

***NCAA FIELD HOCKEY
RULES MODIFICATIONS
2014***

DIVISIONS I, II and III



Effective August 1, 2014



2014 NCAA RULES MODIFICATIONS

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IMPORTANT

The NCAA Divisions I, II, and III Field Hockey Championships will be conducted according to the 2013 International Hockey Federation (FIH) Rules of Hockey and **the following 2014 NCAA Modifications.**

All competing NCAA Institutions must have full knowledge of *both* “The Official Rules of Hockey” and the “NCAA Modifications” and must compete according to and within all rules as noted.

Please Note: USA Field Hockey has reprinted and published “The Official Rules of Hockey” with permission from the International Hockey Federation. It is exactly the same rules and interpretations as the international version. The rules can be downloaded from the FIH website at www.fih.ch. Click on Rules, then Rules of Hockey, then Rules of Hockey 2013.

2014 NCAA RULES MODIFICATIONS

****changes indicated in bold****

PLAYING THE GAME

1. FIELD of PLAY

On multi-lined (use) fields, the 23-meter line (25 yd.) must be clearly distinguishable from all other non-field hockey lines. If the 23-meter line (25 yd) is not clearly distinguishable, six X's must be marked on the 23-meter line (25 yd.), intersecting the line every 10 yards, with the lines of the X's being one yard long.

---X-----X-----X-----X-----X-----X---

It is permissible for a player to add water in the area of the 10-meter mark (injection area) during a penalty corner provided there is no delay of the game.

2. COMPOSITION of TEAMS

2.1 Goalkeeper/Designated GK.

- a. In the event of a defensive penalty corner or penalty stroke, a player acting as goalkeeper (kicking back) must wear; helmet incorporating fixed full-face protection, throat protector and distinguishing jersey.
- b. **A designated goalkeeper may wear a chest protector underneath the distinguished colored jersey. It is permissible for the designated goalkeeper to remove the helmet and roam the field with the chest protector under the jersey. No chest protector is allowed to be worn over the jersey.**

2.2 Substitution.

- a. **The designated area for substitution is 3-meters on either side of the centerline. It is recommended that this area be marked with cones.**
- b. **When a timeout is called (by the team in possession) after a penalty corner has been called during a playing period or any extension to complete a penalty corner, substitution may not take place because the penalty corner is still in effect. *Exception:* injury, suspension, or disqualification to the defending goalkeeper.**
- c. **When play is stopped due to a player being injured and an athletic trainer, medical personnel or coach must come onto the field to attend to the player, the injured player must leave the field and a substitute may take her place. When the injured player is a goalkeeper, she may remain in the game.**

3. PLAYERS' CLOTHING and EQUIPMENT

3.1 Uniforms.

- a. Game shirts must have a minimum of three-inch numbers on the front and six-inch numbers on the back.
- b. The numbers must be of a color clearly contrasting with the uniform top.
- c. Goalkeepers shall have their own uniform number. The solid color of the jersey must be in clear contrast from field players of both teams; goalkeepers of opposing teams may wear the

same colored jersey (i.e., a goalkeeper may wear black but not if either team is playing in navy blue; these colors are not in clear contrast).

- d. Goalkeepers must wear a shirt of a color different from that of their own team and that of their opponents. The shirt may not be white. Leg guards, kickers and hand protectors may not be white.
- e. Game shirts worn by the designated home team must be predominately DARK, and game shirts worn by the designated away team must be of a CONTRASTING color from the home team.
- f. Exposed gear worn under the game uniform by the designated home team must be dark (e.g., black gear with navy game shirts). Any exposed gear worn under the game uniform by the designated away team must be of a CONTRASTING color from the home team.
- g. Exposed gear and/or tights worn by team members must all be the same color.
- h. The color of the socks and/or shin guards must be consistent with team uniform colors and of a contrasting color of the opposing team. It is the responsibility of the home team to wear socks and/or shin guards in clear contrast to those worn by the visiting team. In the event that the colors are not of contrasting colors, the home team will be required to change.

3.2 Blood Rule.

- a. If a player incurs a wound that causes bleeding, the umpire must stop the game at the earliest possible time.
- b. The wound must be evaluated by an athletic trainer or medical personnel (the person or persons in charge of the team's medical needs). This will be considered an injury time out (see rule 2.2 f).
- c. When a player's uniform or equipment, has blood on it, (whether it is the player's blood or somebody else's blood) the umpire must stop the game at the earliest possible time to have the uniform and/or equipment evaluated by medical personnel.
- d. If the team's medical personnel determine that blood has saturated the uniform and/or equipment the player must change the bloodied item and play shall resume after a maximum of two minutes.
- e. In this situation, a number change may occur. The new number must be different from that worn by teammates on the field.
- f. If saturation has not occurred, the player may continue to wear the uniform or equipment. This is not considered an injury timeout.

4. MATCH and RESULTS

4.1 After Goal Scored.

- Game clock shall be stopped after a goal has been scored.

4.2 Halftime.

- The length of halftime will be ten (10) minutes with the halftime clock starting immediately at the conclusion of the first half.

4.3 Timeouts.

- a. One timeout per team per game shall be permitted.
- b. The timeout will be a two-minute timeout administered by the umpires.
- c. A timeout can be called after a goal or during any dead-ball situation, including after the award of a penalty corner by the team with possession of the ball. Any coach or player may call a timeout.
- d. Point of Emphasis. It is not permissible for anyone from the bench area to enter the field of play to call a timeout.
- e. The timeout can be used at any time during regulation and the seven versus seven overtime periods.
- f. At the 1:45 minute mark of the timeout a warning signal will be made – by the umpires – and an umpire will notify each coach of the signal.
- g. A second signal will be made at the 2:00 minute mark and play must be resumed immediately.
- h. If a team delays in returning to the field, the captain will be carded for delay of game.

4.4 Countable and Championship Games.

- a. For selection and ranking purposes, the respective NCAA field hockey committee will only consider games that include two periods of 35 minute each, with ties played off by using up to two 15 minute sudden victory periods and shoot-out. (See tied games below for tie breaking procedures.)
- b. A suspended game shall be resumed at the point of suspension. See countable games section in the respective NCAA Divisions I, II, or III Field Hockey Championships Pre-Championship Manuals (visit the NCAA website at www.ncaa.org).

5. TIED GAMES

5.1 Tied Games.

[Note: The following overtime procedure shall be used when a game is tied at the end of regulation play.]

- a. A tied game will be broken to determine the winner by playing up to two 15-minute “Sudden Victory” periods of teams consisting of seven team players (of which one may be a goalkeeper). All game rules apply with the following modifications.
- b. There will be a five-minute break between the end of regulation and the first overtime period, and a two-minute timeout between the overtime periods.
- c. Coin Toss. A toss of the coin for the first overtime period will determine ball possession or direction of attack. If a second overtime period is necessary, the teams shall switch attacking ends and the team who did not have possession at the beginning of the overtime will begin the second overtime with the center pass. The visiting team will call all coin tosses.
- d. Each team will begin the first overtime with seven players, one of which may be a goalkeeper, unless players were disqualified or have not completed a suspension during any previous playing period.
- e. Any player who has been disqualified (Red Carded) during regulation play is not eligible for the overtime period and the team plays short for the entire overtime. A player suspended

(Yellow/Green Carded) during regulation play would be eligible at the completion of the suspension timeframe. The team plays short until the suspension is completed.

- f. On Penalty Corners. The defending team is permitted to have only four team members (of which one may be a goalkeeper) behind its goal line.
- g. The game is completed as soon as a goal is scored.
- h. If the score remains tied at the end of the second overtime period. A shoot-out will take place.
 - (1) A coin toss will give a team the choice to attack or defend.
 - (2) Five players from each team shall go one-on-one alternately against the same goalkeeper from the opposing team.
 - (3) The coach for each team will be given a maximum of two minutes to turn in the lineup with the order for the shoot-out. (Players with a yellow card are eligible.)
 - (4) The team awarded the highest number of goals shall be the winner.
 - (5) Once the shoot-out procedure is decisive, the game shall be complete and no more one-on-one attempts need to be taken.
 - (6) Taking the shootout.
 - (a) The goalkeeper/defender starts on or behind the goal line between the posts.
 - (b) The ball is placed on the nearest 23m line opposite the center of the goal.
 - (c) The attacker stands outside the 23m line near the ball.
 - (d) The umpire blows the whistle to signal the start of the shootout. The attacker and the goalkeeper may then move in any direction.
 - (7) The shoot-out is completed under the following conditions:
 - (a) Eight seconds has elapsed.
 - (b) The attacker scores a goal.
 - (c) The attacker commits an offence.
 - (d) The goalkeeper commits an unintentional offence. (The shoot-out is re-taken.)
 - (e) The goalkeeper commits an intentional offence. (A penalty stroke is awarded.)
 - (f) The ball goes out of play over the back-line or side-line. [This includes the goalkeeper intentionally playing the ball over the back-line (not a foul). The ball simply going outside the circle a second time does not constitute the end of a shoot-out.]
 - (g) If a penalty stroke is awarded, any eligible player on the official roster may take the penalty stroke. This penalty stroke will take place before the next available shoot-out takes place.**
 - (8) A player may be suspended by a yellow or red card, but not a green card, during the shoot-out competition.
 - (a) If a goalkeeper is suspended during the shoot-out, they may not take further part in that competition but can be replaced by any eligible player from the team. The replacement goalkeeper is allowed reasonable time to put on protective equipment.

- (b) If an attacker is suspended during the shoot-out competition, there is no replacement allowed. Any further shoot-out the player was entitled to take counts as no goal.
- (9) During a shoot-out competition, team members and the coaching staff for that match are permitted to enter the field of play, but only in the area outside the 23m area used for the shoot-out. Only a player who is authorized to take or defend a shoot-out may enter the 23m area. The goalkeeper or defending player of the team taking the shootout may be on the backline outside the circle.
- i. If no decision is reached after the first series of shoot-outs.
 - (1) A "Sudden Victory" procedure will be used to break the tie.
 - (2) There will be a second series of one-on-ones taken by the same group of players.
 - (3) The order may be changed but not the players.
 - (4) The team who defended first in the first set will attack first in this set.
 - (5) The first team awarded more goals than its opponent after an equal number of shoot-out attempts shall be the winner.
 - (6) Every player of the five selected must attempt a shoot-out before a player is eligible to go again.
 - (7) The same players take part in any subsequent series of shoot-outs except that an incapacitated player can be replaced from eligible players.
 - (8) Teams will alternate attacking first in each subsequent series of shoot-outs.
- j. If an overtime game goes into a shootout, a total of one goal (team goal) is awarded for the winner of the set rather than the number of goals scored in the set.

6. CONDUCT OF PLAY: PLAYERS, GOALKEEPERS, and COACHES

6.1 Green Card.

Any player in the game who receives a green card shall be suspended from the game for two (2) minutes.

A green card may be issued to the head coach as a warning prior to assessing a red card. No players are removed from the field when a green card is issued to a coach or bench personnel.

Point of Emphasis.

The head coach is responsible for actions of their team bench area and shall receive any card assessed related to bench decorum.

6.2 Yellow Card.

Any player receiving a yellow card shall be suspended from the game for a minimum of five (5) minutes. The umpire will notify the scorer's table of the suspension time as part of the carding action.

Procedure for all green and yellow card suspensions shall follow the same protocol below.

- a. For the duration of each temporary suspension, the offending team plays with one less player.
- b. If a field player receives a green or yellow card, the umpires stop the match (but not necessarily the time) to issue the card; if time has been stopped, the umpires restart it immediately after issuing the card.
- c. If a goalkeeper or player with goalkeeping privileges receives a green or yellow card, the umpires stop the time and re-start it immediately after that player has left the field of play.
- d. The offending player leaves the field immediately; if they interfere with play on their way to the designated suspension area the Umpire may further penalize the player in accordance with the Rules of Hockey.
- e. The temporary suspension starts when the player is seated in the designated area on the same side of the field as her bench.
- f. Timing of the suspension is controlled by the *official on duty at the scorer's table*.
- g. The offending player is permitted to resume play when *the official on duty at the scorer's table* indicates that the period of suspension has been completed unless this occurs during the taking of a penalty corner in which case the player cannot return until the penalty corner has been completed or another penalty corner is awarded.
- h. If the offending player is a goalkeeper or player with goalkeeping privileges, *the official on duty at the scorer's table* notifies the umpires when the period of suspension has been completed; the umpires stop the time at the next stoppage of play to enable that player to resume play.

6.3 Red Card.

- a. A player, bench personnel or coach receiving a red card shall be ejected from the game, shall leave the premises of the field of play and shall sit out the next regularly scheduled game, including postseason games. Should a player, bench personnel or coach receive a red card in the last game of the season (including post season games) the suspension would carry-over to the first game of the following season (exhibitions and/or scrimmages do not satisfy the suspension).
- b. The head coach shall receive any red card assessed to their team bench area and will be required to leave the field of play.
- c. A team whose "Head Coach" receives a red card, must designate who the "new" head coach will be. Any further cards to that team's bench area will be assessed to the "Head Coach" at the time.

Point of Emphasis. It is expected and understood by the NCAA Committee that umpires have the responsibility to deal with misconduct from the bench area in a professional but firm manner. The issuance of any card to the bench area is at the discretion of the umpires alone and cannot be reversed.

There is no procedure for appealing or rescinding any red card issued to a coach or player.

The following shall be regarded as conduct that is improper, unfair, and unacceptable and may result in a warning or disqualification:

- (1) Verbal/physical abuse or hostility towards any other participant, person or any other member of the public.

- (2) Disputing, appealing, protesting and/or reacting in a provocative or disapproving manner in an inappropriate way toward any decision made by an umpire or official.
- (3) Feigning injury and/or overreacting to an alleged breach or decision.
- (4) Charging or advancing towards an umpire or technical official in an aggressive manner.
- (5) Using rude or abusive language or hand signals.
- (6) Abuse of hockey equipment or clothing, venue equipment or fixtures and fittings.
- (7) Entering the field of play for any reason without the permission of the umpires.

A coach serving a game suspension shall be restricted to the designated spectator area and is prohibited from any communication or contact, direct or indirect, with his or her team, assistant coaches and/or bench personnel from the start of the contest to its completion.

If a coach is red carded and refuses to leave the site of the contest within a reasonable amount of time (three minutes), the game shall be declared ended, and the opposing team shall be awarded the win (score becomes 1 – 0). THE GAME SHALL COUNT AS A COUNTABLE GAME.

A Red Card may be assessed to any player/ coach or team personnel for any of the above improper conduct for the entire time an official is onsite at an institution. Institutions are responsible for reporting all Red Cards to their respective conferences. Umpires are responsible for reporting all Red Cards to their respective assignor.

- 6.4 Misconduct by spectators should be brought to the attention of the field administrator. It should be noted that use of profane and/or vulgar language, and/or harsh treatment towards any participant of the game by spectators shall not be tolerated.
- 6.5 Regulation game player suspensions (Yellow Card) and player/coach disqualifications (Red Card) will carry over into overtime play.
- 6.6 Suspended players should be placed at the scorer's table on the same side of the table as her bench.
- 6.7 Coaching of players who are suspended from play is permitted.
- 6.8 The coaching of players who are participating in the game at the time when an injury timeout is called is permitted.
- 6.9 Designated Bench Area. Failure to comply with the following will be considered misconduct and possible suspension. The bench area is defined as the area from the center line (50 yard line) to the 23 meter line (25 yards).
 - a. The official party on the field must remain within the designated bench area during play.
 - b. Coaches and players in the bench area must remain behind a clearly marked restraining line (a minimum of five yards from the sideline if five yards is not available, as close to five yards as possible and no less than 3 meters from the sideline).

Point of Emphasis. The area from the restraining line to the sideline must be kept clear for the umpires to see and position themselves as they see fit. Interference to the sight line or movement of an umpire will result in a green card warning or possible red card for persistent violations of the designated bench area rule.

- c. Spectators are not permitted behind the goal area and must be at least 10 yards behind the end line, and a minimum of five yards from the sideline.
- 6.10 Electronic Communication. Electronic communication between team personnel in any location other than the bench area as defined in 6.9 (i.e., video platform) and the team bench area is permissible. There shall be no direct communication, neither verbal nor signal, between team personnel located in any location other than the bench area and players on the field.

FIELD and EQUIPMENT SPECIFICATIONS

7. VISIBLE CLOCKS

7.1 Visible Clocks:

- a. Visible clocks are required.
- b. The visible clock will be the official game clock. The on-field umpires or **reserve** umpire shall keep a back-up clock. The time kept by the on-field umpires or **reserve** umpire will become the official time in the event of a clock malfunction.
- c. Players shall play to the whistle not the horn. If the penalty corner is not finished, then play continues until the umpire stops play.

8. EQUIPMENT

8.1 Equipment:

- a. All field players have the option to wear soft headgear.
- b. Field players are permitted to wear throughout a game only a smooth preferably transparent or white but otherwise dark plain colored face mask which fits flush with the face, soft protective head covering or eye protection in the form of plastic goggles (i.e., goggles with a soft-covered frame and plastic lenses. A caged frame cannot be worn).
- c. All field players and the kicking back are required to wear a mouthguard at all times. [NOTE: Failure to comply with this rule will be considered misconduct]. Mouthguards for goalkeepers are strongly recommended.
- d. Goalkeepers must wear a throat protector and chest protector at all times.
- e. Goalkeepers are required to wear appropriate protective headgear; a helmet incorporating fixed full-face protection and cover for the head including the back of the head.

GUIDANCE

9. ADDITIONAL INFORMATION

- a. The use of a designated bench area shall be enforced during all games. No one other than the players on the field is permitted to enter the field of play without permission of the umpires.
- b. A coach or team representative is only permitted to interact with the umpires pre and post game with the opposing coach or team representative present.
- c. Prior to leaving the field of play, the official scorecard shall be signed by both umpires assigned to the game.

- d. Once the scorecard is signed, the game is official. The officials remain in charge of the site until they leave the institution. An umpire may issue a card to any member of the team until the time they leave the institution. All red cards shall be reported immediately to the assignor and the conference.
- e. It is recommended that stick checks occur not later than 45-minutes prior to the start of the game.
- f. When a game is played at a neutral site, a team must be designated as the home team and the home team is responsible for ensuring that all game management responsibilities are confirmed.
- g. If a violation of 6.10 occurs, then it shall be communicated to the appropriate conference office for discussion and/or review.
- h. **A goal will only be awarded when an attacker within the circle plays the ball legally. [FIH Rule 8.1 "Own Goal" will not be in use.]**
- i. **Players may play the ball above shoulder height provided that it is not dangerous or leading to danger [NCAA Modification to FIH Rule 9.7]**
- j. **A player will not be allowed to swing at the ball with the stick above the shoulder, but may raise the stick to trap, block, control, or knock down a ball that has been passed or that is bouncing off of the turf over the player's shoulder, provided that the player does not use the stick in a manner that is dangerous or potentially harmful to another player. *Any violation of this rule modification will result in a misconduct penalty of a yellow card and minimum 5 minute suspension.***

10. Penalty Corner Rule Modification

- 10.1 Until the ball has been played, no attacker other than the one taking the push from the back-line is permitted to enter the circle and no defender is permitted to cross the back-line or center-line.
- a. For any offence of this rule by a defender other than the goalkeeper, the offending player(s) shall be required to go beyond the center-line and cannot be replaced by another defender.
 - b. For any offence of this rule by a defending goalkeeper, the defending team defends the penalty corner with one less player.
 - c. For an offence of this rule by an attacker who enters the circle before the ball is played, the offending player(s) shall be required to go beyond the center-line.
 - d. The player who pushes the ball from the back-line must not feint at playing the ball. For an offence of this rule the offending player shall be replaced by another attacker and must go to the center-line.
 - e. Umpires must insure that the penalty corner is set properly before allowing the insertion (a foot accidentally placed on the line and not corrected by the umpire in advance of the insertion will not constitute sending a player to the center-line).
 - f. For ANY necessity to restart a penalty corner due to an early break into the circle or a feint by the inserter, someone MUST go to the center-line.
 - g. When multiple players break into the circle prior to the insertion, one and only one player entered the circle first. The umpire must make a decision and send only one player, the player who entered the circle first, to the center-line.
 - h. When a player is sent to the center-line, he or she may come back into the half of the pitch in which the penalty corner is taking place after the ball has been inserted.

- i. All the consequences above apply only for the original and re-taken penalty corner; a subsequent penalty corner may be defended by not more than five (5) players.

Example: A defender breaks and is sent to the center-line; on the re-take the attacker/inserter feints and is sent to the center-line; the defender cannot return for this re-take; the penalty corner is now taken and the ball is kicked by a defender; a new (subsequent) penalty corner is awarded; both errant players can participate.

- j. The umpire in charge of administering the penalty corner is solely responsible for all decisions on the attackers or defenders breaking into the circle too soon and feints by the inserter.

Questions regarding interpretations of **NCAA Rules Modifications** shall be addressed to the following:

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Questions regarding interpretations of **USA Field Hockey /International Rules of Hockey** shall be addressed to the following:

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