

2010 FIELD HOCKEY RULES



WE WILL BE USING THE NATIONAL FEDERATION HIGH SCHOOL RULES WITH THE FOLLOWING EXCEPTIONS.

STARTING DATE: THE STARTING DATE FOR FIELD HOCKEY HAS BEEN SET FOR MAY 1ST. NO PRACTICES, WORKOUTS OR TRYOUTS ARE ALLOWED BEFORE THE DESIGNATED STARTING TIME FOR FIELD HOCKEY.

CONTRACTS: CONTRACTS MUST BE IN THE C.S.A.A. OFFICE NO LATER THAN MAY 26TH. (NO EXCEPTIONS) NO CONTRACTS WILL BE ACCEPTED FOR THE REMAINDER OF THE FIELD HOCKEY SEASON AFTER THE COMPLETION OF THE REGULAR SCHEDULED LEAGUE GAMES. CONTRACTS MUST BE IN THE C.S.A.A. OFFICE BEFORE A PLAYER MAY PLAY.

ROSTERS: TEAM ROSTERS MUST BE TURNED INTO THE C.S.A.A. OFFICE NO LATER THAN MAY 26TH. (NO EXCEPTIONS) ANY CONTRACTS NOT YET TURNED IN MUST ACCOMPANY THE ROSTER. THIS IS THE OFFICIAL ELIGIBILITY SHEET FOR THIS SPORT. PLAYERS MAY BE ADDED TO THE ROSTER AT ANYTIME, ONLY DURING THE REGULAR SCHEDULED LEAGUE GAMES. ALL ADDITIONS TO THE ROSTER MUST BE MADE IN WRITING WITH ALL THE INFORMATION LISTED ON THE ORIGINAL ROSTER.

PENALTY: FAILURE FOR NOT TURNING YOUR ROSTER IN BY MAY 23RD WILL RESULT IN AUTOMATIC FORFEITURE OF ALL GAMES UNTIL THEY ARE TURNED IN AND SUSPENSION OF THE HEAD COACH.

DISQUALIFICATION: IF A COACH OR PLAYER IS EJECTED FOR A GAME HE OR SHE IS AUTOMATICALLY SUSPENDED FOR ONE GAME AND MUST BE RE-INSTATED BY THE C.S.A.A. BEFORE THEY MAY PLAY OR COACH THE NEXT GAME.

PROTEST: THERE WILL BE NO PROTEST OF ANY LEAGUE OR TOURNAMENT GAMES.

AGE LIMIT: 8TH GRADE - IF A GIRL REACHES HER 15TH BIRTHDAY BEFORE AUGUST 1ST OF THE CURRENT SCHOOL YEAR, OR IS IN THE 9TH GRADE OR OVER, SHE WILL BE INELIGIBLE FOR GRADE SCHOOL ATHLETICS.
6TH GRADE – IF A GIRL REACHES HER 13TH BIRTHDAY BEFORE AUGUST 1ST OF THE CURRENT SCHOOL YEAR, OR IS IN THE 7TH GRADE OR OVER, SHE WILL BE INELIGIBLE FOR 6TH GRADE ATHLETICS.

COACHES ARE RESPONSIBLE FOR PATENTS AND FANS: COACHES ARE RESPONSIBLE FOR PARENTS AND FANS WHO DISPLAY ANY UNSPORTSMANLIKE CONDUCT AND ABUSIVE LANGUAGE DURING OR AFTER A GAME. IF DURING A GAME, PARENTS WILL BE ASKED TO LEAVE THE FIELD IF THEY CAN'T CONTROL THEMSELVES. REFUSAL TO LEAVE COULD RESULT IN FORFEITURE OF THE GAME.

TOURNAMENT: ALL TEAMS WILL GO TO THE TOURNAMANET.

FORFEIT TIME: FORFEIT TIME IS 10 MINUTES ON EACH GAME FROM THE SCHEDULED STARTING TIME.

FORFEIT OF GAME: ANY TEAM WHICH FINDS THAT IT WILL NOT BE ABLE TO BE PRESENT FOR ANY SCHEDULED ATHLETIC CONTEST SHALL BE REQUIRED TO INFORM THE OFFICE OF ITS INALBILITY AT LEAST 48 HOURS IN ADVANCE OF GAMES TIME. **FAILURE TO DO THIS WILL RESULT IN THE PARISH BEING FINED \$100.00.**

SUSPENDED GAME: FOR LEAGUE AND TOURNAMENT PLAY. PLEASE READ
IF A GAME IS SUSPENDED IN THE 1ST HALF IT WILL BE RESTARTED AT THE POINT OF SUSPENSION.
IF A GAME IS SUSPENDED IN THE 2ND HALF IT WILL BE A COMPLETED GAME. IF YOU HAVE LIGHTNING/ THUNDER REMOVE PLAYERS FROM THE FIELD TO AN APPROPRIATE SHELTER.
THIRTY MINUTE RULE: ONCE PLAY HAS BEEN SUSPENDED, WAIT AT LEAST 30 MINUTES AFTER THE LAST FLASH OF LIGHTNING IS WITNESSED OR THUNDER IS HEARD PRIOR TO RESUMING PLAY. THE DURATION OF WAIT SHALL NOT EXCEED ONE HOUR PAST THE FINISH TIME OF THE SCHEDULED GAME.
(EX. 6 – 7:30 GAME SUSPENDED, IF THE START IS AFTER 8:30 IT MUST NOT BE PLAYED.)

SPECIAL RULES:

1. **PLAYING TIME:** FOR THE 8TH AND 6TH GRADE GAMES WILL CONSIST OF FOUR 12 MINUTE QUARTERS.

DURING LEAGUE PLAY AT THE END OF REGULATION TIME IF THE SCORE IS TIED, IT WILL REMAIN A TIE.

FOR TOURNAMENT PLAY THERE WILL BE OVERTIME.

1. THERE SHALL BE A FIVE MINUTE OVERTIME PERIOD WITH 6 FIELD PLAYERS AND ONE GOALKEEPER.
 - A.) A COIN TOSS IS HELD TO CHOOSE WHICH TEAM WILL BE ON OFFENSE OR DEFENSE TO BEGIN THE OVERTIME PERIOD.
 - B.) AT THE END OF REGULATION GAME THE TEAMS DO NOT CHANGE GOALS.
2. IF THE SCORE STILL REMAINS TIED, THERE WILL BE ANOTHER FIVE MINUTE SUDDEN VICTORY WITH 6 FIELD PLAYERS AND ONE GOALKEEPER.
 - A.) THE COIN TOSS IS HELD TO CHOOSE WHICH TEAM WILL BE ON OFFENSE OR DEFENSE TO BEGIN THE SUDDEN VICTORY.
 - B.) THE TEAMS DO NOT CHANGE GOALS.
 - C.) THE OVERTIME IS CONSIDERED OVER WHEN A GOAL IS SCORED OR THE TIME HAS EXPIRED.
3. IF THE SCORE STILL REMAINS TIED AFTER TIME HAS EXPIRED FOR SUDDEN VICTORY, WE WILL HAVE PENALTY STROKES.
 - A.) PENALTY STROKES SHALL BE TAKEN ALTERNATING THE ATTACKERS AND GOALKEEPERS AT THE SAME GOAL CHOSEN BY THE OFFICIALS.
 - B.) EACH COACH SHALL PRESENT A LIST OF FIVE STROKERS TO THE OFFICIAL. THE PLAYERS MUST STROKE IN THE ORDER LISTED 1 THROUGH 5.
 - C.) THE WINNER OF THE COIN TOSS SHALL CHOOSE WHETHER TO START ON OFFENSE OR DEFENSE (REFER TO THE RULE BOOK PAGE 66 UNDER PENALTY STROKES)
4. IF THE SCORE IS STILL TIED AT THE END OF THE PENALTY STROKES, WE WILL GO TO SUDDEN VICTORY PENALTY STROKES. THE FIRST TEAM AWARDED MORE GOALS THAN THE OPPONENT, AFTER AN EQUAL NUMBER OF STROKES SHALL BE DECLARED THE WINNER.

TOURNAMENT GAMES: TOURNAMENT GAMES WILL BE TREATED THE SAME AS REGULAR LEAGUE GAMES. IF YOU GET HALF A GAME IN IT IS A COMPLETED GAME. IF YOU DO NOT COMPLETE THE FIRST HALF IT IS A SUSPENDED GAME. THE SEMI-FINALS AND FINALS WILL BE PLAYED TO COMPLETION.

2. **SUBSTITUTION:** SUBSTITUTION WILL BE BETWEEN THE 12 MINUTE PERIODS OR DURING THE GAME. IF THE PLAYERS ARE ENTERING THE GAME DURING PLAY, THE OFFICIAL WILL NOT BLOW THE WHISTLE AND STOP PLAY. THE PLAYER WILL WAIT AT THE 50 YARD LINE AND SIGNAL THE PLAYER SHE IS REPLACING. ONCE THE CURRENT PLAYER HAS SPRINTED TO THE 50 YARD LINE AND COMES OFF THE FIELD, THE AWAITING PLAYER MAY MOVE ONTO THE FIELD.
3. **HIGH STICKS:** THE OFFICIALS SHOULD CALL HIGH STICKS WHEN A PLAYER'S STICK COMES ABOVE HER SHOULDERS. THEY SHOULD WATCH CLOSELY FOR DANGEROUS LOFTS ON FREE HITS. SCOOPS AND FLICKS ARE NOT ALLOWED ON FREE HITS. PLAYERS MAY NOT LIFT THE BALL ON A SIDE-IN OR LONG HIT. THE BALL MUST STAY ON THE GROUND. HAND STOPS OF ANY KIND ARE NOT ALLOWED.
4. **PENALTY CORNERS:** DURING PENALTY CORNERS, PLAYERS ON THE DEFENSIVE TEAM (NOT DESIGNATED TO BE BEHIND THE GOAL LINE) WILL NEED TO RUN THE 50 YARD LINE.
5. **UNIFORMS:** MATCHING SHIRTS WITH FOUR INCH NUMBERS ON THE FRONT AND 6 INCH NUMBERS ON THE BACK ARE REQUIRED. MATCHING SHORTS OR KILTS MAY BE WORN. TWO DIFFERENT COLORS OF SOCKS ARE REQUIRED, A DARK PAIR AND A LIGHT COLOR PAIR. THE HOME TEAM WILL WEAR THE LIGHT COLOR AND THE VISITORS WILL WEAR THE DARK.
6. **NO JEWELRY OR BARRETTES.** RULEBOOK PAGE 12, RULE 1, ART. 5 & 6.