

Beach Hockey Rules and Regulations

(Revised: 1/24/23)

Games are 5v5, 4 players on the field plus a goalie, with a maximum of 10 players per team. Games are 2 10 minute halves with a 3 minute halftime and running clock. Fields are 30 yards by 40 yards. Each team will play a minimum of 5 games (weather and unforeseen conditions permitting). Divisions will include: Co-Ed, Women's Open, Age Group Divisions (High School Varsity and High School Junior Varsity). Beach hockey plays with a rubberized ball which is larger than a regular field hockey ball and smaller than a soccer ball.

Rules of the Game:

Pitch/Field: The pitch (surface) is composed entirely of sand.

Field Dimensions: The pitch is rectangular.

Length: 40 yards

Width: 30 yards

Nylon webbing staked at 4 corners. Each corner of the field will be defined by a cone or a flag on the sidelines.

Goals: The goals are placed in the middle of each end line. Goals used are 6ft high by 12ft wide.

The Ball: 5 inch 100% Rubber, 2 Ply, "Playground style" ball.

Team Size: A match is played by two teams, 5v5, each consisting of 5 players, one of whom is designated as the goalkeeper/goalie. A goalie is required to keep contact with their stick at all times and is the only player on the pitch that can use their bodies to play the ball. A goalie does not wear any specialized goalie pads or kickers. A goalie can cross the halfway line but loses goalie privileges on the attacking half. A goalie can drop kick the ball and can advance the ball. There will be a maximum of 10 players per team/roster.

Uniforms: There must be a common theme/color/etc... so players can be identified as a team. For Club and High School divisions, same color socks must be worn. A team should have two options of sock colors. Numbers are not required.

Referees: Each match is called by one referee, who has the authority to enforce the Rules of the Game in the match for which they have been appointed, from the moment they enter the facilities where the pitch is situated until they leave. Any player or team exemplifying unsportsmanlike conduct will be dismissed from the tournament without a refund.

Powers and duties: The referee will enforce the Rules of the Game;

- Keep a record of the match and provide the appropriate authorities with a match report that includes the scores of the match and any information regarding any disciplinary action taken against any player as well as any other incidents that occurs before, during or after the match;
- Act as timekeeper;
- Stop, suspend or terminate the match for any infringement of the Rules or as a result of any outside interference;
- Take disciplinary action against players guilty of offenses warranting a caution or sending-off;
- Take action against any coaches who are guilty of misconduct and, if necessary, dismiss them from the pitch area without showing them a card;
- Ensure that no unauthorized persons enter the pitch;
- Interrupt play if a player is deemed to be wasting time;
- Stop the match if, in their opinion, a player is seriously injured, and ensure that the player is carried off the pitch;
- Allow play to continue until the ball is out of play if a player is, in their opinion, only slightly injured.

The decision of the referee regarding facts connected with play is final. The referee may only change a decision if they realize that they have made a mistake or if they deem it necessary to do so, provided that play has not restarted or the match has not terminated.

Out of Bounds: When the ball crosses the sideline or the end line, opposing team gets possession. Defensive team may restart the play 5 meters from the end line from the point where the ball crossed the end line or one meter from the sideline adjacent to where the ball crossed over the sideline.

Free Hits: Opposing team must be three meters away from all restarts. A player may advance or pass the ball on a free hit. A player may lift the ball on a free hit as long as it is safely played.

Corners: There will be no corners. Any defensive foul will result in a held whistle and if the offensive team does not gain an advantage, a free hit will be awarded to the offensive team at the point of the foul but no closer than ten meters from the goal mouth.

Strokes: A penalty stroke will be awarded when there is a defensive foul that prohibits a goal. The official will walk off 7 paces from the center of the goal and place the ball in the sand. The penalty stroke will proceed as usual.

Length of Game: 2 - 10 minute halves with a running time clock. 3 minute halftime.

Overtime: There is no overtime in Beach Hockey except for playoff games. Overtime period is 5 minute, sudden victory. If no one has scored in the overtime period, a 3 v 3 stroke off will be played. If it is still tied after the stroke off, it will go to a sudden victory stroke playoff.

Substitutions: Teams have an unlimited number of “rolling substitutions” or changing on “the fly.” Substitutions must be done at mid-pitch. The player about to exit the match must exit the pitch/field before substitute player can enter.

Equipment:

HIGH SCHOOL DIVISIONS:

REQUIRED:

Shoes/Sneakers – NO CLEATS
Shin Guards
Mouth Guards

RECOMMENDED:

Indoor Stick or Beach Field Hockey Stick
Outdoor sticks allowed
Goggles
NO JEWELRY

ADULT AND CO-ED DIVISIONS

REQUIRED:

Mouth Guards

RECOMMENDED:

Shoes/Sneakers – NO CLEATS
Shin Guards
Indoor Stick or Beach Field Hockey Sticks
Outdoor sticks allowed.

All Divisions:

Socks, tape and ankle braces are allowed but there can be no hard reinforcements in the ankle brace. Sports knee braces with metal supports are allowed.

General Rules:

The Tournament Committee’s interpretation of all rules shall be final and binding. The Tournament Committee reserves the right to decide all matters pertaining to this tournament.

Adult/Club Divisions – FIH International Field Hockey Standard Rules

Youth – High School Standard Rules

Specific Beach Hockey Rules:

Goalies will dress like field players. Goalies must keep a stick in their hand at all times. Goalies can use their hands and feet to stop balls. Goalies can throw the ball and can intentionally advance the ball with his/her body.

Goals can be scored from anywhere on the pitch/field.

There will be NO penalty corners. A free hit will be taken approximately 10 meters from the goal.

There will be NO 16 yard circle.

Penalty strokes will be awarded if a defensive player causes a foul which prohibits a goal. The official will mark the penalty spot.

Tournament Rules:

Conduct: Coaches are not only responsible for their own conduct, but also for the conduct of their players, parents and spectators. Poor sportsmanship, taunting, trash talking, fighting or other unbecoming behavior on the part of players, coaches, parents or fans will not be tolerated. Tournament organizers and officials reserve the right to eject offenders, terminate a game and/or escort coaches, players, teams or fans from the premises. Coaches are not a requirement for teams.

Only head coaches are permitted to address the officials; coaches are expected to do so in a courteous manner. Any questions or disputes will be discussed only by the head coach and the officials on the field. Determinations of officials are final and binding.

Coaches are asked to make sure their players clean their bench areas of water bottles and other debris after each game

Awards: First place trophies (or medals) will be awarded to pool winners in each division.

Arrival: Teams should arrive at the pitch 30 minutes prior to scheduled game time. Upon arrival, teams need to be checked in by the appropriate official. Teams may warm-up in any area other than the field of play and not directly behind the goal area while a game is in progress.

Protests: No protests will be allowed.

Team Field Position: Players and coaches of both teams will be on the north or east side of the field. Parents and spectators will be on the opposite side for the entire match. Coaches or spectators are not permitted to coach from the spectator side of the field. Coaches and players must remain on their side of the mid-line. No spectators are permitted to stand behind the goal area.

Forfeits: A team shall be allowed a 5-minute grace period after the scheduled game start time before the match is awarded to their opponent. The official is required to maintain the forfeit clock. A minimum of 4 players constitutes a team, and if 4 players are present, the match may not be delayed. If during the course of the match, a team falls below the minimum 4 players, the game will be forfeited to their opponent. A team that has forfeited a game will incur a forfeit fee and will not be eligible to win the bracket. If an apparent group winner forfeits, the team with the next best record will be declared the group winner in that pool. A winner by forfeit shall be awarded three points for that win and the score will be reported as 5-0.

Start of Game: Home team (team listed first in games schedule) will have possession to start the game.

Pool Play: Each Pool will have a winner. Pools will not cross-over. At the conclusion of play, each team will be ranked according to their performance. This ranking will determine the pool winner.

Points: The point criteria are as follows:

Win = 3 points

Tie = 1 point

Loss = 0 points

Win by forfeit = 3 points.

The team with the most match points finishes first. A match that has been cancelled by the Tournament Committee will be awarded a 0-0 tie. Teams are encouraged but not required to not run up the score.

Tiebreaker:

In the event of a tie within a division, the following tiebreaker rules will be applied in order:

1. Winner of head-to-head competition
2. Least goals allowed
3. Goal differential
4. Coin toss will be used to determine winning teams only
(1st team alphabetically calls it)

If 3 teams are tied for any position, the above process will be used, except head-to-head competition will be eliminated and the first tiebreaker will be least goals allowed.