



1 Harry S Truman Parkway, Annapolis, MD 21401
Sports Supervisor: Georgette Shalhoup rpshal96@aacounty.org (410) 222-7865

2023 Official Youth Field Hockey Rule Modifications

Inclement weather: www.aacounty.org/departments/recreation-parks/cancellation-notice/index.html
Please sign up for text and e-mail alerts regarding field closures. Click on the cancellation link for more information.

COACHES INFORMATION:

BACKGROUND CHECK: As a prerequisite for participation (practice or games), ANY adult who has care, custody or control of youth participants in any youth program or activity is required to successfully complete a background check. Head coach must make sure that all assistant coaches have a current background check with Anne Arundel County Recreation and Park. <http://www.aacounty.org/services-and-programs/volunteer-background-check>

CONCUSSION AWARENESS: In compliance with the *Maryland Youth Concussion Law*, each youth organization within Anne Arundel County is required to complete and keep on file the Concussion Awareness Form. All coaches should know the Symptoms of a Concussion and the Action Steps to take for a concussion. All players and parents must read and complete the A.A. County Recreation & Parks Concussion Awareness form through the TeamSports Portal

COACHES PLEDGE & TRAINING: Prior to coaching, the head coaches must watch the (5) training modules and upload training certificates on their "My Info" page in the Team Sports Portal when completed. Assistant coaches must sign the Coach's Pledge through the TeamSports Portal.

POLICIES: All teams, coaches and spectators must follow the Anne Arundel County Guidelines and Reference Manual, which can be found online. http://www.aacounty.org/departments/recreation-parks/forms-and-publications/RecPark_Guidelines_Reference_Manual.pdf

ROSTERS PACKETS: DUE SEPT 6, 2023 Team rosters, player contracts and coaches code of ethics must be uploaded into the Team Sports Portal under "Manage My Team". Must have parent's email for roster. The parent will receive an email that will provide instructions on how to complete the Player's Contract and Concussion Form. If the coach already has the Players Contract/Concussion Form, acknowledge on roster that you have the forms, then please contact Sue to set up a google drive for them.

PLAYER ELIGIBILITY:

<u>LEAGUES</u>	<u>ELIGIBILITY</u>	<u>DIVISIONS</u>	
STICKLETTES	K – 1 ST & 1 ST - 2 ND GRADE	Even & Mixed	6v6
PEE WEE	3 RD – 4 TH GRADE	3 rd , 4 th & Mixed	7v7
MIDDIE	5 TH & 6 TH GRADE	(A), (B) & (C)	11v11
JUNIOR	7 TH – 8 TH GRADE	(A), (B) & (C)	11v11

Players can only play on one (1) team. An ineligible player and the coach are liable for suspension and disciplinary action. Players playing on a High School scholastic field hockey team at any level may not play in the County leagues.

ROSTERS, PLAYERS' CONTRACT AND COACHES PLEDGE: Due: September 6, 2023

Deadline to add players: Junior & Middie players October 2, 2023. No Deadline: PeeWee & Sticklettes

LEAGUE START DATE

The fall youth field hockey league will begin on **Sunday, September 10, 2023**

INCLEMENT WEATHER POLICY

Inclement weather:

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

You may also sign up for text and e-mail alerts regarding field closures. Click on the cancellation link.

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.

If game cancellation is due to inclement weather and play has entered the second half, game counts as played. Rainout games will not be rescheduled, unless minimum number of "rained out" games (50%) have not been played.

If lightning is present, the officials must wait 30-min before resuming the game. This could shorten the game, as there are only 75minutes between games and it is the official's responsibility to keep the games on schedule...or close to schedule.

If a game is suspended during the game, efforts will be made to get as much of the game in within the scheduled time frame, this could mean the game would be shortened. If the game is suspended or canceled after half-time, it is considered a regulation game. If suspended or canceled before half-time *and there is time in the schedule for a make-up game*, the game *could* be rescheduled and will begin at the time of suspension of play.

HIGH TEMPERATURE (HEAT) WATER BREAKS - when the following situation exists:

- o 90 Degrees or above Air Temperature
- o One Minute Water Breaks are to be given at the first stoppage of play after 12 minutes of elapsed time during the first and 2nd quarter. 10 Minutes of elapsed time for Pee Wees. Goalies are allowed to water bottles outside of the cage, below the end line.
- o If the air temperature drops below 90 Degrees, no stoppage of play is required unless requested and agreed to by both coaches.
- o Game Clock will stop for one minute water breaks.
- o Half time will be reduced to 3 Minutes, if one minute water breaks are given.
- o Notification whistle to get players back on the field will be blown at 30 seconds into one minute water break and 2-1/2 minutes into half time. The players have 30 seconds to return to the field after the notification whistle is blown.

RESCHEDULING OF GAMES

The county will **NOT** reschedule games cancelled by the coaches or organizations.

REFEREE FEES - Head Coach of each team is required to have cash on the field to pay referee(s) for the games assigned by the County. Payment is Due BEFORE game begins.

Refs will not start the game until paid in full.

<u>STICKLETTES</u>	<u>PEE WEE</u>	<u>MIDDIES</u>	<u>JUNIORS</u>
Coach Refeed	\$25.00 team-1 ref	\$55.00/team-2 refs	\$60.00/team-2 refs

If one referee works when there is should be two referees, the one referee will be paid 1-1/2.

The fee is for 1 ref: Middie- \$ 41.25/team Junior- \$ 45.00/team

Note: number of scheduled games played may be less than assigned, due to inclement weather and scheduling conflicts.

OFFICIALS (NO-SHOW) - If no Officials show for an assigned game; the coaches can ref the game and the game cannot be protested; Official fee will be paid 1-1/2 times the fee.

FORFEITS – if Team B does not show, then Team B must pay the refs fee for both Team A & Team B. The official's fee for Team A & B **MUST** be paid by Team B **BEFORE** Team B can play any other scheduled game. Official's fee from Team B can be dropped off at the R&P office. All subsequent games are subject to forfeit until payment is received.

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.

MINIMUM PLAY

STICKLETTES, PEEWEE, MIDDIE & JUNIOR DIVISIONS - Each player in uniform shall play a minimum of **50%** of the game, based on roster size. Does not apply to High School League.

The guidelines shall be used in league and tournament play except in cases of illness, injury or disciplinary action.

STANDINGS & SCHEDULES:

The schedules and standings for the Field Hockey Season will be available at:

<https://www.aacounty.org/departments/recreation-parks/sports/adult-youth-sports/>

The schedules will be updated as reported. **Submit scores for the Middie & Junior leagues immediately after play.** Sticklette and Pee-Wee Leagues **do not** keep score or standings.

- Commissioners and Coaches can submit scores
- Select which function (role) screen - if applicable
- Coach
- Commissioner
 - Under Header Menu - click on **Manage Account**
 - Under Manage Account - click on **Coach's View**
 - Coach's View - click on Blue Box next to the coach's name



- Schedule & Scores Page will display, there will be an active link under the Our Score & Their Score, We Won/Loss columns after the game is played.
- Rain Delays - Please email the Sports Supervisor rpsal96@aacounty.org immediately for any rain delays or cancellations. If a game is suspended and canceled after half-time, it is considered a regulation game. If suspended and canceled before half-time and there is time in the schedule for a make-up game, the game will begin at the time of suspension of play.
- Forfeits - The team who forfeits must pay the official(s) for both teams at the start of the scheduled game. This means someone from the organization should go to the field and pay the official(s)...even in inclement weather.

Failure of winning team submitting game score could result in a LOSS!

DISCIPLINE ACTION FOR UNSPORTSMANLIKE CONDUCT

An ejected player, coach or parent will receive a minimum of an automatic two-game suspension; to be served during the next scheduled game, and probation for remainder of season. This punitive action may not be appealed. The ejected player, coach or adult must leave the immediate playing area and may not participate in the game in any manner.

The coach is responsible for the conduct of any person connected with his team at all times. This includes conduct towards the officials. Abuse to an official or an opposing player by a fan with no attempt by the management of the team to eliminate it will be dealt with by the Department of Recreation and Parks. If a coach feels that a problem spectator(s) is not a team supporter, the coach should request the official to remove the spectator from the vicinity.

LEAGUE PLAYING GUIDELINES

2023 leagues are playing High School Federation rules (with the below exceptions) and are governed by the Recreation and Parks Guidelines and Reference Manual.

ALL LEAGUES

1. **Players can only play on one (1) team.** Players cannot play down, but they can play up.
2. Spectators must be on the opposite side of the field of all players and coaches.
3. Uniforms - Teams must have numbered shirts (same color). Goalie jersey shall be the same color or contrasting color. Teams must have matching color leg protection.
4. Mouth guards: must be colored worn by **all** players. Mouth guards may be any color, white or clear and may cover the mouth in a "pacifier-like" manner. Goalies mouth guard can be attached to helmet.
5. Goggles may be worn by all field hockey players but not required. Face shield may be used for corners.
6. Field Hockey Shin guards are required to be worn and fit just below the knee. No more than 1/2 inch from the base of the kneecap and have ankle-padded protection.
7. Games may be played without regulation number of players; however, a goalie must be in full pads along with 4 field players to start the game.
8. *Officials will keep time on the field.*
9. Coin toss will determine possession of ball OR which goal to defend.
10. There will only be a maximum of three (3) coaches allowed on each team sideline at any time.
11. There will be (one) 90-second time-out per game, unless the heat rules is in effect. Players should hydrate during the quarter breaks and halftime.
12. Players may stop, receive and deflect or play the ball in a controlled manner, in any part of the field when the ball is at any height, other than above the shoulder.
13. Injury: The player can play with a cast on their arm if the cast has been wrapped in slow rising foam, (No bubble wrap), if there is not protruding broken finger(s). A doctor's note releasing the player to play.
14. The Substitution Area marked as follows on the same side of the field as the official's table, 10-yard wide area, 5 yards on either side of the center line, for all players including goalkeepers.
15. Fouls include rough and dangerous play and unnecessary delay of the game. For deliberate fouls by the defense inside the 25-yard line, but outside the circle, the official shall award a penalty corner.
16. Open space is not having a player in playing distance, Playing distance is able to reach and play the ball.
17. During captains meeting coach cannot ask for a rule interpretation. Coaches are encouraged to use their designated captains for any questions to the officials. Comments or concerns should be made in writing to your specific Organization's Field Hockey Commissioner.

JUNIOR LEAGUE

Playing by High School Federation rules with modifications:

1. (4) 12-minute quarters, 2 minutes between quarters with a 5-minute half-time. Running clock - time only stopped for injuries. One 90-second time-out per game.
2. All subs must wait in sub area until field player leaves.
3. Teams play 11 on 11. Must have a Goalkeeper in full goalie gear (Lacrosse Chest Protector is acceptable).

4. In case of a tie at the end of a regulation game, teams will play in (1) 7-minute OT, 7 v 7 sudden victory. (Jr league: after (7-min) sudden victory, if game is still tied, play 1-set of 1 v 1 sudden victory, alternating players. There will be 2 minutes between the end of the game and OT. At the end of the overtime play, if no team has a point advantage, the game will be reported as a tie.
5. Aerials are permitted. A defender approaches and is within playing distance in good defensive position the ball needs to return to the ground.

MIDDIE LEAGUE

Playing by High School Federation rules with these modifications:

1. (4) 12-minute quarters, 2 minutes between quarters with a 5-minute half-time. Running clock - time only stopped for injuries. One 90-second time-out per game.
2. All subs must wait in sub area until field player leaves.
3. Teams play 11 on 11. Must have a Goalkeeper in full gear (Lacrosse Chest Protector is acceptable)
4. In case of a tie at the end of a regulation game, teams will play in (1) 5-minute OT, 7 v 7 sudden victory. There will be 2 minutes between the end of the game and OT. At the end of the overtime play, if no team has a point advantage, the game will be reported as a tie.
5. Aerials are permitted. A defender approaches and is within playing distance in good defensive position the ball needs to return to the ground.

PEE WEE LEAGUE

Playing by High School Federation rules with these modifications:

1. (4) 10-minute quarters, running clock - time only stopped for injuries. 5 minute half times. One 90-second time-out per game.
2. Teams will play 7 on 7. Playing field is approximately 50 yards in length.
3. Substitutions on whistles only. All subs must wait in sub area until field player leaves.
4. "Kick" in the circle will not be scored as a Goal.
5. The third player Obstruction rule will not be enforced. If the amount of players on the ball is uneven and has more than two players per team, then the whistle will be blown. The team with fewer players will be awarded the ball.
6. Penalty corners will be given. 3 players back at midline.
7. Aerials and lifts not permitted.
8. Goalkeeper optional. If team uses goalkeeper, the goalkeeper must be in full gear. (Lacrosse Chest Protector is acceptable)

STICKLETTE LEAGUE

Playing by High School Federation rules with these modifications:

1. (4) 9 minute quarters, running clock - time only stopped for injuries. 5 minute half times. No Sticklette game will continue play after 50 minutes of the scheduled time. One 90-second time-out per game.
2. Teams will play 6 on 6. Playing field is approximately 50 yards in length.
3. Substitutions on whistles only.
4. "Kick" in the circle will not be scored as a Goal.
5. The third player Obstruction rule will not be enforced. If the amount of players on the ball is uneven and has more than two players per team, then the whistle will be blown. The team with fewer players will be awarded the ball.
6. One Coach from each team will officiate the game.
7. No Penalty corners will be given.
8. Aerials and lifts not permitted.

PLAY OFFS

There will be a Single Elimination Tournament the top 4 teams in the Junior and Middie leagues at the end of the season for each Division.

Standings will be determined by awarding best record overall. In the event of a tie for any placement, head-to-head competition will be the tiebreaker. If teams are still tied, a coin toss will be done for seeding purposes.

Teams will pay the officials for the first game of the tournament; the County will pay remaining games.

Additional tournament rules may be provided with playoff bracket.

Field Hockey Playoff Tie-Breaking Procedures - MPSSAA (Fall 2023)

- After regulation play, take a 3-minute break. Play up to two 5-minute 7v7 “sudden victory” periods.
- Perform coin toss with team captains. Winner of coin toss (visitors make call) chooses whether or not to take possession of the ball first. Teams do not change goals after the end of regulation for first 7v7.
- Substitution is permitted.
- Three defenders plus goalie back on penalty corners.
- Team shall start with 7 players unless someone was sitting out during regulation due to a card. That team will play short until the time on the suspension (GC/YC) is served. If a player was red-carded, that player is ineligible for overtime and the team shall play short for the rest of the game.
- If still tied after the first overtime, play another 5-minute 7v7 “sudden victory” period. Take 3-minute break, change goals and other team starts with the ball. GC/YC suspensions carry into the second overtime.
- If still tied after second 7v7, one set of five 1v1’s with follow-up shots will be taken alternately by each team. GY/YC players are not eligible for the 1v1’s if time on the card is not served.
- Umpires select goal at which the 1v1’s will be administered. One official keeps the 10-second clock and the other official umpires the 1v1’s. Players and coaches remain in the team area during the 1v1’s.
- Each coach presents a list of 5 players in shooting order to the official. A coin toss will determine which team shall shoot first. A player shooting out of order is considered a “no-goal” and correct player order resumes with the team’s next turn.

Attacker begins on 25-yard line and will have 10 seconds against opposing goalie (who begins on the goal line) to move the ball into the circle, take a shot and any follow-up shots as time permits.

Procedure ends when: there is a foul or violation by the attacker, 10 seconds has elapsed, a goal is scored, or the ball goes over the end line or side line. An unintentional foul by goalie shall result in the 1v1 being retaken. For an intentional foul by goalie, a penalty stroke is awarded (Any eligible player on the roster may take penalty stroke. Players currently serving GC/YC/RC penalties are not eligible).

If score is still tied after the first set of 1v1’s with follow-up shots has been completed then “sudden victory” 1v1’s with follow-up shots will be taken on an alternating basis.

Coaches shall present a list of any five eligible players from the roster to the official for the “sudden victory” 1v1’s. Players and/or the order may be changed.

The team not having the ball first in the previous set shall start the second set of “sudden victory” 1v1’s. Continue with “sudden victory” 1v1’s with follow-up shots on an alternating basis until one team is ahead after an equal number of 1v1’s has been taken and the tie is broken.

3-minute in-between OT periods.

Teams may sub in OT.