



2019 NFHS FIELD HOCKEY RULES POWERPOINT

National Federation of State
High School Associations



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Rules Changes
Major Editorial Changes
Points of Emphasis



Rules Changes

2019 NFHS FIELD HOCKEY RULES CHANGES





1-5-1B PLAYER UNIFORM

ART. 1. . . The school's name, nickname, logo, mascot and/or team player's name are permitted on the uniform top and/or bottom.





1-6-5 PLAYER EQUIPMENT

ART. 5 . . . All field players shall wear eye protection that meets the ASTM standard for field hockey at the time of manufacture.

NOTE: Beginning in the 2020 fall season, all eye protection shall be permanently labeled with the ASTM 2713 standard for field hockey at the time of manufacture.





9-1-1 FREE HIT

- **ART. 1...** All free hits are taken within playing distance of the spot where the foul occurred
- Playing distance is defined as the distance within which a player is capable of reaching the ball to play it.





9-2-1F FREE HIT

ART. 1. . . Procedures for taking a free hit, center pass and putting the ball back into play after it had been outside the field:

f. From a free hit awarded to the attack within the 25-yard area, the ball must not be played into the circle unless it has amassed a dribbling distance of 5 yards or has been touched by a defender. The player taking the free hit may play the ball any number of times, but the ball must travel at least 5 yards before the attacking team plays the ball into the circle.





10-3-1 PENALTY CORNER

ART. 1 . . . The penalty corner awarded (regulation or extended play) shall be considered completed when:

- a. A goal is scored;
- b. A free hit is awarded to the defending team;
- c. A penalty stroke is awarded. The game shall be prolonged again to permit the completion of the penalty;
- d. The ball travels more than 5 yards from the circle;
- e. The ball is played over the back line and a penalty corner is not awarded;
- f. A defender commits an offense which does not result in another penalty corner;
- g. If play is stopped because of an injury, inadvertent whistle or any other reason during the taking of a penalty corner and a bully would otherwise be awarded, the penalty corner must be retaken.





10-3-2 PENALTY CORNER

ART. 2 . . . Extended Play Only: If a penalty corner is awarded at the end of the first half, the game shall continue in order to complete the penalty corner. If the penalty corner is awarded at the end of the game, the game shall continue in order to complete the penalty corner unless scoring of the goal would not influence the outcome of the game.

- a. If time expires at the end of the game after the insertion from the end line, play shall continue until the penalty corner is completed.
- b. The penalty corner awarded is also considered completed when the ball travels outside the circle for a second time.





Editorial Changes

2019 NFHS FIELD HOCKEY EDITORIAL CHANGES





2-1-2H OFFICIALS AND DUTIES

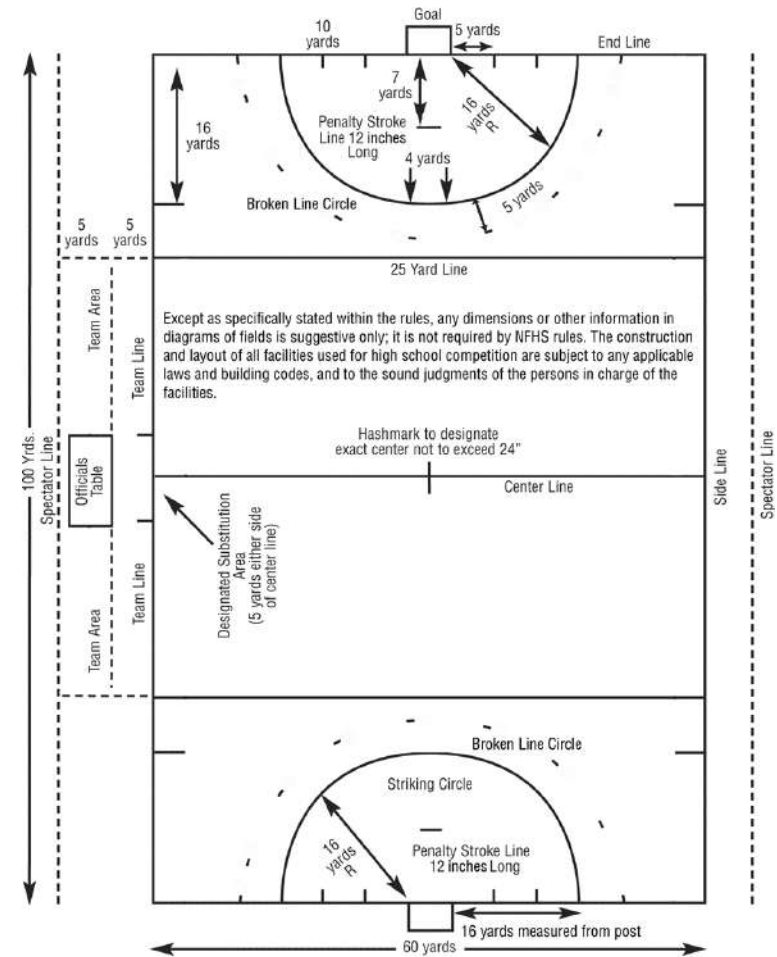
ART. 2 ...The use of personal audible wireless communication devices for officiating purposes during the game shall be permitted.





FIELD DIAGRAM

- Instructions on measurements were added
 - circle and the end line hash marks should all be measured from goalpost (Double arrows helps with the distinction that the measurements are taken from the goalpost.)



NOTE: The grass should be cut to a height not to exceed 1½". The circle and endline hashmarks should all be measured from the goalpost.



Points of Emphasis

NFHS FIELD HOCKEY





PROPERLY MARKED PROTECTIVE EYEWEAR

- All eyewear equipment should be worn appropriately and in line with how the manufacturer intended it to be worn. All eyewear must be permanently labeled with the ASTM 2713 standard in the 2020 fall season.





GOOD SPORTING BEHAVIOR

- **Players**
 - Demonstrate good sportsmanship. Huddling before a penalty corner in a timely fashion and conducting themselves after a goal is scored in a positive, respectful manner.
 - All equipment should be worn appropriately and in line with how the manufacturer intended it to be worn.
- **Coaches**
 - Participate in a pregame meeting with captains of both teams and officials and ensure that their players are properly attired and legally equipped.
 - Remain in their designated area of the field during play,
 - Model positive language and appropriate sportsmanship behavior with an emphasis on coaching the players and not interfering with officials' responsibilities.
- **Officials**
 - Approach the game with a positive attitude.
 - Use cards as a means to manage the play and safety of the players.
 - Strictly adhere to the NFHS rules of the game and not use personal interpretations of the rules.





FREE HITS WITHIN THE 25 YARD AREA

- To avoid delaying the restart of play, all hits awarded to the attack within the 25-yard area will be taken within playing distance of the spot where the foul occurred.
- All players not taking the free hit still need to be 5 yards away from the ball, and the ball must travel at least 5 yards or has been touched by a defender before the attacking team plays the ball into the circle.
- If the opponent is within 5 yards of the ball, she must not interfere with the taking of the free hit or must not play or attempt to play the ball or influence the play.





ROUGH AND DANGEROUS PLAY

- Overly aggressive play and lack of regard for everyone's safety is unacceptable in the sport of field hockey.
- In both practice and game play, coaches need to teach the safe use of the stick and good body control.
- Rough and dangerous play, such as deliberately/blindly hitting the ball into players who have been properly instructed and in good position to play defense should be addressed by both coaches and officials.
- Players need to accept the possibility they could inflict serious injury with improper play.
- Officials must be able to recognize dangerous play and penalize it appropriately.





AERIAL BALLS

1. Height, speed and proximity to players will determine the danger of an aerial ball.
2. Any flick or scoop made with an oncoming opponent within five yards is almost certainly dangerous and should be penalized.
3. An aerial ball must be judged for actual or potential danger. Judging for danger could occur in one of the following three areas:
 - where the ball is lifted;
 - during flight;
 - where the ball lands.
4. An aerial ball falling into a crowd of players, or two opposing players, should be called for danger as early as possible and play restarts where the ball would have landed.





AERIAL BALLS

5. The foul will be penalized where the ball was originally lifted or where the danger occurs:
 - when the danger occurs on the initial lift or in flight the penalty will be awarded where the ball was originally lifted;
 - when the danger occurs where the ball lands the penalty must be taken there;
 - when a player of either team, lifts their stick above their shoulder to play an aerial ball and behaves in a dangerous manner, the penalty must be applied where the player is positioned.

COMMENT: Players are allowed to play the ball with their sticks above their shoulders provided it is not dangerous or doesn't lead to dangerous play.

6. A single player receiving an aerial ball must be given the opportunity to play it safely. An opposing player entering the vicinity is responsible for creating the danger.
7. If an opposing player is closer than 5 yards to the receiving player, the opposing player may not move toward the receiving player until the ball is safely played and on the ground.





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THANK YOU

NFHS FIELD HOCKEY

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