



[office] 719.866.4567 [fax] 719.632.0979
[website] usafielddhockey.com
[address] 5540 N Academy Blvd Suite 100
Colorado Springs, CO 80918

USA FIELD HOCKEY OUTDOOR REGULATIONS

Unless otherwise noted, the rules of this tournament will be as stated in the *2019 Rules of Hockey* published by USA Field Hockey with permission from the International Hockey Federation (FIH) on January 1, 2021. USA Field Hockey modifications to the *Rules of Hockey* and the following tournament rules will be enforced. Failure to comply with the rules as outlined may result in sanctions against those not in compliance.

ADDITIONAL MODIFICATIONS TO THE 2021 RULES OF HOCKEY

A. UNIFORMS

1. Members of all teams must be in proper uniform shirts, kilts/shorts 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.
 - i. Shirts and Socks must be a minimum of 75% of one-color beginning August 1, 2016.
 1. Pinnies will not be accepted as cover ups. Teams wearing pinnies will be penalized with a game forfeit.
 2. Reversible jerseys are acceptable provided numbers are on both sides.
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. The team not in compliance will be required to change uniforms. *It is strongly recommended that all teams have both sets of uniforms pitch side for all games.
 - i. If a team refuses to change or does not have a second set of uniforms that will make them compliant, the game will be cancelled, and the opposing team will be considered forfeited.
 - ii. If both teams are in compliance and the Umpires determine a conflict still exists, the team listed first will be required to change shirts and socks.
3. Goalkeepers 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 on the back that are of contrasting colors beginning August 1, 2016.
 - i. Clarification on contrasting colors: example, a combination of shirts or garments that are Black/dark Blue or Yellow/Gold are not considered contrasting colors.
 - ii. **A team choosing to play with only field players must have a mask or helmet available in the case of a penalty stroke.**
4. If the team has less than the required number players in proper uniform at the start of a match they will forfeit. 9 players for 11v11, 4 players for 7v7.
5. Registration wristbands must be worn at all times by all participants (players and coaches) and be visible to the umpire.



B. ROSTERS

1. Rosters are limited to:
 - i. For 11 v 11 outdoor events a maximum of 20 and minimum of 11 gender-specific athletes
 - ii. For 7 v 7 outdoor events a maximum of 12 and minimum of 7 gender-specific athletes.
 - iii. In accordance with Safe Sport regulations all rostered coaches must be a USA Field Hockey member, with safe sport training and appropriate background checks. **It is recommended by USA Field Hockey that each team rosters a distinct coach to avoid coaching conflicts in game schedules. USA Field Hockey cannot guarantee 2 teams from same club will not play at the same scheduled time.*
2. For showcase events (National Hockey Festival, Disney Showcase) a club team may roster up to 5 guest players in an 11 v 11 event and 3 guest players in a 7v7 event.
3. **Rosters must have age appropriate players as determined by the dates of 1/1 – 12/31 of the current year.** Athletes may play up in higher age divisions if the coach feels appropriate. Athletes may not play down an age division. **In accordance with the ADM USA Field Hockey recommends an athlete only play up one age division.*
4. An athlete may only play for one team at each event for which he or she was on the approved roster at registration. An individual player cannot play for more than one team during any event.
5. Participants in Adult Divisions must be graduated from HS, 19 years of age or older to participate.
6. For any event with a Mixed (Co-Ed) Division, teams may have no more than 5 male field players (11 v 11) and 3 field players (7v7) on the field at any time.
 - i. Goalkeepers are considered gender neutral and do not count against the limit of male players on the field for Mixed Division competition.
7. Any team using an ineligible player shall forfeit the game in which the ineligible player was a participant and the ineligible player shall be immediately ejected from the tournament.
8. Any team an ineligible athlete participated on while deemed ineligible must forfeit all games played with the ineligible player.
9. The following additional conditions apply to the Regional and National Club Championship rosters:
 - i. They are limited to a maximum 24 and minimum of 11 gender-specific athletes. Only 20 of the 24 rostered athletes are eligible to compete in each tournament for the entirety of the tournament.
 1. The additional 4 rostered athletes cannot be played or used as substitutes at any point mid-tournament. Only a max of 20 athlete wristbands will be given to teams per event at check-in. However, these additional 4 athletes can be rostered so that they are eligible for the National Club Championship as replacement athletes, pending team qualification.
 2. Upon check-in for an event, if a team marks an athlete as not at competition but does not remove that athlete from the roster, that player may receive a wristband and participate if they arrive later during competition. If a team removes an athlete from the roster at check-in, a wristband will not be provided for that athlete.
 - ii. The same team roster for the Regional Club Championship must be used at the National Club Championship. No Exceptions.



- iii. All athletes that participate at the Regional Club Championship / National Club Championship must be affiliated with that club.
- iv. An athlete may play for only one club and must be affiliated with that club according to the Club Affiliation policy.
 1. **an individual player cannot play for more than one team during the Regional Club Championships unless they are playing in a different age group on a separate weekend. The teams must be from the same club.**
- v. Only one club team per age group in each Regional Club Championship event is permitted. The team must play in their designated Region, which is where the majority of their current affiliated members reside.
- vi. If an athlete plays on more than one club team all games that the illegal player has participated in will be forfeited (see FORFEITS below);

C. 7v7 GAMEPLAY

1. Teams will play with a maximum of 7 players at any time.
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 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. Top of other dotted circle.

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. Current USA Field Hockey Coach Members are permitted 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 23m line 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.
6. Coaches who are suspended or have invalid memberships are not permitted to be in team areas under any circumstances. **Coaching activities of any kind will not be tolerated from coaches who are suspended or have invalid memberships until the suspension has been served or the membership has been validated.**

E. SEEDING

1. Teams will earn 3 points for a win, 1 point for a tie and 0 points for a loss.
2. 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
- 3. 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.
- 4. 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 four quarters of running 15 minutes unless otherwise noted.
 - i. Games at Championship events may be adjusted to match the 2021 Rules of Hockey at the discretion of USA Field Hockey and based on time constraints.
- 4. Quarter breaks will be 2 minutes unless otherwise noted.
- 5. Halftime will be 5 minutes unless otherwise noted. But, at no time will it be longer than 10 minutes.
- 6. In addition to any electronic timing method, Umpires are also required to keep time.

G. ARRIVAL TIME

- 1. A match is official when both teams have a minimum of 9 players (11 v 11)/ 4players (7 V 7), 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 player minimum at the 5-minute point, the score shall be 0-0.

H. RESULT CARDS

- 1. The umpires will have the official Result Cards for each game unless a technical table is in place and operating accordingly.
- 2. At the conclusion of the game, the score will be written on the result card by the umpire then verified and signed by each teams coach.
- 3. Once both coaches sign the result card, umpires will verify and sign making the score of the game official
- 4. 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 9 players 11 v 11 / 4players 7v7 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 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. PLAYER MISCONDUCT

1. Personal Penalties (Green/Yellow cards) will be administered per the 2019 Rules of Hockey with the following modifications.
 - i. Suspended players will report to the chairs available at the technical bench and sit for the suspension time.
 - ii. If chairs are not available (Festival / Disney) the player will stand at the midfield line for the suspension time.
 - iii. The team coach is responsible for ensuring that the full suspension time is served when no technical personnel is available to monitor the suspension.
2. Personal Penalties (Red Card) will be administered per the 2019 Rules of Hockey with the following modifications.
 - i. The team plays short and the suspended player will take no further part in the match.
 1. Players age 19 or younger are to remain with their team until the end of the match.
 2. Adult players over the age of 19 must leave the game area and remain away from the match until its completion
 - ii. The red carded player is suspended for the remainder of the game in which the offense occurred AND their next scheduled game in that division.
 - iii. The team does not have to play short in the next scheduled game in that division (unless there is a new suspension in that game).
 - iv. In the next scheduled game in that division, the red carded player 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).
 - v. 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 and recommended to USA Field Hockey’s Ethics committee as stated in the code of conduct.



3. Red Card Administration – Player
 - i. Umpires will notify USA Field Hockey Staff of any red card issued immediately after the game in which it was issued.
 - 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 for removal of the tournament wristband.
 - iii. After the player's next game is completed and suspension has been served, they may return to the Tournament Table for a new tournament wristband.
 - iv. Upon recommendation of the umpire, or based upon the severity of the infraction, USA Field Hockey will determine a red carded player's eligibility for further participation in the tournament beyond the one game suspension as stated in the Code of Conduct.
 - v. Any team using a disqualified player shall forfeit the game in which the disqualified player was a participant and the disqualified coach/player shall be immediately ejected from the tournament.

K. COACH MISCONDUCT

1. Any coach or team personnel may receive a Green or Red Card only. There is not a Yellow Card suspension for coach or team personnel. The team will not play short for any card awarded to coach or team personnel.
2. Red Card – Coach
 - i. A coach who earns a red card must leave the playing area within 1 minute of the issuance of the card and cease all team contact during the remainder of that game. The team will forfeit the game if the coach does not abide by the above suspension criteria.
 - 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. A coach who has been permanently suspended from a match will also be suspended for the team's next scheduled game in that division.
 - v. A coach who coaches multiple teams will not be able to participate in the tournament in any way until the suspension is served. 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.
 - vi. In the event a Coach receives two red cards over the course of a tournament, they will be suspended from the remainder of the tournament and recommended to USA Field Hockey's Ethics committee as stated in the Events Code of Conduct.
3. Red Card Administration – Coach
 - i. Umpires will notify USA Field Hockey Staff of any red card issued immediately after that game.
 - ii. A Coach who earns a red card must report to the Tournament Table within 5 minutes of the issuance of the card for removal of the tournament wristband.



- iii. After the Coach's next game, in that team's division, is completed and suspension has been served, they may return to the Tournament Table for a new tournament wristband.
- iv. Any team using a disqualified coach shall forfeit the game in which the disqualified coach was a participant and the disqualified coach shall be immediately ejected from the tournament.
- v. Upon recommendation of the umpire, or based upon the severity of the infraction, USA Field Hockey's Tournament Director will determine a red carded coach's eligibility for further participation in the tournament beyond the one game suspension as stated in the Code of Conduct.
- vi. 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.

L. APPEALS PROCEDURE

1. Game protests will not be allowed at any event.
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 honor only one Challenge (request) per team, per tournament for the review or change of a posted score. Should it be found that a result was posted incorrectly after verifying the official score card from the game, the result will be adjusted, and the team retains its challenge to be used again later in the tournament if necessary. Should it be found that the official score card reflects the score posted after it has been challenged by a team, this team will lose its Challenge and will not be able to dispute any posted results for the remainder of the event. The following procedure will be in effect for all USA Field Hockey events:

- i. Each head coach is responsible for confirming the final score and signing the correct Result Card at the conclusion of each game.
- ii. 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 upheld.
- iii. Team contacts or coaches are the only individuals who can submit an appeal. Parents, athletes, fans or umpires cannot initiate the appeal process.
- iv. Upon consensus by the coaches and umpires involved in the match, the score will be overturned, and any changes will be made to the official results.
- v. Failure to sign a Result Card does not nullify the outcome of the contest or excuse individuals from the appeal process.
- vi. Any disputes on the final score must be settled with the umpires at the time the cards are signed.
- vii. The appeal process applies to posted scores only. There is no appeal process for calls made during any match.
- viii. Deception on a Result Card is considered unsportsmanlike conduct and is a violation of USA Field Hockey's Code of Conduct and will be recommended to the Ethics committee for further review.



Appendix 1

SHOOT-OUT COMPETITION

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. If the player nominated to defend the shoot-out is a field player, that player must wear a helmet or facemask while defending the shoot-out. This defending player may only use their stick as in normal play to defend the shoot-out. The helmet / mask is for personal protection only. 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 official Team Roster 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 23m area 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 23m 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 23m line opposite the center of the goal;
 - c. An attacker stands outside the 23m 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 offence;
 - 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 official Team Roster 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 official Team Roster 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.

