

Virginia Beach Field House Field Hockey Modifications

All games will be played according to outdoor rules set by the VHSL for youth players and the FIH for adult players with the following modifications:

- 1. Duration of games for league play**
 - All teams will play 8 scheduled games
 - Length of the games will be 2 halves lasting 20 minutes each
 - Halftime shall be 2 minutes
- 2. Dimensions of field:** 90' x 180'
- 3. Number of players:** All youth and adult games will play 6 vs. 6 – goal keepers are recommended, but not required.
- 4. No intentional flicks and scoops during field play.**
 - Small lifts are permitted. Referees discretion for dangerous play
 - Flicks are allowed when shooting on goal
- 5. Unintentional lofted balls will be ruled according to danger.**
- 6. For all free hits and side-ins, both teams must be five yards away.**
- 7. Penalty Corners:** Only 3 defenders and the goal keeper are allowed back to defend. All other defenders must return to the 50 yard line.
- 8. Start of Game:** The team listed as home will have pass back at the start of the game. The ball must be passed back at the start of a game. No one may cross the midfield line until the ball has moved.
- 9. There will be no offsides.**
- 10. Substitutions:** Substitutions will be allowed on the fly as long as the outgoing and oncoming players do not interfere with game play.
- 11. Coaching:** Coaches must stay in the player's bench. Coaching from the sideline is permitted.
- 12. Appropriate Behavior:** Derogatory comments or gestures to referees, other coaches, other players, or spectators will not be tolerated. No coach, player, or spectator will use profanity or behave destructively. Coaches or team captains have total responsibility for the conduct of their players, friends, and spectators at all times. Offenders will be ejected from the facility for any disruptive behavior.
- 13. Scoring:** All goals are one point goals. League point scores will be scored as follows:
 - Three (3) points for a win
 - One (1) point for a tie
 - Zero (0) points for a loss
- 14. Tie Breakers:** Tie breakers will be used as follows:
 - 1) Head-to-head competition
 - 2) Goal differential (goals scored minus goals conceded)
 - 3) Coin toss

- 15. Forfeits:** Any team competing with players not on their roster will automatically result in a forfeit, which will be recorded as a 0-5 loss. If a team does not have enough players to compete, the team must forfeit before the start of the game.
- 16. Players:** Players are permitted to play on more than one team in the same age group as long as the teams are in different leagues. Players must be paid for both teams. Players are permitted to play in more than one league.
- 17. Equipment:** All players must wear shin guards and mouth guards. All players must wear molded rubber soled cleats or indoor shoes.