



Field Hockey Rule Modifications 2025-26

The following are the NJSIAA-adopted rule modifications. The following are mandatory for all VARSITY games. Please direct any questions regarding this document to The NJSIAA Field Hockey Rules Interpreter Charlotte Heenan at charheenan@aol.com or 856-261-6408

RULE 4-2-2-NOTE

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] for an 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.

SCORE REPORTING REMINDER

During the regular season, when a game ends in a tie after overtime, it shall be recorded as a tie and the teams will split the PowerPoints.

For all regular season County, Conference, or league tournaments that require a team to advance, the advancing team shall be recorded as the winner regardless of the overtime procedure used. The advancing team shall receive all the PowerPoints. When entering the results in njschoolsports, the final score should reflect one (1) additional point for the advancing team.

TIE BREAKER FOR REGULAR SEASON VARSITY PLAY

Varsity games tied at the end of regulation time will play ONE 10-minute "sudden victory" reduced player (7 v 7) overtime period. All the rules listed below will apply. EACH TEAM WILL BE PERMITTED ONE TIME OUT DURING OVERTIME, REGARDLESS OF WHETHER THEY USED THEIR TIME OUT DURING REGULATION PLAY

1. All game rules apply, including Review of an Official's Decision (NFHS RULE 4, Section 3).
2. Prior to the overtime, there shall be a five (5) minute intermission, during the intermission the officials shall meet with the Captains and Coaches 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. The winner of the toss receives the choice of goal or possession of the ball. The remaining choice goes to the 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 **unless players were disqualified or have not completed a suspension during any previous playing period.** A team may choose to play with fewer than 6 field players but must have a goalkeeper.
5. A player still serving a suspension (**green or yellow card**) at the end of regulation time may not play in the tie-breaker until the suspension period is completed **and the team shall start the OT period short. This includes any coaches card that would have resulted in a suspension or DQ.**
6. **Any player who has been disqualified (red carded) during any previous playing period is not eligible for the overtime period (or any ensuing tiebreaker) and the team shall play short for the entire 7 v 7 OT.**
7. 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 NJSIAA TOURNAMENT PLAY

For all tournament rounds, if a tie exists at the conclusion of regulation play, up to two (2) ten (10) minute “sudden victory” reduced player (7 v 7) overtime periods shall be played. Note: When a valid goal is scored during a 10-minute “sudden victory” OT period, the game is complete. If no goals are scored during the 10- minute OT periods, proceed through the One-on-One tiebreaker rules below.

ALL OVERTIME RULES LISTED ABOVE WILL APPLY TO THE POSTSEASON TIEBREAKER 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. The winner of the toss receives the choice of goal or possession of the ball. The remaining choice goes to the 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.

#8. 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.

#9. If a tie still exists after the second overtime period, a one-on-one competition shall be used to break the tie. (Adopted S/Y 2022-23)

ONE-ON-ONE TIEBREAKER

1. Officials shall determine which goal will be used for the One-on-one competition.
2. During the one-on-one competition, team members and coaching staff are permitted in the field of play as follows: Coaches and non-participating team personnel behind the 50-yard line. Disengaged one-on-one participants will remain 10 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.

Intermission/Coin Toss/Roster

3. 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.
4. 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.
5. 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.
6. Substitution: There is no substitution of any player during a set of one-on-ones except:
 - a. 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.
 - b. Suspension of a defending goalkeeper. See #11 below.
 - c. Substitution of eligible players may take place at the conclusion of any set of five one-on-ones.

Rules Application

7. 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.
8. A total of one goal is awarded to the winner of the set, rather than the total number of goals scored in the set.

9. 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. A 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 the exception of those mentioned below.
 - g. Play continues for 10 seconds or until one of the following conditions is met.
10. 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 eligible 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

11. 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 a reasonable time to put on the required 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 by any eligible player on the roster during a 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 a player represents would count as no goal.

Declaration of Winner/Sudden Victory

12. 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 to be taken.
13. 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 #6 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.
14. The "sudden victory" procedure shall continue in a series of five one-on-ones taken alternately by each team until the tie is broken.
15. 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. (See additional competition notes on page 4)

FAQs Regarding One-On-One Overtime Play

Question 1: 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 competition?

- **Answer:** As stated in #5 The Blue team player may participate in the one-on-one, the White team player may not. (Guidance from the NFHS takes into account the severity of the separate fouls)

Question 2: An attacker receives a yellow card during the first series of one-on-ones. Can that attacker be replaced if there is another series of one-on-ones?

- **Answer:** Yes. As stated in # 8 - B, a player receiving a yellow card during the one-on-ones may not take further part in the competition but may be replaced by any eligible player on the roster if there are subsequent series of one-on-ones.

Question 3: An attacker on the blue team received a red card during the first series of one-on-ones and the competition remains a tie. Does the Blue team still have 5 opportunities to participate in the sudden victory set of one-on-ones?

- **Answer:** No. As stated in # 8 - C, any further scoring opportunity that a 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.

Question 4: If there is more than 1 Penalty stroke awarded during a one-on-one competition, can the same player take more than one PS?

- **Answer:** Yes - as stated in 10-e, any **eligible** player on the official roster may take the PS.

Question 5: If GK commits a foul just prior to time running out and the ball does not cross the goal line before time expires (because advantage is being held) what is the outcome?

- **Answer:** Time running out does not disqualify the fact that a foul occurred. As stated in 10-d, the one-on-one would be retaken or if the foul was deemed intentional (10-e), a penalty stroke would be awarded.

Question 6: What is the outcome if the Attacker starts before the whistle?

- **Answer:** As stated in 10-c the one-on-one is complete.

Question 7: What is the outcome if the Goalkeeper starts before the whistle?

- **Answer:** The official must determine whether the breach falls under 10-d or 10-e and proceed accordingly

For both questions 6 & 7, it is imperative that the officials provide clear & thorough explanation of the procedure to all players involved in the one-on-one procedure in order to PREVENT such breaches from happening.

Question 8: If the GK contacts the ball illegally outside the circle (i.e. with anything other than her stick) what is the outcome?

- **Answer:** This is considered an intentional foul and a PS would be awarded. This is one instance where a PS can be awarded for a foul outside the shooting circle.

Question 9: What is the signal for a retaken one-on-one?

- **Answer:** The signal for a retaken one-on-one is moving both hands in a rolling motion in front of your body (similar to false start hand signal in football). It is important that players, coaches and spectators know what is happening during the one-on-one procedure.