

**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 2011  
RE: **2011 National Federation Field Hockey Rule Modifications**

The NJSIAA Field Hockey Rules Interpreter is:

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**GOGGLES are MANDATORY!** Face Masks are optional on penalty corners, however if a face mask is worn, the GOGGLE must be worn as well.

**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.

**TIE-BREAKER FOR TOURNAMENT PLAY**

Ties may be broken during regular season play by using the tie-breaking procedure for tournament play, by conference adoption or by mutual agreement of the competing schools.

Conference or competing schools must notify the officials' chapters serving their schools if a tie-breaker will be used.

**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, including Review of an Official's Decision.
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. The visiting team captain calls the coin toss and the winner chooses direction or possession to begin the Tie-breaker. 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.
5. Teams shall consist of 6 field players and a goalkeeper. A team may choose to play with less than 6 field players, but must have a goal keeper .
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.
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. Time out shall be permitted if a team has not previously used their time-outs during the regulation game.
10. On penalty corners the defending team is permitted to have only (4) four players behind the goal line (a goalkeeper and 3 field players).

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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 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.**

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Question: Do the coaches have to submit their list of 5 stokers 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 stoker?  
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.