

National Federation of State  
High School Associations



# 2011 NFHS National Field Hockey Rules Interpretation Meeting August 11, 2011



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## Rule 1-2-4c

- Delete the entire Alley sub article:
- c. **ALLEY** - The alley shall be marked by five hash marks, 2 yards in length, parallel to and 5 yards in from the outer edge of each sideline. These lines shall intersect the center line, each end line and each 25-yard line.
- **Rationale:** The use of the alley markings has been diminished since there is no situation that makes them functional.



# Rule 1-6-4

- Addition: "...shall have rounded edges." The player's stick shall weigh no more than 26 ounces and must..."
- **Rationale:** This rule change will bring the NFHS in line with the rules code. All sticks manufactured presently conform to the FIH guidelines.



# Rule 1-6-5

- **ART. 5.** . . .All field players shall wear eye protection that meets the current ASTM standard for field hockey. Protective devices are permitted as follows:
  - a. A face mask may be worn provided it is made of fiberglass or plastic and is molded to the face, rounded at all points and without sharp edges. It shall not be attached to any hard, unyielding headgear (even if padded).



## Rule 1-6-5 (continued)

- b. Soft headgear.
- **NOTE:** If worn on parts of the body other than the face, the umpire shall require protective devices to be covered or padded if a sharp edge or point is exposed.
- **Rationale:** Risk minimization.
  - More details about this rule change and frequently asked questions can be found in the Points of Emphasis section of this PowerPoint on slides xx-xx.



# Rule 1-6-6

- Modified:

“Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances.



## Rule 1-6-6 (continued)

- The accommodations should not fundamentally alter the sport, allow an otherwise illegal piece of equipment, create risk to the athlete/others or place opponents at a disadvantage.”



## Rule 1-6-6 (continued)

- **Rationale:** Clarifies that an individual state association may authorize exceptions to the playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs or other unique and extenuating circumstances.



## Rule 1-6-6 (continued)

- **Rationale:** Such exceptions are not considered rules modifications since they are not general in nature; rather, they are limited to the circumstances of specific individual participants.



# Rule 1-8-1

## New: **HEAD COACHES' RESPONSIBILITIES**

- **ART.1...**Head Coaches are responsible for:
  - a. Ensuring that their players are properly attired and legally equipped;
  - b. Ensuring that their players play in a good sportsmanlike manner.



## Rule 1-8-1 (continued)

- **Rationale:** Reinforces Rule 2-1-4c(5) which specifies that head coaches must verify the legality of the uniforms and equipment during the pregame conference with officials. The rule also puts in writing the responsibility of coaches to teach and expect good sportsmanship from their players. It remains the responsibility of officials to enforce the rules.



## Rule 2-1-4d

- Modified: "For uncovered open wounds or any blood on a player's uniform/equipment:"
- **Rationale:** Makes the rule less ambiguous. Any blood on a player, uniform or equipment must be dealt with appropriately.



## Rule 3-2-6

- Modified: " Penalty Corner is a means for an attacker to put the ball in play from a spot on the end line 10 yards from the nearer goal post. Legal strokes include a flick, drive and push.
- **Rationale:** A self-pass is not a legal stroke for a penalty corner or penalty stroke.



# Rule 3-3-10

- New: **Dribble** is a means for a player to maintain possession while moving the ball with a series of taps.
- **Rationale:** Dribbling is a basic field hockey technique.



# Rule 8-1 Penalty 7b & 7c

- Modified: "...b. **Second offense by the same player or a first offense involving rough and dangerous play, a deliberate foul, or other misconduct of a serious nature, a yellow card shall be issued to the offender. The offender shall be removed to the team bench area (suspension) for a minimum of five minutes of playing time, and her team shall play short during the suspension time.**



## Rule 8-1 Penalty 7b & 7c (continued)

- **The umpire may impose a time of five or ten minutes depending on the type and severity of the foul, and the timer shall be made aware of the amount of time for the foul before play resumes.**  
**“When a goalkeeper is suspended...the goalkeeper’s suspension.”**



# Rule 8-1 Penalty 7b & 7c (continued)

- **c. Third offense by the same player, a yellow or red card is issued to the offender. If a yellow card is issued, the time must be ten (10) minutes. The time of the suspension shall be recorded in the scorebook. If a red card is issued, the offender is disqualified from the game and her team shall play short. The game shall be restarted by awarding the appropriate penalty. See Note.**



# Rule 8-1 Penalty 7b & 7c (continued)

- **Rationale:** Allows the game official some latitude in penalizing misconduct fouls based on the type and severity of the foul. Also allows a second yellow card and more significant penalty for a subsequent misconduct foul by the same player.



# Rule 9-2 Penalty 4

- Modified: "**4. For a violation of the 7-yard restriction on a free hit within the 25-yard area:**
- a. **by the defense, another free hit or a penalty corner may be awarded to the attack;**
- b. **by the attack, a free hit is awarded to the defense.**
- **Rationale:** Clarification of the field location when a restriction occurs and the resulting award.



# Rule 10-2-6

- Modified: ..."**ART. 6.** ...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.
- **Rationale:** This change eliminates the need for the ball to be controlled. It would also provide additional risk minimization by incorporating more time for the defense to react to a shot on goal.



# Rule 10 Penalty 3

- Modified: ..."**3. For violations by the attack, a free hit shall be awarded to the defense.**
- **Rationale:** Editorial and omission from last year's publication.



# Rule 12 -1 Penalty 1

- Modified: ...1." **First offense a green card shall be issued to the offender and the head coach. The warning shall be recorded in the scorebook There shall be a change of possession if applicable.**



## Rule 12 -1 Penalty 2 (continued)

- **2. Second offense by the same team, a yellow card shall be issued to the offender and the head coach. The warning shall be recorded in the scorebook.**



## Rule 12 -1 Penalty 2 (continued)

- **The head coach of the offending team shall select one field player that will be removed from the game. The official will determine the length of time that the penalty will be served, either 5 or 10 minutes of elapsed playing time. The designated field player may properly substitute with another field player provided that the team plays short. There shall be a change of possession if applicable.**



## Rule 12 -1 Penalty 3 (continued)

- **3.Third offense or any offense deemed flagrant, a red card shall be issued to the offender and the head coach. The cards shall be recorded in the scorebook.**



# Rule 12 -1 Penalty 3 (continued)

- **The head coach and the offender are removed from the field and there shall be a change of possession if applicable.**
- **Rationale:** Codification of the penalty series to reflect consistent and more equitable enforcement.



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# Editorial Changes



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# Rule 2-1-1

- Modified: “The game officials maintain administrative responsibilities for the contest through the completion of any required reports or correspondence in response to any action occurring while the officials have jurisdiction. State associations may intercede in the event of unusual incidents after the officials' jurisdiction has ended or in the event that a game is terminated prior to the conclusion of regulation play.”
- **Rationale:** Editorial



# Rule 7-3-1

- Modified: "...**ART. 1**... The 16-yard hit shall be taken in line with the spot where the ball crossed the end line and up to 16 yards from the inner edge of the end line. All opponents shall be 7 yards away.
- **Rationale:** Editorial.



## Rule 9-1-4

- Modified: ..."**ART. 4**...If the attack is awarded a free hit within 5 yards of the circle, the hit will be taken on the broken line circle.  
All players other than the player taking the free hit must be at least 7 yards away from the spot where the hit is taken.
- **Rationale:** Editorial.



## Rule 9-2-1d

- Modified: ..."d. The ball is moved using a drive, push or self-pass."
- **Rationale:** Editorial.



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# Officials' Guide



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# Officials' Guide

## Section VI-B-6a

- Modified: ... "6a. The ball cannot be played into the circle by the taker until it has been dribbled 5 yards."
- **Rationale:** Editorial.



# Officials' Guide

## Section VIII-G (continued)

- **G. Penalizing Player Misconduct**
- 1. The umpire must always consider violations in light of whether they are repetitive non-dangerous fouls, deliberate actions, or dangerous play.



# Officials' Guide

## Section VIII-G (continued)

- 2. Guidelines for issuing cards
- a. When possible, umpires should use preventative officiating.
- b. For repetitive non-dangerous fouls, such as delaying the game by tapping the ball away on a free hit, or defenders on a penalty corner leaving the end line before the ball is injected, a green, yellow (5 min), yellow (10 min) progression would be appropriate.



# Officials' Guide

## Section VIII-G (continued)

- c. For deliberate actions, dangerous play or any form of taunting, a yellow card should be issued on the first offense, and a red card for any subsequent offense by the same player. Examples of this type of fouls would include but not be limited to: fighting, rough or dangerous play, intentional stick interference, and breakdown tackle.



# Officials' Guide

## Section VIII-G (continued)

- d. For any flagrant offense, the offender should be immediately red-carded and disqualified from further play. Examples of a flagrant offense would include a player swinging her stick at another player; profane and/or abusive language directed at an official or opponent and similar blatant acts.



# Officials' Guide

## Section VIII-G (continued)

- 3. Procedure for administering cards (not new just relocated in the rule)
  - a. Call time out.
  - b. Remain calm.
  - c. Beckon the offending player towards you (player walks two-thirds of the distance and the official walks one-third).
  - d. Standing near the player have her turn her back to the officials' table. Hold your arm extended overhead with the appropriate card and indicate the penalized player.



# Officials' Guide

## Section VIII-G (continued)

- e. The table-side official should check with the scorer to make sure that the correct number and the time of the penalty are recorded in the official scorebook before play is resumed.
- **Rationale:** Clarification of the role of the official when addressing player misconduct.



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# 2011 Points of Emphasis



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# Protective Eyewear UPDATE

- During the April 13, 2011 NFHS Board of Directors meeting, the decision was made to mandate protective eyewear for all field players.
- The NFHS specifically writes playing rules for high school field hockey players.



# Protective Eyewear UPDATE (continued)

- The NFHS rule is more permissive than FIH and NCAA which limit protective eyewear to polycarbonate lenses.
- The NFHS requires that the protective eyewear meets the current ASTM F2713-09 standard for either of the following products:
  - Polycarbonate (lens) protective eyewear
  - Wire protective eyewear



# Protective Eyewear UPDATE (continued)

- The protective eyewear mandate has prompted some fundamental questions about the proper use of protective eyewear.
- The following questions and guidance are provided for our member state associations and contest officials.
- All questions from parents and coaches should be directed to your local high school activities/athletic association.



# Protective Eyewear UPDATE (continued)

- Protective eyewear that meets the ASTM F2713-09 standard is available through numerous retail channels and at various retail price points.
- The product can be identified online by searching for “*Field hockey protective eyewear that meets ASTM F2713-09 requirements.*”
  - Over 1,800 results will appear in less than .40 seconds.



# Protective Eyewear UPDATE (continued)

- The product can be identified in retail stores by searching for “*Field hockey protective eyewear that meets ASTM F2713-09 requirements retail stores*” online.
  - Over 99 results will appear in .42 seconds.



# Protective Eyewear UPDATE (continued)

- Can players utilize the available face mask products in conjunction with protective eyewear for penalty corners?
- Yes, but note the following:
  - The current style of face masks available do not meet any type of domestic or international standard testing protocols.



# Protective Eyewear UPDATE (continued)

- Protective eyewear manufacturers do not have their products tested with face masks included.
- Protective eyewear manufactures assert that players who combine the two products assume all the responsibility for wearing them.



# Protective Eyewear UPDATE (continued)

- Who is responsible for inspecting the equipment prior to the beginning of a contest?
  - Initially, head coaches are responsible for their players being properly and legally equipped prior to the beginning of the field hockey season.
  - The game officials by rule verifies with both coaches prior to the contest that their players' uniforms and equipment are compliant.



# Protective Eyewear UPDATE (continued)

- What is the responsibility of the officials when the protective eyewear is struck by a ball or stick?
  - Game officials would summon the coach of a player if they determine that the player was struck by the ball or stick in the head or face area and is in the need of medical attention, just as they do for other injuries.



# Protective Eyewear UPDATE (continued)

- The ASTM standard states that “if the eye protector is severely impacted, short of failure, then the degree of protection provided will be reduced and the eye protector must be replaced.” “Failure to do so may result in permanent injuries to the eye.”
- The standard goes on to say, “that if a lens (polycarbonate style) pops out due to impact during play, the wearer should stop playing and have the protector replaced.”



# Use of Cards

- Use of cards is a teaching tool to inform the players, coaches of a violation of the rule. Spectators as well are alerted to the fact that an infraction has occurred and is being addressed. Issuance of a green card will result in a change of possession when appropriate.



## Use of Cards (continued)

- A second similar offense by a teammate may result in the next upgraded card.
- All red cards do not result in penalty strokes.
- Flagrant fouls by players and red cards require penalty strokes.



# Penalty Corner

- The overall sentiment with awarding penalty corners is control and the defensive team's responsibility. The penalty corner is awarded when the defense commits several infractions:
  - a. Commits a foul within the circle, which does not prevent the probable scoring of a goal;
  - b. Commits a deliberate foul inside the 25-yard line, but outside the circle;
  - c. Intentionally hits the ball over the end line.



# Penalty Corner (continued)

- If a penalty corner is awarded at the end of the first half, the game shall continue in order to complete the penalty corner.
- If the penalty corner is awarded at the end of the game, the game shall continue in order to complete the penalty corner unless scoring of the goal would not influence the outcome of the game.
- If time expires after the insertion from the end line, play shall continue until the penalty corner is completed.



# Coach's Responsibility

- For the head coach, the duties of controlling the sideline and team behavior includes being both accountable and responsible for the actions of assistant coaches and all other team personnel.
- Remember that the head coach is the only coach responsible for communications with officials, and it is not the role of the assistant coach to dispute or challenge the decision of the game officials.



# Coach's Responsibility (continued)

- In addition, the head coach is responsible to make sure that each player understands the rules, the required equipment and be in compliance prior to the start of a game.
- Game officials and coaches need to work together. Each contest is another opportunity for coaches and umpires to teach not only field hockey, but also model good sporting behavior as well.



# Coach's Responsibility (continued)

- The positive values that are learned will serve the players long after their athletic experience has concluded. Game situations typically provide a coach the opportunity to identify a teachable moment to reinforce good sporting behavior.



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Thank you.  
Have a great fall season!

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