2020 Field Hockey Guide

I. Season
   a. Field Hockey has been classified as a fall sport by the VPA according to the VPA definition of the fall season.
      i. Due to the Covid-19 situation the beginning of the season is contingent upon being in Step 2 of the re-opening guidance document. Games cannot begin until we enter Step 3 of the re-opening guidance document.
   b. The fall season may open Tuesday, September 8th and conclude Saturday, October 31st.
      i. No school shall schedule more than 14 games exclusive of playoffs sanctioned by the VPA.
   c. A maximum of 3 scrimmages are allowed from the first day of practice until the tournament pairings. During the tournament, a team may schedule additional scrimmages.
   d. The following pre-season training procedures have been adopted. During the pre-season, schools will follow these new procedures:
      i. During the preseason, only 1 practice per day is allowed
      ii. While we are in Step 2 of the re-opening plan, schools may conduct inter-squad scrimmages, but cannot scrimmage with another school.
   e. If a varsity team receives three 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 post 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.
   f. Please note that as of the 2020-2021 season, the wearing of goggles is recommended, not required per NFHS rules.
   g. Please note that as of the 2020-2021 season, Varsity Officials fees are $85 per game and sub- Varsity fees are $57 per game.

II. RULES
   The official National Federation Rules will be used. Please note especially the rule changes found on the inside cover of the rulebook.

   a. Varsity Games
      i. Games will consist of four (4), 15 minute quarters (new as of 2020 season).
      ii. 2-minute break between quarters (1&2, 3&4)
      iii. Halftime will be no more than 10 minutes.
      iv. No timeouts are allowed.

   b. JV Games
      i. Games will consist of four (4), 12 minute minutes quarters, running time.
      ii. 1-minute break between quarters (1&2, 3&4)
      iii. Halftime will be no more than 5-minutes
iv. **No timeouts are allowed.**

c. If a warm-up clock countdown is on the field, it should countdown to no less than 5 minutes prior to game time. This will designate the time captains and coaches will be expected for the coin toss. Players are expected to be on the field ready for the whistle which will blow at game time.

d. With the adoption of quarters for the 2020 season, it is important to note that players are expected to be on the field ready for the whistle which will blow at the conclusion of the intermission.

e. **No athlete shall exceed six (6) quarters of play per day.**

f. **Regular Season Overtime Procedures**
   
   i. There will be one 10-minute SUDDEN VICTORY overtime period.
   
   ii. There will be a 5-minute intermission between the end of regulation and the start of the overtime period.
   
   iii. 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.
   
   iv. A team will consist of 6 field players and a fully equipped goalkeeper unless a player is still serving a disqualification.
   
   v. All game rules apply with the following modifications:
      
      1. On penalty corners, the defending team is permitted to have only 4 players behind its goal line (3 field players and a goalkeeper). The penalty corner will be played out as it is during regulation play.
      
      2. The game is completed as soon as a goal has been scored. If the score is tied at the end of the overtime period, the game will end in a tie.

g. **Minimum Standards for suitable field hockey fields**
   
   i. The field shall be a rectangular area 100 yd. x 60 yd. See Rule 1-2-1.
   
   ii. The entire playing surface shall be turf or grass of no longer than 1.5 inches per NFHS Rule 1-2-1. Exceptions can be made for small balding areas due to grass dying.
   
   iii. No part of the GRASS field shall contain outstanding field markings for any other sport (football or soccer), softball or baseball infield areas, or any other unnatural obstacles.
   
   iv. The slope of the field shall not be too extreme.
   
   v. Field markings shall follow the rules set down in the NFHS Rulebook. Pay particular attention to correct circle measurements and construction.
   
   vi. **Note – as of the 2021-2022 season, the use of portable lights for night games will not be allowed. For the 2020-2021 season,** night games, when permanent field lights are unavailable for proper illumination, **must have** a minimum of 8 portable lights are acceptable with 2 lights concentrated at each circle area.
      
      1. Ensure these lights are at full extension and situated (if possible) a minimum of 5 yards from the sidelines and end lines.
      
      2. White balls will be made available for night games.
      
      3. Fields should be lined for high contrast.
vii. 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 VPA Field Hockey designees.

viii. The VPA strongly urges restraining facilities be used at regular season play.

1. The coaches are restricted to the bench area which is defined as the area between the substation line on the team’s side of the field and the 25-yard line, at least 5-yards back from the sideline.

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

i. The HOME TEAM must provide an adult timer and separate designated scorekeeper.

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

k. Mercy Rule – If there is a 5 goal differential in the 3rd quarter, then there will be a running clock for the duration of the 3rd and 4th quarters only. No running clock in the 1st or 2nd quarters, no matter the score.

III. TOURNAMENT SCHEDULE

a. To qualify for tournament consideration, a team must have completed at least an 8-game schedule with 3 different schools by the time of the pairings and submit an application.

b. FINAL, completed applications must be filed ELECTRONICALLY to the VPA office NO LATER than 9 AM October 20th.

i. Last game to count – October 19th. No exception to this date [ASC, Feb. 2001].

ii. Pairings – October 20th (pairings will be posted by noon)

iii. First round playoffs – October 21/22

iv. Quarterfinals – October 24/25

v. Semifinals – October 26/27/28 (conducted on turf fields)

1. DI – TBA
2. DII – TBA
3. DIII – TBA

vi. Finals – October 31st at TBD

1. Order of finals – TBA

IV. TOURNAMENT PROCEDURE

a. Field Use

i. Play downs and quarterfinals will be played on the field of the higher seeded team if the field is suitable.

ii. Semifinals will be played on a turf field.

iii. Once the tournament starts, teams will not be allowed to play or practice on fields being used for semifinal or championship games.

iv. If the higher seeded team’s field is unsuitable, the higher seeded team will have the right to find another suitable field to play and will notify the VPA by September 22nd. If they cannot solidify another field, they will use the lower seeded team’s field.

v. To host a field hockey tournament game, a grass field must be played on a minimum of 3 times.
vi. If both fields are unsuitable, the VPA will assign a neutral field. On a neutral field, schools will share expenses.

b. Personnel
   i. 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 semifinals, the teams share expenses (fees and mileage). If a semifinal is played at one of the member schools, that school pays for both officials.
   ii. The home team will provide the timer, official scorer, clock, stop watch and game balls for games assigned by the VPA through the semifinals. The officials will be responsible for a scorer and timer at the finals.
      1. The home team will provide an experienced, reliable scorer and an experienced, reliable, non-student adult timer at the table. Ideally, they would be available at least 15 minutes prior to game time so officials have the opportunity to communicate with them.

c. Overtime Procedures
   i. For play downs, quarterfinals, and semifinals, when regulation ends in a tie, the teams will play up to two 10-minute SUDDEN VICTORY overtime periods (Regular season 7v7 overtime rules will apply). For finals, there will be up to two 5-minute SUDDEN VICTORY.
   ii. There will be a 5-minute intermission between the end of regulation and the first overtime period. If a second overtime is needed, there will be a 2-minute intermission with the teams switching ends and the team NOT getting the first ball possession will start with the ball.
   iii. If the end of overtime results in a tie, this tie shall be broken with a 1v1 procedure.

d. 1v1 Procedures
   i. There will be a 5-minute intermission between the overtime periods and the start of the 1v1 procedure.
   ii. The VISITING team will call the coin toss and the winner will choose whether to attack or defend the goal to start.
   iii. The officials shall choose which goal to use during the 1v1 procedure. Lighting and proximity to the game clock are important factors in this decision.
   iv. Each team shall choose 5 players to take shots on goal in a set order.
   v. If a player has been red-carded during the game or overtime periods, they are ineligible.
   vi. If a player has been yellow-carded within the last 5 minutes of the 2nd overtime period, they are ineligible.
   vii. The teams will alternate taking shots in the order listed (1-5).
      1. If a player shoots out of order, that attempt is over and no goal is award
      2. Ex. 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 their correct order.
   viii. The first set of shots ARE NOT sudden victory, but if there is a numerical impossibility for one team to overcome, the game is ended.
      1. Ex. The red team’s first 3 shooters make their shots, but the blue team’s first three miss their shots. It is impossible for the blue to win. Game is ended. Red team is declared the winner.
ix. If the score is tied after the first 1v1 round, there will be a 2-minute intermission and a second SUDDEN VICTORY 1v1 round will be taken
   1. The shooters and/or order of shots may be changed prior to the start of the second set.
   2. The team awarded more goals than their opponent, after an equal number of shots have been taken, shall be declared the winner
   3. If necessary, the list of 5 players will be repeated. The order of players may be changed at this time.

x. Only coaches and remaining team members may be on the field, behind the 25-yard line

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

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

xiii. The adult timer shall place 10 seconds on the clock for each shooter and start the clock with the official’s WHISTLE. An audible device shall sound once the 10 seconds has elapsed.

xiv. NFHS rules regarding fouls, violations, and end of procedure:
   1. A foul or violation by the attacker ends the procedure
   2. For an unintentional foul by the goalkeeper, the procedure shall be retaken
   3. For an intentional foul by the goalkeeper, a penalty stroke shall be awarded.
      a. Any player on the approved roster may take the penalty stroke
   4. The procedure ends when:
      a. The 10 seconds has elapsed
      b. A goal is scored
      c. The ball goes out of play over the end line, sideline or outside the circle

e. 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.
   i. For the finals, 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.

f. 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.

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

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

V. UNSUITABLE TOURNAMENT FIELDS
   a. Any grass fields using multiple lines are considered unsuitable unless the non-field hockey lines are greened out.
   b. These schools’ fields are currently unsuitable for tournament play and they have until October 1st, 2020 to inform the VPA office that changes have been made to bring the field up to tournament standards. A representative of the VPA Field Hockey Committee will meet with the Athletic Director and Varsity Field Hockey Coach to inspect the field.
i. Brattleboro

ii. Rice

c. If the field remains on the list as unsuitable, be aware of guidelines defined for “Field Use” under Section IV, Tournament Procedure.