

**The University of Maine  
Campus Recreation  
INTRAMURAL SPORTS PROGRAM**

**INTRAMURAL FIELD HOCKEY RULES**

*To participate in intramural sports here at the University of Maine, players must be a member through campus recreation and be either a student or an employee by the University of Maine. (Note: High School age students are not allowed to participate in intramural sports even they are a member through the recreation center.)*

1. Two 20 – minute halves running time. During the last 5 minutes, time stops with each whistle. Regular season games can end in a tie.
2. During the playoffs, if at the end of regulation the score is tied, there will be a 5-minute sudden death. If the game is still tied after sudden death 5 players from each team will take a goal shot from the 20 yard line, each team alternates players until all ten have shot. The team with the most goals is the winner.
3. No offsides.
4. No short corners.
5. All players must wear a mouth guard.
6. All other field hockey rules apply (high school rules).
7. Can score from anywhere on the field.
8. No goalies, but a designated kicking back will be allowed.
9. Shin guards are required and can be signed out free for each game.
10. Sticks can be signed out free each game.
11. Games are played with 5 players.