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USA FIELD HOCKEY OUTDOOR 7v7 RULES & REGULATIONS

Unless otherwise noted, the rules of this tournament will be as stated in the *2017 Rules of Hockey* published by USA Field Hockey with permission from the International Hockey Federation (FIH) on January 1, 2017. USA Field Hockey's modifications to the *Rules of Hockey* and the following tournament rules will be enforced. A 7v7 field diagram is attached.

Please direct any questions or concerns about the following rules and regulations to USA Field Hockey's Director of Umpiring, Steve Horgan at shorgan@usafielddhockey.com.

ADDITIONAL MODIFICATIONS TO THE 2017 RULES OF HOCKEY

A. GAME

1. **Teams will play with a maximum of 7 players. All options for a goalkeeper, kicking back and use of only field players will apply.**
 - i. **Please see Appendix 3 regarding Jamboree format modifications for select age groups.**
2. **For defending a penalty corner, the defending team may have no more than 4 players behind the goal / end line. This includes the goalkeeper, kicking back and field players.**
3. **For defending a penalty corner, the remainder of the players not behind the goal / end line must go to the area beyond the opposite 21m line.**

B. UNIFORMS

1. Members of all teams must be in proper uniform (shirts and socks of matching color) with numbers on at least the back of the shirt. Each team must have two sets of uniform shirts and socks, one distinctly light and one distinctly dark. Shorts, kilts or athletic pants may be worn and must be of like color, though only one set is required.
 - i. Shirts and Socks must be a minimum of 75% of one color.
 1. Pinnies will not be accepted as cover ups.
 2. **Reversible jerseys with numbers on both sides are acceptable.**
 - ii. Teams will be required to present both pairs of uniform jerseys and socks at team check-in for approval.
 - iii. **Teams are required to bring both sets of uniforms to all matches to ensure adequate color differentiation.**
2. The team listed first on the schedule will wear light uniform shirts and socks. As such, the team listed second will wear dark uniform shirts and socks.
 - i. A team not in compliance will be required to change uniforms at the request of the umpires.
 - ii. If both teams are in compliance and a conflict or lack of contrast still exists, the team listed first will be required to change shirts and socks. Umpires will determine if a conflict exists and will ask a team to change.
 - iii. Individuals not in uniform compliance will be ineligible to play in a match until their uniform issue is resolved.



3. If a team fails to comply with the above uniform guidelines, the team out of compliance will be required to forfeit.
4. Goalkeepers and players with goalkeeping privileges must wear a colored shirt or garment which is completely different in color and distinctive from that of both teams. Goalkeepers are required to have a minimum of two shirts or garments with numbers the back and that are of contrasting colors of each team.
 - i. Clarification on “contrasting colors:” For example, a combination of shirts or garments that are Black/dark Blue or Yellow/Gold are not considered contrasting colors.
5. If the team has less than 4 players in proper uniform at the start of a match they will forfeit.
6. All players under the age of 19 must wear a mouth guard properly while participating on the field of play. Failure to do so will be considered misconduct and penalized accordingly.
7. Field players are permitted to wear throughout a game only smooth, preferably transparent or white but otherwise dark, plain colored face masks which fit flush with the face, soft protective head covering or eye protection in the form of plastic goggles (i.e., goggles with a soft-covered frame and plastic lenses. A caged frame cannot be worn in the field of play.)
8. The captain must wear a distinctive arm-band or similar distinguishing article on an upper arm, shoulder or over socks. This is a requirement.
9. **Registration wristbands (if provided) must be worn at all times by all participants (players and coaches) and be displayed to the umpire prior to the beginning of each game.**
 - i. **Players and coaches must report one minute prior to game start to line up for umpires to conduct wristband checks.**

C. ROSTERS

1. Rosters are limited to 12 athletes. **Each team must have a minimum of 7 players on their approved roster. Each team must also have 1 distinct coach per team to avoid coaching conflicts in game schedules.**
 - i. A club team may roster up to 3 guest players in a 7v7 event.
 1. Boys rostered in co-ed, mixed or full boy's divisions do not have any affiliation requirements and do not count against guest player caps on co-ed or mixed division rosters.
 - ii. **Clarification on rostering coaches: It is not required that a team roster 1 coach per team registered, but, highly recommended that teams consider staffing the proper amount of coaches in the event a club has multiple teams scheduled during the same time block at an event. USA Field Hockey's Club and Event services department will do their best to avoid inter-club conflicts on event schedules, but, this cannot always be avoided.**
2. **Teams must have age appropriate players. Age is determined as of 12/31/2016 at 11:59pm.** Athletes may play up on a team in the next higher age division.
 - i. Players may play up two age divisions only with the written consent of a coach. This documentation must be given to USAFH for verification at the time rosters are submitted.
3. Only those players who are on the approved roster at the time of registration may play for the team who has his/her name on the roster.



4. An athlete may play for only one club and must be affiliated with this club according to the Club Affiliation policy.
 - i. **Clarification: For safety and health reasons, an individual player cannot play for more than one team during an event.**
5. If an athlete plays on more than one club team:
 - i. All games that the illegal player has participated in will be forfeited (see FORFEITS below);
6. Participants in Adult Divisions must be 19 years of age or older to participate. Exceptions will be made for post-high school players.
7. For any event with a Mixed Division in the U-14 age divisions and older, teams may have no more than 3 male “field players” on the field at any time.
Goalkeepers can be of either gender. For U-12 age divisions and younger, teams may be Co-Ed with no restrictions/maximum on number of boys or girls on field.
8. Any team using a disqualified player shall forfeit the game in which the disqualified player was a participant and the coach and disqualified player shall be immediately ejected from the 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 Hockey*. The umpires’ jurisdiction extends through half-time periods and until the signed game card has been submitted to the official scorer.
2. The team listed first shall sit at the designated bench and defend the goal to the RIGHT of their bench as per facing the field.
3. The team listed second shall sit at the designated bench and defend the goal to the LEFT of their bench as per facing the field.
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 5 yards away from the sideline between the **Top of the Circle** and the midfield line in front of the teams designated bench. 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 within 3 meters of the center of the pitch. Players coming off the pitch shall also leave at the side where the benches are located.

E. SEEDING

1. Please see Appendix 3 regarding Jamboree format seeding modifications for select age groups.
2. Teams will earn 3 points for a win, 1 point for a tie and 0 points for a loss.
3. If, at the end of pool play, there is a tie in determining team placement, the following steps will be taken to break the tie:
 - i. Points
 - ii. Matches won
 - iii. Goal Differential
 - iv. Goals For
 - v. Head to Head Result
 - vi. Shoot-Out if time and space is available



1. In the event that time and space ARE NOT available, a Coin Toss will determine placement unless both teams agree to share placement
4. If more than two teams are involved after the initial full seeding process (i-v), then a ranking based upon the results of the matches among (only) them shall determine their respective position.
5. In the event of a tie during crossover competition, the teams will go directly to the designated field and compete in a shoot-out. Refer to Shoot-out rules (Appendix 1) for further explanation.

Note: Section D above follows exactly to the FIH Tournament Regulations.

F. DURATION OF PLAY

1. USA Field Hockey will approve any and all formats of competition before the event begins.
2. The team listed first on the schedule will have the first possession.
3. Duration of games will be two periods of running 25 minutes unless otherwise noted.
4. Halftime will be 5 minutes unless otherwise noted. But, at no time will it be longer than 10 minutes.
5. Penalty corners or penalty strokes awarded before the end of the game or the half will be completed.
6. In addition to any electronic timing method, Umpires are also required to keep time.
7. **There will be no team timeouts.**

G. ARRIVAL TIME

1. A match is official when both teams have a minimum of **4** players, in proper uniform, on the field, no later than 5 minutes after the official start time. The score of a forfeited game shall be 3-0 against the offending team, if neither team meets the required **4** player minimum at the 5-minute point, the score shall be 0-0.

H. RESULT CARDS

1. Events with a Jamboree format will not have scores recorded. Please see Appendix 3 regarding Jamboree format result card modifications for select age groups.
2. The umpires will have the official Result Cards for each game unless a technical table is in place and operating accordingly.
3. **At the conclusion of the game, the score will be written on the Result Card by the umpire with a numerical value.** All Result Cards must be verified and signed by each team's coach.
4. After the coaches sign the Result Card, umpires verify and sign the Match Report.
5. When the Result Card has been signed by the coach and umpires, the score of that game becomes official.
6. A signed Results Card will not be changed (see additional rules regarding result cards in Appendix 2, Scoring Appeals).

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 is not in proper uniform as stated in Section A of this document;
 - vi. An ineligible player participates in the game;
 - vii. A suspended coach does not leave the game area within 1 minute of 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. MISCONDUCT

1. Green and Yellow Cards will be administered as per the 2017 Rules of Hockey with no modification.
2. Any coach or team personnel may receive a Green or Red Card only. The team will not play short for any card awarded to a coach or team personnel. No Yellow Card suspension for a coach or team personnel.
3. Red Card: Player
 - i. When a player earns a red card, the team plays short and the suspended player sits with their teammates and will take no further part in the match.
 - ii. A player who earns a red card must report to the Tournament Table within 5 minutes of the end of the game during which the offense occurred. The player's tournament wristband is removed, if provided.
 1. Adult players over the age of 19 must leave the game area and remain away from the match until its completion.
 - iii. 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.
 - iv. 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).
 - v. 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 19 years of age and adult supervision is not otherwise available).
 - vi. **In the event a player receives two red cards over the course of a tournament, they will be suspended from the remainder of the tournament.**
4. Red Card: Coach
 - i. A coach who earns a red card must leave the playing area within 1 minute (60 seconds) of the issuance of the card. The coach's tournament wristband will be removed, if provided. The coach cannot have any further contact in any way with the team for the duration of the match.
 - 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 within 1 minute 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 will also be suspended for the team's next scheduled game in that division.
- vi. 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.

K. RED CARDS: Administrative Procedures

1. After the player's team has completed its next game, the player may return to the Tournament Table for a new tournament wristband.
2. 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.
3. Umpires will notify the Umpiring Manager of any red card issued immediately after the game in which it was issued.
4. Upon recommendation of the umpire, or based upon the severity of the infraction, USA Field Hockey will determine a red carded coach's/player's eligibility for further participation in the tournament beyond the one game suspension or in future tournaments.
 - i. If a coach is the recipient of two red cards in the same tournament they will be suspended from the tournament and will be suspended from all future USA Field Hockey events for 12-months (details continued below).
5. Upon receiving a red card, a coach will be in a 12-month "warning" period (beginning on the date the red card was received) in which they cannot receive a second red card without additional consequences. If any coach is the recipient of two red cards in a span of 12-months between infractions, they will not be permitted to coach at any USA Field Hockey event or sanctioned event for 12-months after the date the second red card was received.
6. 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.

L. APPEALS PROCEDURE FOR GAME PROTESTS

1. Please refer to Appendix 2, SCORING APPEALS.
2. Game protests will not be allowed at any event.



Appendix 1

SHOOT-OUT COMPETITIONS

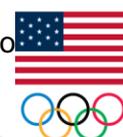
In a shoot-out competition, five players from each team take a one-on-one shoot-out alternately against a defender from the other team as set out in this Regulation. The shoot-out competition comprises all series of shoot-outs required to determine a result.

The following sets out both the playing Rules and the procedures to be followed:

1. If the shoot-out competition takes place after the end of a match, it shall take place immediately.
2. The respective Teams provide 5 players to take and 1 player to defend the shoot-outs from those on the approved roster except as excluded below. A player nominated to defend the shoot-outs can also be nominated to take a shoot-out. No substitutions / replacements are permitted during the shoot-out competition other than as specified below.
3. A player who is still serving a disciplinary suspension at the time the shoot-out competition takes place or has been excluded permanently (red card) during the match which leads to the shoot-out competition, cannot take part in that shoot-out competition. A player who has been warned (green card) or temporarily suspended (yellow card) may take part in the shoot-out competition even if the period of their suspension has not been completed at the end of the match.
4. A coin is tossed; the team which wins the toss has the choice to take or defend the first shoot-out.
5. All persons listed on the Match Report other than any player who has been excluded permanently (red card) during the match which leads to the shoot-out competition are permitted to enter the field of play outside the **midfield line** used for the shoot-out but must be at least 10 meters from the spot where the ball is placed at the start of the shoot-out.
6. The goalkeeper / defending player of the team taking a shoot-out shall wait on the back-line outside the circle.
7. A player taking or defending a shoot-out may enter the **21m** area for that purpose.
8. Players taking a shoot-out and also defending the shoot-outs taken by opponents are allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put back on their protective equipment.
9. 5 players from each team take a shoot-out alternately against the goalkeeper / defending player of the other team making a total of 10 shoot-outs.
10. Taking a shoot-out:
 - a. The goalkeeper/defending player starts on or behind the goal-line between the goal posts;
 - b. The ball is placed on the nearest **21m** line opposite the center of the goal;
 - c. An attacker stands outside the **21m** area near the ball;
 - d. The Umpire blows the whistle to start time;
 - e. An official at the technical table starts the clock;
 - f. The attacker and the goalkeeper/defending player may then move in any direction;
 - g. The shoot-out is completed when:
 - i. The 8 seconds has elapsed since the starting signal
 - ii. A goal is scored;
 - iii. The attacker commits an offense;



- iv. The goalkeeper / defending player commits an unintentional offense inside or outside the circle in which case the shoot-out is re-taken by the same player against the same goalkeeper / defending player;
 - v. The goalkeeper/defending player commits an intentional offense inside or outside the circle in which case a penalty stroke is awarded and taken;
 - If a penalty stroke is awarded as a specific above, it can be taken and defended by an eligible player
 - vi. The ball goes out of play over the back-line or side-line; this includes the goalkeeper / defending player intentionally playing the ball over the back-line.
11. The team scoring the most goals (or ahead by more goals than the other team has untaken shoot-outs available) is the winner.
 12. A player may be suspended by a yellow or red card but not by a green card during the shoot-out competition.
 13. If during a shoot-out competition (including during any penalty stroke which is awarded) a player is suspended by a yellow or red card:
 - a. That player takes no further part in that shoot-out competition and, unless a goalkeeper / defending player, cannot be replaced;
 - b. The replacement for a suspended goalkeeper / defending player can only come from the 5 players of that team nominated to take part in the shoot-out competition:
 - i. The replacement goalkeeper / defending player is allowed reasonable time to put on protective equipment similar to that which the goalkeeper / defending player they are replacing was wearing;
 - ii. For taking their own shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
 - c. Any shoot-out due to be taken by a suspended player is forfeited; any goals scored by this player before being suspended count as a goal.
 14. If during a shoot-out competition, a defending goalkeeper / defending player is incapacitated:
 - a. That goalkeeper / defending player may be replaced by another player from among the players listed on the Match Report for that particular match, except as excluded in this Appendix or unless suspended by an Umpire during the shoot-out competition;
 - b. The replacement goalkeeper:
 - i. Is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper / defending player was wearing;
 - ii. If this replacement is also nominated to take a shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
 15. If during a shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player from among the players listed on the Match Report for that particular match, except as excluded above or unless suspended by an Umpire during the shoot-out competition.
 16. If an equal number of goals are scored after each team has taken 5 shoot-outs:
 - a. A second series of 5 shoot-outs is taken with the same players, subject to the conditions specified in this Appendix;



- b. The sequence in which the attackers take the shoot-outs need not be the same as in the first series;
 - c. The team whose player took the first shoot-out in a series defends the first shoot-out of the next series;
 - d. When one team has scored or been awarded one more goal than the opposing team after each team has taken the same number of shoot-outs, not necessarily being all 5 shoot-outs, that team is the winner.
17. If shoot-outs are taken with the same player's subject to the conditions specified in this procedure and an equal number of goals are scored after a second series of 5 shoot-outs, additional series of shootouts will be taken
- a. The sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;
 - b. The team which starts each shoot-out series alternates for each series.
18. The Rules of Hockey apply during a shoot-out.



Appendix 2

SCORING APPEALS

In an effort to reduce the number of incorrect scores posted while maintaining all fairness to the athletes and teams involved, USA Field Hockey will allow teams to challenge posted scores that are recorded after a submitted Result Card has been submitted with the following rules.

1. Teams that wish to appeal a published score must report to the USA Field Hockey tent on site at an event to submit an appeal.
 - a. Appeals can only be submitted by a coach affiliated with the participating team. Appeals from parents or athletes will not be accepted.
2. Teams are each allocated one appeal per event.
 - a. If an appeal is won, and an incorrect score has been published, the team submitting the appeal will win back their allocated appeal and will be able to use it again during the event.
 - b. If an appeal is lost, and a correct score has been published, the team submitting the appeal will lose their allocated appeal and will not be able to challenge any remaining scores during the event.
3. The decision to appeal a score posting rests entirely with the teams involved. USA Field Hockey will consider signed Result Cards as the correct and final outcome of the contest. No changes will be made to the official score unless an appeal is submitted and won.
4. Failure to sign a Result card does not nullify the outcome of the contest or excuse individuals from the appeals process.



Appendix 3:

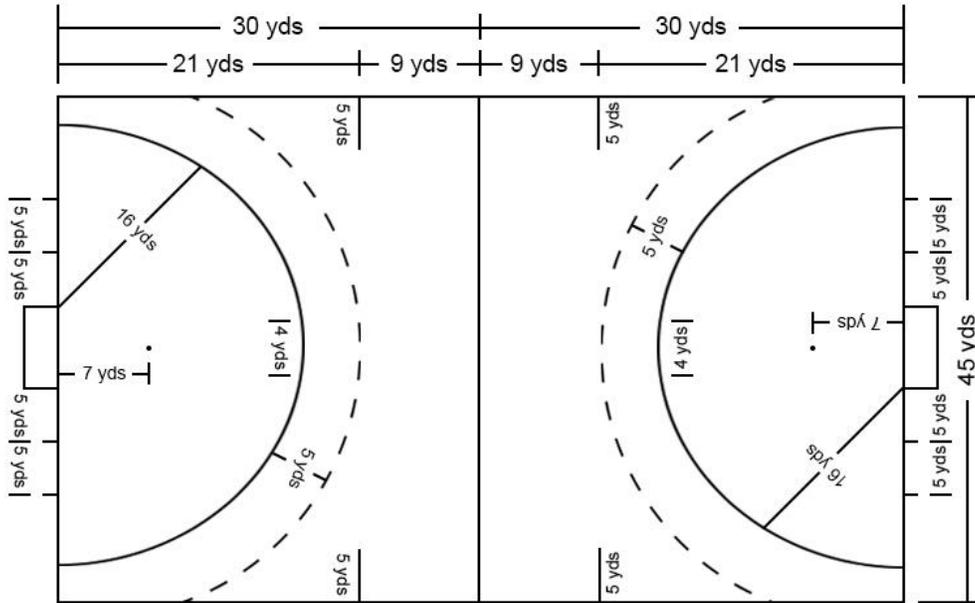
JAMBOREE FORMAT MODIFICATIONS

1. In an effort to focus on development over results, as is deemed age-appropriate, the U-10 Age Division at the Summer Bash Series will compete in a Jamboree format. Games scores will not be posted, and there will be no pool winners.
2. Games may end in a tie and there will be no shoot-out competitions or tie breakers at the U-10 age divisions.
3. Umpires will submit Results Cards signed by both Coaches to confirm that a game took place, though game scores will not be officially posted or displayed.
4. USA Field Hockey allows for additional modifications pertaining to the goalkeeper position at the U-10 Age Division.
 - a. Kicking backs are not permitted in the absence of a goalkeeper.
 - b. If a team declares a goalkeeper unavailable for any reason, the following substitution option is permissible:
 - i. A goalkeeper from the opposing team during a regularly scheduled match may be substituted to provide that player with more playing time. Coaches from both teams should consult with each other before a scheduled match to determine this and both parties must agree and be comfortable with the situation. It is suggested to rotate goalkeepers at the half.
 1. A goalkeeper is not permitted to play on any opposing teams outside of their regularly scheduled matchups. This is to limit goalkeepers from playing beyond the scheduled game frequency in an event schedule.





7 v 7 Field Dimensions



Two 7 v 7 Fields on a Full Field

