

2026 Winter League

Game Format Reference Sheet

League Games Format:

- Game Time: Games will start PROMPTLY at the scheduled time. Each team is responsible for arriving on time with appropriate numbers each week. Forfeited or shorted rosters are highly frowned upon. Borrowing of players is acceptable with a maximum of 2 subs on the bench.
- Games are played 6 v 6 (5 field players and 1 GK) for Goalkeepers are Mandatory. Teams can not play without a GK. Sharing of GKs is acceptable.
- Duration of Match: 2 X 22 minute halves, 2 mins halftime, No overtime in regular pool play. Overtime in Crossovers, Challenges. Half field scoring area. GKs can use feet inside the scoring area.
- Pool Play Points: Win=3, Tie=1, Loss=0, Tie-breaker: Head to Head, Goal Against, Goal Diff and then Goal For.
- Rules: Hockey 5s
 - Exceptions: No forehand hitting, backhand hitting is allowed.

Manager/Coach/Player Information:

- Every player should have a Student Id or Drivers License each week for roster checks
- Each team bring pinnies or alternate shirt color (light & dark).
- First team listed is the HOME team (white jersey)
- Second team listed is the AWAY team (colored jersey or pinnie).
- Report scores to official on court immediately following each game.
- Court Shoes: No black soles, cleats or turfs.
- Escondido Sports Center Directions: I-15, exit Via Rancho Parkway (East). Go Left at Kit Carson Park Road. The Escondido Sports Center is located on the left.
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