

Rules for 2019 Capital League at GMU

1. Field Players may only play on 1 team. No field player may slide to another team unless they have forfeited the game.
2. Goalkeepers are the only players that may slide. We want a GK on every game so GK's will have a phone/email sheet that they will be able to use to contact other GK's if they cannot make a game. Some teams do not have GK's so Gk's may play multiple games on a day if they choose.
3. Important- Everyone will stand for the duration of the game and be attentive when your team is playing. WATCH THE GAME
4. No team members are allowed anywhere close to the goal cage when your team is playing. If you are on the middle field, please stand off outside of goal cage and back off of field.
5. Players and Coaches on Fields 1 and 3 back up close to fence on the side of the field during games.
6. No spectators are allowed inside the fence during any games. Only coaches and teams playing at their allotted time. Teams waiting for the next game have to wait until the game is over before they may go inside the gate for their game.
7. Please be respectful to your coaches, teammates, and officials. No unsportsmanlike conduct will be tolerated.
8. Games are 2 25 minute halves. A single elimination tournament will be held at the end of the 8 game schedule.
9. Parking- Only in designated area in front of fields. Please do not parallel park on road because you will get a hefty ticket.
10. Parents/Spectators- Please be smart where you sit watching games and make sure small children are out of the way of flying balls. Do not sit directly behind goal cages or anywhere close.
11. Be in control out on the field.
12. Do not challenge officials. They are in charge of the game and nobody has ever called a perfect game nor has anybody ever played or coached a perfect game☺
13. You must wear your Capital reversible to be able to play each game.
14. Your coaches are volunteering their time to coach you so please be respectful always and appreciative!
15. 7+GK or 7 plus cones 1 yard apart from posts.
16. Mouth guards and Shin guards must be worn to play.
17. 1. As the field is split in 3, there are no circles. There is a natural line on the field which makes a square for the circle (sideline to sideline). Please use and discuss with your team on your first day.
18. 2. For the hit near the circle, we play by FIH rules. The free hit is where the foul occurs. No need to move back 5 yards. The ball still must travel 5 yards before it goes in the circle or touch a stick of a player.
19. 3. No goggles are required and if worn, no metal allowed only plastic.
20. 4. Corners played with or without a goalie as there are cones in the goal to score on the outside of the cone and the post.
21. 5. On corners, all offensive players go to the top of the opposite circle.
22. 6. On corners, 3 players plus the goalie for defense.
23. NO REFUNDS AFTER MAY 22, 2019 (FIRST DAY OF CAPITAL)