

GIRLS FIELD HOCKEY SCRIMMAGE GUIDELINES

A field hockey scrimmage must start with a sideline or sixteen (16) yard hit and include *one or more* of the following:

1. A running clock and/or modified periods
2. Incorporate all or part of the Overtime Procedure into the scrimmage
3. Each team will take five (5) offensive corners, playing until either a goal is scored; ball goes out of bounds or crosses the 25 yard line.