

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION
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TO: Field Hockey Coaches, Athletic Directors, and Chapter Secretaries
FROM: Kim DeGraw-Cole, Assistant Director & Charlotte Heenan, Field Hockey Rules Interpreter
DATE: August 2021
RE: **2021 National Federation Field Hockey Rule Modifications**

The NJSIAA Field Hockey Rules Interpreter is: Charlotte Heenan
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Reminder New for 2020: RULE 1-6-5: Goggles may be worn by all field hockey players.

NFHS: Rule Modifications: Mandatory for all Varsity Games

RULE 4-2-e - 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 (NFHS RULE 4, Section3).
2. Prior to the overtime there shall be a five (5) minute intermission, during the intermission the officials shall meet with the Captains for a coin toss.
3. 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)
4. 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.
5. 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.
6. A player disqualified during the regulation game may not play in the Tie-breaker.
7. Once the overtime has started, any disqualification or suspension shall result in the team playing short.
8. 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 2021

For all tournament rounds (dates to be determined), if a tie exists at the conclusion of regulation play, up to two (2) ten (10) 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:

#3. 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.

#7. 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. 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.

#10. If a tie still exists after the second overtime period, 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. All Penalty stroke procedures listed under rule 11 are in effect except as specified below:

1. There will be a 3 minute intermission, during which the officials will conduct a coin toss for choice to defend or attack first. The Visiting team calls the coin toss.
2. At the conclusion of the intermission, each coach shall submit a list of **(5) five** players (name and number) in the order they are to take their strokes.
3. Any player listed on the roster is eligible if they were not disqualified during regulation play or the reduced player overtime. **A player, suspended by a Yellow card, who has not completed their suspension by the end of the overtime is ineligible to participate in the Penalty Stroke Procedure.**
4. 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.** Exception – a goalkeeper injured while defending a stroke and unable to continue, may be substituted.
5. A set consists of 10 strokes being taken alternately against the opponent’s goalkeeper in the order they are listed. If a stoker participates out of order, that attempt is over and no goal is allowed. The next correct stoker takes the team’s next attempt.
6. For subsequent sets of penalty strokes required to break the tie, the team which defended first in the previous set will attack first in the next set and this will continue for all subsequent sets of penalty strokes required to break the tie.
7. 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.
8. If the tie is not broken following the first set of strokes, a series of sudden victory penalty strokes shall be taken. The order may be changed and substitutions may be made according to #4 above. The team which defended first in the previous set will attack first in the sudden victory set and this will continue for all subsequent sets of sudden victory Penalty Strokes required to break the tie.
9. **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.**

- 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.

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: YES. Prior to each series, a list of 5 players in preferred order shall be given to the officials.

Question: At the conclusion of reduced player OT the Blue team has a player with time remaining on her Green card and the White team has a player with time remaining on her Yellow card. Can these players participate in the Penalty Stroke Procedure?

Answer: The Blue player may participate in the Penalty Strokes but the White player may not. As stated in #3 (Guidance from NFHS takes into account the severity of the separate fouls)

PLEASE NOTE: **FOR THE 2022 NJSIAA FIELD HOCKEY SEASON**-NJSIAA HAS ADOPTED THE ONE-ON-ONE TIEBREAKER TO REPLACE THE PENALTY STROKE TIEBREAKER!
SEE ADDENDUM TO THE MODIFICATIONS.

WE RECOMMEND SCHOOLS, PRACTICE THE ONE-ON-ONE TIE BREAKER. IN ADDITION, WE RECOMMEND INVITING OFFICIALS TO A PRACTICE SESSION OR SCRIMMAGE SO WE CAN MAKE SURE THE RULES WE PUT IN PLACE ADDRESS ALL ISSUES AND CONCERNS. THIS SHOULD PROVIDE VALUABLE TIME FOR IMPLEMENTATION. FEEDBACK REGARDING THESE RULES IS ENCOURAGED.

NJSIAA Field Hockey Tie Break Procedure for 2022

(language to follow reduced player OT #10 - replace “PS tiebreaker”)

ONE-ON-ONE TIEBREAKER (S/Y 2022-23)

Officials shall determine which goal will be used for the One on one competition.

Intermission/Coin Toss/Roster

1. There will be a 3-minute intermission, during which the officials will conduct a coin toss for choice to defend or attack first. The Visiting team calls the coin toss.
2. At the conclusion of the intermission, each coach will submit a list of **(5) five** players (name and number) in the order they are to take their one-on-ones.
3. Any player listed on the roster is eligible if they were not disqualified during regulation play or the reduced player overtime. **A player, suspended by a Yellow card, who has not completed their suspension by the end of the overtime is ineligible to participate in the one-on-one procedure.**
4. Substitution
 - A. There is no substitution of any player during a set of one-on-ones except:
 - B. Injury to a player or goalkeeper that interferes with the completion of a one-on-one. If an injury interferes with the completion of a one-on-one, it will be retaken.
 - C. Suspension of a defending goalkeeper. See #8 below
 - D. Substitution of eligible players may take place **at the conclusion of any set of five one-on-ones.**

Rules Application

5. A set consists of each team taking 5 one-on-ones taken alternately against the opponent's goalkeeper in the order they are listed. If an attacker participates out of order, that attempt is over and no goal is allowed. The next correct attacker takes the team's next attempt.
6. One-on-one Execution
 - A. The goalkeeper starts on or behind the goal line between the goal posts.
 - B. The ball is placed on the nearest 25-yard line opposite the center of the goal.
 - C. The attacker stands outside the 25-yard line near the ball.
 - D. The official will address the goalkeeper first and the attacker second to indicate readiness. Lack of response will indicate readiness.
 - E. The official will blow the whistle to begin the one-on-one and both players may then move in any direction.
 - F. All game scoring rules apply during the taking of a one-on-one with exception of those mentioned below.
 - G. Play continues for 10 seconds or until one of the following conditions are met.
7. A One-on-one is completed under the following conditions
 - A. The 10 second timer has elapsed (and no goal is scored).
 - B. The attacker scores a goal.
 - C. The attacker commits an offense.
 - D. The goalkeeper commits an unintentional offense - the one-on-one is retaken.
 - E. The goalkeeper commits an intentional offense - a penalty stroke is awarded and will take place before the next available one-on-one. Any player on the official roster may take the penalty stroke.
 - F. The ball goes out of play over the end line or sideline including the goalkeeper intentionally placing the ball over the end line or sideline. This action is permissible within the one-on-one rules.

Suspension or Disqualification During One-on-One Procedure

8. A player may be suspended/disqualified by a yellow card or red card, but not a green card during the one-on one competition.
 - A. If a goalkeeper is suspended /disqualified during the one-on ones, that player may not take further part in the competition but may be replaced by any eligible player on the roster. If necessary, the replacement goalkeeper shall be allowed reasonable time to put on protective equipment.
 - B. If an attacker is suspended (Yellow card) during the one-on-ones, that player may not take further part in the competition, but may be replaced during any subsequent set of one-on ones.
 - C. **If an attacker is disqualified (Red Card) during the one-on-ones, that player may not take further part in the competition and may not be replaced. Any further scoring opportunity that player represents, would count as no goal.**

Declaration of Winner/Sudden Victory

9. The team scoring the highest number of goals shall be the winner. Once the one-on-one procedure is decisive, the game shall be complete and no more one-on-ones need be taken.
10. If the tie is not broken following the first set of one-on-ones, a series of "sudden victory" one-on-ones shall be taken. The order may be changed and substitutions may be made according to 4D above. The team which defended first in the previous set will attack first in the next set and this will continue for all subsequent sets of one-on-ones required to break the tie.
11. The "sudden victory" procedure shall continue in series of five one-on-ones taken alternately by each team until the tie is broken.
12. **During the "sudden victory" series, the first team to score more goals than its opponent after an equal number of attempts shall be declared the winner.**

- During the one-on-one competition, team members and coaching staff are permitted in the field of play but will remain 5 yards behind the 25-yard area being used for the competition. The disengaged goalkeeper may choose to stay behind the end line, at least 16 yards from the goal.
- If an overtime game goes into one-on-ones, 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.

Question: *At the conclusion of reduced player OT the Blue team has a player with time remaining on her green card and the White team has a player with time remaining on her yellow card. Can these players participate in the One-on-One procedure?*

Answer: *The Blue team player may participate in the One-on-One, the White team player may not. As stated in # 3. (Guidance from the NFHS takes into account the severity of the separate fouls)*

Question: *An attacker on the blue team received a red card during the first series of one-on ones. Does the blue team only have 4 opportunities to participate in the sudden victory set of one-on ones?*

Answer: *Yes. As stated in #8 - G, any further scoring opportunity that player represents, counts as no goal. Therefore, during the SV set, Blue would only have the opportunity for 4 one-on ones versus the White team’s 5 opportunities.*