



# SUMMER FIELD HOCKEY

## 2025 LEAGUE RULES

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

**INCLEMENT WEATHER CANCELLATION:** Any cancellations will be posted on the Athletics Landing page of the Recreation & Parks website. <https://www.aacounty.org/recreation-parks/sports>

**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 everyone should 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 Temperature (Heat) Water Breaks - when the following situation exists:**

- 90 Degrees or above Air Temperature
- 1-Minute Water Breaks are to be given every 6 minutes. Half time will be reduced to 3 minutes, if one minute water breaks are given. Goalies are allowed to water bottles outside of the cage, below the end line.
- If the air temperature drops below 90 Degrees, no stoppage of play unless official approved.
- Game Clock will stop for one minute water breaks. Notification whistle to get players back on the field will be blown at 30 seconds into one minute water break and at 2-1/2 minutes into half time. The players have 30 seconds to return to the field after the notification whistle is blown.

## **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. Mouth guards must be colored not clear or white and worn by all players. Shin Guards must be worn.
5. 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.
6. Coin Toss will determine possession of ball OR which goal to defend.
7. 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.
8. All players, coaches and spectators are subject to the rules and regulation in the A.A. County Recreation and Parks Guidelines and Reference Manual.
9. 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.
10. Alcoholic Beverages are prohibited on or near the fields.
11. 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.

