

Fall 2012 Koa Field Hockey League

Rule	10U Division	12U Division	14U Division
Age of Players	2 nd -4 th Grade	5 th and 6 th Grade	7 th and 8 th Grade
Game Length	20 minutes (2 10-minute halves) with a running clock		
Players	5 v 5 (If the team cannot field at least 4 players the game must be forfeited)	7 v 7 (If the team cannot field at least 6 players the game must be forfeited)	7 v 7 (If the team cannot field at least 6 players the game must be forfeited.)
Scoring	A goal is scored when an attacker strikes the ball into the goal from within the striking (16-yd) circle. Teams will be awarded 3 points for a win; 1 for a tie; and 0 for a loss		
Fouls	A player may not: <ul style="list-style-type: none">• Shield or obstruct the ball from an opponent with the body or stick• Play the ball with the rounded side of the stick• Charge, hit, shove, or trip an opponent• Play the ball in a potentially dangerous way• Raise the stick above the waist in a dangerous manner while attempting to play or stop the ball• Stop or advance the ball by any means other than with the stick• Hit, hook, hold, or interfere with an opponent's stick		
Free Hits	<p>A free hit is rewarded to the opposition if a player commits a foul between the 25-yard lines. The player may hit the ball OR dribble it forward with 2 distinct touches on the ball. All players and their sticks must be at least 5 yards away from the spot where the ball is put into play. If the defense approaches the ball from closer than 5 yards the foul will be advanced forward 10 yards.</p> <p>If a foul is committed between the 25-yard line and the circle, the foul will be taken from 5 yards outside the circle. The ball must be advanced (dribbled OR hit) 5 yards before entering the circle.</p>	<p>A free hit is rewarded to the opposition if a player commits a foul between the 25-yard lines. The player may hit the ball OR dribble it forward with 2 distinct touches on the ball. All players and their sticks must be at least 5 yards away from the spot where the ball is put into play. If the defense approaches the ball from closer than 5 yards the foul will be advanced forward 10 yards.</p> <p>If a foul is committed between the 25-yard line and the circle, the foul will be taken from the dotted circle. The ball must be advanced (dribbled OR hit) 5 yards before entering the circle.</p>	
Hit-in	A hit-in is awarded to the opposition if a player hits the ball over the sideline. All players and their sticks must be at least 5 yards away from the spot where the ball is put into play. If the defense approaches the ball from closer than 5 yards the foul will be advanced forward 10 yards.		
Penalty Corners	If a foul is committed by the defense inside the circle, the foul will be taken from 5 yards outside the circle. The ball must be advanced (dribbled OR hit) 5 yards before entering the circle.	If a foul is committed by the defense inside the circle, a corner will be awarded to the offense. 3 defenders will stand on the goal line and the remainder will stand at the 50-yard line. The offense will insert the ball from the hash mark adjacent to the goal, while the remaining offense must stand on the outside of the circle. Both offense and defense are released as soon as the ball is played into the circle. The ball must fully exit the circle and come back in before a shot on goal is taken.	
Long Hits	A long hit is awarded when the defense hits the ball out of bounds across the end line outside of the goal. The ball must travel (via a hit OR dribble) 5 yards before entering the circle.		
16-Yard Hits	If a foul is committed by the offense inside of the circle, the defense will wake the hit along the 16-yard line.		
Bully	At referee's discretion: a bully can be awarded after stoppage of play NOT due to a foul OR if two players are defending one another head-on without any advancement of the ball. Players will stand parallel to one another with the ball in between them, strike the ground with their sticks once, tap sticks midair above the ball once, and then play the ball.		
Equipment	All players are required to have an outdoor field hockey stick, mouthguard, shinguards, and cleats or sneakers (cleats preferred). Field hockey-approved eyewear is recommended.		



FREE HIT



16-YARD HIT



LONG HIT



PENALTY CORNER



ADVANTAGE



PENALTY
STROKE



SIDE-IN



ADD TEN



RAISED BALL



STICK INTERFERENCE



ADVANCING



DANGEROUS USE
OF STICK



PUSHING



OBSTRUCTION



NO GOAL



THIRD PARTY
OBSTRUCTION



DANGEROUS
PLAY



TIME-OUT



GOAL SCORED



BULLY



PLAY WITH WRONG
SIDE OF STICK