



2023 NFHS FIELD HOCKEY RULES POWERPOINT

National Federation of State
High School Associations



- Rules Changes
- Major Editorial Changes
- Points of Emphasis

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NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leader and advocate for high school athletics and performing arts programs.
 - Serves 51 state associations, 19,500 high schools and 12 million student participants.
 - Writes playing rules for 17 high school sports for boys and girls.
 - Offers online education courses for high school coaches, officials, parents, students and others.
 - Ensures that students have opportunity to enjoy healthy participation, achievement and good sportsmanship in education-based athletics.



NFHS RULES REVIEW COMMITTEE

- The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



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Chief Operating
Officer



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Lacrosse and
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NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
 - Publishes 4 million pieces of materials annually.





2023 NFHS FIELD HOCKEY RULES CHANGES





RULE 1-5-5 REMOVED

**Jewelry rule was struck from the book.
This now allows players to wear jewelry to create consistency
in enforcement among coaches and officials.**



RULE 1-8-1A NOTE (NEW)

Defines the size requirements for numbers on goalkeepers' uniforms to align with field players' uniforms.

SECTION 8 GOALKEEPER EQUIPMENT

ART. 1 . . . The goalkeeper shall wear:

a. A uniform top contrasting to the color(s) of the uniform tops of both teams' field players, and with a visible number on the front and back. Opposing goalkeepers may wear the same color;

Note: The number shall match the requirements in 1-5-2.



RULE 1-8-1H NOTE (NEW)

Updates terminology regarding goalkeeper equipment.

SECTION 8 GOALKEEPER EQUIPMENT

ART. 1 . . . The goalkeeper shall wear:
h. Field hockey kickers;

Note: Shoes worn under the kickers shall be rubber-soled shoes. Plastic, leather, or rubber cleat- studs may be worn. [1-6-3]





RULE 4-1-3

Reinstates the playing captain's ability to call a time-out on the field. If no playing captain is on the field of play, then only the coach may call a time-out.

SECTION 1 LENGTH OF PERIODS

ART. 3 . . . Each team shall be permitted one 90-second time-out per game. The coach or playing captain may make the request with the near official or at the scorer's table, and the scorer immediately notifies the near official.





RULE 8-1-1W (NEW) AND 8-2-1K (NEW)

8-1-1w (NEW)

Clarifies that loose equipment that impacts play or could result in dangerous play is a foul; officials should treat this infraction as such.

SECTION 1 FOULS AND PENALTIES

ART. 1. . . Fouls include the following:

w. Loose equipment in the field of play that affects play or results in dangerous play.





RULE 8-1-1W (NEW) AND 8-2-1K (NEW)

8-2-1k (NEW)

Defines that equipment thrown in a dangerous or unsportsmanlike manner is a misconduct penalty and is subject to the card progression.

SECTION 2 PLAYER MISCONDUCT AND PENALTIES

ART. 1 . . . Misconduct includes any player(s) action which an official deems to be unsportsmanlike including, but not limited to, the following:

k. Throwing any object or piece of equipment at the ball or at another player, umpire or person





RULE 8-2-1 PENALTIES (NEW)

Defines the penalty application regarding players entering before serving the full suspension time.

5. A suspended player who remains in or reenters the game before serving the full suspension time shall be removed from the game to serve the remaining time.
6. A disqualified player who remains in or reenters the game shall be removed from the game. The team shall play short.

NOTE: The head coach shall be carded for violation of the substitution rule.

Card Progression and Suspension Time: Green Card = 2 min.; Yellow Card = 5 or 10 min.





2023 NFHS FIELD HOCKEY POINTS OF EMPHASIS





CARD PROGRESSION

Card progression = important tool for officials in game management

- A method of de-escalation.
- Ensuring safety and fairness during the game.
- A verbal caution to both teams may serve to ward off a potentially volatile situation.

Note: When one player or team commits repetitive fouls, it is not appropriate game management to include both teams in the card progression. Both teams have their own card progression.





PROPER FIELD MARKINGS AND GRASS LENGTH

- Field hockey fields should be properly marked, including all side markings for team area, team line, substitution area, and spectator line.
- Properly marked field ensures the safety of players, coaches, spectators, and officials.
- For the tableside official, there must be a clear line of sight.
 - Coaches or players who are within 5 yards of the sideline are blocking that official's view and creating a potentially dangerous situation to the officials, coaches or players.

NOTE

Grass Fields:

- The grass should be cut to a maximum height of 1½ inches.





PLAY INSIDE THE CIRCLE – CORNER VS STROKE

It is vital for officials to recognize that breakdown fouls by the defense in the circle that interfere with the opponent's possession of the ball or their opportunity to score require more than the awarding of a penalty corner.

If the official deems the foul to be deliberate, the foul must be penalized by awarding a penalty stroke to the opponent (Rule 11-1-1b).

Additionally, for an egregious foul, a misconduct penalty may be awarded using the card progression.





DELAY OF GAME

Managing the flow of the game without hurrying a team is a necessary skill for all officials. For repetitive, non-dangerous fouls, the appropriate card should be issued. Some examples of delay include, but are not limited to:

- Hitting the ball away after the whistle
- Not moving 5 yards away in order to slow the restart of play
- Prolonged huddling by a team prior to a penalty corner.

Officials are encouraged to practice preventive officiating to help limit delays in the game and maintain the spirit, flow, and safety of the game. Coaches and players should also understand the importance of their role in maintaining the flow of the game.





NFHS OFFICIALS EDUCATION





OFFICIALS EDUCATION

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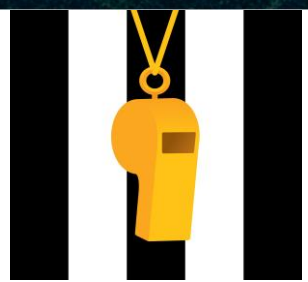
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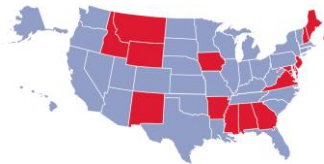




CENTER FOR OFFICIALS SERVICES



Year Three Accomplishments



16

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Assigned



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Future Developments:

- Auto Assign
- Mobil Assign
- Customized Game and Travel Fees
- Mass Update Capabilities
- Integrated Playoff Financial Reporting



Improvements:

- Invoicing
- Updated Financial Reporting
- Playoff and Tournament Bracketing
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- NFHS Learn Integration



Coming Fall 2023:

- NFHS Exam Center
- New Team App
- New Form Builder



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SCHOOL HONOR ROLL

LEVEL 1 COURSES



Fundamentals of Coaching



Concussion in Sports



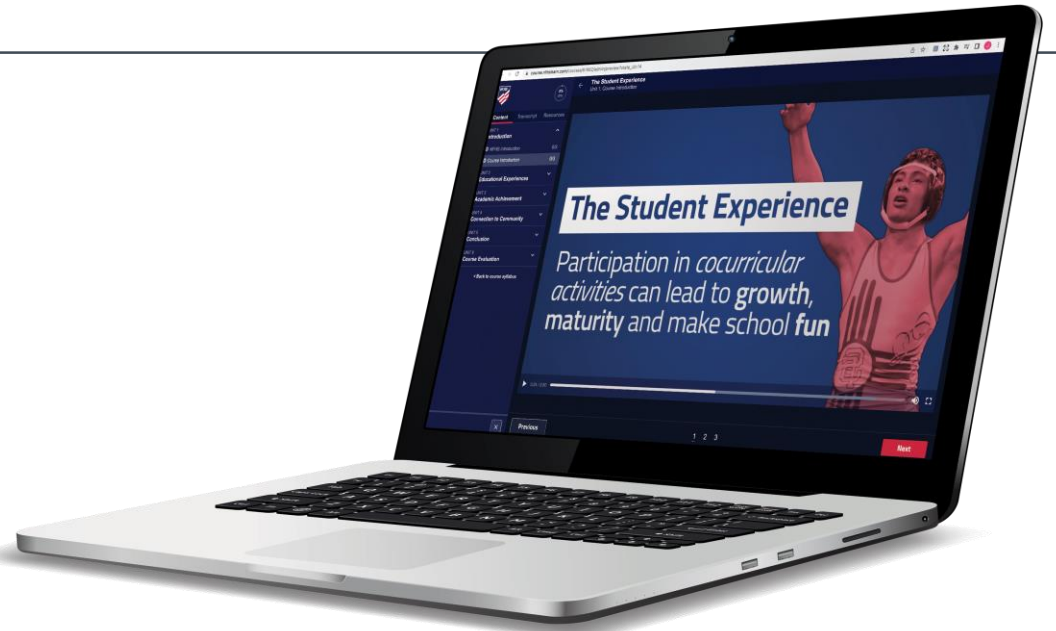
Sudden Cardiac Arrest



Protecting Students from Abuse

OVER 17.8 MILLION COURSES DELIVERED!

- Concussion in Sports – 7M
- Heat Illness Prevention – 2.1M+
- Sudden Cardiac Arrest – 2.2M+
- The Collapsed Athlete (2020) – 51,000+
- Concussion for Students – 1.1M+
- Implicit Bias (2021) – 90,000+
- Fundamentals of Coaching – 900,000+
- First Aid, Health and Safety – 400,000+
- Protecting Students from Abuse – 220,000+
- Student Mental Health and Suicide Prevention – 227,000+
- Bullying, Hazing and Inappropriate Behaviors – 400,000+
- Appearance & Performance Enhancing Drugs and Substances – 118,000+
- COVID-19 for Coaches and Administrators – 360,000+





NFHS NETWORK



NFHS NETWORK

- By 2025, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.
- 27 Different Sports and Activities



www.NFHSnetwork.com



THANK YOU

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