2019 FIELD HOCKEY GUIDE

I. SEASON

1. Field hockey has been classified as a fall sport by the V.P.A. According to the V.P.A. definition of the fall season, the fall season may open **August 15th** and conclude Saturday, **November 2nd**.

2. No school shall schedule more than fourteen games exclusive of playoffs sanctioned by the V.P.A. A maximum of three scrimmages are allowed from the first day of practice until the tournament pairings.

3. The first day of pre-season training must be a single training day. A single training session is not to exceed 2 hours. Beginning the second day of pre-season you can have double sessions. The combined total training for double session shall not exceed 3.5 hours. You cannot have consecutive days of double training sessions.

4. If a varsity team receives more than two ejections or disqualifications (of athletes or coaches) during the course of the season, the coach, AD and/or Principal of the school must meet with the Activities Standards Committee before the school will be admitted to or allowed to continue in the VPA past season tournament. The meeting will occur regardless of a team's standing in the regular season or tournament. The intent of this meeting is to discuss the situations that occurred and the steps being taken to address the situation. Failure to meet with the ASC would result in the school/team being ineligible to participate in the VPA tournament.

5. Concussion education is a requirement for all coaches. This must be completed before the season (practices) start. As of the Fall 2017 season, all coaches must receive AED/CPR education training and training in their school's emergency action plan.

6. The following preseason training procedures have been adopted. During the preseason schools will follow these new procedures:

   a) teams may use double practices starting the first day of practice, however the practices cannot total more than 3 ½ hours (max 2 hours for one practice and 1 ½ hours for the other). It is recommended that no team shall have consecutive days of double practice. If a team does a double practice day there must be a minimum of 3 hours rest between practices to allow for rest and hydration.

   b) there is to be a minimum of a 3 hour rest period between practices (for recovery and hydration). During this 3 hours period, you cannot conduct any active training sessions (no walk through) but you can do a classroom meeting.

   c) a scrimmage can be held at any time. There is no minimum number of practices required.
d) a school must complete 10 practices before its’ first game.

7. JV Games - if schools are playing a full JV Game (11 on 11), 30 minute halves will be used for the first 2 weeks of the season. If the game is less than a full game (8 on 8 etc.), 25 minute halves will be used.

II. RULES

1. The official National Federation Rules will be used. Please look at the new rules changes on the inside cover of the NFHS rulebook. Please note especially the rules changes for 2018 found on the inside cover of the rulebook.

The following are exceptions:

Field Hockey Overtime Procedures

Tied games: The following overtime procedure shall be used during the regular season when a game is tied at the end of regulation play.

a. There will be a five-minute intermission between the end of regulation and the start of the ten-minute SUDDEN VICTORY overtime period. The VISITING team will call the coin toss and the winner of the coin toss shall have the choice of possession or direction of attack. The team not winning the toss shall have the remaining choice.

b. A team will consist of SIX PLAYERS AND A FULLY EQUIPPED GOALKEEPER unless a player is still serving a disqualification.

c. All game rules apply with the following modifications:

1. On penalty corners, the defending team is permitted to have only four players behind its goal line (goalkeeper and three field players). The penalty corner will be played out as it is during regulation play.

2. Regardless of time outs left or used during regulation, EACH TEAM IS PERMITTED ONLY ONE TIME OUT DURING OVERTIME PLAY.

3. The game is completed as soon as a goal has been scored. During regular season play, if the score is tied at the end of the sudden victory period, the game will end in a tie.

   a. See tiebreaker for tournament play.
2. Minimum standards for suitable field hockey fields:

a. The field shall be rectangular area 100 yd x 60 yd. See Rule 1-2-1

b. The entire playing surface shall be TURF or grass of no longer than 1 1/2 inches per NFHS Rule 1-2-1. Exceptions can be made for small balding areas due to grass dying.

c. No part of the grass playing field shall contain outstanding field markings for any other sport, football, soccer, softball or baseball infield areas or any other unnatural obstacles. Although a field may be satisfactory for seasonal game use, it may be judged unsuitable for tournament play.

Determination and rationale shall be identified by the V.P.A. Field Hockey designees.

NOTE: FROM THE RULE BOOK: It is recommended that playing fields and surrounding areas be kept in such condition to enhance good play and insure safety, i.e. grass cut short, holes and ruts filled in, etc.

d. The slope of the field shall not be too extreme.

e. Field markings shall follow the rules set down in the National Federation Rule Book, NOTE: Pay particular attention to correct circle measurements and construction.

f. The officials are required to check the book at half time with the scorers and timers who will be at midfield. THE OFFICIALS MUST SIGN THE BOOK.

g. At all interscholastic field hockey games the coaches are restricted to the bench area, which will extend beyond the 25-yard line and the mid stripe on the team's side of the field.

h. The V.P.A. strongly urges that restraining facilities be used at regular season play.

i. An administrator or his/her designated assistant must be present at all home games and introduced to the game officials.

3. Mercy Rule- if there is a 5 goal differential in the second half, then there will be a running clock for the duration of time, second half only.

III. TOURNAMENT SCHEDULE

1. To qualify for tournament consideration, a team must have completed at least an eight game schedule with three different schools by the time of the pairings and submit an application.
2. FINAL, COMPLETED APPLICATIONS MUST BE FILED ELECTRONICALLY TO THE
VPA OFFICE NO LATER THAN 10:00A.M. OCTOBER 20th.

*Last game to count, October 19th. No exception to this date [ASC, Feb. 2001]
*Pairings - October 21st Noon
*First round playoffs – October 22/23
*Quarterfinals – October 25/26
*Semi Finals – October 28/29/30 (SEMIS TO BE CONDUCTED ON
TURF FIELDS)
Division 1 TBA
Division 2 TBA
Division 3 TBA

*Finals – November 2nd- at Place: UVM

Order of Finals:

TBA-Division I
TBA-Division II
TBA-Division III

*For the finals, the tournament director shall be responsible for making the decision, in case
of inclement weather, whether or not the game will be played, or continued if play has
started.

IV. TOURNAMENT PROCEDURE

1. Play downs and quarterfinals will be played on the field of the higher seeded team if the
field is suitable. Semi Finals will be played on a turf field. Please note: once the tournament
starts, teams will not be allowed to practice on fields being used for semi-final or
championship games. If the higher seeded team's field is unsuitable, the higher seeded
team will have the right to find another suitable field presently not on the VPA
unsuitable list, to play and notify the VPA by September 24th. If they can't solidify
another field, they go to the lower seeded field. To host a field hockey tournament
game, a grass field must be played on a minimum of three (3) times. If both fields are
unsuitable, the VPA will assign a neutral field. On a neutral field schools will share
expenses. The championship field cannot be used, or practiced on, during the tournament
unless approved by the VPA.

2. During play downs, quarterfinals, and semi-finals, when a game ends with the score tied,
the teams will play UP TO TWO 10 MINUTE SUDDEN VICTORY, 7 V 7 OVERTIME
PERIODS. (Regular season 7 v 7 overtime rules will apply.) There will be a 5-minute
intermission between the game and first overtime period. If a second overtime is needed,
there is to be a 2 minute intermission with the teams switching ends and the team NOT getting the first ball possession will start with the ball. If the teams are still tied after the two sudden victory periods, the tie shall be broken with a one on one procedure. During the championship, two 5 minute sudden victory (7 vs. 7) will be played. In case of a tie, refer to 3d. and 3e below.

3. 1 on 1 Procedure

a. There is to be a 5-minute intermission between the sudden victory overtimes and the start of the one on one procedure. The VISITING team will call the coin toss and the winner will choose whether to attack or defend the goal. The officials shall choose which goal will be used during the one on one procedure.

b. Each team shall choose 5 players to take the shots on goal and set the shot order. If a player has been red carded during the game or overtime, she is ineligible for the shots. If a player has been yellow carded with less than 5 minutes remaining in the second overtime period, she is ineligible for the 1 on 1.

c. The teams will alternate taking the shots in the order listed (1-5). If a player shoots out of order, that attempt is over and no goal (if scored) is awarded. (Red #3 shoots in place of Red #2 and scores, the official shall rule no goal. Red #2’s shot is over and Red #3 will shoot in her correct order.)

d. The first set of shots ARE NOT sudden victory, but if there is a numerical impossibility for one team to overcome, the shots are done and the game is ended. (The red team’s first three shooters make their shots but the blue team’s first three miss their shots, it is impossible for the blue team to win.)

e. If the score is tied after the first set of shots, there will be a 2-minute intermission and SUDDEN VICTORY 1 on 1 will be taken. The shooters and/or order of shots may be changed prior to the start of the second set. The team awarded more goals than their opponent, after an equal number of shots have been taken, shall be declared the winner. Only the coaches and remaining team members may be on the field behind the 25-yard line.

f. The teams shall move towards the sidelines, opening up a space in front of the goal area.

g. The adult scorekeeper should be on the field to assist with the recording of the order of the shooters and any goals scored.

h. The adult timer shall place ten seconds on the clock for each shooter and start the clock with the officials whistle. An audible device shall sound once the ten seconds has elapsed.

4. NFHS One-On-One Procedure
A series of five shots on goal shall be taken by individual players in a one-on-one situation (attackers vs goalkeeper). To begin this procedure, the attacker stands on the 25 yard line and the goalkeeper stands on the goal line. Play continues for 10 seconds with follow-up shots permitted.

A foul or violation by the attacker ends the procedure. For an unintentional foul by the goalkeeper, the one-on-one shall be retaken. For an intentional foul by the goalkeeper, a penalty stroke shall be awarded. Any player on the approved roster may take the penalty stroke. The procedure also ends when: 1. The 10 seconds has elapsed; 2. a goal is scored; 3. the ball goes out of play over the end line, sideline or outside the circle.

a. Each coach will present a list of 5 players to the official and the shots will be taken by the players in the order they are listed. The team attempting the first shot will be decided by a coin toss. If a player participates out of order, that one-on-one is over and no goal is awarded. The next correct player is to play the team’s next one-on-one.

b. The five players listed for each team will attempt the shots on goal on an alternate basis and the team scoring the most goals is declared the winner.

c. If the game is still tied, the coach will present a list of 5 players to the official. Then in the order they are listed, each team will attempt “sudden victory” shots on an alternating basis. This procedure will continue until the tie is broken. If necessary, the list of 5 players will be repeated. The order of players may be changed at this time.

5. If the game is interrupted due to darkness or weather, the game will be resumed at the point of interruption on the next available playing date.

6. In the championship game, if the score is tied after the regulation 60 minutes, up to two 5 minute sudden victory 7 v 7 overtime periods will be played. In case of a tie during the championship the one on one procedure will be used. Please refer to 3d and 3e under the tournament procedure.

7. The home team will pay the officials through the quarterfinals (fee, plus mileage), unless a neutral site is used. When a neutral site is used during the semi-finals the two teams share expenses (officials' fees and mileage). If a semi-final is played at one of the member schools, that school pays for both officials.

8. In any games through the semifinals assigned by the VPA, it will be absolutely essential that an experienced, reliable statistician will act as scorer and be at the table at the mid stripe, and an experienced, reliable non-student adult timer will be at the table at midfield. The home team will provide the timer, official scorer, clock, stopwatch and game balls.

9. At the finals, the officials will be responsible for a scorer and timer.
10. There are to be no spectators allowed in the general goal or bench area while the game is going on. The officials will have the right, and must stop the game, until school authorities clear the goal area.

11. The maximum size of the squad will include 22 eligible players, plus manager, plus coach and an assistant coach for a total of 25.

12. Schools are responsible for making sure all tournament fields are properly lined and lines are visible.

UNSUITABLE TOURNAMENT FIELDS

Any grass fields using multiple lines are considered unsuitable unless the non-field hockey lines are greened out. These schools' fields are currently unsuitable for tournament play and they have until September 21st, 2019 to inform the VPA office that changes have been made to bring the field up to tournament standards (See Rules, 1B):

Brattleboro
Rice

A representative of the VPA Field Hockey Committee will meet with the Athletic Director and Varsity Field Hockey Coach to inspect the field. If the field remains on the list as unsuitable, be aware of #1 Under Section IV, Tournament Procedure.