Rules for Mid-Summer 7v7 Tourney (6 field and 1 GK or 7 field)

UPDATED on 7/8/17

All FIH rules are to be used with the following adjustments:

1. No driving or hitting the hockey ball is permitted (A visual cue to the umpire is your hands together on the grip). Push, flick, scoop, lifts, and slaps (with hands split on stick) are permitted as per FIH.

2. Field players must wear shin guards and a mouth guard.

3. As per FIH, the cage style facemask (AKA Lacrosse style) is forbidden. Full-face masks will be available for loans.

4. Facemasks MUST be worn by the defense involved in defending a penalty corner. This restriction IS STRONGLY RECOMMENDED FOR ADULTS also.

5. Penalty Corner Defense: 4 defenders, or 3 field defenders and a kitted goalkeeper, or 3 field defenders and one field defender as a designated goalie (see FIH rules). All other defenders must go to the opposite circle until the ball is injected.

6. On a penalty corner the ball MUST travel outside the 16-yard circle then brought back to or inside the line before a goal may be scored.

7. The boards (tube) separating the two pitches on the turf is in play as in the indoor game.

8. Restarts on or inside the 25-yard line may not be played directly into the scoring area (inside the 16-yard circle).

9. Deliberate fouls within the scoring area result in a penalty stroke as per FIH rules.

The field will be 60 yards long and 50 yards wide and separated by a set of boards or tubing (on the turf field). Fields will be marked with disks (or lines) at the 30-yard line and at the 16-year line at both ends of the pitch. No painted scoring circles will be used on the turf field (flat markers will indicate the scoring circle).