

SJYFH RULES COMPARISON - FALL 2025

* The NFHS Field Hockey rules apply to all other areas of the game play, where applicable, if not specifically listed below.

FINAL RULES AS OF 7/17/2025

5th & 6th Grade -- Badger			
Players	10 v 10, plus goalie	Field	Full Field
Minimum/Borrowing	Minimum of 7 players, plus a goalie.	Mouthguard	Must have, cannot be white or clear
Goalie	Required- forfeiture of game if no goalie	Shin Guards	Yes
Coachs/players/teams	Stand splitting mid-field to end line, on one side of the field.	Goalie	Required: Helment with face mask, mouthguard, throat protector, chest protector, left and right hand protectors, groin/pelvic protector, kickers, leg guards.
Coaches- specific rules	Coaches can run the length of the field but cannot verbally "coach" from the opposing team side of field.	Jersey	Identical or nearly identical jersey top and bottoms, must have numbers of players
Scores	Scores and Records with Standings, end of year playoffs (Preference 12 teams)	Numbers	Must have be on jersey, multiples numbers okay
Standings	Unofficial weekly standings	Goalie uniform/shirt	Must be different color
Goal Differential (Sportsmanship)	7 goals - \$50 penalty for violation	Sock Color as AWAY Team	White
Game Length	Running Clock 2 - 25 minute halves, play corners out	Sock Color as HOME Team	Dark/other than white (all players must match)
Halftime	5 minutes	Jewelry	Allowed, with exceptions (no hoops, bracelets, necklaces, and at Referee discretion)
Overtime	No, except in playoffs	Playoffs	Playoffs, if able to do so
Time Outs	2 - 1 minute w/ running clock, no TO last 5 minutes of half, cannot be taken simultaneoulsy	Spectators	Remain on opposite side of field from player sidelines, if on same side not within 25 feet
Captains	Each team must have 1 Captain / 2 Max for pregame routine.	Referees	2-Referees (may be 1 Senior & 1 Junior)
Possession decision	Coin Flip- Home listed team	Multiple Teams	Players may be more than 1 roster, but only within the same town.
Team Winning Coin flip	Choice of possession/or Direction	Multiple Divisions	Must first be rostered in their true division (by Grade in School), may also be placed on a roster that is in a higher division.
Change sides at half	Yes- Required	Bringing Players Up	Yes
Corners	4 defensemen and a goalie	Bringing Players Down	No
Corners - Play them out	No - only if outcome of game could be affected	Rostering Size	N/A
Substitutions	Rolling, must enter exit from 50 yard line. No substitutions on penalty corners, until the penalty corner starts.	Multiple Teams	Multiple teams, must have ability split equally
Ball	White game ball	Borrowing of Player	Teams can play with up to three substitutes (pulled from a lower age division or laterlly, based on the following (If you borrow 1 player, you can have up to 2 substitutes) (If you borrow 2 players, you can have 1 substitute) (If you borrow 3 players, you may not have substitutes)
Defensive Corner Masks	Allowed & encouraged (Not Required)		