

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 2019
RE: **2019 National Federation Field Hockey Rule Modifications**

The NJSIAA Field Hockey Rules Interpreter is: Charlotte Heenan
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RULE 1-6-5 - GOGGLES are MANDATORY!

Eye Protection must meet the current ASTM standard for Field Hockey. Beginning in the 2020 fall season, all eye protection shall be permanently labeled with the ASTM 2713 standard for field hockey at the time of manufacture.

NFHS: Rule Modifications: Mandatory for all Varsity Games

RULE 4-2-f - 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 fewer than five goals, the stop clock is reinstated. When the goal that leads to the 5-goal differential is scored, the clock shall stop in order to provide for the possibility of 6-1-3 [ineligible player] or official review following the goal. The clock shall then be restarted by the official's whistle for the ensuing center pass and shall continue to run after goals unless the difference becomes fewer than 5 goals.

TIE BREAKER FOR REGULAR SEASON VARSITY PLAY

Varsity games tied at the end of regulation time **will play ONE** 10 minute "sudden victory" overtime period (7 v 7). All rules listed below will apply.

1. All game rules apply, including Review of an Official's Decision (4-3).
2. **EACH TEAM SHALL BE PERMITTED ONE TIME OUT IN THE OVERTIME.**
3. Prior to the overtime there shall be a 5 minute intermission
4. During the intermission the officials shall meet with the Captains for a coin toss
5. Coin Toss for OT will be handled the same as it would for the start of a new game. Visiting team captain calls the coin toss. Winner of toss receives choice of goal or possession of ball. Remaining choice goes to opponent. If the tie is not broken during the ten (10) minute overtime, the game shall remain a tie. (Regular season only)
6. At the beginning of the overtime period, teams shall consist of 6 field players and a goalkeeper regardless of the number of players serving suspension or disqualification at the end of regulation play. A team may choose to play with fewer than 6 field players but must have a goalkeeper.
7. A player still serving a suspension at the end of regulation time may not play in the Tie-breaker until the suspension period is completed.
8. A player disqualified during the regulation game may not play in the Tie-breaker.
9. Once the overtime has started, any disqualification or suspension shall result in the team playing short.
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).

TIE BREAKER FOR POST SEASON TOURNAMENT PLAY

For all preliminary rounds through November 4,

If a tie exists at the conclusion of regulation play, up to two (2) ten (10) minute “sudden victory” overtime periods shall be played.

After November 4th, all public state semi-finals, non-public sectional finals, group finals and throughout the Tournament of Champions; If a tie exists at the conclusion of regulation play, up to two (2) fifteen (15) minute sudden victory overtime periods shall be played.

ALL OVERTIME RULES LISTED ABOVE WILL APPLY TO THE POST SEASON TIE BREAKER WITH THE FOLLOWING AMENDMENTS:

#5. Coin Toss for OT will be handled the same as it would for the start of a new game. Visiting team captain calls the coin toss. Winner of toss receives choice of goal or possession of ball. Remaining choice goes to opponent. If the tie is not broken during the first 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.

#9. 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.

#11. If a tie still exists after the first 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 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 if 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 alternately (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 goalkeeper 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. If a player strokes out of order, that attempt is over and no goal is allowed. The next correct stroker takes the team’s next attempt.

8. Substitution of the goalkeeper or stokers during the penalty stroke procedure may take place **at the conclusion of any set of five strokes by each team.**
9. 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.
10. If the tie is not broken following the first set of strokes, a 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.
11. **During the “sudden victory” series, the first team to score more goals than its opponent after an equal number of strokes shall be declared the winner.**
12. If no decision has been reached following the first “sudden victory” set, the same players (unless substituted) shall be the stokers in the next set. The order may be changed. 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. **(Refer to # 11 above)**
 - 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 set of 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 fifteen (15) minute “sudden victory” overtime period shall be played. If a tie still exists, an additional fifteen (15) minute “sudden victory” overtime period shall be played. If a tie still exists, a co-championship will be declared.