

Field Hockey Rules

General

Field Hockey Exhibitions are played on tennis court surfaces with almost-NFL-sized nets. The playing surface will host two nets for cross court action.

Time/Score Limits

There are three 5-minute periods of continuous time. There is no score limit.

Roster/Roles

Rosters will be chosen via captain draft. Players can assume any role at any time, excluding goalies.

Away captain will receive first pick while home captain receives first possession.

Ruleset

Ruleset will mimic hockey in nature, but will have the below differences.

There are no offsides.

There is no goaltending.

Substitutions will be made hockey-style. A subbing out player must make contact with the subbing in player before they are eligible to enter the court.

In the case of a penalty, the offending team will be down a player for the remainder of the period. They are still eligible to substitute.

A player cannot be physically within another person's space. A fair distance must be given to allow players a chance with the ball.

Fantasy Point Tables

Category	Multiplier		Stat	Score
OFFENSE				
Goals	5			0
Assists	2			0
Passes	0.5			0
Jukes	0.2			0
Shots on Goal	0.3			-----
Goal %	$(G / SoG) * 10$		-----	#DIV/0!
DEFENSE				
Blocks	0.8			0
Intercepts	0.7			0
Clears	0.5			0
Saves	1			0
Penalty Kills	3			0
PENALTIES				
Carry Fouls	-0.5			0
Slashing Fouls	-1			0
Roughing Fouls	-2			0