

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION
1161 Route 130, P.O. Box 487 Robbinsville, NJ 08691

TO: Field Hockey Coaches, Athletic Directors, and Chapter Secretaries
FROM: Kim DeGraw-Cole, Assistant Director
DATE: August 2016
RE: 2016 National Federation Field Hockey Rule Modifications

The NJSIAA Field Hockey Rules Interpreter is: Charlotte Heenan
charheenan@aol.com or 856-261-6408

GOGGLES are MANDATORY!

NEW for 2016: Face Masks are no longer permitted, NFHS Field Hockey Rule 1-6-5.

RULE 4-2-g - STATE ADOPTION

If a team is leading by five (5) or more goals, the clock will continue to run after goals (no stop clock). If the difference becomes less than five goals, the stop clock is reinstated.

NFHS: Rule Modifications: Mandatory for all Varsity Games

Tie Breaker for Non Tournament Play-Varsity

During the regular season, Varsity games tied at the end of regulation, **will play ONE** (10) minute "sudden victory" overtime period (7 v 7). All rules listed below for "Tie Breaker for Tournament Play" numbers 1-10, will apply. **EACH TEAM IS PERMITTED ONE TIME OUT IN THE ENTIRE OVERTIME.**

TIE-BREAKER FOR TOURNAMENT PLAY

If a tie exists at the conclusion of regulation play, up to two (10) ten minute "sudden victory" overtime periods shall be played.

1. All game rules apply.
2. Prior to the overtime there shall be a 5 minute intermission
3. During the intermission the officials shall meet with the Captains for a coin toss
4. Coin Toss for overtime handled the same as in the start of a new game: The visiting team captain calls the coin toss. Winner receives choice of goal or possession of ball. Remaining choice goes to the opponent.
If the tie is not broken during the first 10 minute overtime, the teams shall change ends and the team not having possession of the ball to start the first overtime shall have possession at the beginning of the second overtime.
5. Teams shall consist of 6 (six) field players and a goalkeeper. A team may choose to play with less than 6 (six) field players, but must have a goalkeeper .
6. A player disqualified during the regulation game may not play in the Tie-breaker
7. A player still serving a suspension at the end of the regulation period may not play in the Tie-breaker until the suspension period is completed. However, the teams start with 6 field players and a goalkeeper.
8. Once the overtime has started, any disqualification or suspension shall result in the team playing short and shall carry over from one overtime period to the next.
9. **Each Team is permitted One time out in the entire overtime!**
10. On penalty corners the defending team is permitted to have only (4) four players behind the goal (a goalkeeper and 3 field players).

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Tie Breaker for Tournament Play (continued)

11. If a tie still exists after the first 10-minute overtime period, there shall be a 3-minute intermission during which players may confer with their coaches.
12. If a tie still exists after the second 10-minute overtime period, there shall be a 3-minute intermission during which players may confer with their coaches. A penalty stroke competition shall then be used to break the tie.

Penalty Stroke Tie-breaker

The Officials shall determine which goal will be used for the Penalty Strokes.

1. The coaches shall have a maximum of (2) two minutes to submit a lineup for penalty strokes. Each coach shall submit a list of **(5) five** players (name and number) in the order they are to take their strokes.
2. Any player listed on the roster is eligible as long as they were not disqualified during the regulation game or the reduced player overtime. A suspended player in the second overtime who has not completed the suspension may participate in the Penalty Stroke procedure.
3. During the 3-minute intermission the officials shall meet with the Captains to conduct a coin toss.
4. The Home team calls the toss. The winner chooses to attack or defend in the first set of penalty strokes. A set consists of 10 strokes being taken (5 by each team).
5. For subsequent sets of penalty strokes required to break the tie, the **choice** to attack or defend shall be alternated between the teams.
6. The official shall address the goal keeper first and the stroker second.
7. Both teams shall take 5 penalty strokes alternately against the opponent's goalkeeper in the order they are listed.
8. The team scoring the highest number of goals shall be the winner. Once the stroke procedure is decisive, the game shall be complete and no more strokes need be taken.
9. **If the tie is still not broken, the first series of sudden victory penalty strokes shall be taken by the same players unless the coach wishes to substitute a player(s). The order may be changed.**
10. The first team to score more goals than its opponent **after an equal number of strokes** shall be declared the winner.
11. **If the sudden victory procedure continues after the second set of penalty strokes, the same players (unless substituted) shall be the stokers in the third set. The order may be changed. If a fourth set is required, the same (5) five players on each list shall be the stokers (unless substituted). Again the order may be changed.**
12. The sudden victory procedure shall continue in series of five penalty strokes taken alternately by each team (using the same players, unless substituted) until the tie is broken. The first team scoring more goals than its opponent shall be declared the winner.
13. Substitution of the goalkeeper may take place at any time during the reduced player overtime as provided for in the substitution procedures. Substitution of the goalkeeper during the penalty stroke procedure may take place at the conclusion of any set of five strokes by each team.
14. **Substitution of stokers during the sudden victory penalty strokes may take place at the conclusion of any set of five strokes by each team.**

Question: Do the coaches have to submit their list of 5 strokers and the order they want them to stroke prior to each set of 5 strokes? **Answer is YES. Prior to each series a list of 5 players in preferred order shall be given to the officials.**

Question: Once the list is given to the officials and that series of strokes has begun, can a coach sub a stroker?
Answer is NO

Question: If at the end of the first complete penalty strokes, the tie has not been broken, is the next set of penalty strokes, sudden victory? **Answer is YES, sudden victory sets will continue until the tie is broken.**

If an overtime game goes into penalty strokes, a total of one goal is awarded the winner of the set, rather than the total number of goals scored in the set.

IN THE FINAL GAME OF THE “**TOURNAMENT OF CHAMPIONS**” ONLY, IF THE REGULATION GAME ENDS IN A TIE, ONE TEN (10) MINUTE “SUDDEN VICTORY” OVERTIME PERIOD SHALL BE PLAYED. IF A TIE STILL EXISTS, AN ADDITIONAL TEN (10) MINUTE “SUDDEN VICTORY” OVERTIME PERIOD SHALL BE PLAYED. IF A TIE STILL EXISTS, A CO-CHAMPIONSHIP WILL BE DECLARED.