

MARIN COUNTY ATHLETIC LEAGUE - FIELD HOCKEY Revised 10/19/24

Member schools: Archie Williams, Berkeley, Convent, Lick, Marin Catholic, Redwood, Tamalpais, University

FIELD HOCKEY BY-LAWS

1. GOVERNING RULES The current official Federation Field Hockey Rules shall govern Field Hockey.

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, *with the exception of goalies*, cannot play in a Junior Varsity game. 1. All players, *excepting goalies*, 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 5:15pm. 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.

b. The Varsity game shall consist of four (4) quarters of 15:00 minute with 2 minutes between quarters 1 & 2 and 3 & 4 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 four (4) quarters of 12:30 minute with 2 minutes between quarters 1 & 2 and 3 & 4 with a 5-minute half time. The clock shall run continuously.

d. Each team receives one 90-second timeout 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 suspension.

6. 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. *a scorer* e. *a timer. (the scorer and timer should be provided by the home team)* f. *an audible device(horn)*. g. *scorebook*.
- d. Cones need to be included for the 10-yard substitution area *and for the 25 yard line*.
- 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: . Mouthguard ,. Field Hockey Shin Guards
- j. Required goalkeeper equipment includes: .a: Full face mask-helmet with chin strap, b: Mouthguard c: wrap-around throat/ neck guard d:. Chest pad, leg pad, kickers, and gloves e: Uniform must include a jersey number and must be a different color from the field players

7. 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.

PLAY-OFF TIE-BREAKING CRITERIA

BASIC CRITERIA USED IN ORDER THAT THEY APPEAR:

1. Head to head competition (Winning percentage)
2. Record above the tie (Winning percentage)
3. If a tie still exists between any two places. ...use numbers drawn for place* If two teams are tied for a play-off position EXCEPT for the 6th place, the above criteria will be used. If more than two teams are tied for a play-off position EXCEPT for the 6th place, the above criteria will be used to seed the team. Once a team is seeded, the above criteria will start over between the remaining tied teams.

For the sport of field hockey, all ties will be broken using points—3 for a win & 1 for a tie. For the final play-off spot if two teams are tied: There will be a play in game to the play-offs if there is no head to head (2-0) advantage, except in single round sports, where the one head to head will be used. a. host of the play in contest is the highest draw number b. admission will be charged as it is a play-off contest If more than two teams are tied for the last positions, 1 & 2 above will be used to break the three-way tie to qualify the first play in game team. If the tie is not broken between the three teams using 1 & 2 above, then the draw numbers will be used to place the first team into the play in game. The criteria will start OVER to determine the second play in team. In the case of more than three way tie for more than one spot which includes the 6th position: The above criteria will be used to break the tie, seeding one team. The criteria will start OVER again to complete the tournament using the criteria as stated previously. * Numbers are drawn each spring for each school for each sport. Tie breaking #s are on the full league schedule for all teams

in all sports. It has been determined that a low number (1,2,3...) would be the top. The top number has priority!

8. 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.

9.. The following Tie-Breaking Procedures will be followed in varsity playoff games only. ”. **Note there is no overtime in regular season play**

1. Prior to the start of any overtime period, there shall be a 5' intermission:
2. The officials shall meet with the team Captains for a coin-toss. The visiting team Captain shall call the coin in the air;
The winner of a coin-toss decides whether or not to take possession of ball;
Coaches may confer with their players;
Teams will not change goals at the end of the regular game.
3. a. One sudden victory 7 vs. 7 overtime, not to exceed 10 minutes, will be played;
(1) Teams will play with six (6) players and a goalkeeper;
(2) Substitutions are permissible in the 7 vs. 7 period.
(3) The overtime period will be played with only four (4) defenders (including the goalie) who are allowed on a penalty corner;
- b. If the first sudden victory period is scoreless, a second sudden-victory 7 vs. 7 overtime, not to exceed 10 minutes, will be played;
(1) Teams will change goals between the two overtime periods;
(2) The loser of the first coin-toss shall choose whether or not to take possession of the ball in the second overtime period;
(3) Teams will play with six (6) field players and a goalkeeper;
(4) Only four (4) defenders are allowed on a penalty corner;
- c. If a tie still exists, a one-on-one shootout will take place.

4(a)

(1) Each coach will present a list of five (5) players to the official and the shots will be taken by the players in the order they are listed. Any player on the team roster is eligible to participate in the shoot-out, except for a player who received a red card at any time during the game. Any time penalty remaining on a player's yellow card at the end of the second overtime shall deem that player ineligible for the first round of shoot-out.

Note: Any time remaining on a player's green card does not exclude the player from participating in the shootout.

- (2) The team attempting the first shot will be decided by a coin toss.
- (3) A series of five shots on goal shall be taken by individual players in a one-on-one situation (attackers vs. goalkeeper). To begin this procedure, the goalkeeper stands

on the goal line and the attacker stands outside the 25-yard line, with the ball on the 25-yard line, opposite the center of the cage. Play begins on the official's whistle. Play continues for 10 seconds with follow-up shots permitted.

(b) The shootout is completed under the following conditions:

(i) The 10 seconds has elapsed;

(ii) A goal is scored (the whole ball crosses over the goal line) before the time elapses;

(iii) The attacker commits a foul.

(iv) The ball goes out of play over the end line or sideline. This includes the goalkeeper intentionally playing the ball over the end-line (not a foul).

(v) The goalkeeper commits an unintentional foul in which case the shoot-out is retaken (this includes the ball getting stuck in the goalie's pads).

(vi) The goalkeeper commits an intentional foul, in which case a penalty stroke is awarded. The stroke is to be taken by the same attacker against the same goalkeeper (unless either one is injured or suspended) and prior to the next available shoot-out.

(c) In the case of injury of a goalkeeper: the goalkeeper will be replaced by a fully kitted goalkeeper from the team roster for that game. Reasonable time shall be given if a player needs to put on the protective equipment. An injured goalkeeper cannot return from injury during the current round. However, if she is able to recover, an injured goalkeeper can return for a subsequent round.

(d) In the case of injury to a field player:

(i) In the event a field player is injured due to a foul by the goalkeeper and needs to be replaced for the retaking of the shoot-out or for the penalty stroke, she shall not be allowed to return for subsequent rounds. The replay shoot-out or the stroke will need to be taken by a player not listed to participate in the current round of 1 vs. 1's.

(ii) Should a field player injure herself during the shoot-out, the shoot-out will be considered over.

(5) A yellow/red card in any round of one-on-one shootout results in disqualification in subsequent shootout play including the goalkeeper. The goalkeeper must be replaced by a fully kitted goalkeeper from the team roster for that game. Reasonable time shall be given if a player needs to put on the protected equipment. There are no green cards during the shootout rounds.

(6) If a player participates out of order, that one-on-one is over, and no goal is awarded. The next correct player is to play the team's next one-on-one.

(7) The five players listed for each team will attempt the shot on goal on an alternate basis and the team scoring the most goals is declared the winner.

(8) Barring injury, there shall be no substitution for the goalkeeper during the round.

(9) If a tie still exists after the first round of one-on-one shootouts, a "sudden-victory" shall be in effect (i.e., the first team awarded more goals than the opponent after an equal number of one-on-one shootouts, shall be declared the winner).

(1) Each coach will present a list of five (5) players to the official and the shots will be taken by the players in the order they are listed (if needed). The order and list of players may be different from the earlier round. In the event a goalkeeper is injured due to a foul by a field player and needs to be replaced, she shall not be allowed to return for subsequent rounds. The goalkeeper must be replaced by a fully kitted goalkeeper from the team roster for that game. Reasonable time shall be given if a player needs to put on the protected equipment.

(2) The team attempting the first shot will be reversed in the second round.. If no decision is reached after a second round of "sudden victory" one-on-one shootouts, Section 9 repeats itself until a winner is determined.