



CATHOLIC SCHOOL ATHLETIC ASSOCIATION
1949 GOLDSMITH LANE, SUITE 101, LOUISVILLE, KY 40218
456-2722

2013 Field Hockey Special Rules and Regulations

Rules:

CSAA Field Hockey defaults to National Federation of State High School Association (NFHS) rules except where CSAA special rules apply. These rules are listed below.

Coaches are responsible for parents and fans behavior: All coaches must be cognizant of the behavior of his/her team's fans and parents. Any abusive language or unsportsmanlike conduct could result in forfeiture of the contest at any time.

Playing time - 8th and 6th grade division games will consist of four 12 minute quarters. 4th grade division games will consist of four 10 minute quarters. The self start rule is used at all levels.

League play/Tie game - If the game is tied at the end of regulation, the game is declared final. **Mercy Rule** - If a team is ahead by 10 or more at half time, or goes ahead by 10 after the start of the second half, the mercy rule takes effect and the game is final.

Tournament Play/Overtime - Overtime will consist of a five minute overtime period with six field players and one goal keeper. A coin toss will be held to choose which team will be on offense or defense to begin the overtime period and the teams do not change goals at the end of regulation.

Overtime #2 - If the score is still tied at the end of the first 5 minute overtime period then a five minute "sudden victory" period will be played with six field players and one goalkeeper. "Sudden victory" means the game is final when the first goal is scored and the team scoring the goal is declared the winner. A coin toss will determine who will start on offense and defense and the teams do not change goals.

Overtime #3 - If the 5 minute sudden victory period ends without either team scoring a goal then penalty strokes will be used to determine a winner. The goal will be chosen by the official and the each coach shall present a list of five strokers to the official. The players must stroke in the order listed from 1-5. A coin toss will determine who starts on offense and defense (refer to the NFHS rule book for details).

Final overtime - If the score is still tied at the end of the penalty strokes, we will go to sudden victory penalty strokes. The first team awarded more goals than the opponent, after an equal number of strokes, shall be declared the winner.

Suspended game in league and tournament play – If a game is suspended in the first half it will be restarted from the point of suspension. If a game is suspended in the second half and can't be completed on the same day at the same site in a reasonable amount of time, or if a game following the suspended game is scheduled to start, the game will be considered a complete game. Tournament semi final games and the championship game will be played to completion if possible.

Rosters - Team Rosters must be turned into the CSAA office before the first game. Anyone not listed on an official CSAA Roster is not eligible. Coaches are responsible for the rosters making it to the CSAA office before the first game. Players may be added to the roster during the regular season and this must be done in writing and presented to the CSAA office. Rosters may not be expanded after the last regular season game.

Disqualification - If a coach or player is ejected during a game he or she is automatically suspended for one game. They must be re-instated by the CSAA before they are permitted to play or coach again. The offending coach must call the CSAA Executive Director with an explanation and request re-instatement.

Protest - No protest of any kind are allowed during league and tournament play. All disputes must be resolved on the field between the coaches and officials. Please remember this is a Catholic grade school league.

Forfeit time - CSAA regulations allow a 10 minute window to avoid a forfeit from the regular scheduled start time of the contest. Games must begin if a team has enough players to start an official game.

Substitutions - Substitutions are allowed between the twelve minute periods, ten minute periods, or during the game. If players are entering the game during play, the official will not blow the whistle and stop play. The player will wait at the fifty yard line and signal the player she is replacing. Once the current player has sprinted to the fifty yard line and comes off the field, the substitution is allowed.

High sticks - The officials should call high sticks when a player's stick comes above her shoulders. They should watch closely for dangerous lofts on free hits. Scoops and flicks are not allowed on free hits. Players may not lift the ball on a side-in or long hit - it must stay on the ground. The ball must stay on the ground. Hand stops of any kind are not allowed.

Penalty corners - No goal can be scored by an attacker from the penalty corner hit until the ball has left the circle and then is brought back into the circle (the ball must come out of the circle first). If the penalty corner is called before the end of a quarter or half, with time remaining on the clock, it will be played out and will continue until the corner is completed. During penalty corners, players on the defensive team (not designated to be behind the goal line) will run to the fifty yard line.

Free hit- Free hit outside the circle - the ball needs to be placed on the broken circle hash marks. Players from either team cannot be between the hash marks and the top of the circle during the initial hit.

Fee hit - For a free hit awarded to the attack team within the 25 yd area, the ball must NOT be played into the circle until it has traveled at least five yards or has been touched by a player of either team, other than the player taking the free hit. If the player taking the free hit continues the free hit to play the ball (self start) that player may play the ball any number of times, but the ball must travel at least five yards before the player plays the ball into the circle. The ball can travel five yards to the left, right or backwards and then be hit into the circle.

Uniforms - Matching shirts with four inch numbers on the front and six inch numbers on the back are required. Matching shorts or kilts may be worn. **Two different solid colors of socks are required, a dark pair and a light pair. The home team will wear the light color and the visitor will wear the dark. No multi colored socks allowed.**

No jewelry or barrettes - Refer to the NFHS Rulebook (page 12, rule 1, art. 5 & 6).

Eye protection is mandatory - Players must have the eye-wear protection on or the player will not be allowed to participate. If an entire team arrives for a game with no eye-wear protection, the game will not be played and will be considered a forfeit. "Lacrosse Only" goggles **are not** permitted to be used in field hockey.

Players receiving a card for a flagrant rules violation will be removed from the game for the following amount of time:

Green: two minutes

Yellow: five minutes

Red: removed from play for the rest of the game.

These cards have traditionally been used for unsportsmanlike conduct almost exclusively; however, they are increasingly being used as a management tool by the officials in order to control/correct flagrant fouls, like tackling from behind and five yards violations.

4th Grade Rules

Field size for 4th grade will be 50 x 60.

4th grade will play with seven field players, no goalie. A coach for each team may be on the field during play for instructional purposes.

4th grade goal will be 8 feet wide marked by two cones.

General Guidelines

Mercy rule - For 6th and 8th grade divisions – If a team is ahead by 10 at the half, or goes ahead by 10 after the start of the second half, the game is over.

**No goal can be scored by an attacker from the penalty corner hit until the ball has left the circle and then is brought back into the circle.

** During a corner, if a defensive player leaves the cage before the ball is inserted, that player must leave the circle and begin the following corner at the 50 and the defensive team will defend with 3.

**Clear or colored mouth guards are allowed. Each participant must use this equipment at all times.

**The 5 yard rule for free hits is in effect this year. The old rule of 7 yards is no longer the standard.

**Self starts are allowed, however a "safety first" approach will take precedent when defensive players getting lined up. The appropriate warnings will be issued.