

## USA FIELD HOCKEY – RULES & REGULATIONS

### 2016 NATIONAL INDOOR QUALIFIERS and TOURNAMENTS

Unless otherwise noted, the rules of this tournament will be as stated in the *2016 Rules of Indoor Hockey* published by the International Hockey Federation (FIH) effective January 1, 2016. USA Field Hockey modifications to the *Rules of Indoor Hockey* and the following tournament rules will be enforced. Failure to comply with any of the rules as outlined will be cause for the match to be declared a forfeit.

#### POINTS OF EMPHASIS

*Each team must appoint a player as captain for each game and the captain must wear a distinctive arm-band or similar distinguishing article on an upper arm, shoulder, or just below the knee. **This is not an option, it is a requirement. If and actual band is not available, any contrasting colored tape would suffice.***

*Cage/lacrosse-type goggles are not permitted at any time.*

#### ADDITIONAL MODIFICATIONS TO THE 2016 RULES OF INDOOR HOCKEY

##### A. ALL DIVISIONS

1. A player with designated goalkeeping privileges is required to wear a helmet with a fixed facemask defending a penalty corner and a penalty stroke. All other rules associated with designated goalkeepers (kicking back) apply.
2. A player may wear a protective facemask / eyewear throughout the match without a medical reason to do so. Provided the equipment meets the standards of Rule 4.2.
3. A player discarding a mask is required to do so safely with regard to others players.
4. Umpires shall have the authority to warn (green card) or suspend (red card) a team coach for misconduct (see PENALTIES).
5. Mouth guards and shin guards are mandatory for players under the age of 19.

##### B. UNIFORMS

1. Registration wristbands (if provided) must be worn at all times by all participants (players and coaches).
2. Each team must bring two different colored shirts with matching socks: Light shirt & light socks and dark shirt & dark socks with all team members in the same color.
3. Team shorts should be of a consistent color.
4. Numbers are required on the backs of uniform shirts.
5. The captain must wear a distinctive arm-band or similar distinguishing article on an upper arm, shoulder or just below the knee.
6. Goalkeepers or designated goalkeepers must wear a completely different color shirt from that of the colors worn by both teams.
7. **The first team listed on the schedule will wear light shirts and light socks; the second team listed will wear dark shirts and dark socks. The first team listed is the HOME team and will be responsible to change shirts and/or socks should there be a conflict of uniforms.**



**8. Teams not complying with the uniform rules will forfeit the match.**

9. If the team has less than 3 players in proper uniform they will forfeit.

**C. ROSTERS**

1. Rosters are limited to 12 athletes.
2. Only players on the roster from the Qualifying Tournament may participate in the NIT. Exceptions will be made for documented injuries, illness or extenuating circumstances.
3. Teams must have age appropriate players. Age-as-of-date is 1/1/2016. Athletes may play up on a team in the next higher age division only.
4. An athlete can play for only one team on a tournament weekend for the National Indoor Tournament and Qualifiers.
  - i. Clarification: For safety and health reasons an individual player cannot play on a U16 team on a Saturday and turn around and play on a U19 team on Sunday at any NIT Qualifying site.
  - ii. Clarification: For safety and health reasons an individual player cannot play for more than one team during the National Indoor Qualifiers, unless a different age division on a separate weekend. The teams must be from the same club.
5. If an athlete plays on more than one team:
  - i. All games that the illegal player has participated in will be forfeited (see FORFEITS below);
  - ii. The player will be banned from the following year's National Indoor Tournament.

**D. TEAM AREA & SUBSTITUTIONS**

1. Players, Coaches and substitutes are under the jurisdiction of the umpires during the whole game, including any period of temporary or permanent suspension, and are therefore subject to the umpires' decisions under the *Rules of Indoor Hockey*. The umpires' jurisdiction extends through half-time periods and until the signed game card has been submitted to the official scorer.
2. In the Age Group Division tournaments, the HOME team shall sit at the designated HOME team side bench and defend the goal to the RIGHT of their bench.
3. In the Age Group Division tournaments, the AWAY team shall sit at the designated AWAY team side bench and defend the goal to the LEFT of their bench.
4. The players on any team who are not on the pitch shall sit on the team's bench as substitutes. Two coaches are allowed in each team's area and must not leave this area at any time. **The team area is defined as the area that encompasses the seats provided for each team and marked accordingly.** No other persons or equipment will be allowed in the team/bench area.
5. Substitutions shall be made from the side of the pitch where the team benches are located and at, or near to, the center of the pitch. Players coming off the pitch shall also leave at the side where the benches are located. Teams will switch benches at halftime so that substitutions are more fluent.

**E. POINTS**

1. Teams will receive:



- i. 3 points for a win.
- ii. 1 point for a tie.
- iii. 0 points for a loss.

#### F. GAME TIME

1. National Indoor Tournament Games shall consist of 2-20 minute halves with a 1-minute halftime. The match shall restart immediately after the 1-minute interval is completed. There shall be 4 minutes between games. Game will begin every 45 minutes.
2. NIT Qualifying Tournament Games in the Age Group Divisions will consist of 2-12.5 minute halves with an immediate turnaround at halftime. A 1-minute interval will be for switching ends and benches. There will be 4 minutes between games. NITQ Teams will switch bench areas, during the 2-minute interval. **The second half will start immediately when the 1-minute interval is completed.**
3. The Umpires will keep time for the first half and start of the second half.
4. All games will start and stop with a central horn. Horns will sound at the beginning of each match and the end.
5. **All rules for completing a penalty corner apply.** If an extended PC goes into the timing of the second half, an immediate turnaround (no 1-min interval) will take place.
6. The first team listed on the schedule will have the center pass to start the game. Team listed second will have the center pass for the second half
7. Time lost due to injury or other “time outs” (penalty strokes, issuance of cards, etc.) will not be added to the game.

#### G. ARRIVAL TIME

1. Teams arriving for a match later than 5 minutes after the starting time shall forfeit that game. Teams must begin a match with a minimum of 4 players.

#### H. RESULT CARDS

1. The umpires will have the official Result Card for each game.
2. At the conclusion of the game, the Result Card must be verified and signed by each team’s coach or captain.
3. After the coaches or captains sign the Result Card, umpires verify and sign the Result Card.
4. When the Result Card has been signed by the coach or captains and umpires, the score of that game becomes official.
5. A signed Result Card will not be changed (see additional rules regarding result cards in the Notice of Appeals Process document).

#### I. FORFEITS

1. A team forfeits a game if:
  - i. A team does not show up for the match;
  - ii. A team forfeits or is declared “forfeit”;
  - iii. A team arrives more than 5 minutes after the match start time;
  - iv. A team does not have **4** players dressed in proper uniform on the pitch after the 5 minute grace period
  - v. A team refuses or is not prepared to change uniforms as stated in section B of this document.
  - vi. An ineligible player participates in the game



- vii. A suspended coach does not leave the game area immediately after being suspended, does not report to the Tournament Table within 5 minutes **after the game**, and/or does not cease any and all team contact during the remainder of the game in which the offense occurred and the team's next scheduled game in that division.
  - viii. A team refuses to play or removes their team from the field of play for any reason.
2. If a game is forfeited:
- i. A 3-0 win will be awarded to the opponent.

#### J. TIES AT THE END OF POOL PLAY

1. If there is a point tie among teams at the end of pool play, the following procedure will be used to break ties:
- i. Points
  - ii. Head-to-head competition
  - iii. Most wins
  - iv. Goal differential
  - v. Goals Against
  - vi. Coin Toss

#### K. PENALTIES

1. Green Card – One Minute Suspension
- i. For any offence, the offending player may be warned (indicated by a green card):
  - ii. Where a green card is issued the offending player shall be temporarily suspended for one (1) minute.
  - iii. During the period of temporary suspension of a player, the team shall play with one less player.
  - iv. If the umpire has stopped time to issue the green card, the umpire shall immediately restart the game after the issue of the green card.
  - v. The offending player must leave the field immediately. If the player interferes with play on the way to the technical table area the umpire will further penalize the player in accordance with the Rules of Indoor Hockey.
  - vi. The one minute temporary suspension shall commence once the umpire restarts the game.
  - vii. The timing of the suspension shall be monitored by the umpires.
  - viii. The player may re-enter the match once the suspension time is completed. Unless it occurs after the award or during the taking of a penalty corner.
  - ix. The re-entry of any suspended player is exactly the same parameters as a substitution entering the match.
2. Yellow Card – Temporary Suspension
- i. For an offence where the offending player is temporarily suspended (indicated by a yellow card);
  - ii. Where a yellow card is issued the offending player shall be temporarily suspended for a minimum of two (2) minutes.
  - iii. During the period of temporary suspension of a player, the team shall play with one less player.
  - iv. The umpire shall restart the game after the issue of the yellow card.



- v. The offending player must leave the field immediately. If the player interferes with play on the way to the technical table area the umpire will further penalize the player in accordance with the Rules of Indoor Hockey.
  - vi. The suspension time shall commence once the umpire restarts the game.
  - vii. The exact length of suspension shall be indicated to the technical table by the umpire who issued the yellow card
  - viii. The timing of the suspension shall be monitored by the umpires.
  - ix. The player may re-enter the match once the suspension time is completed. Unless it occurs after the award or during the taking of a penalty corner.
  - x. The re-entry of any suspended player is exactly the same parameters as a substitution entering the match.
3. Red Card: Player
- i. When a player earns a red card, the team plays short and the suspended player sits with their teammates.
  - ii. The red carded player is suspended for the remainder of the game in which the offense occurred AND the team's next scheduled game in that division.
  - iii. The team does not have to play short in the next scheduled game in that division (unless, of course, there is a suspension in that next scheduled game).
  - iv. In the team's next schedule game in that division, the player red carded in the previous game should not be with the team in the team area (unless the player is under 18 years of age and adult supervision is not otherwise available).
4. Red Card: Coach
- i. When a coach earns a red card, the suspended coach must leave the game area immediately.
  - ii. A replacement coach is allowed. If a replacement coach is not immediately available, the captain may coach her team.
  - iii. The team does not play short when a coach is suspended.
  - iv. The team forfeits the game if the suspended coach does not leave the team area immediately and/or does not cease any and all team contact during the remainder of the game in which the offense occurred.
  - v. A coach who has been permanently suspended from a match (red carded) must report to the USA Field Hockey administrative area within 5 minutes of the end of the match in which they were suspended.
  - vi. A coach who has been permanently suspended from a match will also be suspended for the team's next scheduled game in that division.

#### L. RED CARDS: Administrative Procedures

1. A player who earns a red card must report to the Tournament Table in the center of the facility within 5 minutes of the end of the game during which the offense occurred. The player's tournament wristband is removed. After the player's team has completed its next game, the player may return to the Tournament Table for a new tournament wristband.
2. A coach who earns a red card must report to the Tournament Table in the center of the facility within 5 minutes of the carding. The coach's tournament wristband will be removed.



3. After the coach's team has completed its next game, the coach may return to the Tournament Table for a new tournament wristband. A replacement coach can receive a temporary band for the team's next game.
4. **A coach who coaches multiple teams will not be able to participate in the tournament in any way until the suspension is served. Therefore they will not be able to coach any other team in the tournament until a wristband has been re-issued after the suspension is served.**
5. Umpires will notify the Umpiring Coordinator of any red card issued immediately after the game in which it was issued.
6. Upon recommendation of the umpire, or based upon the severity of the infraction, the Tournament Disciplinary Committee will determine a red carded coach's/player's eligibility for further participation in the tournament beyond the one game suspension. Any team using a disqualified coach/player shall forfeit the game in which the disqualified coach/player was a participant and the disqualified coach/player shall be immediately ejected from the tournament.

#### M. BREAKING AT PENALTY CORNER

1. Until the ball has been played, no attacker other than the one taking the push from the back-line is permitted to enter the circle and no defender is permitted to cross the back line or center-line.
2. For any offence of this rule by a defender other than the goalkeeper, the offending player(s) shall be required to go beyond the centerline and cannot be replaced by another defender.
3. For any offence of this rule by a defending goalkeeper, the defending team defends the penalty corner with one less player.
4. For an offence of this rule by an attacker who enters the circle before the ball is played, the offending player(s) shall be required to go beyond the centerline.
5. The player who pushes the ball from the back-line must not feint at playing the ball. For an offence of this rule the offending player shall be required to go beyond the centerline and shall be replaced by another attacker.
6. **A team which chooses to defend a Penalty Corner with less than the maximum number of players must defend a re-taken penalty corner with one less player than the original set-up.**
7. A player required to go beyond the centerline for a penalty corner may return for any subsequent penalty corner. **They may not return for any re-taken penalty corner. (See 2016 Rules of Indoor Hockey Rules 13.5, 13.6 and 13.7)**
  - i. *EXAMPLE: A defender breaks early into the circle from the back line; that player is required to go beyond the centerline. On the re-taken penalty corner the attacker feints on the insertion; that player also is required to go beyond the centerline. The defender originally sent to the centerline MAY NOT come back. The insertion now takes place and due to a defensive foul in the circle, another penalty corner is called; BOTH players must return to the center line as this is considered a re-taken penalty corner.*

#### N. APPEALS PROCEDURE FOR GAME PROTESTS

1. Please refer to the Notice of Appeals Process document.
2. Game protests will not be allowed at the tournament.

#### O. TOURNAMENT DISCIPLINARY COMMITTEE



1. Administrative Director, Support Services Director, Venue Director, Player Services Director, National Umpire Director.

