

# 2011 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 1<sup>st</sup>. No practices, workouts, or try outs are allowed before the designated starting date for Field Hockey.

**CONTRACTS:** Contracts must be in the CSAA office no later than June 1<sup>st</sup> (NO EXCEPTIONS). Contracts must be in the CSAA office before a player can play. No contracts will be accepted after the completion of the regular scheduled league games.

**ROSTERS:** Team Rosters must be turned into the CSAA office no later than June 1<sup>st</sup> (NO EXCEPTIONS). Contracts that still need to be turned in may accompany the roster. This is the official eligibility form for Field Hockey. Players may be added to the roster during the regular scheduled league games.

**PENALTY:** Failure to submit your roster by the June 1<sup>st</sup> deadline will result in automatic forfeiture of all games and suspension of the head coach until the roster is turned into the CSAA office.

**DISQUALIFICATION:** If a coach or player is ejected during a game he or she is automatically suspended for one game. They must be re-instated by the CSAA before they are permitted to play or coach.

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

**AGE LIMIT:** 8TH grade – If a girl reaches her 15<sup>th</sup> birthday before August 1<sup>st</sup> of the current school year, or is in the 9<sup>th</sup> grade or over, she is ineligible for grade school athletics.

6<sup>TH</sup> grade - If a girl reaches her 13<sup>th</sup> birthday before August 1<sup>st</sup> of the current school year, or is in the 7<sup>th</sup> grade or over, she is ineligible for grade school athletics.

**COACHES ARE RESPONSIBLE FOR PARENTS AND FANS:** Coaches are responsible for parents/fans during and after a game who display any unsportsmanlike conduct / abusive language. Parents/fans 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 TOURNAMENT.

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

**FORFEIT OF GAME:** Teams must give the CSAA office 48 hours advance notice if they are unable to field a team for any scheduled game. **Failure to do this will result in their Parish being fined \$100.00**

**SUSPENDED GAME:** For League and Tournament Play – Please Read Carefully

If a game is suspended in the 1<sup>st</sup> half it will be restarted at the point of suspension.

If a game is suspended in the 2<sup>nd</sup> 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 to resume play after the last flash of lightning is witnessed or thunder is heard. The waiting duration shall not exceed one hour past the finish time of the scheduled game. (EX 6-7:30 game suspended, if the re-start is after 8:30 the game must not be played).

## **SPECIAL RULES:**

1. **PLAYING TIME:** 8<sup>th</sup> and 6<sup>th</sup> grade games will consist of four 12 minute quarters.  
**We Will be using the SELF START RULE at both levels.**

**DURING LEAGUE PLAY** At the end of regulation time if the score is tied, it will remain a tie.

Mercy Rule: If a team is ahead by 10 at the half, or goes ahead by 10 after the start of the second half, the game is over.

### **FOR TOURNAMENT PLAY THERE WILL BE OVERTIME.**

1. There shall be a five minute overtime period with six field players and one goal keeper.
  - A). A coin toss is held to choose which team will be on offense or defense to begin the overtime period.
  - B). Teams do not change goals at the end of game regulation.
2. If the score still remains tied, there will be another five minute sudden victory with six 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 death victory.
  - B). The teams do not change goals.
  - C). The overtime is considered final 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 thru 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 death 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 half a game is played it is a complete game. If the first half is not completed it is a suspended game. **The semi-finals and finals will be played to completion.**

2. **SUBSTITUTION:** Substitution will be between the twelve 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 fifty yard line and signal the player she is replacing. Once the current player has sprinted to the fifty 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:** The ball does not have to come out of the circle first. The penalty corners will be used at the end of each quarter as well as the end of each half. During penalty corners, players on the defensive team (not designated to be behind the goal line) will need to run the fifty yard line.
5. **FREE HIT: Free hit outside the circle** – the ball needs to be placed on the broken circle hash marks. Players from either team cannot be between the hash marks and the top of the circle during the initial hit. The ball can be hit directly into the circle.  
**Fee hit** – The ball must go at least one yard before it can be contacted by a member of the same team. If the ball does not go one yard, the opposing team can take control and if not, the play will be blown dead and the ball given to the opposing team for a free hit.
6. **UNIFORMS:** Matching shirts with four inch numbers on the front and six 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 pair. The home team will wear the light color and the visitor will wear the dark.
7. **NO JEWELRY OR BARRETTES:** RULEBOOK PAGE 12, RULE 1, ART. 5 & 6.
8. **NEW: EYE-WARE PROTECTION IS MANDATORY:** Players must have the eye-wear protection on or the player/s will not be allowed to play. If a whole team arrives for a game with no eye-wear protection, **the game will not be played and will be considered a forfeited game.** Also note that the "Lacrosse Only" goggles are not permitted to be used in field hockey

