure is decisive, the game shall be complete and no more strokes need be taken.
  3. Sudden Death Strokes -- If the score is still tied after the initial series of penalty strokes, a sudden death procedure with the same players will be used to break the tie. The order may be changed but not the players. The goalkeeper who defended first in the first set will defend second in the sudden death set. The first team awarded more goals than its opponent after an equal number of strokes shall be the winner.

## VI. **PLAYER CONDUCT**