Indoor 2025 Rules Summary:

Indoor Rules are mostly as per the NFHS rulebook except the changes below.

Web address: [www.westjerseywomensfieldhockey.com](http://www.westjerseywomensfieldhockey.com)

Game Structure:

* Duration: 2 halves of 25 minutes each. (Starting at 7:30, 8:30, or 9:30.)

\*\*Alternative\*\*: Could play with 4 quarters, each lasting 12.5 minutes, with 2-minute breaks between quarters and a 3-minute halftime.

* Players: 5 players and a goalkeeper (or 6 field players).
* Minimum Players: Teams must have at least 4 players to start. If a team doesn’t have enough players by 5 minutes before the game, they must forfeit. Team can still play for fun.
* All players must submit a completed and signed player waiver to WJWFA 24- hours before taking the field. Any change/additions to a team’s roster must be completed and submitted by the 3rd week of the season.

Field Rules:

* Player Restriction: If playing without a goalie, one player must always stay in the area defined by the top of the circle (extending to the sideline).
* Home Team starts with possession for the first half. Away team starts with possession the second half.
* Free hit/self-start – the ball must travel 5 yards before entering the circle. All players must be 5 yards away.

Ball Handling:

* No backswing: The stick must be in contact with the ground for shots.
* Hits: Not allowed at any point during the game.
* Ball Lifting:
	1. Can only lift the ball as high as the ankle unless it is a misplay and the lifted ball is not within 5 yards of another player.
	2. No aerials are allowed. Lifting is only permitted when shooting on a kitted goalkeeper, using a flick or scoop. Reverse chips are prohibited.
	3. Lifting is only permitted when shooting on a kitted goalkeeper, using a flick or scoop. Reverse chips are prohibited.

Gameplay and Time Rules:

* No Overtime
* Timeouts: If a timeout is called, the game clock continues to run. Timeouts are used for injuries or other necessary events.
* Profanity or Aggressive Behavior: Is not permitted at any time. Players maybe ejected from the game. Additional disciplinary action may occur depending on the severity of the event.
* Red Cards: If a player receives a RED CARD, this will result in that player leaving the field, the premises that day. A one game suspension will be enforced. A suspended player may not be on the playing field or on the premise during the suspension period. If a Red Card is given the President (Tracy) should be notified by both the team captain and official. The Executive Board may rule to suspend a team/player for the season for unsportsmanlike conduct.

Player Eligibility:

* Players must be at least 18 years old and have graduated from high school.
* College team players are not allowed to participate until they have graduated or are no longer part of the college team.

Additional Rules:

* Game Ball: The home team is responsible for providing the game ball.
* Forfeit: If a team cannot field enough players 5 minutes before the scheduled start, they forfeit the game.
* Only players and team manager/captains are permitted on the players bench or playing area.

Scoring:

* Off a corner:
	+ **Ball Outside the Circle:** On an offensive penalty corner, the ball **must** be brought outside the circle before being played back inside to score. This implies that the ball must be moved outside the 16-yard circle (or striking circle) before being played into the circle for a potential shot at goal.
	+ **Foul for Not Bringing Ball Outside the Circle:** If the player does not bring the ball outside the circle before re-entering it to attempt a lifted shot, this would be considered a foul.

Uniforms:

* **Foul for Lifting Outside the Circle:** If a player lifts the ball from outside the circle (presumably on the initial pass or when attempting to play the ball back into the circle), this is also considered a foul.
	+ All field players must be in the proper team uniform colors or they cannot take the field. This includes the sock or shin guard colors. Socks must be knee high length. Goalies are excluded from the uniform policy.

This rule set seems tailored for a fast-paced, controlled indoor game with an emphasis on skillful play and sportsmanship, while maintaining a straightforward approach to player eligibility and field usage.