

NJ PA JUNIOR FIELD HOCKEY LEAGUE RULES

Divisions: **Grades K –1 clinic, 2-4**

Revised: 8/14/2016

The Junior Field Hockey League is an introduction to field hockey and is intended to be an enjoyable learning experience for both participants and fans. The emphasis in this league is on teaching the basic skills of the game, the importance of sportsmanship, and teamwork. No league standings will be kept.

I. ELIGIBILITY AND ROSTERS

A. Children participating in this division must be enrolled in the 2nd through 4th grades during the season the sport is played and cannot participate in any higher-level hockey program. If it is found that a player is currently playing a higher level, she/he will be immediately removed from the current game, become ineligible at the junior level for the rest of the year and all goals in the current game will be nullified. Players in grade 1 with previous playing experience may play in the 2-4 division as per the discretion of individual towns.

B. There will be no more than 11 players on a team unless the league votes to allow an exception for a larger team. Team rosters (which include the name, grade, number and years of experience for players and the name and phone number of coaches) are to be distributed to all coaches and officials as instructed by the League Director, which shall be no later than 1 week prior to the first scheduled game.

C. A roster of league officials (including name, phone number, email and address) will be distributed as part of the game schedule, which is prepared by the league.

D. When a municipality has only two teams; if either of these teams has less than 8 players, then 2 floaters may be designated for that small team (the names should appear on the roster at the beginning of the season). If a municipality has more than 2 teams, only one team may have floaters. Only one player may float per game (to provide a substitute/ cannot start either half) and cannot play more than half of each half. If the floater is the 6th person, they can remain in the entire game. The floater may not be used if it creates a team with more players than the opponent has at that game. **Towns with more than one team in a division are encouraged to**

submit equally weighted teams into that division – years of experience, player skill and ages should be considered in splitting the teams.

E. Every child must play one half of each halves unless benched for disciplinary reasons or in case of a strong player being benched in an unbalanced game (referees must be notified that a child is being benched).

F. The grades K-1 Clinic will follow all rules outlined in the 2-4 division.

II. THE FIELD: Diagram of field is shown in Attachment B

A. The field size is defined by a 25-yard end line and 50-yard sideline.

B. In addition to the boundary lines, the following lines and marks shall be placed in accordance with the accompanying diagram:

- Center Line – a centerline from sideline to sideline equally distant from and parallel to the end lines.
- 25-Yard Lines- solid lines parallel to and measure 10 yards from the outer edge of each end line.
- Striking Circle- solid line semi circle with a radius of 9 yards from the center of the goal cage, which is centered on the end line.
- Broken line circle- a dashed semi circle with a radius of 2 yards, beginning from slash marks scribed 1 yard from the end of each side of the goal cage.
- Penalty Corner Line- 12 inches long, parallel to the sidelines, intersecting the end lines, 9 feet from where the striking circle meets the end line.
- ~~Long Hit Line 12 inches long, on the sideline, parallel to the end line and 7 feet from the corner of field~~
- Alleys- slash marks 12 feet from each side line, running parallel to the sideline, ending at the 25 yard lines.

C. The goal cage shall measure 6 feet to 6 ½ feet across the front, inside dimension. The front edge should be placed touching the outer edge of the end line.

D. It is the responsibility of the home team to provide a safe and well cared for field of play.

E. It is the responsibility of the home team to postpone any game due to inclement weather or less than safe field conditions.

F. It is the responsibility of the home team to provide benches for both teams, 3 chairs, a table and clock for the scorekeepers and timekeeper, and bathroom facilities (portable toilets, etc.).

G. Parents will sit on one side of the field. Teams, timekeeper, and scorers will sit on the opposite side of the field.

H. Players and coaches will remain with their teams in the bench area throughout the game and half time unless given permission to leave this area by their coach.

I. Coaches may walk the sideline area between the scorer's table and the 25 yard line on their bench's half of the field. They may not proceed beyond these limits.

III. UNIFORMS AND EQUIPMENT

A. Members of each team shall be dressed uniformly. Uniforms will consist of matching socks and shirts. A number must be clearly visible on the back of each shirt. It is recommended that all teams have different color uniforms. Hat and other non-uniform apparel that is judged unnecessary or unsafe may not be worn on the playing field.

B. In case of similar team uniforms, the home team shall wear contrasting pinnies.

C. Warm up pants/tights and sweatshirts should be worn UNDER socks and uniform shirts.

D. Non-clear mouth guards and shin guards must be worn at all times. Long hair must be tied back using soft hair bands.

E. Field Hockey goggles are strongly encouraged but not mandatory for this division.

F. Jewelry, including earrings, may not be worn on the practice or playing fields. Studs in newly pierced ears must be taped.

IV. DEFINITIONS

A. Players

- **Attacker** is a player whose team has possession of the ball.
- **Defender** is a player whose team does not have possession of the ball.

B. Procedures

- **Bully** is a term describing a method used by two opposing players to restart play.

- **Free Hit** is a means of putting the ball in play by any player following a foul by an opponent. The only legal strokes are a push, or slap/hit.
- **Long hit** is a method for an attacker to put the ball in play from the “25” yard line. The only legal strokes are a push, slap/hit or self-pass.
- **Center pass** is a method for putting the ball in play from the center of the field at the start of the game, following halftime and after each goal. The only legal strokes are a push, slap/hit or self-pass.
- **Penalty corner** is a means for an attacker to put the ball in play from a spot on the end line. The only legal strokes are a push or slap/hit.
- **Side-in** is a method for putting the ball in play after it has gone out of bounds over the sideline. The only legal strokes are a push, slap/hit or self-pass.
- **16-yard hit** is a means for a player to put the ball in play after it has gone out of bounds over the end line, but no goal is scored. The ball is placed in line with the place where it crossed the end line and up to the 16-yard line. **Note: On the modified field, this hit is taken outside of the circle but behind the 25 yard line.** The only legal strokes are a push, slap/hit or self-pass.
- **Playing the ball** is stopping, deflecting or moving the ball with the stick.
- **Modified Self pass** is a method for taking a free hit, center pass and for putting the ball back into play after it has gone out of the field of play. Attackers must allow defenders time to move 5 yards away from free hit, side-in, long hit or 16-yard hit. Officials will indicate when play can continue.

C. Techniques

- **Push** is a legal stroke void of back swing in which the ball is propelled along the ground.
- **Hit** is a legal stroke which involves a swinging movement of the stick towards the ball. NOTE: Player’s stick is not to go above the knee in the back or above the knee in the front. *A Drive is NOT a legal hit in this League.*
- **Tackle** is a technique executed by a player in an attempt to gain possession or cause the opponent to lose possession of the ball.
- **Marking** is being within a stick’s length of an opponent.
- **Dribble** is a means for a player to maintain possession while moving the ball with a series of taps.
- **Modified Self-pass** is a legal technique for putting the ball into play for a free hit, 16 yard hit, center pass, long hit or side in. Attackers must allow defenders time to move 5 yards away from free hit, side-in, long hit or 16-yard hit. Officials will indicate when play can continue.

D. Fouls

- **Advancing** is using any part of the body to propel, deflect or stop the ball to a team's advantage.
- **Blocking** is using the body or stick to impede the progress of an opponent.
- **Obstruction** occurs when:
 - a. Any player moves or interposes herself or her stick, keeping an opponent from attempting to play the ball;
 - b. A player shields the ball with her stick or any part of her body;
 - c. A third player takes a position between an opponent and the ball so her teammate has an opportunity to play the ball.

Note: The following principles apply to obstruction: 1- a stationary, receiving player may be facing any direction. 2- once a player receives the ball, she may move away in any direction (without body contact with the tackler) or pass/deflect the ball. 3- The responsibility is with the tackler to move around the receiver to attempt a legitimate tackle.
- **Stick interference** occurs when a player hits, holds, hooks, slashes or strikes her opponent's stick.
- **Sticks** is raising any part of the stick in a dangerous manner.
- **Advantage rule:** Officials should know when NOT to blow the whistle. Fouls occur only when the offending team gains an advantage or dangerous and/or intimidating play occurs.

V. LENGTH OF HALVES, GAME TIMES & SUBSTITUTIONS

- A. Games shall be played on Sundays, starting at 1:30PM, 2:30PM or 3:30PM.
- B. The length of a game is 40 minutes, played in 20-minute halves. This may be extended to 25-minute halves by mutual consent of coaches and officials. Play is based on a running clock (non-stop); with the clock being stopped for recognized coach's and official's timeouts.
- C. One 1-minute time-out is allowed per team per half. A team does not need possession of the ball to call a time-out. The time-out, however will not begin until recognized by the official at a point when the ball is out of play. Any time-out not used is lost when the half expires.
- D. A 10-minute half time is allowed between halves. This may be shortened by mutual consent of coaches and officials.
- E. In the event of a tie score at the end of regular play, the game will end a tie. No overtime periods will be played to break a tie score.

F. Substitutions of players from the bench into the game are made when the ball is out of play, except that substitutions will not be allowed for players involved in a bully or penalty corner unless required by personal fouls or injury. The players will wait until signaled by the officials; players will have 10 seconds to get into position. Officials will use good judgment when allowing substitutions and avoid stopping an obvious advantage in a free hit for the other team.

VI. POSITIONING

A. Six players from each team will play on a field at a time. Three of these players will play Attacking positions and three will play Defensive positions. There is no goalie.

B. Only two of the three Defenders may cross the Center Line, those players that cross the Center Line may not pass the 25-yard line on the offensive side of the field. Nor can they enter the wing area while on the offensive or defensive side between the two 25-yard lines. Defenders may enter the wing area on a free hit and only a free hit. Defenders may not cross the Center Line with their body (the stick may cross the line).

C. Wing positions are required to stay close to their alley. They may take 3-4 steps out of the alley to play the ball. The wing position on the coaches' side of the field shall be reserved for the youngest or least skilled players on the field. Coaches shall be mindful of the size and skill of players from both teams in this position and make all possible adjustments to ensure the coaches' wing is a safe place for developing hockey skills and understanding. Coaches and officials are urged to speak about the best way to use the coaches' wing throughout the game. More experienced and physically stronger players shall not be paired with younger or smaller players in the wing positions.

D. Attackers may not cross their defensive 25-yard line of the goal area with either their body or stick.

VII. STARTING PLAY AND RESTARTING PLAY

Section 1: Starting Play- Center Pass

A. Captains are called to the center of the field for the pre-game coin toss. The home team calls the flip. The winner of the toss may choose possession or direction.

B. Teams change direction for the second half. The team that did not win possession in the first half begins with it in the second half.

- C. The game begins with a Center pass from the center of the field, which may be in any direction or be a self-pass.
- D. Until the ball is played, all players, except the player taking the center pass, shall be in his or her own half of the field. Opposing players shall be at least 5 yards from the ball until the ball is played.
- E. The ball must move from its original position before any other players can touch the ball.

Section 2: Restarting Play

- A. Following simultaneous fouls, a pop up (the ball shoots up vertically), or when it is impossible for the officials to determine fault for a foul or out of bounds call, play will be restarted with a bully at or near the spot where play on the ball ended.
- B. No bully can be taken less than 10 yards from the end line and five yards from the sideline.
- C. All players must be at least 5 yards from the ball until it is put in play.
- D. Neither bullying player may move his/her feet until the ball is put into play.
- E. On the official's whistle, the two players shall tap the flat faces of their sticks together once, just over the ball, after which either player is permitted to play the ball.
- F. For violation of the bully provision, the bully shall be repeated. For a second violation by the same team, a free hit shall be awarded the opponent.
- G. If a team is in possession of the ball when a time out is called, play will be restarted with a free hit by that team.

VIII. SCORING

- A. A goal is scored when the entire ball passes completely over the goal line between the goal posts.
- B. All shots on goal must be taken from inside the striking circle, or on the circle line. If the ball is delivered in the direction of the goal from outside the circle, and is deflected into the goal by a defender's body or stick or goal post, no goal is scored. If the ball is

knocked into the goal, from within the circle or on the circle line, by a defensive player's body or stick or goal post deflection, it is a legal goal.

IX. OUT OF BOUNDS: SIDE-INS, LONG HIT & 16-YARD HIT

- A. The ball is out of play when it has completely crossed an end line or sideline.
- B. A player need not be in the field of play in order to play the ball.
- C. All opposing players must be at least 5 yards from the person taking a side-in, long hit or 16-yard hit.
- D. A player taking a free hit, side-in, long hit or 16-yard hit (and the ball) must be stationary. A running start will result in surrender of the ball to the opposing team.
- E. Side-in is awarded the opponent of the player last touching the ball prior to its going out of bounds over the side-line. The ball cannot be lifted on a side-in. The player taking the push cannot play the ball again until it has been touched by another player. If a push in occurs in the defensive portion of the field and a wing's pass is not strong enough to clear the wing lane, the attacking center may cross into the wing lane to retrieve the pass.
- F. If the attacking team causes the ball to go across the end line, the game shall be restarted by a 16-yard hit by the defending team.
- G. If a defender unintentionally causes the ball to go across the end line or if the ball glances off the stick of a defender in this area and goes across the end line, the attacking team shall be awarded a long hit. The long hit shall be taken from the "25" yard line, in line with where the ball crossed the end line.
- H. If a member of the defending team deliberately causes the ball to go across the end line, a penalty corner shall be awarded to the attacking team.

Note: On the modified 2/4 field, 16-yard hits are taken outside of the circle but behind the "25" yard line.

X. FOULS AND PENALTIES

- A. **STICKS:** raising the head of the stick above the waist of the smallest player in the area of the ball.

B. DANGEROUS HIT: a ball which lifts above the top of the shin guard of the smallest player in the area of the ball, or a ball which lifts and is judged by the referee to be intimidating. It is generally assumed by the referee that the tackling player bears responsibility for trapping a ball pushed by the advancing player. The stick must be held in a vertical position when trapping the ball.

C. HITTING THE BALL WITHOUT CONTROL: The ball must be controlled before being pushed. The ball may rebound off a motionless stick.

D. DANGEROUS PLAY: An activity, in the judgment of the referee that is considered dangerous to an individual player, teammate, or opponent.

E. ILLEGAL HITS: Driving, flicking and scooping the ball are not allowed.

F. INTENTIONAL, FLAGRANT FOULING/MISCONDUCT/UNSPORTSMANLIKE CONDUCT: Any behavior, in the judgment of the referee, that is considered misconduct, such as abusive language, throwing sticks or equipment, pushing, shoving, striking an opponent or team mate, charging, unsportsmanlike conduct, use of restricted substances at the playing area, etc. In the event this foul is called, a warning will be issued by the referee and the player will be charged with the foul. The second offense will cause automatic ejection from the game. The second offense for a coach will cause automatic forfeiture of the game. In the instance of a fan committing the second offense, he/she will be asked to leave the field area by either the referee or coach. Play will be suspended until there is compliance. The game will be forfeited after a reasonable halt to the game if the offender refuses to comply. Any foul or conduct, in the judgment of the referee, that appears to have been committed purposefully and repeatedly, and is committed following direction and warning from the referee to cease that behavior, shall be deemed to be a foul. In the event that this foul is charged, a penalty corner shall be taken by the opposing team. The purpose of this section is to eliminate and discourage repetitive fouling.

G. LOW BLOCK TACKLING: Low blocks are very dangerous. Both of a player's hands cannot touch the ground. The Left hand must be at or above the left knee.

H. HACKING/STICK INTERFERENCE: When a player hits, holds, hacks, hooks, slashes, or strikes the opponent or opponent's stick.

I. ADVANCING: Gaining control of the ball or stopping the ball using any part of the body to a team's advantage.

J. OBSTRUCTION: Any time a player using their body or stick to block the opponent from the ball. This includes hitting or passing the ball between his/her own feet: see Article IV, Section D, point 3.

K. **BUNCHING:** Called when more than one player from the same team is playing the ball. Bunching will not be called when players are backing away from a crowded play.

L. **WRONG SIDE OF STICK:** Only the flat side of the stick may be used to advance the ball. The foot or leg may not be used to support or move the stick.

M. **DELAY OF GAME:** When substitutions or free hits take longer than 10 seconds or a team does not take the field at the direction of the referee. This violation results in the lost possession of the ball.

N. **POSITIONING FOULS:** Called when a player or players are consistently playing out of position; see Article VI: Positioning.

O. **GOAL TENDING:** The Defending players cannot be in or on the dotted semi-circle until an attacking player has moved the ball past the center line. This foul will result in a free hit for the attackers at the place on the field WHEN the position foul occurred. The Defending players must be stationed behind the 25-yard line, but out of the solid semi circle, until the attacking player has moved the ball. The defensive Center and Wings must be 5 yards from the free hit.

P. **PLAYING THE BALL ON THE GROUND:** A player playing the ball while she is on the ground (including kneeling) if, in the judgment of the official, it could lead to dangerous play.

Q. PENALTIES:

- For fouls outside the circle, a free hit shall be awarded the opponents; see Article XII: Free Hits.
- For fouls inside the circle by the attackers, a free hit shall be awarded the defenders; if by the defenders, a penalty corner shall be awarded the attackers; see Article XIII: Penalty Corners.
- In the event of simultaneous fouls by opposing players, a bully shall be taken on the spot where the fouls occurred; see Article VII, Section 2.

R. **Advantage rule:** Officials should know when NOT to blow the whistle. Fouls occur only when the offending team gains an advantage or dangerous and/or intimidating play occurs. Advantage, when appropriate should be indicated by extending an arm in the direction in which the free hit would occur if a foul is whistled.

General information:

- Avoid giving a double advantage- the opportunity to play the ball is present, but the player does not take the advantage- don't stop play and give them another chance.

- Do not hold the whistle too long. When players are struggling through a foul, the player may become too exhausted to use the advantage. Possession does not always mean advantage.
- Games being played at a higher skill level will often benefit from a held whistle.
- Games being played at a lower skill level, where danger is more of a consideration, often need a quicker whistle.

XI. FREE HIT

- A. A free hit is awarded when a foul is called on the opposing team.
- B. The free hit is taken at or near the spot where the foul occurred.
- C. The ball cannot lift on a free hit.
- D. The player taking the push cannot play the ball again until it has been touched by another player. Attackers must allow defenders time to move 5 yards away from free hit, side-in, long hit or 16-yard hit.
- E. If a violation occurs by the attacking team inside the circle, a free hit will be awarded to the defense at a location of their choosing in the 16 yard area.
- F. If a violation occurs by the attacking team outside the circle (within the 25), a free hit will be awarded to the defense on the 16-yard line directly forward of the point of infraction.
- G. If a violation occurs by the defenders outside the circle, a free hit will be awarded to the attackers at the point of the infraction.
- H. If a violation occurs by the defenders inside the circle, it will result in a penalty corner awarded to the attacking team.

XII. PENALTY CORNERS

- A. During a penalty corner, 3 defenders shall line up behind the end line; one defender shall be on the side of the goal cage closest to where the corner is being taken. Two defenders shall be on the opposite side of the goal cage furthest from where the corner is being taken. The rest of the defending team must be behind the Center Line.

B. The attackers shall be positioned on the outside edge of the circle. The penalty corner push may be taken by either wing on the penalty corner mark. The player taking the push cannot play the ball again until it has been touched by another player. The ball must be stopped by the receiving player. The ball must travel outside of the circle before a goal is scored.

C. All defending and attacking players must have their feet and sticks behind the line and may move as soon as the ball is put into play.

D. If a penalty corner is awarded at the end of the game, the game shall continue in order to complete the penalty corner unless scoring of the goal would not influence the outcome of the game.

XIII. PERSONAL FOULS AND DISCIPLINE

A. Misconduct includes any player, coach, spectator or team action that an official deems unsportsmanlike or leading to dangerous play. When used properly, cards are a teaching tool. By issuing a card, the officials are signaling to all players, coaches and spectators that bad play or behavior will not be tolerated. Officials should use cards as a game management tool to help keep the game safe and under control. All warnings are to be recorded in the scorebook.

B. For all fouls, an appropriate card shall be issued to the offender. In all case of misconduct:

- First offense, a green card is issued as a warning to the offender.
- Second offense by the same player, a yellow card shall be issued to the offender. The offender shall be removed to the team bench for 5 minutes of playing time.
- Third offense by the same player, a yellow or red card is issued to the offender. If a yellow card is issued, the time must be 10 minutes. If a red card is issued, the offender is removed from play for the duration of the game. If a team is unable to field a team of 6 players because of the red card, the team may play short and the game may continue.

C. If the situation warrants, the official may issue a yellow or red card on a first misconduct violation. For any flagrant foul, the offender(s) shall be removed from the field.

E. A coach has the right to bench a player for disciplinary reasons.

F. If a team moves ahead of their opponent by a score of 3 goals, the referee shall blow the whistle and call a 30 second official's timeout for the dominate coach to make adjustments. The referee will direct that coach to power down with the strategies presented in Attachment B. In the event that a 4 goal or greater lead occurs, the referee will require the coach to make additional changes to power

down the dominate team, in addition a penalty corner will be assessed against the attacking team at their goal. All goals will be counted, with the exception of illegal third or subsequent goals.

XIV. OFFICIALS, COACHES, SCORERS, TIMERS

A. The official's ability to fairly judge the play of the game depends on the cooperation of the players, coaches, and their fans. The official will occasionally miss calls due to the action of the field or obstructed view. Cards are awarded at the discretion of the official. The player shall not question the call, but allow the coach to question the rulings of the official at an appropriate time including time outs or halftime. However, the official's call is to be the final judgment. Coaches, players, and fans are to refrain from harassing the officials, opposing coaches, and players.

B. Each municipality shall provide at least one official per grade division and one for every two teams entered into the league.

C. The official will check all players prior to the beginning of each half to assure proper equipment and uniforms are worn.

D. The home team will pay \$25.00 each for official. In the event that only one official is present, the home team shall pay \$35.00.

E. Each team must provide a scorekeeper and the home team must provide a timekeeper for each game. These people become the game officials and must stay at the score table for the entire game. Fouls, goals, and time outs are recorded only at the direction of the field officials.

F. It is anticipated that the members of the coaching staff will conduct themselves in accordance with a Coaches Code of Ethics. All participants in the league are subject to the Grievance Procedure outlined in the League By-laws and must comply with any recommended discipline.

G. It is recommended that coaches be certified by the National Youth Sports Coaches Association (NYSCA) or Rutgers SAFETY. Coaches are expected to behave in a sportsman like manner. They are expected to set an example for both the children and the parents. Yelling at referees and cursing warrant misconduct fouls.

H. The coaching staff will use reasonable judgment in the deployment of strong players against weaker opponents, and in the deployment of players at those times when the score would indicate domination of the game such as a lead of 3 or more goals.

I. Coaches must refer to attachment A and follow the established tiers for power down strategies in the event of a 3 or more goal lead.

J. The score and timekeepers may be the same person. If they are two separate people, they must sit together at the Center Line on the players' side of the field.

The timekeeper shall:

- Start and stop the clock only at the direction of the official. The clock is only stopped for time outs called by the teams or officials.
- Inform coaches when players may return to the game following a required absence from a card.
- Alert the referee when one minute remains in the half or game.
- Count down the final 10 seconds of the half or game and sound the horn or whistle as time expires on the clock.

The scorekeeper shall:

- Record the name and number of players from both teams in the scorebook.
- Maintain a record of goals scored and by whom;
- Maintain a record of warnings and cards
- Maintain a record of team time outs.

XV. OFFICIALS

A. During the game, the official shall have discretionary power for making decisions on matters that are not specifically covered by the rules. In the event that game or field conditions are considered hazardous to the safety or welfare of players, the official may terminate the game.

B. If an advantage would be gained by the offending team because of enforcing a rule, the official shall refrain from awarding the penalty.

C. Decisions based on the judgment of an official are final and not subject to review.

D. To review a misapplication of the rules by an official, the coach shall immediately request an official's time out at the scorer's table. Both officials and one coach from each team shall discuss the misapplication in the middle of the field, away from both teams and parents. The officials' decision is final.

E. Prior to the game, the official shall:

- Inspect goal, nets and field markings,
- Give attention to the proper placement of team benches, score table, and spectator seating.

- Review field conditions (any uncorrectable conditions shall be reported to both coaches prior to the start of the game)
- Meet with the team captains, conduct the coin toss for choice of direction or possession
- Line up players in front of the team bench and conduct an inspection of players, uniforms and equipment
- Confer with timekeeper to review duties, responsibilities and make certain clocks are in working order.

Attachment A- Powering Down Strategies

The team with a 3 goal or greater lead will be required by the official to power down their team to facilitate giving the opposing team an increased chance of scoring a goal. Please follow the tiers based on the goal differential. If the score falls below a 3 goal lead after powering down, play can continue as usual. Once it becomes a 3 goal lead again, powering down strategies need to be used.

3 Goals and Greater Lead Strategies

Note: It is an unfair advantage to shut down scoring opportunities by having the strongest or most dominant player blocking a small goal area.

First power down (3 goal lead):	Players who are standing inside of the broken circle: this will be recognized as a foul and the attacking team will be awarded a penalty corner in every power down situation; AND any players who has scored 2 or more goals may not score a 3 rd legal goal unless the entire roster has scored at least once.
Second power down (4 goal lead):	Only wings can enter circle. Center cannot cross into the circle
Third power down (5 goal lead):	Mids cannot cross the center field line and Backs cannot cross the 25 yard line.
Fourth power down (6 goal lead):	3 passes within the circle before a shot on goal is attempted; number of passes in circle increases as number of dominate goals increases.

Attachment B- Field Diagram

THE FIELD

