



# 7-v-7 FALL FIELD HOCKEY

## 2019 WOMEN'S LEAGUE RULES

Fall 7-v-7 Field Hockey rules. Some of the rules are for emphasis and some are modifications. Rules for the game are from the National Federation State High School Association.

**CONCUSSION AWARENESS:** All players should know the Symptoms of a Concussion and the Action Steps to take for a concussion. <http://www.aacounty.org/departments/recreation-parks/recreation/sports>

### **INCLEMENT WEATHER POLICY:**

Inclement weather hotline#: 410-222-7312 or check website:

<http://www.aacounty.org/departments/recreation-parks/cancellation-notice/index.html>

*Another option is to subscribe for text and e-mail alerts regarding field closures.*

### **Inclement weather decisions made by the County will be posted by 11am.**

If games have not been cancelled (*there will **NOT** be an update*), go to the field where the official will determine whether the game is playable. There will be one make-up date, at the end of the season, for games cancelled due to inclement weather.

**Thunder/Lightning/Unsafe Conditions:** In cases of thunder or lightning, play shall be stopped and all persons present shall wait in a safe place for 30 minutes from the last sound or sighting. If a second round of thunder or lightning is heard or seen within the first 30 minute time frame, the game will canceled by the lead official. The lead referee will be the final authority on all safety decisions.

**High Temperatures:** If the air temperature is over 90 degrees. A mandatory water break will take place after 12 minutes of elapsed playing time in each half. The water break will be no longer than 90 seconds.

### **Safety Turf Rules**

- Follow established Board of Education policies regarding use of athletic facilities.
- Coaches and Players only on the turf areas.
- Spectators should use the bleachers and not fields or track.
- Chairs are NOT allowed on the fields or track.
- Water ONLY on the turf. No gum allowed in stadium areas, near the turf field or track.
- Sunflower seeds are not allowed on the turf or track.
- Dogs are not permitted within the gates of the stadium or turf field areas.
- No tobacco products are allowed on school property or playing fields.

## **2019 7-V-7 ADULT LEAGUES RULES:**

1. Teams will play on a split field, 7-a-side. Each team must have at least six (6) players on the field; Goal Keeper position is not mandatory. If a team does not have the minimum number of players on the field ready to play with 10-minutes after start time, the team that is ready will have the option of accepting a forfeit.
2. First game on field shall begin at the scheduled time. Later games will begin 10 minutes after the end of the preceding game. Each game is allotted 1 hour of playing time.
3. Teams have the option to substitute a field player in lieu of a goalie.
4. Twenty-five minute halves with five-minute half time. One (90) second time out per game/per team.
5. Time will be kept on the field by the officials.
6. Players can only play on one (1) team.
7. Mouth guards must be colored not clear or white and worn by all players.
8. Shin guards covering the ankle bones and worn no lower than 1 inch below the knee cap are mandatory for all players.
9. Protective Eye Gear must meet the ASTM standards and must be worn by all field players in the HS league. Eye protection gear is optional for the Adult league.
10. Hard and unyielding items (guards, cast, braces, etc.) worn on the hand, arm, forearm, elbow, upper arm or shoulder must be padded with a closed cell, slow-recovery foam padding no less than 1/2" thick (no bubble wrap). There must not be any protruding broken fingers. Knee and ankle braces which are unaltered do not require additional padding.
11. Jewelry shall not be worn by any player.
12. Defenders must move back 5 yards during a free hit. If the 5 yards is not given, the defensive player may not play the ball until it has been touched by another player.
13. Penalty corner hits awarded at the end of the game will only be carried out if the scoring of the goal will influence the outcome of the game.
14. No goal can be scored by an attacker from the penalty corner hit until the ball has left the circle and then is brought back into the circle.
15. Green cards are 2 minutes of playing time. Yellow cards are a minimum of 5 minutes of playing time. The official may impose 10 minutes depending on the severity of the foul and the team will play short. Straight red cards are an immediate disqualification of the player, the team will play short and the opposing team awarded a penalty stroke.
16. Any player receiving a red card for unsportsmanlike conduct will not be allowed to play in team's next two scheduled games. Conduct that is of a threatening nature or incites behavior that could cause assault and bodily harm to spectators or participants will be cause for expulsion from the league. Coaches/Captains are subject to receiving cards for player misconduct.
17. Coaches/Captain: Only one on the field per team. She is the only person who is allowed to confer with the official and only at the appropriate time.
18. All players, coaches and spectators are subject to the rules and regulation in the A.A. County Recreation and Parks Guidelines and Reference Manual; as well as, carded offenses by the officials.
19. Spectators must be on the opposite side of the field of all players and coaches.
20. All Fields are Tobacco-Free Zones. Smoking, Vaping and use of Tobacco are prohibited on school property and there is a 100-yard Tobacco-Free Zone at all County Park fields.
21. Alcoholic Beverages are prohibited on or near the fields.