

**GAME TIME IS FORFEIT TIME!**

**Players:**

Each team must have a minimum of four (4) players to start the game. However, if a team falls less than four players at any time, the game will be a forfeit.

Team members **must** be listed on the team roster in the Intramural Office before playing. As a captain, you have **up until 24 hours prior to your first game to add players** and make sure your roster is legitimate! To add a player, their waiver must be submitted at least one business day prior to the first contest (*example: if your next game is on Sunday, the waiver must be received by 5:00 PM on Friday.*)

**ALL PLAYERS MUST PRESENT NP ID TO PARTICIPATE!!**

**Note:** Current SUNY New Paltz women's field hockey players are ineligible to play in the same academic year.

All players on a team should wear similar colored shirts or jerseys. Pinnies are available at the court for each team.

Appropriate gym footwear must be worn. All-purpose cleats are not appropriate for basketball.

No participants may wear caps while playing.

Jewelry, casts, or any items deemed dangerous by the official MAY NOT BE WORN during the game. There are no courtesy warnings. Any player in the game found to be wearing prohibited equipment (jewelry, etc) will be assessed a personal foul and MUST remove him/herself from the game (can be replaced by a substitute). He/she may reenter at the next substitution opportunity. This foul will count towards the team's foul total; however, the opposing team will NOT shoot any free throws. If the penalized team is in possession of the ball, they will NOT lose possession. Play will resume with a recheck. A player is subject to ejection for failure to comply after an "equipment personal foul" has been assessed

**Length of Game & Scoring:**

Two (2) twenty minute halves and one (1) five-minute halftime. The clock will **not** stop for fouls, out of bounds, jump balls, and change of possession at all during the game except for injuries or at the site supervisors' discretion.

Teams get one (1) one-minute timeouts per half (clock will stop).

**Offensive players may never enter the crease area (the stick may legally be in the crease area). Any score, which occurs under such circumstances, will be nullified.**

**The ball must be completely past the goal line to count. A player cannot kick the ball into the goal.**

**Free substitution will be permitted without stoppage of play. However, the player entering the game during live action must not gain an advantage by becoming part of the play before the player leaving the game is clearly out of the play.**

**If at any time during the second half of the game, a team falls behind by seven (7) goals, this will be considered a "blow out" and the game will be terminated. If this occurs during the first half, the half will be played out, but there will be NO second half. If it has been determined by the Supervisor or Officials that a team is stalling in order to play a full game, the game will be terminated.**

**Game Rule**

**The ball may be advanced by use of the stick only.**

The ball may not be lifted off the floor. The ball cannot be hit (driven). Only push/passes will be allowed.

High sticks are not allowed. Sticks may NEVER come above the waist.

The ball can be played off the walls except when it goes over the end line. In this case, regardless of who hit it over the end line, it will be a defensive hit coming out. It will be taken straight up from where the ball went out of bounds.

No hacking or stick interference is allowed.

A free hit is awarded to the other team when a foul is committed and will be taken at the site of the foul; everyone must be at least 3 yards away. One modification will be when the foul occurs within the scoring area. In this case, if the defense fouls, the offense will be given a free hit just outside the scoring area coming in. If the offense fouls within their own scoring area, the defense will be given a free hit outside the scoring area going out, taken straight up from where the foul occurred.

Only third party obstruction will be called.

#### PENALTY STROKE

A penalty shall be awarded for the following:

1. The goalie covering the ball and blocking play on the ball.
2. The defense preventing an obvious goal by using any part of their body.
3. Four yards (12 feet from goal)

#### PLAYERS EQUIPMENT

Only non-marking athletic shoes will be permitted on the floor. No carbon based colored soled shoes will be permitted. No players will be permitted to play in bare feet or socks.

It is suggested that sweat pants or other loose clothing be worn during play.

The goalie must wear the field hockey equipment provided - no exception.

Sticks are provided by the Office. Sticks must be commercially built and meet the standards for play. All personal sticks must be checked prior to play for approval.

Shin pads and mouth guards are recommended for play.