SUMMER FIELD HOCKEY

2020 League Rules

COVID-19 Guidelines for Return to Play is in effect.
If the answer is 'Yes' to either question, please stay home.

- In the last 10 days, have I experienced any Covid-19 symptoms or have I tested positive for COVID-19? Please check your temperature prior to arrival, over 100 degrees = stay home.
- In the last 24 hours, have I been in contact with someone who has a known case of COVID-19?

- The coach/adult representative will maintain the list of players who attend each game.
- It is important that everyone continues to observe ALL social distancing guidelines.
- There will be a limit of one spectator per player.
- Coaches, players, and spectators must wear a mask unless they playing on the field. When on the playing field players do not need to wear a mask. However, when the player returns to the sidelines, they should wear a mask. The mask for the Official while on the field is optional. The coach/adult representative must wear a mask.
- Coaches, players, and spectators should follow physical distancing guidelines (6 feet away or more) whenever possible.
- Players on the sidelines should be spaced out. Players should place their bags, water, and equipment at a reasonable distance apart and return to their bag during breaks. Each player should remain at their bag until they return to the field or leave.
- There will be 30 minutes between games to clear the field. Please do not go to the field until 10 minutes before the scheduled game time. And please leave the field immediately after the game. Do not congregate at the field or in the parking lot.
- Players/coaches should avoid or limit contact, such as high fives, team huddles, arms around players, snacks, sharing water bottles/drinks, equipment, etc.

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
INCLEMENT WEATHER POLICY:

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.

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 lightening 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.

ALL LEAGUES

Rules for the Summer Field Hockey league follow the National Federation State High School Association Guidelines.

1. Players can only play on one (1) team.
2. Spectators must be on bleacher stands or their own chair outside the fence of the stadium
3. There will only be a maximum of two (2) coaches allowed on each team sideline at any time.
4. No Jewelry.
5. Mouth guards must be colored not clear or white and worn by all players.
6. 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 ½” thick (no bubble wrap). There must not be any protruding broken fingers. Knee and ankle braces which are unaltered do not require additional padding.
7. Protective Eye Gear must meet the ASTM 2713 standard and must be worn by all field players.
8. Coin Toss will determine possession of ball OR which goal to defend.
9. Timeouts can only be called when team has possession.
10. 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.
11. All players, coaches and spectators are subject to the rules and regulation in the A.A. County Recreation and Parks Guidelines and Reference Manual.
12. 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.
13. Alcoholic Beverages are prohibited on or near the fields.
14. Emphasis will be placed on high sticking (dangerous play rule, hacking (stick obstruction rule) and good sporting behavior.
**7v7 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. Goal Keeper position is not mandatory.
6. In lieu of corners, long hits will be taken from the side line 5 yards up from the end line.