



Red Rose Arena-Adult Field Hockey Rules

All games will be played according to outdoor rules set by NFHS (PIAA) for youth with the following modifications. NOTE: Jewelry MUST be removed.

Duration of games for league play:

- Two (2) halves, 25 minutes each • Half time shall be two (2) minutes •
- During the regular season, games may end in a tie .

Roster:

- All teams will play with 5 field players plus a goalkeeper (6 v 6)
- Roster limit is 15 players
- All Players participating in our Adult FH league should be out of and/or graduated from Highschool
- The first team listed on the schedule should attempt to wear white or light colored socks.

Start of the game:

- The team on the glass side of the field, will have possession of the ball at the start of the first half.
- At the start of the game the ball may be passed in the direction and/or may be started with the self-pass.

Players must remain in their half until the ball is hit.

Free Hits & Side-Ins:

- Self-start pass may be used according to NFHS rules

Opponents must be at least 5 yards away.

When a free hit is awarded to the attack within their offensive half, all players other than the player taking the free hit must be at least 5 yards from the ball.

From a Free Hit awarded to the attack within their half, the ball must not be played into the circle until it has travelled at least 5 yards or has been touched by a defensive player.

- If the player taking the free hit continues to play the ball (no other player has yet played)
 - That player may play the ball any number of times, but
 - The ball must travel (controlled) at least 5 yards
- An attacking free hit awarded within 5 yards of the circle is taken at the point of the foul. The ball still has to travel at least 5 yards before it can be played into the circle, or alternatively has to be touched by a defensive player.

Lifts

- Aerial balls will not be allowed in the field of play (safety). There will be a change of possession at the place where the ball was lifted. It should be noted that raised shots on goal will continue to follow NFHS rules.

Penalty Corners :

- 5 Defenders & the goal keeper
- NOTE: Penalty corners will NOT be played out if time expires, unless it impacts the win/loss outcome of the final score.
- Substitution is allowed after the ball is inserted.
- Until the ball has been played, no attacker other than the one taking the push from the back line is permitted to enter the circle and no defender is permitted to cross the back line or leave the opposite-side circle.
- Play will now be restarted with the ball on the Mid-Line and in line with where it crossed the back line. Players must move the ball (controlled) 5 yards before the ball enters the circle unless it has been touched by a defensive player.

Substitutions

- Substitutions are permitted at any time and will be allowed on the fly. There will be a stoppage in play (made by the official) for a GK substitution. The player entering the field will substitute ONLY after a player has left the field. There is no limit to the number of players who are permitted to be substituted at the same time or to the number of times any player is permitted to substitute or be substituted

Cards

- Green Card – Where a green card is issued, player suspended: 2 minutes
- Yellow Card – Where a yellow card is issued, a player suspended: 5 minutes
- Red Card – Where a red card is issued, a player shall be ejected from the game
- Teams will play short a player during suspension or ejection

Players

- Field players are NOT permitted to play on more than one team in the same division.
Goalies may play on more than one team in the same division

Equipment

- All players MUST wear shin guards and mouth guards. Players may wear molded rubber cleats, turf or indoor shoes. Metal cleats are prohibited

Tie Breakers

- Head-to-Head
- Total goals against
- Total goals for