



2022 NFHS FIELD HOCKEY RULES POWERPOINT

National Federation of State
High School Associations



- Rules Changes
- Major Editorial Changes
- Points of Emphasis

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Be sure to check out the Pre-season guide
for coaches and officials

2022 NFHS FIELD HOCKEY RULES CHANGES





RULE 1-5-6 PAGE 11

Clarifies that hair adornments can be worn in the hair if they do not endanger other players as well as being more inclusive of participants' cultural and religious beliefs.

ART. 6 . . . Hair-control devices and other adornments in the hair that are securely fastened and do not present a risk of injury to the player, teammates or opponents are allowed.



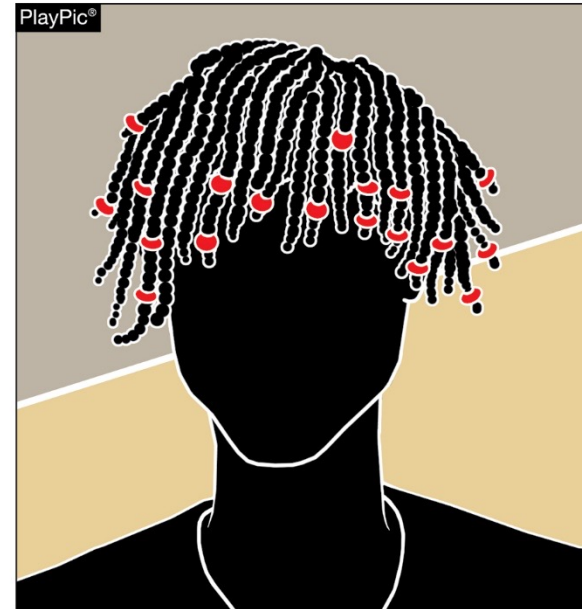
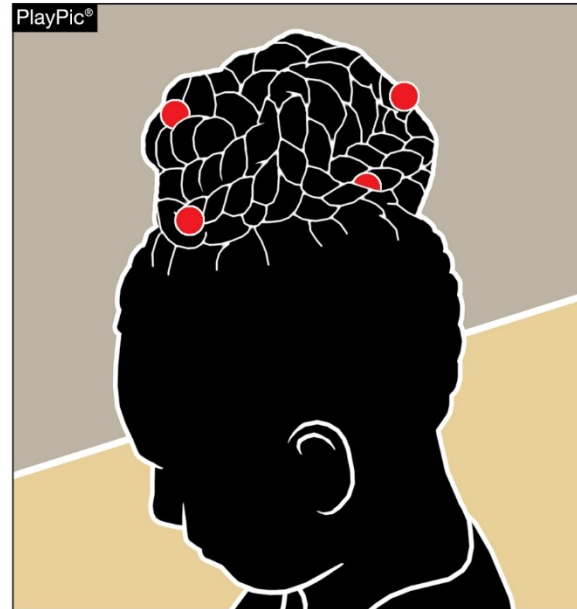
1-5-6

(ITEMS IN PIC 1 & 2 ARE NOW PERMITTED)



- Hair control devices that are securely fastened and do not increase risk to the athlete, teammates and opponents are permitted.
- Hair clips that are hard, protrude from the head and/or are easily dislodged do not comply and are not legal.

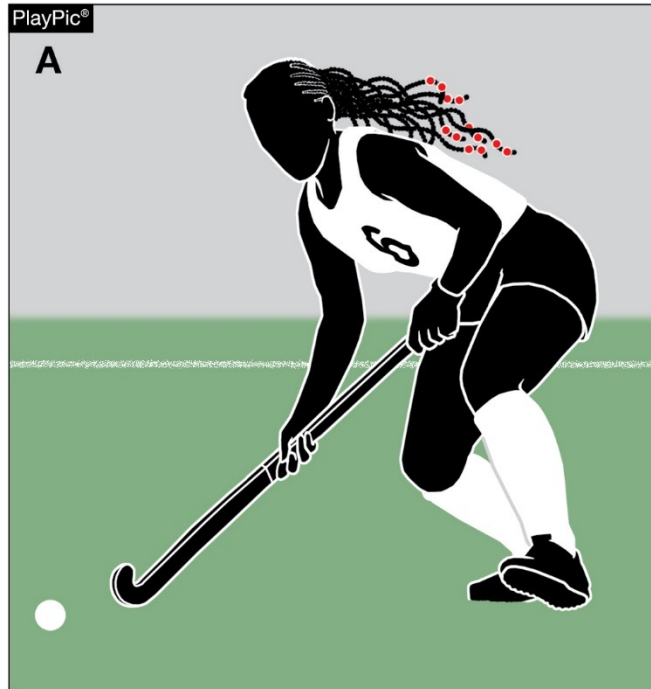
1-5-6



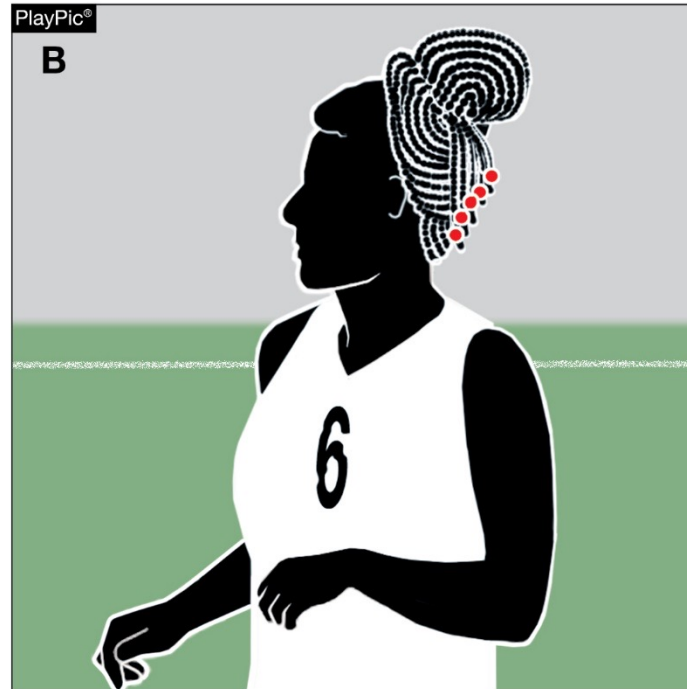
- Hair adornments that are securely fastened and do not increase risk to the player, teammates or opponents are permitted.

EQUIPMENT AND ACCESSORIES

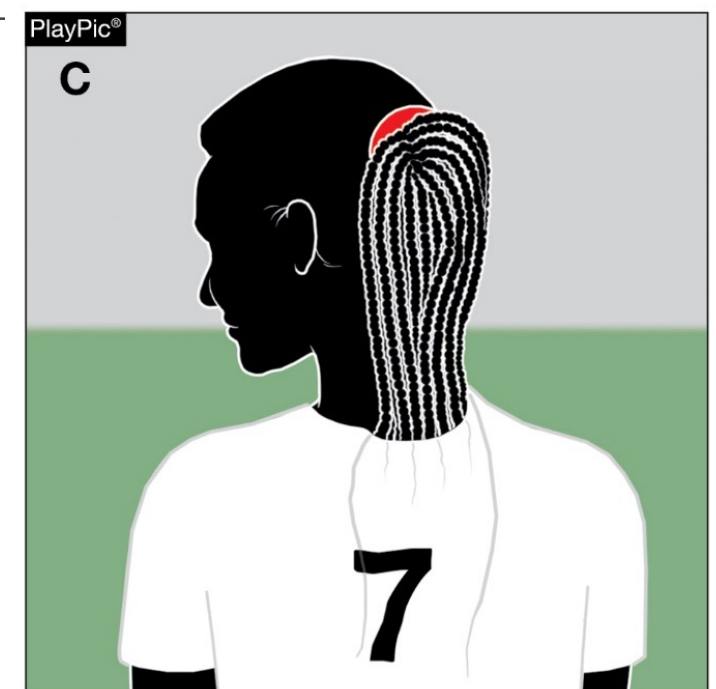
4-1-6a



Non-compliant



Compliant



Legal

- In PlayPics A, the player cannot participate with the hair adornments worn in the current position. Play Pics B and C are options to make legal.

1-5-5 PAGE 11



- Hair charms are considered jewelry and per rule 4-1-7 would **not** be permitted.



ILLEGALLY EQUIPPED ATHLETES' PENALTY

Once a coach has certified/verified that players are properly and legally equipped, the athletes will be held responsible for their uniform and equipment.

The penalty for illegally equipped player now falls on the athlete

Effects:

Rule 1-5 Penalty (player uniform) page 11

Rule 1-6 Penalties (player equipment) page 12-13

Rule 1-8 Penalty (GK equipment) PREVENT, PREVENT, PREVENT!! page 14

Rule 8-2-1 pages 37-39

(p.15 1-9-1 pen – Change coach to player shall be assessed the appropriate misconduct penalty using the card progression.)





RULE 3-2-4 PAGE 24

Clarifies the 25-yard hit is not a free hit as a consequence of a foul

Restarting play

- **Play is restarted with the ball on the 25-yard line that is in line with where the ball crossed the end line.**
- **All players shall be 5 yards away from the ball.**
- **The ball may not be played into the circle until it has traveled at least 5 yards or has been touched by a player of the defending team.**





RULE 3-3-11 PAGE 25

The change simplifies the language to allow for use of either edge or the flat side of the stick on both the forehand and backhand when using the sweep.

ART. 11 . . . Sweep is a legal stroke which involves a swinging movement of the stick, maintained horizontal and close to the ground, toward the ball. When playing the ball in this manner, all guidelines of rule 8-1-1b, c, f & h must be met.





RULE 4-1-3 (NEW) PAGE 26

Adds one timeout back into the game for coaches to deliver a quick pep talk, refocus players, or change strategy.

ART. 3 . . . Each team shall be permitted one 90-second time-out per game. The coach may make the request with the near official or at the scorer's table, and the scorer immediately notifies the near official. The timeout cannot be taken immediately following the intervals between quarters.

The time-out is granted at a stoppage of play when the requesting team has possession of the ball, or after a goal has been scored by either team.





RULE 10-3 PENALTIES

PAGE 46

Provides specifics procedures for officials when the inserter has both feet in the field of play.

Penalty 4. The player who inserts the ball from the end line must not have both feet in the field of play at the time of insertion nor feint at playing the ball. For an offense of this rule, the offending inserter shall be replaced by another attacker and must go to the center line.

Note: Officials must ensure that the penalty corner is set properly before allowing the insertion.

***Page 47 Situation 10-2-1 B should be incorrect procedure**





RULE 11-2-3 PAGE 49

Clarifies that those not involved in a penalty stroke need to be out of the sight line of the goalkeeper.

ART. 3 . . . During the penalty stroke, players of both teams, other than the goalkeeper and stroker participating, shall position themselves beyond the nearer 25-yard line and not directly in front of the goal.





2021 NFHS FIELD HOCKEY EDITORIAL CHANGES





RULE 1-7-6

SECTION 2 THE FIELD AND MARKINGS

ART. 4 . . . TEAM LINE – A broken line parallel to, and 5 yards from, the sideline. This five-yard area shall be free of obstructions except for the ~~officials'~~ scorer's table.





2022 NFHS FIELD HOCKEY POINTS OF EMPHASIS



SPORTSMANSHIP PAGE 55



- NFHS playing rules are written to encourage sportsmanship. Participation in these programs should promote **respect, integrity** and **sportsmanship**. However, for these ideals to occur, everyone involved in these programs must be doing their part.



SPORTSMANSHIP

- The NFHS is concerned that unsporting behavior in education-based athletic has increased across all sports. As a result, the NFHS has made sportsmanship the no. 1 Point of Emphasis for the 2022-23 school year.
- The interscholastic coach is responsible for setting the tone at athletic contests and must act in a sportsmanlike manner.
- If coaches are complaining constantly about the decision of contest officials, spectators are likely to do the same.
- A positive, open line of communication between officials and coaches ultimately leads to better behavior by student-athletes.
- Good sporting behavior is expected before, during and after every contest.





SPORTSMANSHIP

- Contest officials should never engage with spectators who are exhibiting unsporting behavior. Instead, school administration, or in their absence, the home team's head coach is responsible for dealing with unruly spectators.
- The NFHS is concerned about unsporting behavior inhibiting the recruitment and retainment of officials.
- In addition, an environment with demeaning language, taunting and/or hate speech directed at players does not further the mission of education-based activity programs.
- **P. 53 12-2-pen USE THE TOOLS THE BOOK GIVES YOU**





INTENTIONAL FOULS INSIDE THE 25-YARD LINE

It is vital that officials recognize that intentional/breakdown fouls by the defense that occur inside the 25-yd line and outside the circle are fouls that disrupt the offense such that more than a free hit to opponents is warranted.

- If the official deems the foul to be intentional, the foul must be penalized by awarding a penalty corner to the opponent [Rule 10-1-1b].
- Additionally, a misconduct penalty may be awarded using the card progression.

Discuss breakdown – what is the intent of the D's action? – to stop ball....



INSIDE THE 25



INSIDE THE 25





TACKLING

Smooth passing and dribbling techniques are two core skills all players should possess. Players should also know how to tackle the opponent when the ball is in their possession.

- The NFHS rules book defines tackling as a technique executed by a player in an attempt to gain possession or cause the opponent to lose possession of the ball.
- To properly execute a tackle, the player must be in the proper position to avoid a foul.
- The player shall not use the stick dangerously, nor deliberately make body or stick contact to gain any advantage when tackling. Remember that a player can't hit, hook or hold an opponent's stick with the stick [Rule 8-1].
- There should be clear intent to play the ball by the tackling player and the timing of the movement must be exact.





AERIAL DRIBBLING

In order to manage aerial dribbling properly it must be understood which player is responsible for any danger that could occur. Just as in any case where the ball pops up in the air between two players, the player who last touched it or deflected it up is responsible for causing the danger.

- Carrying the ball with an aerial dribble within playing distance of an opponent is not in itself a foul but carrying the ball close to an opponent who is legitimately trying to play the ball creates a dangerous situation with two players trying to play the ball while it is in the air.
- Any danger is created by the player who put the ball up which would be the player executing the aerial dribble.
- The defenders should not be penalized for trying to play the ball legally even though it is off the ground.



AERIAL DRIBBLING





ENFORCING PROMPT RE-START OF PLAY

Teams shall be ready to restart play at the end of any timed breaks
(team time-out or breaks between quarters).

- Officials should encourage both teams to break their huddle 15 seconds before the end of the quarter breaks.
- Coaches should also be managing the time in each break to make sure players are back on the field promptly.
- This assists with the overall time management of the game.



OBSTRUCTION?



POSSIBLE SHIELDING CALL.



YOU MAKE THE CALL?





1 V 1

FOR TOURNAMENT

- We will be doing 1V1 instead of strokes at the end of the second sudden victory OT.
- Coaches may ask you to do 1V1 during scrimmages.
- I will be sending some video on umpire positioning.





LEAD UMPIRE

- LEAD official, position as you would for play entering your circle. As each individual is different, there is no “set place” for you to stand, however your positioning will be similar to but slightly higher and wider than PC positioning as noted in Diagram H on page 73 in the Official’s guide. Official’s movement will be similar to how you would move during a game however, you will find more freedom as there are only 2 players involved. **You must be mobile and move with the play, anticipate ball movement and be in the best position to see the action created by the 2 players involved.**
- The LEAD official is responsible for all decisions and whistles during the one-on-one procedure, however continued communication between the lead and “trail” umpire is critical.





TRAIL UMPIRE

- TRAIL official starting position will be similar to the end line positioning during a penalty stroke as shown on page 74 Diagram J.
- TRAIL official may need to reposition as the play progresses to assist in providing any concise information to the LEAD official should they become unsighted.
- TRAIL is responsible for ensuring proper starting position of the Goalkeeper as well as communicate with LEAD about the ball crossing the end line prior to time running out.
- You will also make sure you have the number of the players taking part in the shoot out. You will also keep score.





SPECIAL CIRCUMSTANCES

- It is critical that all officials involved understand and have practiced the rules set forth in the NJSIAA Rule Modifications document. Special attention should be directed to page 3/4, #7 letter D and E and what may lead to the retaking of a one-on-one or procedure for a penalty stroke during a one-on-one.
- Additionally, officials should be well versed in the modifications on pages 2 and 3 regarding carding, suspensions and disqualifications during the one-on-one.
- Also know that in a shoot out the goalkeeper can clear the ball over the endline without a penalty.





REGULAR SEASON GAMES

- All Varsity Regular Season games that end in a Tie will play one 10-minute sudden victory Overtime. (7V7)
- Each Team will be PERMITTED ONE TIME OUT during OT, Regardless of Whether they used their Time Out during regulation.





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Coaching Field Hockey



Course Objectives

- Help users learn and teach individual and team skills of field hockey at a fundamental level
- Describe the various grips and demonstrate ball handling and elimination skills
- Teach various scoring techniques that are used
- Explain in detail basic gameplay strategies and attack and defensive principles

Units

- About Field Hockey
- Grips and Grip Management, Ball Control and Elimination Skills
- Passing and Receiving Skills
- Scoring Techniques
- Individual Defense
- Small Unit Play
- 11v11 Formations: Attack and Defense Principles

Coaching Field Hockey: Goalkeeping



Course Objectives

- Provide an overview of proper equipment and how to wear it
- Introduce goalkeeping skills from a fundamental level
- Illustrate various common goalkeeping techniques with video examples
- Explain the goalkeeper's role in a team at various stages of the game (open play, set plays, etc.)

Units

- Equipment
- Basic Principles of Positioning
- Kicking Skills
- Aerial & Glove Saves
- Communication, Set Plays and Coaching Tips

THANK YOU

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