

# **BOSTON SKI & SPORTS CLUB WOMEN'S FIELD HOCKEY RULES**

**Up-Dated April 18, 2012. Mike Gradone is the Field Hockey Coordinator for BSSC  
Mike Gradone is also the BSSC Field Hockey Program Manager**

## League Goals and Mission

1. It is the mission of BSSC, the program director, and the league officials to provide a fun and safe adult recreational sports league for players of all ability levels to participate in.
2. Safety will be what all players, officials, and BSSC staff will be required to demonstrate and enforce at all times.
3. At NO TIME will unsportsmanlike conduct, physical, verbal and over-aggressive play be tolerated.
4. Anyone who cannot adhere to these standards of fair play and sportsmanship will Immediately be removed from the league without a refund.

## League Policies

1. A ZERO tolerance policy will be enforced regarding the league rules and policies. BSSC's Sportsmanship Policy is available at <http://www.bssc.com/index.cfm?page=policies.cfm&category=2&activity=1>
2. All teams must pay the league fee in full before the start of the league. A team will not be allowed to compete if they have not paid the league fee in full before their first game.
3. No alcohol is allowed on the league premises before or after a game.
4. Absolutely no player will be allowed to compete if the game official feels that a player has been drinking before the game. That player will be removed from the game and faces possible league expulsion.
5. Any player or team who wishes to file a formal complaint or protest, should put it in writing and email it to the program manager(Mike Gradone-mike@bssc.com) within 24 hours of the incident. The program manager will respond to the letter within 48 hours of receiving it.
6. In absence of the program manager - Any "game-time" decisions, regarding ANY issue should be discussed with the following people present: the game official and both team captains or a team rep if the captain is not present at the game. The game official will have the final say on any issue that arises before a game.

## Teams and Players

1. Teams consist of seven players on the field at one time. All players must be listed on and have signed their team's official roster in order to be eligible to play.
2. Teams must have a minimum of 5 total players to start a game to avoid a forfeit.
3. **Picking up players to avoid a forfeit or playing shorthanded:** If a team is shorthanded, but has at least 4 players, They may pick up players from teams playing in the previous game (or from any team within the league). When picking up players, you

MUST inform the opposing captain & referee. You cannot use players that are not on a roster in your league. Failure to inform the opposing captain and referee that you are picking up players can result in forfeit. **You cannot pick up extra players for subs. Picking up players is ONLY ALLOWED IN REGULAR SEASON GAMES, NOT in the Playoffs.** *Protesting: If your team thinks that the opponent picked-up too many people, or neglected to inform you & the referee, or that an illegal player was used; you must bring it to the attention of the referee BEFORE the game is over. The referee will note the protest and talk to the opposing team after the game, the referee will NOT make a decision on the protest but will gather information and forward to BSSC, so the BSSC staff person can decide the appropriate penalty.*

#### Forfeit Policy

1. *Forfeiting in advance – if you know your team is going to forfeit and not show up, you must contact BSSC by 2pm the day of the league (Friday at 2pm for weekend leagues). Calling BSSC and leaving a message is NOT acceptable notice, you must reach someone. If you leave a message or send e-mail it is not considered notification unless you receive a reply.*
2. *Late notice (after 2pm on Friday)– your team will be responsible for paying the referee fees for both teams (\$40) AND a \$50 FORFEIT FEE which will be given to the opposing team as compensation for them arriving to a game without receiving notice of a forfeit. If you realize after 2pm Friday that you need to forfeit, please make every effort to call BSSC sports emergency cell phone (617-462-8844) We will then make an effort to reach the other team so they don't show up for no reason.*
3. *Forfeiting at game time with some team members present – if your team attempts to field a team but fails to have enough players to play, your team will be responsible for paying your opponents referee fee (as well as your own). Therefore, the entire the referee fee of \$40.*
4. *NO SHOW - If your team is a complete NO SHOW, failing to contact BSSC and failing to have any players present at the game, your team will be subject to the above penalties (ref & forfeit fees), AND will be ineligible for league playoffs and/or removed from the remainder of the schedule.*
5. *Players may be added to the team's roster up until the 3rd week of the season, after the 3rd week the team's roster is frozen. Any new roster additions must be accompanied by player payment. Any "special circumstances" for roster additions or subtractions must be presented to the League Director in writing and cleared by him/her before the player can play in their first game for that team.*
6. *Team players must compete in at least 2 of the 6 regular season games to be eligible for the playoffs.*
7. *Players may only be on one team roster per division per night.*

#### Equipment

1. *BSSC will provide each team player with a team T-shirt of a designated color. Each team player is required to wear that T-shirt or a T-shirt of the same color to each game. If the opposing team captain does not approve of the color of the T-shirt, then that player must change shirts, or will not be allowed to play. The game official must be involved in*

this decision.

2. BSSC provides balls. But players are responsible for all other equipment.
3. **Shin Guards and Mouth Guards are Mandatory**- Eye wear is optional.
4. Players may not wear loose or bulky jewelry (ex: hoop earrings, large rings, watches, loose neck chains and bracelets). Wedding bands are OK.

#### Game time

1. Game clocks will start on time regardless of whether the teams are ready or not.
2. Each game will consist of two 25-minute running time halves.
3. There are no time outs.
4. The clock will run during player injuries, unless the official deems the injury as serious. The official may also stop the clock for other circumstances deemed appropriate.
5. All regular season ties will remain ties (No overtime).
6. During the playoffs, if the game is tied at the end of regulation, a sudden death period will be played. Whoever scores the first goal wins.

#### Playing the Game

##### **1. Start of the Game**

The captains will meet with the referee before the game for a coin toss and agree upon a circle area for scoring purposes. The winner will receive the ball, or pick a side of the field.

##### **1. Number of players**

There will be a maximum of 7 field players, no goalie.

##### **3. Equipment/Uniform**

All Players must wear shin guards, mouth guards, BSSC Shirt or something similar in color. Eye protection is recommended.

##### **4. Substitutions**

Substitutions will be allowed on the "fly" with exiting player within 10 yards of own bench area and entering player passing exiting player within 5 yards of own bench area.

**4. No Backswing above the knee, No forward swing above the hip.** Players must not play the ball dangerously or in a way which leads to dangerous play.

##### **6. Free hits (legal stroke = push)**

Both teams must be 5 yards away from the ball.

**7. Lofted balls and playing the ball while on the ground will be ruled as dangerous.**

##### **8. Penalty Corners**

Four (4) defenders are allowed to defend. All other players must return to the halfway line. Attacking team must remain out of circle and off the line and the defending team must line up behind the goal line until the ball is put into play. Fouls by the attacking

team will result in a free hit for defense from top of circle. Fouls by the defending team will result in a retake of the corner. Persistent fouls by the defense may result in the awarding of a goal. Referee will control the start of a corner with a hand indication. Legal stroke for player taking the corner hit is a push. The ball must clear the circle prior to scoring a goal.

### **9. Penalty Stroke**

If a red card is given, the opposing team will play down the remainder of the game and a goal will be awarded.

### **11. Fouls and Misconduct**

If player is shown a yellow card, player will be penalized **three** (3) minutes of playing time and team will play down. **Player issued a red card will be reported to BSSC and player may not play in next scheduled game. ANY PLAYER RECEIVING THREE (3) YELLOW CARDS IN ONE SEASON WILL BE DISMISSED FOR THE REST OF THE SEASON.**

### **12. Overtime**

The first 5 minutes of sudden death overtime (only in the playoffs) will be 4v4, and if nobody has scored, it will go down to 3v3 the rest of the way

### **13. Scoring**

2. A goal is scored provided the ball was hit by or glanced off the stick of an attack player within the circle.
3. Goals will not count if a stick blade is above the waist level, kicked in or the hand bats the ball.
4. Shots which bounce off a player's body and into the net will be counted, if the contact with the person is accidental (official's judgment).

### **Penalties**

1. ALL penalties are at the discretion of the game officials. If an official feels that a player is playing "out of control" or in a dangerous manner, then the official has the right to give that player a verbal warning. If the player does not start to play in a fun safe manner, then the official has the right to issue a penalty or ask that player to sit down for the remainder of the game.

### **Ties**

If multiple teams are tied, go thru criteria one at a time until one team is determined stronger (or weaker) than the rest, then start at the top again with the "new" tied teams.

- a) Any team with a forfeit is automatically seeded lower
- b) Head to Head (only if all tied teams played each other and equal number of times);
- c) Record against

common opponents; d) Strength of schedule (Total winning percentage of all teams played against). e) Record against each common opponent starting at the top, one team at a time. f) Coin Toss

**Additional Comment:**

Unless otherwise noted above, National Federation High School rules will be used.