

***NCAA FIELD HOCKEY
RULES MODIFICATIONS
2011***

DIVISIONS I, II & III



Effective August 1, 2011



2011 NCAA RULES MODIFICATIONS

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IMPORTANT

The NCAA Divisions I, II, and III Field Hockey Championships will be conducted according to the FIH (International Hockey Federation) Rules of Hockey and **the following NCAA Modifications.**

All competing NCAA Institutions must have full knowledge of *both* the official “Rules of Hockey” and the “NCAA Modifications” and must compete according to and within all rules as noted.

Please Note: USA Field Hockey has reprinted and published the “*Rules of Field Hockey*” with permission from the International Hockey Federation. It is exactly the same rules and interpretations as the international version. The rules can be downloaded from the FIH website at www.fih.ch. Click on Sport, then Rules, then Rulebook Outdoor 2011.pdf.

2010 NCAA RULES MODIFICATIONS

****changes indicated in bold****

PLAYING THE GAME

1. FIELD of PLAY

On multi-lined (use) fields, the 23-meter line (25 yd.) must be clearly distinguishable from all other non-field hockey lines. If the 23-meter line (25 yd) is not clearly distinguishable, six X's must be marked on the 23-meter line (25 yd.), intersecting the line every 10 yards, with the lines of the X's being one yard long.

---X-----X-----X-----X-----X-----X---

It is permissible for a player to add water in the area of the 10-meter mark (injection area) during a penalty corner provided there is no delay of the game.

2. COMPOSITION of TEAMS

2.1 Goalkeeper/Designated GK:

- a. In the event of a defensive penalty corner or penalty stroke, a player acting as goalkeeper (kicking back) must wear; a throat protector, helmet incorporating fixed full-face protection, and distinguishing jersey.
- b. A designated goalkeeper may wear a chest protector underneath the distinguished colored jersey. It is permissible for the designated goalkeeper to remove the helmet and roam the field with the chest protector under the jersey. No chest protector is allowed to be worn over the jersey.

2.2 Substitution:

- a. Each team shall have substitution cards, which must be kept at the scorers table. The home team shall provide a minimum of three substitution cards for each team.
- b. The designated area for substitution is 3-meters on either side of the centerline. It is recommended that this area be marked with cones.
- c. The exchange of the card between players at the sideline signifies the substitution has been made and the player may enter the game.
- d. On a penalty corner, regular substitution may occur as soon as the ball is played from the back line.
- e. When a timeout is called (by the team in possession) after a penalty corner has been called during a playing period or any extension to complete a penalty corner, substitution may not take place because the penalty corner is still in effect. *Exception:* injury, suspension, or disqualification to the defending goalkeeper.

- f. When play is stopped due to a player being injured and an athletic trainer, medical personnel or coach must come onto the field to attend to the player, the injured player must leave the field and a substitute may take her place. When the injured player is a goalkeeper, she may remain in the game.

3. PLAYERS' CLOTHING and EQUIPMENT

3.1 Uniforms:

- a. Game shirts must have a minimum of three-inch numbers on the front and six-inch numbers on the back.
- b. The numbers must be of a color clearly contrasting with the uniform top.
- c. Goalkeepers shall have their own uniform number. The solid color of the jersey must be in clear contrast from field players of both teams; goalkeepers of opposing teams may wear the same colored jersey.(i.e. A goalkeeper may wear black but not if either team is playing in navy blue, these colors are not in clear contrast.)
- d. **Goalkeepers must wear a shirt of a color different from that of their own team and that of their opponents. The shirt may not be white. Leg guards, kickers and hand protectors may not be white. (Note: this is right out of the FIH regulations, if you prefer to eliminate “the shirt must not be white” let me know.**
- e. Game shirts worn by the designated home team must be predominately light or white, and game shirts worn by the designated away team must be predominately dark.
- f. **Exposed gear worn under the game uniform by the designated home team must be light (e.g., white gear with yellow game shirts) and exposed gear worn under the game uniform by the designated away team must be dark (e.g., black gear with navy game shirts).**
- g. Turtlenecks and/or tights worn by team members must be identical in color.
- h. The color of the socks and/or shin guards must be consistent with team uniform colors and of a contrasting color of the opposing team. It is the responsibility of the home team to wear socks and/or shin guards in clear contrast to those worn by the visiting team. In the event that the colors are not of contrasting colors, the home team will be required to change.
- i. A team whose game shirts do not meet the above requirements will be given the opportunity to change game shirts.
 - o A team that is unable to or chooses not to change will be assessed a yellow card with a five minute suspension served by the captain.

3.2 Blood Rule:

- a. If a player incurs a wound that causes bleeding, the umpire must stop the game at the earliest possible time.
- b. The wound must be evaluated by an athletic trainer or medical personnel (the person or persons in charge of the team's medical needs). This will be considered an injury time out (see rule 2.2 f).

- c. When a player's uniform or equipment, has blood on it (whether it is the player's blood or somebody else's blood).
 - ❑ The umpire must stop the game at the earliest possible time to have the uniform and/or equipment evaluated by medical personnel.
 - ❑ If the team's medical personnel determine that blood has saturated the uniform and/or equipment the player must change the bloodied item and play shall resume after a maximum of two minutes.
 - ❑ In this situation, a number change may occur. The new number must be different from that worn by teammates on the field.
 - ❑ If saturation has not occurred, the player may continue to wear the uniform or equipment.
 - ❑ This is not considered an injury timeout.

4. MATCH and RESULTS

4.1 After Goal Scored:

- a. Game clock shall be stopped after a goal has been scored.

4.2 Halftime:

- a. The length of halftime will be ten (10) minutes with the halftime clock starting immediately at the conclusion of the first.

4.3 Timeouts:

- a. One timeout per team per game shall be permitted.
- b. The timeout will be a two-minute timeout administered by the umpires.
- c. A timeout can be called after a goal or during a dead-ball situation by the team with possession of the ball.
- d. Any coach or player on the field can call a timeout.

Point of Emphasis: It is not permissible for anyone from the bench area to enter the field of play to call a timeout.

- e. The timeout can be used at any time during regulation and the seven versus seven overtime periods.
- f. At the 1:45 minute mark of the timeout a warning signal will be made – by the umpires – and an umpire will notify each coach of the signal.
- g. A second signal will be made at the 2:00 minute mark and play must be resumed immediately.
- h. If a team delays in returning to the field, the captain will be carded for delay of game.

4.4 Countable and Championship Games:

- a. For selection and ranking purposes, the respective NCAA field hockey committee will only consider games that include two periods of 35 minute each, with ties played off by using up

to two 15 minute sudden victory periods and penalty strokes. (See tied games below for tie breaking procedures).

- b. A suspended game shall be resumed at the point of suspension. See countable games section in the respective NCAA Divisions I, II, or III Field Hockey Championships Handbooks (visit the NCAA Website at www.ncaa.org).

5. TIED GAMES

5.1 Tied Games:

[Note: The following overtime procedure shall be used when a game is tied at the end of regulation play.]

- a. A tied game will be broken to determine the winner by playing up to two 15-minute "Sudden Victory" periods of teams consisting of seven team players (of which one may be a goalkeeper). All game rules apply with the following modifications
- b. There will be a five-minute break between the end of regulation and the first overtime period, and a two-minute timeout between the overtime periods.
- c. Coin Toss: A toss of the coin for the first overtime period will determine ball possession or direction of attack. If a second overtime period is necessary, the team that lost the coin toss in the first overtime period will have the "choice" of ball possession or direction of attack. The visiting team will call all coin tosses.
- d. Each team will begin the first overtime with seven players, one of which may be a goalkeeper, unless players were disqualified or have not completed a suspension during any previous playing period.
- e. **Any player who has been disqualified (Red Carded) during regulation play is not eligible for the overtime period and the team plays short for the entire overtime. A player suspended (Yellow Carded) during regulation play would be eligible at the completion of the suspension timeframe. The team plays short until the suspension is completed.**

Any player who has not completed a suspension or was disqualified during the overtime periods shall not be eligible for penalty strokes.

- f. On Penalty Corners: The defending team is permitted to have only four team members (of which one may be a goalkeeper) behind its goal line.
- g. The game is completed as soon as a goal is scored.
- h. If the score remains tied at the end of the second overtime period: A series of penalty strokes will be taken.
 - A coin toss will give a team the choice to attack or defend.
 - Five players from each team shall take a penalty stroke alternately against the same goalkeeper from the opposing team.
 - The coach of each team will be given the maximum of two minutes to turn in the lineup for penalty strokes.
 - The team awarded the highest number of goals shall be the winner.
 - Once the stroke procedure is decisive, the game shall be complete and no more strokes need to be taken.

- i. If no decision is reached after the first series of Penalty Strokes:
 - ❑ A “Sudden Victory” procedure will be used to break the tie.
 - ❑ There will be a second series of penalty strokes taken by the same group of players.
 - ❑ The order may be changed but not the players.
 - ❑ The team who defended first in the first set will stroke first in this set.
 - ❑ The first team awarded more goals than its opponent after an equal number of strokes shall be the winner.
 - ❑ Every player of the five selected must stroke before a player may stroke again.
- j. If an overtime game goes into penalty strokes, a total of one goal (team goal) is awarded for the winner of the set rather than the number of goals scored in the set.

6. CONDUCT OF PLAY: PLAYERS, GOALKEEPERS, and COACHES

6.1 Green Card.

A green card may be issued to the head coach as a warning prior to assessing a red card.

Point of Emphasis:

The head coach is responsible for actions of their team bench area and shall receive any card assessed related to bench decorum.

6.2 Yellow Card.

- a. Any player on the field receiving a yellow card shall be suspended from the game for a minimum of five minutes. A suspended player shall be seated at the scorer’s table on side opposite from her bench.
- b. The umpire will notify the scorer’s table of the suspension time when the penalty is called. If additional time is assessed to the player during the suspension due to conduct, then the umpire will again notify the scorer’s table of the additional penalty time.
- c. A member of the table personnel will notify the player when the time of suspension has expired. Normal substitution rules must be followed for re-entry.
- d. **Yellow Card suspensions do not apply to coaches or bench personnel. Carding of a coach for bench decorum issues will be either a warning (green) or disqualification (red).**

6.3 Red Card:

- a. A player, bench personnel or coach receiving a red card shall be ejected from the game, shall leave the premises of the field of play and shall sit out the next regularly scheduled game, including postseason games. Should a player, bench personnel or coach receive a red card in the last game of the season (including post season games) the suspension would carry-over to the first game of the following season (exhibitions and/or scrimmages do not satisfy the suspension).

The Head Coach shall receive any red card assessed to their team bench area and will be required to leave the field of play.

Point of Emphasis: It is expected and understood by the NCAA Committee that umpires have the responsibility to deal with misconduct from the bench area in a professional but firm manner. The issuance of any card to the bench area is at the discretion of the umpires alone and cannot be reversed.

There is no procedure for appealing or rescinding any red card issued to a coach or player.

The following shall be regarded as conduct which is improper, unfair, and unacceptable and may result in a warning or disqualification.

- (a) Verbal/physical abuse or hostility towards any other participant, person or any other member of the public.
- (b) Disputing, protesting and/or reacting in a provocative or disapproving manner in an inappropriate way toward any decision made by an umpire or official.
- (c) Feigning injury and/or overreacting to an alleged breach or decision
- (d) Charging or advancing towards an umpire or technical official in an aggressive manner when appealing.
- (e) Using rude or abusive language or hand signals.
- (f) Abuse of hockey equipment or clothing, venue equipment or fixtures and fittings.

A coach serving a game suspension shall be restricted to the designated spectator area and is prohibited from any communication or contact, direct or indirect, with his or her team, assistant coaches and/or bench personnel from the start of the contest to its completion.

- b. If a coach is red carded and refuses to leave the site of the contest within a reasonable amount of time (three minutes), the game shall be declared ended, and the opposing team shall be awarded the win (score becomes 1 – 0). THE GAME SHALL COUNT AS A COUNTABLE GAME.

- 6.4 **Misconduct by spectators should be brought to the attention of the field administrator. It should be noted that use of profane and/or vulgar language, and/or harsh treatment towards any participant of the game by spectators shall not be tolerated.**
- 6.5 **Regulation game player suspensions (Yellow Card) and player/coach disqualifications (Red Card) will carry over into overtime play and penalty stroke competitions.**
- 6.6 Suspended players should be placed at the scorer's table on the side opposite from her bench.
- 6.7 Coaching of players who are suspended from play is prohibited except during time-outs or between periods.
- 6.8 The coaching of players who are participating in the game at the time when an injury timeout is called is prohibited.

6.9 Designated Bench Area: Failure to comply with the following will be considered misconduct and possible suspension. The bench area is defined as the area from the center line (50 yard line) to the 23 meter line (25 yards).

- a. The official party on the field must remain within the designated bench area during play.
- b. **Coaches and players in the bench area must remain behind a clearly marked restraining line (a minimum of five yards from the sideline if five yards is not available, as close to five yards as possible).**

Point of emphasis: The area from the restraining line to the sideline must be kept clear for the umpires to see and position themselves as they see fit. Interference to the sight line or movement of an umpire can result in a green card warning or possible red card for persistent violations of the designated bench area rule.

- c. Spectators are not permitted behind the goal area and must be at least 10 yards behind the end line, and a minimum of five yards from the sideline.

6.10 Electronic Communication: Electronic communication between team personnel in any location other than the bench area as defined in 6.9 (i.e. video platform) and the team bench area is permissible. There shall be no direct communication, neither verbal nor signal, between team personnel located in any location other than the bench area and players on the field.

FIELD and EQUIPMENT SPECIFICATIONS

7. VISIBLE CLOCKS

7.1 Visible Clocks:

- a. Visible clocks are required.
- b. The visible clock will be the official game clock. The on-field umpires or alternate umpire shall keep a back-up clock. The time kept by the on-field umpires or alternate umpire will become the official time in the event of a clock malfunction.
- c. Players shall play to the whistle not the horn. If the penalty corner is not finished, then play continues until the umpire stops play.

8. EQUIPMENT

8.1 Equipment:

- a. All field players have the option to wear soft headgear.
- b. Field players are permitted to wear throughout a game only a smooth preferably transparent or white but otherwise dark plain colored face mask which fits flush with the face, soft protective head covering or eye protection in the form of plastic goggles (i.e., goggles with a soft-covered frame and plastic lenses. A caged frame cannot be worn).
- c. All field players and the kicking back are required to wear a mouthguard at all times. [NOTE: Failure to comply with this rule will be considered misconduct]. Mouthguards for goalkeepers are strongly recommended.
- d. Goalkeepers must wear a throat protector and chest protector at all times.
- e. Goalkeepers are required to wear appropriate protective headgear; a helmet incorporating fixed full-face protection and cover for the head including the back of the head.

GUIDANCE

9. ADDITIONAL INFORMATION

- a. **The use of a designated bench area shall be enforced during all games. No one other than the players on the field are permitted to enter the field of play without permission of the umpires.**

- b. A coach or team representative is only permitted to interact with umpires pre and post game with the opposing coach or team representative present.
- c. Prior to leaving the field of play, the official scorecard shall be signed by both umpires assigned to the game.
- d. Once the score card is signed, the game is official and any penalties assessed to a player, coach or bench personnel (yellow or red card) may not be overturned. The officials remain in charge of the site until they leave the field area.
- e. It is recommended that stick checks occur not later than 45-minutes prior to the start of the game.
- f. When a game is played at a neutral site, a team must be designated as the home team and the home team is responsible for ensuring that all game management responsibilities are confirmed.
- g. If a violation of 6.10 occurs, then it shall be communicated to the appropriate conference office for discussion and/or review.

Questions regarding interpretations of **NCAA Rules Modifications** shall be addressed to:

Steve Horgan
Rules Interpreter for NCAA
Phone: 302-668-7409
Email: shorgan@usafielddhockey.com

Questions regarding interpretations of **Rules of Hockey** shall be addressed to:

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