

2025 WISC Field Hockey Rules

- All games will be 25 minutes with a running clock.
- Each team will be permitted one timeout, however neither team will be permitted to call a timeout within the last three minutes of the game.
- Teams may play with 6 total players, unless both teams agree to play with more prior to the start. Goalies are not required, and may be substituted for field players at any time.
- A minimum of 4 players are required to avoid a forfeit. If a team must forfeit, they may still choose to scrimmage with borrowed players for a shortened period of time.
- All free passes in the attacking half of the field must travel 3 meters before entering the circle.
- Drives/Slap hits will not be permitted; sweeps and reverse sweeps are allowed.
- The ball may be raised/lifted as long as it is not dangerous.
- Aerial play is allowed as long as it is deemed safe by the official.
- All shots must be touched by an attacker within the circle in order to count as a goal.
- Goalies are not permitted to use their feet outside of the circle area.
- Physical play will not be tolerated. Forcing an opponent into the wall or obstructing their movement near the wall is a foul. Deliberate pushing or fouling may result in a card.
- An 8 goal differential is the maximum that will be recorded.
- Penalty Corners –
 - During a penalty corner the defense may have up to 3 defenders and the goalie behind the goal line.
 - All defenders will be in the goal behind the goal line, with the goalie being the closest to the inserter.
 - The inserter will begin play with the ball positioned on one of the white circles on either side of the goal.
 - Attackers will be lined up outside of the shooting circle.
 - The ball must travel completely outside of the circle and then back inside before a goal can be scored.