

2019 Fall League Game Format

Games Format:

- Game Time: Games will start PROMPTLY at the scheduled time. Forfeited or shorted rosters are highly frowned upon.
- Games are played 5 v 5 (4 field players and 1 GK).
- Duration of Match: 2 x 20 minute periods, 4 minute break, No overtime.
- 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 & Goals can only be scored in attacking half.

Player Information:

- Please wear your team jersey to every Friday and arrive 30 mins before scheduled game time.
- Make sure to bring water.
- Running or 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.

League Contact Information: Brian Schledorn - sdinfo@rushfieldhockey.org