2019 Rule Comparison Table

Side-by-side comparison: Rules of Hockey | NCAA | NFHS

This comparison table is meant to serve as a helpful reference for umpires officiating competitions governed by the Rules of Hockey (including the FIH Tournament Guidelines) and modifications published by the National Collegiate Athletic Association (NCAA), which governs intercollegiate competitions in the USA, and the rules that govern competitions between most high schools in the USA which are published by the National Federation of State High School Associations (NFHS).

WHAT’S NEW
1. The Rules of Hockey allow free hits awarded to the defense for breach by the attack inside the circle to be restarted from anywhere inside the circle or, as previously, outside of the circle in line with where the foul took place
2. The Rules of Hockey no longer allow teams to play with a Player with Goalkeeping Privileges (a kicking back). Teams can play with up to 11 field players but no one except a goalkeeper has special privileges inside the circle, not even on penalty corners
3. The Rules of Hockey no longer allow defenders of attacking free hits within 5 meters of the circle to line up to defend the free hit within 5 meters even when those defenders are or move inside the circle. As in other areas of the field, attackers can start the free hit without waiting for a defender to get more than 5 meters away
4. The Rules of Hockey has changed from 35-minute halves to quarters, 15 minutes in length
5. The Rules of Hockey require time to be stopped when a penalty corner is awarded
6. The Rules of Hockey have eliminated “the ball leaving the circle twice” as a way that ends a penalty corner for substitutions and period ending situations. Penalty corners are ended by one of seven ways described in Rule 13.5
7. NFHS indirect circle entry requirements now match the Rules of Hockey on attacking free hits inside the 25-yard line

NOTABLE DIFFERENCES BETWEEN THE RULES OF HOCKEY AND NFHS GAMES

UMPIRE CONDUCT
• When carding a player, the umpire is not required to stop time. NFHS: The umpires must stop time (4.2.2.d)
• To begin a penalty corner, the umpire blows the whistle. NFHS: The umpire does not blow a whistle (10.2)

GENERAL PLAY
• The game is divided into 15-minute quarters. NFHS: The game is divided into 30-minute halves (4.1.1)
• The clock is stopped when a penalty corner is awarded. NFHS: Time is not stopped when a penalty corner is awarded (2.2.3)
• Simultaneous fouls are not considered a possibility. NFHS: Simultaneous fouls are possible (8.2.PENALTIES.3)
• Team time-outs are not allowed. NFHS: Each team is allowed two 90-second time-outs (4.2.3)
• Defense can start free hits anywhere inside the circle for a breach by the attack inside the circle. NFHS: Restart must be in line with where the foul took place (9.1.2)

PENALTY CORNER
• Regular substitutions are not allowed between the time a penalty corner is awarded and its completion. NFHS: Substitution is allowed during the penalty corner. Specifically, after the ball is inserted (4.4.3)
• A flick cannot be used to restart play on a penalty corner. NFHS: A flick is allowed (10.2.1)
• The ball is placed on the back-line at least 10 meters from either goalpost and not more than 14.6 meters (16 yards) away from the same goalpost. NFHS: The ball must be placed on the back-line exactly 10 yards from either goalpost (10.2.1)
• The Rules of Hockey have eliminated “the ball leaving the circle twice” as a way that ends a penalty corner for period ending situations. NFHS: In extended play situations, the ball traveling outside the circle a second time still applies (10.2.b)
• All players other than the inserter must be 5 meters away from the ball prior to its insertion. NFHS: Impossible under normal conditions but, Rule 10.2.3 specifically allows inserter’s teammates within 5 yards of the ball prior to its insertion (10.2.3)
• When an attacker enters the circle prior to the insertion, the inserter is sent to the other half of the field. NFHS: The attacker who entered the circle prior to the insertion is sent to the other half of the field (10.PENALTIES.3)

SUBSTITUTIONS
• The captain is accountable for illegal substitutions. NFHS: The head coach is accountable for illegal substitutions (4.4.PENALTY and 4.4.8.Penalty)

COMPOSITION OF TEAMS
• A goalkeeper is not required. NFHS: In high school field hockey, a goalkeeper is required (1.4.1)

CLOTHING AND EQUIPMENT
• The athlete is responsible for being legally equipped. NFHS: The coach ensures that all players and goalkeepers are properly dressed and legally equipped (1.9.1.a) and is carded if a player is found to be improperly dressed and/or illegally equipped (1.6.PENALTIES.1; 1.8.PENALTY; 12.1.PENALTIES)
- Eye protection is optional and metal eye protection is not permitted except during penalty corner defense. NFHS: Eye protection is required and metal goggles are allowed throughout the game (1.6.5)
- Safety masks can be worn. NFHS: Masks are never allowed (1.6.5 SITUATION D)
- Jewelry is permitted if not dangerous. NFHS: Jewelry shall not be worn except for religious or medical medals. Religious medals must be worn under the uniform. Both must be taped (1.5.7). Soft hair control devices are specifically allowed (1.5.8)

### PERSONAL PENALTIES
- Time does not have to be stopped when carding. NFHS: Time must be stopped when carding (8.2.PENALTIES.1)
- A yellow card suspension is 5 minutes or longer in length. NFHS: A yellow card suspension is either 5 minutes or 10 minutes in length (8.2.PENALTIES.1.b; 12.1.Penalties.2)
- There are no additive penalties for fouls that are considered “flagrant” in nature. NFHS: A flagrant foul by a coach requires removal of the player and the team is further penalized with a stroke (8.2.PENALTIES.2 and .4; 11.1.1.c and d; 12.1.Penalties.5)
- There is no provision for carding coaches in the Rules of Hockey (Team composition is not impacted when a coach is carded). NFHS: The yellow card suspension or red card ejection of a coach requires the team to play short for the duration of the suspension/ejection (12.1.PENALTIES.2 and .3). A green card to an NFHS coach does NOT impact team composition

The table is NOT a replacement for thorough knowledge of the rules or tournament regulations. Please visit USAFieldHockey.com periodically to ensure you have the most up-to-date table. Only in the items included in the table below can a significant difference be found between the rules and modifications governing the listed competition types. Changes from last year are highlighted. Points of significant difference are underlined and in bold.

<table>
<thead>
<tr>
<th>ADMINISTRATION</th>
<th>Rules of Hockey</th>
<th>NCAA Modifications</th>
<th>NFHS Rules</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clock: Duration of Game</td>
<td>60 minutes, played in <strong>four</strong> 15-minute periods</td>
<td><strong>Not Modified</strong></td>
<td>60 minutes, played in <strong>two</strong> 30-minute periods</td>
</tr>
<tr>
<td>Clock: Duration of Half Time</td>
<td>5 minutes</td>
<td>10 minutes</td>
<td>Not more than 10 minutes</td>
</tr>
<tr>
<td>Clock: Stopping after Goal</td>
<td>The clock is <strong>not</strong> stopped</td>
<td>The clock is stopped</td>
<td>The clock is stopped</td>
</tr>
<tr>
<td>Clock: Time Outs</td>
<td>No team timeouts</td>
<td><strong>Not Modified</strong></td>
<td>Two 90-second timeouts per team per game</td>
</tr>
<tr>
<td>Composition of Team: Minimum Number of Players on Field</td>
<td>Teams may play with up to 11 players, one of whom <strong>may be</strong> a goalkeeper</td>
<td><strong>Not Modified</strong></td>
<td>Minimum of seven players; one <strong>must be</strong> a legally dressed and equipped goalkeeper (NFHS Rule 1.4.1)</td>
</tr>
<tr>
<td>Stick Check</td>
<td>USA Field Hockey recommends checking all sticks at every game during first two-weeks of the fall hockey season</td>
<td>Performed by technical staff</td>
<td>Sticks are checked at the discretion of the umpires</td>
</tr>
<tr>
<td><strong>CLOTHING AND EQUIPMENT (goalkeepers and players with goalkeeping privileges)</strong></td>
<td>Must wear a shirt/garment over any upper body protection; shirt must be of a color(s) different from field players of both teams; must wear protective equipment comprising of at least headgear, leg guards and kickers except when taking a penalty stroke</td>
<td><strong>Not Modified</strong> (except goalkeepers must also wear chest and throat protection)</td>
<td>As with Rules of Hockey and NCAA except that color(s) of protective equipment is not regulated and the goalkeeper must wear a helmet with fixed facemask, hand protection, and mouth guard; the throat protector must be of a 'wrap around' design (NFHS Rule 1.8.1)</td>
</tr>
<tr>
<td><strong>CLOTHING AND EQUIPMENT (all players)</strong></td>
<td><strong>Recommended</strong>, required at tournaments, multiple colors allowed, must not be white</td>
<td>Required, visiting team can wear white</td>
<td>Required, must be solid color. Home team must wear white (NFHS Rule 1.5.3)</td>
</tr>
</tbody>
</table>

**USA Field Hockey**
Governs all levels of play – youth to the Olympics

**NCAA Modifications**
Only governs games between colleges and universities

**NFHS Rules**
Only governs games between high schools
### CLOTHING AND EQUIPMENT (all players – continued)

<table>
<thead>
<tr>
<th>Mouth Guards</th>
<th>Strongly recommended</th>
<th>Required for field players; Recommended for goalkeepers</th>
<th>Required for field players; Required for goalkeepers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jewelry</td>
<td>Subject to danger</td>
<td>Not Modified</td>
<td>Not permitted unless religious or medical and must be taped and may only be visible if medical</td>
</tr>
<tr>
<td>Undergarments</td>
<td>Not stipulated</td>
<td>Must be the same as teammates; home is dark; visitor is light</td>
<td>Must be the same as teammates; home is white; visitor is dark</td>
</tr>
</tbody>
</table>

#### PROCEDURES FOR SET PIECES

<table>
<thead>
<tr>
<th>Penalty Corner, Execution</th>
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<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Push or hit for insertion; insertion may not intentionally raise the ball, ball must travel outside circle before goal can be scored; <strong>all players other than the inserter must be 5 meters away from the ball prior to insertion</strong>; the umpire does not stop play if ball doesn’t exit the circle</td>
<td>Not Modified</td>
<td>Not Modified</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Penalty Corners, Breaking Early Penalty</th>
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</thead>
<tbody>
<tr>
<td>The inserter is sent to the other half of the field when any attacker enters the circle prior to the insertion.</td>
<td>Not Modified</td>
<td>The attacker who enters the circle prior to the insertion is sent to the other half of the field (NFHS Rule 10.PENALTIES.3)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Penalty Corners, Time Expired</th>
<th></th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Played out to completion when awarded before time expires (never stop any penalty corner for expiration of time after insertion has taken place); penalty corners and penalty strokes awarded during a penalty corner that began before time expired are also completed</td>
<td>Not Modified</td>
<td>Not Modified</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Penalty Stroke</th>
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</thead>
<tbody>
<tr>
<td>When the managing umpire is sure both players are ready the penalty stroke begins with the managing umpire’s whistle</td>
<td>Not Modified</td>
<td>The managing umpire must ask the goalkeeper and then the attacker if each is ready – lack of verbal response equals ‘Yes’</td>
<td></td>
</tr>
</tbody>
</table>

### CONDUCT OF PLAY (all players)

<table>
<thead>
<tr>
<th>Attacking Free Hits (inside the attacking quarter)</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Ball must be dribbled or travel at least 5 meters or be touched by a defender before entering or being played into the circle</td>
<td>Not Modified</td>
<td>Not Modified (except 5 yards, not 5 meters)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Substitution</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Rolling sub allowed any time from center-line; timeout for all goalkeeper substitutions; <strong>captain is accountable</strong> for illegal substitutions</td>
<td>Not Modified</td>
<td>Not Modified (except that the coach is accountable for illegal substitutions)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Substitution at Penalty Corner</th>
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<th></th>
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</thead>
<tbody>
<tr>
<td>Except for injured goalkeeper, once a PC has been awarded no substitutions are allowed until AFTER the PC is completed</td>
<td>Not Modified</td>
<td>Substitutions allowed for any injured or sick player at any time; substitution allowed DURING penalty corner (i.e. as soon as the ball is inserted)</td>
<td></td>
</tr>
</tbody>
</table>
### Simultaneous Fouls

- This is not applicable

### PERSONAL PENALTIES – ALL PLAYERS

**Player: Green Card**  
NOTE: In all levels of field hockey, the person playing goalkeeper who receives any card MUST leave the game

- **Stopping time is not required.**  
  Two-minute suspension (play can be restarted while suspended player is still leaving the game, during the suspension team plays with one less player for each player suspended)

- **Not Modified**

**Player: Yellow Card**  
NOTE: In all levels of field hockey, the person playing goalkeeper who receives any card MUST leave the game

- **Stopping time is not required.**  
  Player suspended for minimum of 5 minutes; umpire notifies table the length of suspension and updates table if the suspension is extended due to suspended player’s additional misconduct during the suspension; suspensions continue into overtime periods and the team competes with one less player during overtime for each player suspended; table personnel manages return to play; the suspended player sits on the same side of table as his/her bench

- **Not Modified**

**Player: Red Card**  
NOTE: In all levels of field hockey, the person playing goalkeeper who receives any card MUST leave the game

- **Stopping time is not required.**  
  Person is disqualified; team plays down one player for each player disqualified; this continues through any overtime periods and tiebreakers. Additional sanctions likely apply

- **Not Modified**

### PERSONAL PENALTIES – COACHES

**Coach: Green Card**  
Head coach or acting head coach is responsible for all bench decorum issues.

- This is not applicable

- **Stop time. Given as a warning related to bench decorum issues**

**Coach: Yellow Card**

- This is not applicable

- **Not available option**

**Coach: Red Card**  
Head coach or acting head coach is responsible for all bench decorum issues.

- This is not applicable

- **Red card to coach does NOT cause the team to play short nor is a penalty stroke awarded.** Given after green card or flagrant individual misconduct. Coach must leave the field and cease all contact with team for duration of competition; if coach refuses to leave within 3 minutes, his/her team loses 1-0

- **Stop time. Team plays short for remainder of game and if coach’s misconduct is flagrant the opponent is to take a penalty stroke; red carded coaches must leave the site and no other authorized personnel is available to take head coach’s responsibilities, the team of the offending coach forfeits**

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**HAVE A QUESTION (Umpire, Players, Coaches, Assigners, Fans):** Send an email to umpire@USAFieldHockey.com

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Rules Comparisons 2019 v1.2  
Prepared by Cris Maloney/UmpireHockey.com © 2006-2019
Field Hockey: The Beginner’s Guide. This book provides a high-level overview of the sport and important details on, for example, how to pick a stick, player safety equipment, and goalkeeping equipment. Field Hockey: The Beginner’s Guide discusses playing rules, penalty plays, suspensions, and shows and explains umpiring signals, with more than a dozen photographs of umpiring signals. The book includes instructions, illustrations, and photographs on how to introduce foundational skills to beginners. A checklist at the back of the book allows coaches to assess players on more than 50 skills. The book has achieved an overall rating of 5-stars on Amazon.

$19.99USD. Purchase on Amazon or via this web address: 
http://FieldHockeyBook.com

Umpire Radios! Walkie talkies have fallen out of favor with high school and college umpires, despite their low cost because of the unsecure nature of walkie talkie communications (scanners can make their use impossible and they often conflict with walkie talkies in use by emergency school personnel). Most umpires are instead wearing hands-free ‘open mic’ radios. The EZ-TOK DS (photo) brings best-of-class technology to field hockey umpires in an extremely small (just 3 inches excluding flexible antenna), discreet, and lightweight package. They provide outstanding audio quality. Communications is encrypted. Up to six people can be in an open talking group and an unlimited number of push-to-talk users is supported. Headset is worn on the left ear. With support by the over-ear hook, the headsets feel very secure and stay in place when umpiring. Testing completed in college games and while umpiring multiple age groups at USAFH events and private tournaments found no need to tape headsets in place. Headsets, armbands, USB chargers, lanyard, and padded carrying pouches are included.

$495.00USD (regularly $545) per pair of DS. Purchase from BolsterSports.com: 
http://BolsterSports.com/radios

Umpiring Equipment! The UmpireHockey.com Essential Equipment Kit™ contains just about everything short of a uniform and rulebook that the modern field hockey umpire needs for indoor and/or outdoor games. The case is black and embossed with the UmpireHockey.com logo. It has a distinctive red zipper and red interior. This makes the case easy to find and its contents easy to see. The case is perfectly sized to carry all the included items (exclusive white-edge Warning Cards, Whistle, Challenge Coin, Stick Check Ring, MatchSKINS, Sharpie Mini, and Alcohol Wipes). The UmpireHockey.com gold-toned Challenge Coin is a weighty 1.3oz, 1.75” beauty that helps umpires demonstrate their dedication to the sport at the start of every game. The UmpireHockey.com gold-toned stick check ring will help ensure every stick that is tested meets the width restrictions used by the NFHS, NCAA, USAFH, and FIH. The whistle is, of course, the Fox 40 Classic. Price of the UmpireHockey.com Essential Equipment Kit includes First-Class Mail® shipping to addresses in the continental USA.

$39.99USD. Purchase from UmpireHockey.com: 
http://UmpireHockey.com/gear

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