



Bloomsburg University Intramural Sports Program

IM Sports – FIELD HOCKEY RULES

PIAA rules with these IM modifications & the IM General Rules will govern play.

TEAM CAPTAINS: Team captains are responsible for their team's actions. They are also the only players allowed to talk with officials during the game. It is each team captain's responsibility to ensure that all team members are listed on the team roster. A player may be added to a team's master roster before that team's second regular season game. Therefore all rosters after the first week of play are concrete. Team captains are not only in charge of their team's actions, but also the fans that are present. **BU ID+ Cards are required from all players at all games.**

Forfeits: GAME TIME is FORFEIT TIME!!! If a team does not have the minimum number of players at the scheduled game time, the game will be called and either a default or forfeit will be recorded.

- a. **Forfeits:** Teams that have **FEWER THAN HALF THE MINIMUM PLAYER REQUIREMENT** present on the field/court at game time will lose the game by forfeit. A deposit of up to \$20.00 will be assessed to the team captain prior to participation.
 - i. **1st Violation=** Teams/individuals will lose forfeit deposit.
 - ii. **2nd Violation=** Teams that forfeit for the second time, without notification to the Intramural Sports Office, maybe dropped from the tournament.
- b. **Defaults:** Teams that have half the minimum player requirement, but not enough players to compete at game time will lose the game by default. Teams may also inform the Intramurals Office (389-5288) by 4:00 pm (after 4:00pm will be a forfeit) on game day to receive a loss by default.
 - i. **1st Violation=** Grace, teams/individuals are not penalized.
 - ii. **2nd Violation=** 1 Forfeit. Team/individual will lose their Forfeit Fee and team captain must speak with the Intramural Director to discuss further league play.
 - iii. **3rd Violation=** 2 Forfeits. Team/individual will be dropped from the tournament.

NEW! Grace Period: A team will forfeit a game when it is not ready by game time. The team ready to play will have the choice to grant their opponent a Grace Period, at which they will have 10 minutes to field the minimum number of players to play. **Game clock will start.** The following penalties will be enforced during the 10 minute grace period.

1 point will be awarded to the team ready to play for every 2 minutes that passes.

- a. **Game time:** Team ready for play will be awarded a 1 pt.
- b. **2 minutes:** Team ready for play will be awarded another 1 points for a total of 2 pts.
- c. **6 minutes:** Team ready for play will be awarded 2 more points for a total of 4 pts.
- d. **10 minutes:** Team ready for play will be awarded 6 pts. And the game will be declared a forfeit with a final score of 6-0.

THE GAME: The game shall consist of two 20-minute running halves.

- Only players inbounds may request a time-out
- If a team has a coach that coach must adhere to US Field Hockey coaching regulations in regards to coach's box & the coach can request a time-out.

Time-Outs

- Each team is permitted 2, 1 minute time-outs per game at any time.

MERCY RULE: At any time during the last 5 minutes of the second half, "when one team has a lead of 7 goals or more, the game will be called.

TIES: During the regular season there will be no overtime period.

- During the playoffs, ties will be broken by 2 five minute overtime periods which are Sudden Death.
- If the tie is not broken during those periods, penalty strokes (5 strokes) will occur.
- If still tied, it will go to a sudden death rotating strokes. The 7 players on the field are the only ones eligible to take the first 5 strokes.

TEAM: Each game is 7 v 7. Teams can play with a minimum of 5 players and a maximum of 7 players on the playing field. Teams must maintain these numbers for the entire game.

- “One Team Rule”: A player may compete for only one team. Once a person has played with a team they cannot play with any other team.

GOALKEEPER: There will be no Goalkeeper in this league.

FIELD: The field will be 80 yards by 40 yards

- The referee is part of the field of play

SUBSTITUTES: are permitted at any time except within the period from the award of a penalty corner until after it has been completed.

- Player must report within 3 meters of the center-line side of the field agreed with the umpires.
- Substitution is only permitted after that player has left the field.

EQUIPMENT: Metal cleats or screw in cleats are not allowed at any time!

- **Players must wear closed-toed shoes at all times, i.e. sneakers or boots**
- Mouth guards are strongly RECOMMENDED.
Shin guards are REQUIRED
- Jewelry: Includes earrings, rings, watches, bracelets, necklaces are PROHIBITED
- BALLS: Warm-up balls will not be provided. Game ball will be provided, but both teams may agree on a personal ball to be used during the game.

SCORING

- A goal is scored when the ball is played within the 25 yard line (20 yards line on small field) by an attacker passing completely over the goal-line and under the cross-bar.
- If the first shot at goal during a penalty corner is a hit (as opposed to a push, flick or scoop), the ball must cross the goal-line at a height of not more than 1.5 feet.
- For second and subsequent hits at the goal during a penalty corner, flicks, deflections and scoops are permitted, given that they are not considered dangerous by the officials.
- A goal is scored if awarded as a result of a penalty stroke.

BALL OUTSIDE OF LINE

- The ball is out of play when it passes completely over the side-line or back-line.
- When the ball travels over the side-line, play is re-started where the ball crossed the line and the procedures for taking a free hit apply.

CONDUCT OF PLAYERS

- Players must not hit the ball with the back side of the stick.
- Players must not have a back-swing higher than their hips.
- Players must not have a follow-through higher than their hips.
- Players must not hit the ball hard on the forehand with the edge of the stick.
- Players must not intentionally enter the goal their opponents are defending or run behind either goal.

FOULS AND MISCONDUCT

Penalties: a free hit is awarded to the opposing team:

- a. For an offence by any player between the 25 yard (modified) area.
- b. For an offence by an attacker within the 25 yard (modified) area their opponents are defending.
- c. For an unintentional offence by a defender outside the circle but within the 16 yard (modified) area they are defending.

A penalty corner is awarded:

- a. For an offence by a defender in the circle which does not prevent the probable scoring of a goal.
- b. For an intentional offence in the circle by a defender against an opponent who does not have possession of the ball or an opportunity to play the ball.
- c. For intentionally playing the ball over the back-line by a defender.
- d. When the ball becomes caught in the player's clothing or equipment while in the circle they are defending.

A penalty stroke is awarded:

- a. For an intentional offence in the circle by a defender against an opponent who has possession of the ball or an opportunity to play the ball.
- b. For defenders persistently crossing over the back-line before permitted during the taking of penalty corners.

Procedure for taking penalties hits:

- a. Location for a free hit: a free hit is taken close to where the offence occurred, within playing distance of where the offence occurred and with no significant advantage gained.
- b. The ball must be stationary before hitting it.
- c. A free hit awarded within 5 meters of the circle (between the international hash marks and the circle) to the attack is taken at the nearest point 5 meters from the circle (on the international hash marks).
- d. When a free hit is awarded to the attack within the 25 yard line, ALL players other than the player taking the free hit must be at least 5 meters from the ball.
- e. If the player taking the free hit is the next player to play the ball, the actions of taking the free hit and of next playing the ball must be two separate actions. (known as the "self pass")
- f. From a free hit awarded to the attack within the 25 yard line (including long hits), the ball must not be played into the circle until it has traveled at least 5 meters or has been touched by a player of either team other than the player taking the free hit.
- g. As soon as the ball is moved from the initial position, the defender may then close the 5 meter space.
- h. For more help, please watch:
http://www.terrywalsh.net/New_Rules_USAFH/New_Free_Hit_Rules.html

Taking a penalty corner:

- a. The ball is placed on the back-line inside the circle at least 10 meters from the goal-post on whichever side of the goal the attacking team prefers.
- b. The attacker taking the push or hit from the back-line must have at least one foot outside the field.
- c. The other attackers must be on the field, outside the circle with sticks, hands and feet not touching the ground inside the circle.
- d. No more than four defenders must be positioned behind the back-line with their sticks, hands and feet not touching the ground inside the field.
- e. The other defenders must be beyond the center-line.
- f. Until the ball has been played, no attacker other than the one taking the push or hit from the back-line is permitted to enter the circle and no defender is permitted to cross the center-line or back-line.
- g. After playing the ball, the attacker taking the push or hit from the back-line must not play the ball again or approach within playing distance of it until it has been played by another player.
- h. A goal cannot be scored until the ball has traveled outside the circle.
- i. A match is prolonged at half-time and full-time to allow completion of a penalty corner or any subsequent penalty corner or penalty stroke.

Penalty Corner is completed when:

- a. A goal is scored.
- b. An attacker commits an offence.
- c. The ball travels more than 3 yards (9 ft.) outside of the circle.
- d. The ball travels outside the circle for the second time.
- e. The ball is played over the back-line and a penalty corner is not awarded.
- f. A defender commits an offence which does not result in another penalty corner.
- g. A penalty stroke is awarded.

Taking a penalty stroke:

- a. Time and play is stopped when a penalty stroke is awarded.
- b. All players on the field other than the player taking the stroke must stand outside the 16 yard (modified) area and must not influence the taking of the stroke.
- c. The ball is placed on the penalty spot (approx. 7 large strides from the goal line).
- d. The players taking the stroke must stand behind and within playing distance of the ball before beginning the stroke.
- e. The player taking the stroke must not take it until the whistle has been blown.
- f. The player taking the stroke must push or flick the ball and is permitted to raise it to any height.

Personal Penalties: for any offence, the offending player may be:

- a. Cautioned (indicated by spoken words).
- b. Warned (indicated by a green card).
- c. Temporarily suspended for a minimum of 5 minutes of playing time (indicated by a yellow card).
- d. Permanently suspended from the current match (indicated by a red card)

- e. All penalties will count toward a team & player's total personal penalties.
- f. Two unsportsmanlike penalties on the same person is an automatic ejection.
- g. Four unsportsmanlike penalties or two ejections on a team results in an automatic forfeit, a zero sportsmanship rating, game is terminated & a team cannot advance to playoffs.

Overtime: Is only during playoffs

- a. If the score is tied after regulation time has expired, the 'sudden death' rule will then apply.
- a. "Sudden death" is whichever team scores first will win the game.
- b. Each team is allowed a 30-second time-out during each the overtime period: Time-outs from regulation DO NOT carry over

PLAYOFF ELIGIBILITY: Team must be in good standing with no unsportsmanlike conduct issues.

- Players must be on official team roster
- Players must have played in at least 2 regular season games.

ELIGIBILITY: YOU MUST SHOW YOUR STUDENT or FACULTY/STAFF ID for every competition. Currently enrolled BU undergraduate students, graduate students, and BU Faculty/Staff personnel are eligible for intramural competition. A player is ineligible for any further activity as of the date he or she withdraws from school. Players listed on the current year's varsity sport roster are ineligible to participate in the same/comparable intramural sport.

Comparable varsity sports are as follows:

BU Varsity Sport – Comparable IM Sport
Baseball/Softball – Softball
Basketball – 5 on 5 Basketball
Football – Flag Football
Soccer – Outdoor; Soccer
Field Hockey – Field Hockey

VARSITY TEAM MEMBERS: Limits are placed on Varsity Team Member participants to preserve the integrity of our Intramural tournaments. Our programs are intended to serve the general student body; therefore, members of a varsity sport will not be allowed to participate in the same or "like" sport, in which they are classified as a Varsity Team Member. A varsity squad member is any individual participating in intercollegiate contests attending regular practice, whose name appears on the official squad list, or who has won a letter at a recognized college. The active squad rosters on the date of the first varsity contest shall be used to determine intramural eligibility.

Interpretations: Included as a varsity squad member are red shirts, junior varsity players, and freshmen. Anyone who works out with an intercollegiate team and/or retains a locker and equipment is also ineligible for the same or "like" sport. Any student receiving athletic grant-in-aid assistance shall be ineligible to compete in intramurals in the same or "like" sport responsible for such assistance. Once considered a varsity squad member, you are one for the entire school year unless you have been dropped from the squad list and are no longer playing or practicing with the team. You must drop before the second intercollegiate contest for varsity members or before the second junior varsity contest for junior varsity players.

NEW! FORMER VARSITY MEMBERS: Limits are placed on Former Varsity Member to preserve the integrity of our Intramural tournaments. Our programs are intended to serve the general student body; therefore, Former Varsity Members will be limited to two (2) player per roster. A former varsity player is defined as a student who has been listed on a "school's varsity squad list" for any 2-year or 4-year college/university team for more than one academic year: They will be considered a "former varsity member" for a period of two (2) academic years following the completion of the academic year in which s/he received his/her award. A student who has been a member of a varsity team at a four-year college or university in a particular sport is eligible for intramural competition in that or its related sport during the next academic year. The fall term is considered the start of the next academic year. Teams affected by this rule are limited to two (2) player on their team roster and must play in the highest available division for the league. Graduates or transfers from community colleges are also affected by this rule.

PLAY for "ONE TEAM" You may PLAY for ONE TEAM within a tournament. Playing in ONE game "declares your team" for the remainder of that tournament. You cannot switch teams or brackets within a tournament. See "Protests" for penalty.

A participant may play on one team and one team only in its respective division (men's, women's, coed). I.e. A participant may play on one men's team, and one coed team in the same sport, but not two men's teams, or two coed teams. Any

participant playing on two teams in the same division (men's, women's, coed) will automatically be disqualified from participating in the division in which the offense occurred for the remainder of that sport season. In addition, any game(s) the participant played illegally will result in a forfeit. **Teams violating eligibility rules or forfeiting will be ineligible for playoffs.**

REFEREE AUTHORITY: The referee has authority to rule promptly, in the spirit of good sportsmanship, on any situation not specifically covered in the rules. The referee's decisions are final in all matters pertaining to the game.

PROTEST PROCEDURE:

- Whenever a matter of protest arises during a contest, the captain or manager of the protesting team must notify the official and the opponent of his protest BEFORE THE NEXT BALL IS "LIVE." Failure to lodge a protest will void the protest.
- Upon notification of a protest, the official in charge will suspend play.
- The protesting captain or manager will state specifically the basis for his/her protest. In turn, the official in charge will explain the basis of the decision.
- If the protesting party wishes to appeal the decision of the official in charge, he/she must request that the field/court supervisor review the decision before play resumes. The supervisor will render a decision on the question.

INELIGIBLE PLAYER Policy: Bloomsburg ID Cards will be required for eligibility verification prior to each contest and at any given time. Refer to the "ELIGIBILITY" and "ONE TEAM" sections for details on eligibility.

The use of "ineligible players" will result in...

1. Default of Game* involved.
2. Ineligibility of Player from future IM play within that tournament.
3. Ineligibility of both Teams for playoffs within that tournament.

* Note: Eligibility violations discovered after the 24-hour limit will NOT result in game default; however, #2 & #3 will still apply.

ELIGIBILITY PROTESTS: Protesting the eligibility of players will be the responsibility of the individual team or team captain and should be made at the start of the game or when the player in question arrives at the game site, but must occur prior to the next contest.

- In protests regarding player eligibility, all pertinent information (i.e. date, time, location of contest, and names) must be noted as well as notifying the supervisors at the game site, if possible. If player identification is needed, the supervisors or officials will be utilized.
- Individual players found ineligible automatically forfeit the game in which they participated. During playoffs, eligibility protests must be filed before the accused team plays another contest or the protest becomes null and void.

If you suspect an ineligible player AFTER THE GAME HAS ENDED... You have a 24 hour limit from game time to submit a Written Protest Form to the Intramurals Office to receive a "Win by Default". Teams found to involve ineligible players will be dealt with according to the above policy. Provide the players name (if possible), team name, the game date, time and location, and why you believe they are ineligible, to assist with verification.

RULE INTERPRETATION PROTESTS: (Judgment calls by an official cannot be protested)

Protests concerning interpretation of playing rules will be allowed, that is, failure of an official to apply a proper rule, penalty or violation to a given situation that has a direct and immediate impact on the outcome of a contest. The protest must be handled immediately following the play or decision on the field.

WRITTEN PROTEST: Must be presented to the Intramural Director within 24 hours after the event. All protests will be given to the Intramural Director for a ruling. Protest forms will be available at every contest.

DISQUALIFICATIONS: A player will be disqualified upon receiving their 5th personal foul.

SAFETY CONCERNS: THIS IS A NONCONTACT SPORT. Hats, jewelry, or metal joint braces will not be permitted. We have these rules to protect the participants' safety. Please respect this policy.

BLOOD BORNE PATHOGENS: If a player is found to be bleeding, they must immediately leave the game. Substitutions may occur at this time and the official may take a timeout. The player may not reenter the game until all bleeding stops, and all injuries are properly cleaned and bandaged. All blood soiled clothing must be removed before the player can reenter the game.

UNSPORTSMANLIKE CONDUCT: Any offensive behavior towards officials, fans, and opposing teams will result in an unsportsmanlike foul. If a player receives two of these fouls they will be ejected. Behavior that would be considered an immediate ejection would include foul language towards an official, hitting another player or fan, an alcohol related incident, and any other action an official deems worthy.

EJECTIONS: If any one of these instances occurs, a player will be automatically ejected.

All ejections will result in at least a one game suspension and scheduled meeting with the Director of Intramurals and that sports coordinator. The player that is ejected will be given 2 minutes to leave the playing area and field. If the player does not leave within 2 minutes their team will be penalized a misconduct penalty. If the player has still not left the playing area and field the game will be called a loss to the team the player was a member of.

- Combative behavior.
- Threatening the wellbeing of another person.
- Intentional contacting an official.
- Extreme circumstances deemed unsafe by officials.

FAN SPORTSMANSHIP: Team captains are in charge of their fans. If fans become unruly the acting supervisor may stop the game and ask the fans to leave the area or take action accordingly