

Field Hockey Rules Changes - 2025

By NFHS on February 27, 2025

[field hockey](#)

1-5-1b: Switches the required home and away team uniform colors to allow the home team to wear a dark-colored uniform top that showcases the primary school colors.

Rationale: Allowing the home team to wear dark colors gives them the ability to showcase their primary team colors at their home location. Consistent with other NFHS rule books and national governing bodies.

1-6-5: Allows a wire-caged style penalty corner face mask to be worn when defending a penalty corner.

Rationale: Allows the option of wearing a wire-caged penalty corner face mask during a penalty corner. Failure to remove the wire-caged mask beyond the 25-yard area results in a player misconduct. Rule 1-6 PENALTIES, Rule 8-2-1j PENALTIES.

4-4-3: Adjusts when a substitution is allowed during a penalty corner.

Rationale: Clarifies when a substitution is allowed on a penalty corner, including in a retaken corner situation.

8-2-1 PENALTIES 2 (NEW): Establishes a misconduct penalty for a goalkeeper uniform violation.

Rationale: Aligns with the 2024 rules change to the goalkeeper uniform penalty, clarifying how to assess a misconduct penalty for a goalkeeper uniform violation.

11-2-7: Aligns penalty stroke end of game procedures with penalty corner procedures and clarifies when the stroke should be awarded.

Rationale: Brings language for penalty stroke end of game procedures in line with penalty corner procedures.

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2025 Points of Emphasis

1. Penalty Corners
 - a. Substitutions
 - b. Completion of Penalty Corner

2. Intentionally Delaying the Game on a Penalty Corner

3. Defining Obstruction