

Field Hockey Regular Season Rules 2022-2023

Section 1 Rules National Federation Rules shall govern all NJSIAA games.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers A student who transfers after the NJSIAA Competition Start Date for each sport, regardless of whether the transfer was the result of a bona fide change of residence, shall be ineligible to participate in any post-season championship competition at the new school.

Section 6 Scrimmages There is no maximum limit to interschool scrimmages per week. However, a player may not scrimmage on three (3) consecutive days. From the start of the regular season until the end of the State Tournament, regular season interschool scrimmages count toward the maximum number of games allowed (18).

Section 7 Games Per Week Games may not be played on three (3) consecutive days.

Section 8 Maximum Games A member school may play eighteen (18) regular scheduled games, plus one (1) county or league/conference tournament, plus the State Tournament, including regular season interschool scrimmages and postponed games from the start of the Regular Schedule to the end of the State Tournament.

A tournament shall be of the single elimination type not to exceed thirty-two (32) teams, limited to a maximum of five (5) games. A tournament shall be of single elimination type, not to exceed thirty-two (32) teams, limited to a maximum of five (5) games.

Section 9 Quarters Per Day A field hockey player shall not play in more than six quarters during the same calendar day. This would include freshman, sophomore, junior varsity and varsity competition. NOTE: Overtime periods are a continuation of the 4th quarter.