



Basic rules advice for TDSB coaches, players & umpires - September 2022

1. Games are 30 minute halves with a five minute half-time break.
2. Teams will have their “bench” on the same side of the field. Coaches and players on the sideline are not allowed to cross into the other team's half.
3. Substitution of players will happen within 5m to 7m of the centre of the field on each team's side. A player cannot enter the field until the player she is replacing has come completely off the field.
4. Players cannot use any part of their body or the “round” side of the stick to play or stop the ball.
5. Players cannot use any part of their body or their stick to interfere or obstruct an opposing player's body or stick. You cannot deliberately body check, hold or hook an opposing player.
6. Third Party Obstruction happens when a player on the team which has possession of the ball, prevents a defender from tackling or pressuring the player with the ball by coming closely between the defender and her team mate who has the ball. This is the same situation as a “pick” in basketball. PLEASE NOTE that there has been a misinterpretation of this rule in the past. It is perfectly legal to have more than one defender pressure and tackle an opposing with the ball. Double-teaming or even triple-teaming is perfectly legal in field hockey.
7. For a goal to be scored, the ball must fully cross the goal line and the ball has to have been touched inside the circle by any player. The line of the scoring circle is considered inside the circle. Shots from outside the scoring circle that are not touched by any player can enter the goal and a goal will not be counted.
8. All fouls by the defending team inside the scoring circle will result in a Penalty Corner for the attacking team.
9. All deliberate fouls by the defending team inside the scoring circle will result in a Penalty Stroke for the attacking team.
10. All deliberate fouls by the defending team outside the scoring circle but inside the 25 yard area will result in a Penalty Corner for the attacking team.
11. FREE HIT RULE - On free hits including on the sideline, all defenders must be greater than 5m away from the ball. Attacking players are allowed to be within 5m. The player taking the free hit CAN MOVE THE BALL to run with or pass the ball, this is called a “Self Pass”. Defenders who are inside the 5m space when the free hit starts CANNOT tackle the player within the 5m area and must stand aside to let the player run with the ball.
12. FREE HIT INSIDE THE 25 RULE - If a free hit is inside the attacking 25 yard area, all players on both teams must be 5m away from the ball. The ball must be either passed or carried a distance of 5m before it can be passed into the circle.
13. All passes and free hits are judged for danger, not just if the ball goes high. If the ball is played high (knee height and above) into an area where there are players, it will be judged for danger to be called a foul.
14. All shots on goal can be any height however a ball hit high into a defender who is not standing in the goal area is considered dangerous.
15. The Long Corner is a free hit at the 25-yard line in the line where the ball went out.
16. Players **CAN** use their stick above their shoulder to play the ball but cannot swing at it dangerously.
17. On Penalty Corners, the first hit on goal is judged for danger and has to enter the goal at the height of the back board. After the first hit on goal, all other hits are judged for danger as though in free play. All “push” shots can be any height on a Penalty Corner.
18. On Penalty Corners, the attacking team cannot take a first shot on goal until the ball has come out of the circle. So, if the ball is pushed out softly, the attacking team can go into the circle to get it but must pass it out before their first shot. Four players on the defending team plus the goalkeeper wait behind the goal line until the ball is played by the attacking team. All other players on the defending team **MUST** be at the centre line and can only run back after the ball has been played by the attacking team.
19. When a team is defending a penalty corner, if a defender leaves the goal line before the ball is pushed or hit out, the PC is stopped (it is not played on for advantage) and the player who broke early must go to the centre line and the defending team defends with one less player.
20. Players and coaches can ask the umpire the reason for a call. Please note that the umpire may not have time to answer especially when play is continuing on. Players and coaches who are unsportsmanlike in the way they speak to the umpire can be partly or fully suspended from the game by the umpire who can issue a Green (off for 2 min), Yellow (off for 5 min or more) or Red (ejection from the game) card.