



OFFICIAL RULE BOOK

Field Hockey - Revised - Winter 2025

www.PlayMoreNJ.com

1. **EQUIPMENT/FIELD**

- 1.1. **INDOOR TURF:** Field Size is 55 Yards Long by 35 Yards Wide
- 1.2. **OUTDOOR TURF:** Field Size is 70 Yards Long by 35 Yards Wide
- 1.3. **PLAYER GEAR: Shin Guards are required. Players will not be able to participate in the games without them. Mouthguards are optional at this time (likely to be required by the Spring 2025 season).**

2. **FACILITY POLICIES**

2.1. **INDOORS AT TOTAL TURF**

- 2.1.1. Spectators are NOT allowed on the turf and are not allowed to get involved with the opposing team or referees
- 2.1.2. Children may not be on the turf for safety reasons
- 2.1.3. Teams and players cannot enter the turf field until any groups before us have left and cleared the area.
- 2.1.4. Teams and players do need to pick up / throw away any trash generated from your game.

2.2. **OUTDOORS at TOWNSHIP OR SCHOOL FIELDS**

- 2.2.1. Children cannot be behind the goal areas or any other high traffic area where shots may go.
- 2.2.2. Teams and players do need to pick up / throw away any trash generated from your game.
- 2.2.3. When children are in the area (from other non-PlayMore events) - please use appropriate language when they are present with their families.

3. **LEAGUE POLICIES**

- 3.1. **AGE:** All players must be at least 18 years or older. Captains, you are responsible to make sure all players are of the correct age. Any player found playing under the age of 18 will be removed from the league. The league will also issue a one game suspension to the Captain if this occurs.
- 3.2. **WAIVERS:** All players must sign a waiver in order to be able to play. Captains are responsible to make sure that all players have signed a waiver.
- 3.3. **ROSTER & ROSTER DEADLINES:** Please note the roster deadline for the season (located on your schedule and the master league schedule). Once the roster deadline passes no teams may make any changes to their roster for any reason. Captains must make sure that their online roster is correct with all players listed on the roster and full names provided from all players that will match their photo ID.
- 3.4. **ID CHECKS:**
 - 3.4.1. Regular Season: Roster Checks cannot occur until the roster deadline for the season has passed. The only roster rule that can be enforced prior to the roster deadline is a player that plays for two teams in the same league in the same game week (the game in which they are not on the roster would be forfeit regardless of outcome).
 - 3.4.2. Playoffs: Playoff games feature optional ID checks. Captains on either team can request a roster check (anytime before or at the start of the match). This must be done by letting the PlayMore Office know (via text at 609-878-0234). Players will be required to show an ID that has both their name and photo on it that match their spot on the roster. No entry into a playoff game will be allowed without an ID. No social media will be accepted as a form of ID.

4. **UMPIRES / DISCIPLINARY ACTIONS / BEHAVIOR**

- 4.1. **QUESTIONING A CALL:** Interactions with the Umpire: Only a captain may discuss a call with an umpire. And discussions are expected to be done in an appropriate tone and reasonable manner. No other player may enter into a dispute with the umpire. PlayMore reserves the right

to suspend any player that acts in an inappropriate manner towards game officials - or that chooses to question an umpire all game about calls.

- 4.2. **PLAYER CONDUCT:** We have a zero tolerance for verbal or physically aggressive behavior towards the opposition, umpire, staff, or the facility staff. If you can't interact with the referee or opposing team in a rational, reasonable manner when a question regarding a rule comes up - you won't be welcome to play in the league. Be a good human - if you can't, we will help to find you a new league to play in. Captains - you are responsible for the players on your team. Know all the players on your team and make sure they are well aware of what is and isn't acceptable at the field.

- 4.3. **DISCIPLINARY ACTION:** As we see fit, we will issue probations, suspensions, or expulsions for any players that engage in inappropriate behavior or that violate park rules.

4.4. **PLAYER & TEAM CARDS**

4.4.1. **CARD SYSTEM**

4.4.1.1. **TYPES OF CARDS**

4.4.1.1.1. **Yellow Cards** will be issued for game play issues (not related to behavior, dissent, or physical aggression). Yellow cards will NOT count towards the team card totals.

4.4.1.1.2. **Red Cards** will be issued for dissent towards a referee, unsportsmanlike behavior (physical or verbal) towards another player, fan, or facility staff. All red cards have a 5 minute penalty for the offending player.

4.4.1.1.2.1. If a player receives 2 red cards in a night, they will be ejected from the game and MUST leave the playing field area (must exit to the lobby).

4.4.1.1.2.2. Teams will be allowed to make a substitution for any players that receive their 1st red card when they are out for their 5 minute penalty.

4.4.1.1.2.3. Teams will NOT be allowed to make a substitution for any players ejected (the team will play down once a player has been ejected).

4.4.1.1.3. **Green Cards** are strictly for FANS and will be issued as a Team Card. While fans are welcome at the game - fans are NOT allowed to do the following:

4.4.1.1.3.1. Heckle, harass, or speak to the referee about any in game calls.

4.4.1.1.3.2. Enter the field of play while the game is in progress.

4.4.2. **PLAYER CARDS**

4.4.2.1. Any player that receives two (total) red cards during the course of the season will receive an automatic (minimum) one game suspension.

4.4.2.2. Any subsequent cards (3 or more red cards) will automatically place the player into a review protocol with the league office which can result in a suspension of 2 games all the way up to a season or lifetime suspension.

4.4.3. **TEAM CARDS**

4.4.3.1. Teams will have a limit of 6 cards RED per regular season. Any team that EXCEEDS this amount will automatically be disqualified for participating in the playoffs.

5. **GAME PLAY RULES**

5.1. PlayMore follows the National Federation of State High School Rules as a guideline, with the following rules being changed or highlighted.

5.1.1. With Indoor - game balls cannot be raised above the ankle.

5.1.2. REQUIRED # of PLAYERS: Teams only need to have 2 players available to play a

match that will count in the standings.

- 5.1.2.1. INDOORS at Total Turf: 7v7 with no Goalies
- 5.1.2.2. OUTDOOR Leagues: 8v8 with no Goalies
- 5.1.3. **MATCH TIME:** Two 23-Minute Halves (3 Minutes Halftime). The clock is a running clock with the exception of team timeouts or a stoppage for major injury that requires a player to be transported off the field which can be done at the referee's discretion.
- 5.1.4. **SUBSTITUTING:** Teams may substitute players at any time during active play of the game without stoppage of play or time clock. Changes "on the fly" are permitted; yet are not to be done in a way to gain an advantage during game play.
 - 5.1.4.1. All substitutions must enter the field at the mid field mark/line. Subs coming into the game cannot enter the field of player until the player they are subbing in for has fully exited the playing field.
 - 5.1.4.2. 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.
- 5.2. **START & RESTART GAME**
 - 5.2.1. **GAME START:**
 - 5.2.1.1. Regular Season: Officials will flip a coin or play a game of chance (rock, paper, scissors). The team that wins has the choice of possession of the ball to start the game or choice of direction (which defers possession to start the game to the other team).
 - 5.2.1.2. PLAYOFFS: The higher seed will have a choice which team starts with possession of the ball in the first half or choice of direction.
 - 5.2.2. Direction of play is reversed in the second half of the match.
 - 5.2.3. All players other than the player taking the centre pass must be in the half of the pitch which includes the goal they are defending
 - 5.2.4. A bully takes place to re-start a match when time or play has been stopped for an injury or for any other reason and no penalty has been awarded :
 - 5.2.4.1. A bully is taken close to the location of the ball when play is stopped. The ball is placed between one player from each team who faces each other with the goal they are defending to their right. The two players start with their sticks on the ground to the right of the ball and then tap the flat faces of their sticks together once just over the ball after which either player is permitted to play the ball.
 - 5.2.4.1.1. Any bully that is close to the circle must be taken 5 yards from the circle, as directed by the official.
 - 5.2.5. No intentionally lifted shots are allowed in Indoor play. If that occurs, a free hit to the other team.
 - 5.2.6. Any back swing or other use of the stick that is ruled by the referee as dangerous will result in a whistle and the ball will be awarded to the other team.
 - 5.2.7. No hacking or stick interference is allowed.
 - 5.2.8. A Player cannot obstruct any opponent who is attempting to play the ball. Players obstruct if they back into an opponent
 - 5.2.8.1. Physically interfere with the stick or body of an opponent
 - 5.2.8.2. Shield the ball from a legitimate tackle with their stick or any part of their body.
 - 5.2.8.3. A stationary player receiving the ball is permitted to face in any direction. A player with the ball is permitted to move off with it in any direction except bodily into an opponent or into a position between the ball and an opponent who is within playing distance of the ball and attempting to play it.

- 5.2.8.4. A player who runs in front of or blocks an opponent to stop them legitimately playing or attempting to play the ball is obstructing. This also applies if an attacker runs across or blocks defenders when a penalty corner is being taken.
- 5.2.9. A goal is scored when an attacker pushes, flicks or scoops into the opponent's goal from within the scoring circle. Players may raise the ball on the reverse stick in the circle only if it's not dangerous.
- 5.2.10. If a ball is played from outside the 'shooting circle' and it goes directly into the goal or is only touched by a defender on the way, it does not count as a score.
- 5.3. **STROKE**
 - 5.3.1. In any instance in which a penalty stroke would be the call, a goal will be awarded to the team who would have been given a chance to shoot the penalty stroke.
 - 5.3.1.1. This will be awarded on any intentional (as determined by the ref) blocks.
 - 5.3.1.2. If the ref determines it isn't intentional, the team will be awarded a corner.
- 5.4. **PENALTIES**
 - 5.4.1. Advantage: A penalty is awarded only when a player or team has been disadvantaged by an opponent breaking the rules. If awarding a penalty is not an advantage to the team which did not break the rules, play will continue.
 - 5.4.2. A free hit is awarded to the opposing team :
 - 5.4.2.1. For an offence by an attacker in the half of the pitch they are attacking
 - 5.4.3. A penalty corner is awarded :
 - 5.4.3.1. For an offence by a defender in the circle which does not prevent the probable scoring of a goal. Otherwise it is a stroke if it is deliberate.
 - 5.4.3.2. 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
- 5.5. **FREE HIT**
 - 5.5.1. A free hit is taken close to where the offence occurred.
 - 5.5.1.1. If below the 25 both teams must be 5 yards away
 - 5.5.1.2. If between the 25s, the opposing team must be 5 must away.
 - 5.5.2. The ball must be stationary.
 - 5.5.3. Self starts are permitted – ball must be stopped/controlled before beginning self start.
 - 5.5.4. Opponents must be at least 5 yards from the ball.
 - 5.5.5. Free hits going into the opponent's circle must be moved 5 yards before entering the circle.
- 5.6. **PENALTY CORNERS**
 - 5.6.1. Besides the four players permitted on the goal-line during the corner, all other players must return behind midfield before the start of the corner. The offensive players on the defensive team must also be behind midfield.
 - 5.6.1.1. During a short-handed corner, all players besides the two players permitted on the goal-line during the corner must return behind midfield before the start of the corner.
 - 5.6.2. A direct hit into the circle is permitted as well as self start, the ball is not required to move 5 yards before entering the circle.
- 5.7. **TIMEOUTS**
 - 5.7.1. Each team will be given one 60 second timeout per half. The clock will stop for 1 minute during a timeout.
 - 5.7.2. Play is restarted by putting the ball back into play or with the free push, centre-pass or bully which was due to take place before the time-out occurred.

5.8. **OVERTIME**

5.8.1. **TIE GAMES (REGULAR SEASON):** Regular season games will have no overtime period.

5.8.2. **TIE GAMES (PLAYOFFS):**

5.8.2.1. All Overtime periods will be five minutes, and each team will have one timeout.

5.8.2.2. During the playoffs, an unlimited amount of overtimes will be used to determine a winner.

5.8.2.3. Overtime periods will be played 6 on 6.

6. **FORFEITS**

6.1. Forfeits will be scored as a 5-0 Final Result

6.2. Please note, Forfeits are the number one tie breaker criteria at the end of the season, so make every effort to get your game in.

7. **WEATHER/CANCELLATIONS**

7.1. We will try to get in all games - including playing in the rain when we can.

7.2. If we do need to cancel all the games, we will do so 90 minutes before the first game of the day. We will contact the captain via text and email the whole league if we do need to cancel.

8. **FINAL SEASON STANDINGS TIE BREAKERS**

8.1. Forfeits

8.2. Head to Head Matchups

8.3. Goals Against

8.4. Run Differential

8.5. Runs Scored

9. **LEAGUE CONTACT INFO / SCORE REPORTING**

9.1. Text all Scores to the Office at 609-878-0234

9.2. PlayMore Office Text Line/After Hours - 609-878-0234

9.3. PlayMore Email: playmoresj@gmail.com

9.4. Rosters: Email all roster changes and updates to playmoresj@gmail.com