

**FIELD HOCKEY BY-LAWS**

**1. GOVERNING RULES**

The current official Federation Field Hockey Rules shall govern Field Hockey.

- a) After a regulation tie, in varsity play only, a seven (7) minute, sudden victory; seven (7) per side shall occur. The 7-on-7 will follow the MCAL format for play with “Sudden Victory”. Only after the conclusion of that scoreless period will the game end in a tie.

**2. GAME LIMITATIONS**

- a) A maximum of 24 games plus two (2) scrimmages may be played. Scrimmages must be played prior to the first contest.
- b) A tournament shall be further defined as counting as the minimum number of contests the tournament guarantees to each team, or athlete. For purposes of definition, “contest” is defined as a competitive encounter with another school, or athlete, in which a score is kept.
- c) Tournaments in which official Federation timed games are played will count as number of guaranteed games played. (EX: Tournament guaranteed games = 2, count shall be 2)

**3. TEAM CLASSIFICATIONS**

- a) The Official teams in hockey shall be a Varsity team and a Junior Varsity team.
- b) Schools must field a Varsity team before fielding a Junior Varsity team.
- c) There will be no seniors on Junior Varsity teams. Appeals to the league for special circumstances for beginner teams are possible.
- d) Once league starts, a Varsity player cannot play in a Junior Varsity game, with the exception of the goalie position so long as that goalie does not exceed 20 contests for the season. A Junior Varsity player may play on the Varsity team in non-league division tournaments and return to the Junior Varsity Team for league/division play.
  - 1) All players, including a goalie, are limited to one (1) contest per day with the exception of tournaments and Jamborees.
- e) A Junior Varsity player who plays in a Varsity League Division Game is considered to be Varsity Player for that school season only (with the exception of goalies).

**4. GAME MANAGEMENT REGULATIONS**

- a) Varsity games will be played first, starting at 4:00pm with the JV contest to follow at 5:30pm. Should Daylight Saving Time begin before the end of league schedule, varsity start times shall be 3:30pm with JV to follow, unless it is mutually agreed upon by both schools to play a night game. Varsity only games start at 4:30pm.
- b) The Varsity game shall consist of two (2) thirty-minute halves with a 5-minute half time. The game clock shall be stopped on all goals scored. If there is a 5-goal differential, the clock may run continuously if mutually agreed upon by both coaches. The clock will stop for goalkeeper substitution.
- c) The JV game shall consist of two (2) twenty-five minute halves with a 5 minute half time. The clock shall be stopped on all goals scored; if there is a 5-goal differential, the clock shall run continuously. The clock will stop for goalkeeper substitution.
- d) Each team receives two 90-second timeouts per game.
- e) A lineup of the team members will be submitted by each coach 15 minutes before the start of the game. The lineup is to include the players’ names and uniform number. The game shall not start until the rosters have been submitted to the scorekeeper/timekeeper. The lineups include a minimum of 7 players including a

goalkeeper. No goalkeeper results in a forfeit.

- f) If a game is rained out, the home team shall notify the visiting team and the officials by 12:00 noon. The rained out game shall be played at the next available day.
- g) Games rescheduled for school conflicts need to be made 48 hours before the scheduled game time.
- h) Games rescheduled due to weather must be made by 12pm and communicated through the Athletic Directors and referee association.
- i) A varsity game will be played with 2 officials unless both schools mutually agree on one official.

**5. YELLOW CARD/RED CARD**

- a) A red-carded player or coach shall be immediately ejected from the game. The team may not substitute for a red-carded player. The player will also have a one game suspension for the next game.
- b) Green Cards result in a 2-minute non-substitution.
- c) Yellow Cards result in a 5 or 10-minute non-substitution.

**6. MCAL WINNER**

- a) A team shall be awarded three (3) points for a win, one (1) point for a tie. The MCAL placement will be the order of team points. The team with the greatest number of points will be declared the champion. If there is a tie, both teams shall be declared co-MCAL Champions.
- b) If tied in points, the league will use the tie-breaking criteria.

**7. MCAL SCHEDULE AND PLAYOFFS**

- a) Teams play in a double round-robin format.
- b) Playoff will consist of the top 4 teams as determined by the point total or tie breaking criteria.
- c) If the game is still tied after the first over time period, the tie will be broken via tie-breaking numbers.

**8. ALL LEAGUE SELECTION**

**Section 1:** All League selections shall follow the MCAL Chart of Awards as follows:

Varsity 1st team	10 players, 1 goalkeeper
Varsity 2nd team	10 players, 1 goalkeeper
Honorable Mention	10 players, 1 goalkeeper

In addition Varsity will receive 1 special recognition awards: Most Valuable Player

Each coach via their athletic director may nominate players from their own team for any and all positions. These nominations are to be presented via email by the school's athletic director no later than the date announced at the preseason meeting. Failure to comply with this deadline will result in a coach only receiving four nominations if done before the meeting. Any coach who does not submit their nominations 24 hours before the meeting, will receive one honorable mention position only.

**9. SETUP**

- a) The NFHS Official Rules will be followed.
- b) The Home Team wears white tops and socks. The Visiting Team wears dark tops and socks.
- c) The score table should include:
  - a. Chairs
  - b. Clock and Scoreboard
  - c. Rosters from each team
- d) Cones need to be included for the 10-yard substitution area.
- e) Corners must have either flags or cones.
- f) Game balls need to be provided by the home team. 3 balls need to be placed on each end line in addition to the starting ball.
- g) Cages must be regulation size and shape and must have nets and boards.
- h) The field must comply with NFHS dimensions

- i) Required field player equipment includes:
  - a. Mouthguard
  - b. Shin Guards
  - c. Approved eye protection
  - d. No jewelry
- j) Required goalkeeper equipment includes:
  - a. Mouthguard
  - b. Chinstrap and neck guard with facemask
  - c. Chest pad, leg pad, kickers, and gloves
  - d. Uniform must include a jersey number and must be a different color from the field players