**SUMMER 7V7**

**2018 LEAGUE RULES**

Below is a list of rules for Spring Field Hockey. Some of the rules are for emphasis and some are modifications. Rules for the games will follow **FIH RULES**

**CONCUSSION AWARENESS**: All players should know the Symptoms of a Concussion and the Action Steps to take for a concussion.

https://www.cdc.gov/headsup/pdfs/schools/tbi\_schools\_checklist\_508-a.pdf

**INCLEMENT WEATHER POLICY:**

Inclement weather: Decisions regarding inclement weather will be emailed and posted by 4pm.

If games have not been cancelled (there will NOT be an update), go to the field where the official will determine whether the game is playable. There will be a no make-up dates, at the end of the season, for rainout games.

**Thunder/Lightning/Unsafe Conditions:** In cases of thunder or lightning, play shall be stopped and all persons present shall wait in a safe place for 30 minutes from the last sound or sighting. If a second round of thunder or lightening is heard or seen within the first 30 minute time frame, the game will canceled

By the lead official. The lead referee will be the final authority on all safety decisions.

**High Temperatures**: If the air temperature is over 90 degrees. A mandatory water break will take place after 12 minutes of elapsed playing time .The water break will be no longer than 90 seconds.

**Safety Turf Rules**

* Coaches and Players only on the turf areas.
* Spectators should use the bleachers and not fields or track.
* Chairs are NOT allowed on the fields
* Water ONLY on the turf. No gum allowed on or near the turf field
* Sunflower seeds are not allowed on the turf or track.
* Dogs are not permitted on the turf field areas.
* No tobacco products are allowed on school property or playing fields.

2018 Summer 7v7 Field Hockey Rules

ALL LEAGUES

1. Players can only play on one (1) team. Players cannot play down, but they can play up.

2. Spectators must be on the opposite side of the field of all players and coaches.

3. There will only be a maximum of three (3) coaches allowed on each team sideline at any time should a team have a designated “Coach” or manager.

4. All Fields are Tobacco-Free Zones. Smoking, Vaping and use of Tobacco are prohibited on school property. Alcoholic Beverages are

Prohibited on or near the fields at any time.

5. No Jewelry.

6. Mouth guards must be colored not clear or white and worn by all players.

7. Shin guards covering the anklebones and worn no lower than 1 inch below the kneecap are mandatory for all players.

8. Hard and unyielding items (guards, cast, braces, etc.) worn on the hand, arm, forearm, elbow, upper arm

or shoulder must be padded with a closed cell, slow-recovery foam padding no less than ½” thick

(no bubble wrap). There must not be any protruding broken fingers. Knee and ankle braces, which are unaltered, do not require additional padding.

9. Protective Eye Gear is optional.

10. Team listed first will wear light colored jersey and Shinguard Covers

11. Coaches are encouraged to use their designated captains for any questions to the officials.

12. Players shake hands, not sticks following games.

**GAME RULES**

Games will follow FIH Rules with the following exceptions;

1. Teams will play 7 v 7, playing on a split field. Can start with 5 players.

2. The Self-Pass Option can be used. Based on the shortened field, all areas of the rule that cite the 25-yard area are replaced with “midline of the field.” All players are required to be 5 yards away from a restart.

3. With appropriate open space and no players approaching, field hockey players will be permitted to raise their sticks above the shoulders to stop, receive and deflect or play the ball

4. Running Clock: 20 minute GAMES,

5. No equipped goalie required to start game.

**Teams can borrow a GKs**

6. In lieu of corners, long hits will be taken.

7. A team defending a long hit will send 3 players back to the opponent’s defensive “circle”