



# 2018 NFHS FIELD HOCKEY RULES POWERPOINT

National Federation of State  
High School Associations



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Rules Changes  
Major Editorial Changes  
Points of Emphasis



# 2018 NFHS FIELD HOCKEY RULES CHANGES





# PROTECTIVE EYEWEAR

## RULE 1-6-5 PAGE 12

- Rule 1-6-5

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

- **Note:** Effective January 1, 2019 all eye protection shall be permanently labeled with the **ASTM 2713** standard for field hockey at the time of manufacture.





# GOALKEEPING

## RULE 1-7-1; a-f Page 13

- Rule 1-7-1

Art. 1 . . . When the ball is inside the circle **the goalkeeper is defending, with stick in hand.** The goalkeeper:

- a. **May use the stick, feet, kickers, legs or leg guards, arms, hands and any other part of the body to propel, stop, push, or deflect the ball in any direction.**
- b. **May play an aerial ball with the body, protective equipment, hand or stick at any height;**
- c. **Shall release the ball immediately if caught;**
- d. **Shall not play in a manner that is dangerous, intimidating or leads to dangerous play to other players.**



# GOALKEEPING

## 1-7-2a-b (NEW) PAGE 13

### Rule 1-7-2

- Art. 2 . . . When the ball is outside the circle, the goalkeeper may:
  - a. Only play the ball with their stick up to the 25-yard line they are defending;
  - b. Not play the ball beyond the 25-yard line they are defending unless they are taking a penalty stroke.

**PENALTY:** For violations of Articles 2b and 5, misconduct penalties will be applied.





# OFFICIAL DUTIES

## 2-1-5 PAGE 20

- Rule 2-1-5

Art. 5 . . . The official nearer the officials' table shall sound the whistle to start and end each half of play. **The umpire in whose circle the goal was scored restarts play.** Either official may sound the whistle to:

- (a) suspend the game;
- (b) signal time-outs;
- (c) restart play following time-out or other suspension of play;
- (d) indicate, when necessary, that the ball has gone out of play;
- (e) indicate a goal has been scored and report the number of the player who scored to the scorer prior to the center pass;
- (f) assess a penalty or;
- (g) start and end a penalty stroke.





# DEFINITIONS

## RULE 3-1-6 PAGE 23

- **Rule 3-1-6**

**Art. 6 . . . Ineligible player** is an extra player on the field or one who has been disqualified or has not completed a suspension.



# 1. SUBSTITUTION RULE 4-4-8 (NEW) PAGE 28

- Rule 4-4-8 (NEW)

Art. 8 . . . Too many players on the field is a violation of the substitution rule.

**PENALTIES:**

1. For violations of Articles 1-7 by either team, misconduct penalties will be assessed to the head coach of the offending team, using the card progression.

2. For violations of Article 8:

- a. If discovered immediately, the extra player(s) is removed and misconduct penalty will be assessed to the head coach of the offending team, using the card progression.
- b. If discovered after a goal is scored, but before play has restarted, the goal will not count, the extra player(s) is removed and misconduct penalty will be assessed to the head coach of the offending team, using the card progression.
- c. If discovered after a goal has been scored, and after the restart of the game, player is removed, coach is carded, goal still counts.





# FREE HIT RULE 9-1-3      PAGE 40

- Rule 9-1-3  
Art. 3. . . . If the attack is awarded a free hit within 5 yards of the circle, the hit will be taken **at the spot of the foul.**



# Free Hits inside the 25 yard line

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## NEW 2018 NFHS Rule...

Rule 9.1 ART. 3 . . . If the attack is awarded a free hit within 5 yards of the circle, the hit will be taken at the spot of the foul.

EVEN IF THE FREE HIT IS AWARDED INSIDED THE BROKEN LINE  
CIRCLE

# Free Hits inside the 25 yard line

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## OLD 2017 NFHS Rule...

Rule 9.1 ART. 3 . . . If the attack is awarded a free hit within 5 yards of the circle, the hit will be taken on the broken line circle.

9.2.1a. The ball must be stationary or very close to stopped within playing distance of the spot of the foul.

9.2.1c. When a free hit is awarded to the attack within the 25 yard area, all players other than the player taking the free hit must be at least 5 yards from the ball.

Page 40

# Free Hits inside the 25 yard line

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Rule 9.1 ART. 3 . . . If the attack is awarded a free hit within 5 yards of the circle, the hit will be taken at the spot of the foul.

If any player 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. If this player is not playing the ball, attempting to play the ball or **influencing play**, the free hit need not be delayed.

**“INFLUENCING PLAY: Attempting to impact, direct or control how the play will develop.”**

After the ball has traveled 5 yards, a defender who has shadowed properly may engage the attacker legally.

# Free Hits inside the 25 yard line

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Rule 9.1 ART. 3 . . . If the attack is awarded a free hit within 5 yards of the circle, the hit will be taken at the spot of the foul.

“Influencing Play” ...Attempting to impact, direct or control how the play will develop by:

1. By not moving away after the whistle;
2. By channeling or forcing a player with the ball in a certain direction;
3. By engaging, attempting to engage or faking to engage the player with the ball within the first 5 yards of ball movement.

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Rule 9.1 ART. 3 . . . If the attack is awarded a free hit within 5 yards of the circle, the hit will be taken at the spot of the foul.

The ball must not be played into the circle unless it has traveled a dribbling distance of 5 yards or has been touched by a player of either team other than the player taking the free hit.

## Free Hits inside the 25 yard line

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Rule 9.1 ART. 3 . . . If the attack is awarded a free hit within 5 yards of the circle, the hit will be taken at the spot of the foul.

1. A defender can shadow, if a quick self start is taken without “influencing” the play.
2. A defender inside or outside the circle cannot stand and wait to see what the attack will do before moving away the required 5 yards.
3. A defender may come outside the circle while shadowing provided that the space and distance are available, while not influencing the play.

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Rule 9.1 ART. 3 . . . If the attack is awarded a free hit within 5 yards of the circle, the hit will be taken at the spot of the foul.

Players cannot just disappear!

Penalty Corners should not be awarded just because a defender is within 5 yards of the free hit in the situation where the free hit / self start is taken so quickly that it is physically impossible for the defender to get away

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Rule 9.1 ART. 3 . . . If the attack is awarded a free hit within 5 yards of the circle, the hit will be taken at the spot of the foul.

In Closing...

Effectively, every free hit awarded inside the 25 yard line should have the rules applied the same and consistently no matter where the free hit is awarded!

# Free Hits inside the 25 yard line

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Rule 9.1 ART. 3 . . . If the attack is awarded a free hit within 5 yards of the circle, the hit will be taken at the spot of the foul.

# DEFINITIONS

## RULE 3-3-9 PAGE 25

- Rule 3-3-9

Art. 9 . . . Dribble is a means for a player to maintain possession of the ball while moving the ball with the stick either on the ground or in the air.



P 25 3-3-9 . . . **Dribble** is a means for a player to maintain possession of the ball while moving the ball with the stick either on the ground or in the air.

Players may stop, receive and deflect, or play the ball in a controlled manner in any part of the field when the ball is at any height, including above the shoulder, unless this is dangerous or leads to danger.

# Aerial Dribbling

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Aerial dribbling at any height, in itself, is legal provided the action is not dangerous or leading to dangerous play.

8.1 Art.1. f. Raising the ball dangerously, or raising the ball in a way leading to dangerous play is a foul.

P 25

# Aerial Dribbling

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Aerial dribbling at any height, in itself, is legal provided the action is not dangerous or leading to dangerous play.

Aerial dribbling directly into another player or into a group of players is very dangerous in itself and can also lead to more dangerous play.

# Aerial Dribbling

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Aerial dribbling at any height, in itself, is legal provided the action is not dangerous or leading to dangerous play.

8.1 Art.1. f. Raising the ball dangerously, or raising the ball in a way leading to dangerous play is a foul.

However, in some cases officials can allow to play on as no one is close enough for it to be dangerous, but when an opponent is close enough, it should be called as danger.

# Aerial Dribbling

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Aerial dribbling at any height, in itself, is legal provided the action is not dangerous or leading to dangerous play.

**Players should be allowed to play in the third dimension as long as it is done safely.**

**It is better to be conservative with the danger decision, than to be too lenient and risk injury or “pick up the pieces”**

# Aerial Dribbling

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Aerial dribbling at any height, in itself, is legal provided the action is not dangerous or leading to dangerous play.

# Deflections are not Aerial Balls!

A deflection high into the air and falling between players should be blown for leading to dangerous play, while the ball is in the air...

**DO NOT WAIT FOR DANGER TO OCCUR!**

## Aerial Balls

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# Player Responsibility

# DO NOT WAIT FOR DANGER TO OCCUR!

The player who last touched the ball and created the deflection is responsible for the trajectory of the ball.

The judgement of danger or leading to danger must be made on the upward trajectory and the downward trajectory based on the proximity of the players to play the ball safely.

## Aerial Balls

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# Player Responsibility



Points of Emphasis

# NFHS FIELD HOCKEY





## POINTS OF EMPHASIS AERIAL DRIBBLING

- If the player who has the ball in the air does not lower the ball to the ground before the opponent is within marking distance, or does not attempt to go around the opponent, the foul is on the air dribbler for dangerous play.
- When the opponent has established a proper defensive position and the air dribbler has approached within marking distance the air dribbler has an obligation to either go around the opponent or put the ball to the ground. There is no requirement that a defensive player who has established their position on the field, play a ball in the air within "marking distance.





# POINTS OF EMPHASIS ROUGH AND DANGEROUS PLAY

- Officials must be able to recognize dangerous play and penalize it appropriately.
- Officials must be able to penalize dangerous play appropriately.





## POINTS OF EMPHASIS GOOD SPORTING BEHAVIOR

*Officials and coaches need to work together to provide a positive learning environment for student-athletes to learn both the sport of field hockey and good sporting behavior.*





Editorial Changes

# NFHS FIELD HOCKEY





# PENALTY CORNER

## 10-3-2g

# PAGE 43

- Rule 10-3-2g

**Art. 2 . . .** The penalty corner awarded (regulation or extended play) shall be considered completed when:

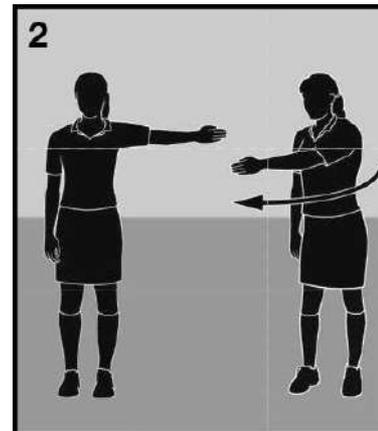
g. If play is stopped because of an injury, **inadvertent whistle**, or any other reason during the taking of a penalty corner and a bully would otherwise be awarded, the penalty corner must be retaken.



# OFFICIAL'S SIGNAL CHART

## #2 25 Yard Free Hit . . .

Picture now matches description. -"Using right or left arm as appropriate, with the arm well below the shoulder level, draw an imaginary line from the point where the ball crossed the backline to the point on the 25-yard line.



# THANK YOU

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