



SPRING 7v7 FIELD HOCKEY

2019 LEAGUE RULES

Below is a list of rules for Spring Field Hockey. 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/RecParks/sports/ConcussionAwareness.cfm>

SCHEDULES AND STANDINGS: The schedules will be updated weekly. Please email game results within 12 hours of play to RPSHAL96@AACOUNTY.ORG. The schedules and standings for the Field Hockey Season will be available at www.aacounty.org/recparks

INCLEMENT WEATHER POLICY:

Register online to receive text notice alerts for Inclement Weather Cancellation. If information has not been updated, decision will be made at the field.

Inclement Weather: www.aacounty.org/departments/recreation-parks/cancellation-notice/index.html

Inclement weather decisions made by the County will be posted by 4pm.

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 a limited number of make-up dates, at the end of the season, for rain-out games.

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.

ALL LEAGUES

1. **Players can only play on one (1) team.** Players cannot play down, but they can play up. Players playing on a high school field hockey team may **not** play in the Girls County leagues.
2. Spectators must be on the opposite side of the field of all players and coaches.
3. There will only be a maximum of three (3) coaches allowed on each team sideline at any time. The (3) coaches include the timer and scorekeeper.
4. 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. Alcoholic Beverages are prohibited on or near the fields at any time.
5. No Jewelry.
6. Mouth guards must be colored not clear or white and worn by all players.
7. Shin guards covering the ankle bones and worn no lower than 1 inch below the knee cap are mandatory for all players.
8. 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.
9. Protective Eye Gear must meet the ASTM 2713 standard and must be worn by all field players.
10. Coin Toss will determine possession of ball OR which goal to defend.
11. Timeouts can only be called when team has possession.
12. Coaches are encouraged to use their designated captains for any questions to the officials. Comments or concerns should be made in writing to the Sports Supervisor.
13. 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, cardable offenses by the officials.
14. Emphasis will be placed on high sticking (dangerous play rule, hacking (stick obstruction rule) and good sporting behavior.
15. Players shake hands, not sticks following games.

GAME RULES

Games will follow NFHS Rules with the following exceptions;

1. **Teams will play 7 v 7**, playing on a split field. Can start with 5 players.
2. The Self Pass Option can be used. Based on the shortened field, all areas of the rule that cite the 25 yard area is replaced with "midline of the field." All players are required to be 5 yards away from a restart.
3. With appropriate open space and no players approaching, field hockey players will be permitted to raise their sticks above the shoulders to stop, receive and deflect or play the ball. All NFHS rules/guidelines will apply to the usage of this highly skilled technique.
4. Running Clock: 20 minute halves, time only stopped for injuries, and timeouts (1 per team). 5 minute half time.
5. No equipped goalie required to start game.
6. In lieu of corners, long hits will be taken.

