



2023 Field Hockey Rules Changes

- 1-5-5 REMOVED** The change allows players to wear jewelry to aid officials in consistent enforcement.
- Rationale:** Allows wearing of jewelry keeping with current trends in other rules codes for consistency of officiating and coaching.
- 1-8-1a** Defines the size requirements for goalkeeper uniform numbers.
- Rationale:** Brings the goalkeeper's uniform requirements for a number in line with the player's uniform number.
- 1-8-1h** Updates terminology regarding goalkeeper shoes.
- Rationale:** Equipment has evolved and goalkeepers wear kickers over their shoes. Kickers should cover the shoes completely. Spikes and metal cleats are illegal.
- 4-1-3** Permits the playing captain to call a time-out.
- Rationale:** When a time-out was added to the rules, the playing captain was omitted. If no playing captain is on the field of play, then only the coach may call a time-out.
- 8-1-1w
(NEW)** Provides consistency when officiating loose equipment in the field of play.
- 8-2-1k
(NEW)** Clarifies that a misconduct penalty should be issued when equipment is thrown in a dangerous or unsportsmanlike manner.
- Rationale:** The rule change defines loose equipment in the field of play as a foul and clarifies that throwing of equipment is a misconduct penalty. The rules clarify for officials on how to handle the penalty in the field of play or the circle.
- 8-2-1 PENALTIES
(NEW)** Defines the penalty application regarding player re-entry during suspension time.
- Rationale:** Clarifies the application of existing rules and offers guidance to officials on how to handle players entering before serving the full suspension time.

2023 Points of Emphasis

1. Card Progression
2. Proper Field Markings and Grass Length
3. Play Inside the Circle - Corner vs Stroke
4. Delay of Game