



## 2013 APPROVED FIELD HOCKEY RULES CHANGES

<p><b>1-3-4</b></p>	<p>Modify: The ball shall be spherical with a <u>plastic</u> seamless outer surface. It may be of any <u>solid</u> color that contrasts with the playing surface. The ball shall.....in either format:</p> <p><b>Rationale:</b> The description of the ball is dated and does not accurately reflect the current manufactured product used in high school field hockey.</p>
<p><b>1-6-6</b></p>	<p>Modify: <b>ART. 5...</b> Hard and unyielding items...any additional padding. Each state association...circumstances. The accommodations should not fundamentally alter the sport, <del>allow an otherwise illegal piece of equipment, create</del> <u>heighten</u> risk to the athlete/others or place opponents at a disadvantage.</p> <p><b>Rationale:</b> Recommended editorial changes from the NFHS Rules Review Committee to standardize the rule changes in all NFHS rules books.</p>
<p><b>1-6-10</b></p>	<p>Modify: <b>ART. 10...</b> Use of video monitoring, replay equipment or personal wireless communication devices during the game by coaches <u>is permitted</u>. <u>Players are not allowed to use personal wireless communication devices during the game.</u></p> <p><b>Rationale:</b> Recommended rule change from the NFHS Rules Review Committee to standardize the rules regarding electronic communication devices in all NFHS rules books.</p>
<p><b>1-8-1c</b></p>	<p>Modify: <b>ART 1 ...</b> Head coaches are responsible for:</p> <ol style="list-style-type: none"> <li>a. Ensuring that their players are properly attired and legally equipped;</li> <li>b. Ensuring that their players play in good sportsmanlike manner;</li> <li>c. <u>Ensuring that their players follow the substitution rules.</u></li> </ol> <p><b>Rationale:</b> As captains are not responsible for ensuring that substitutions of players on their team are carried out properly, we have to define who is responsible. The head coach is the appropriate person. This will support subsequent recommended rule proposals regarding penalties for incorrect substitutions to be consistent.</p>
<p><b>2-2-4</b></p>	<p>Modify: <b>ART. 4...</b> <u>At the end of each half the timer shall sound an audible device to indicate that time in the half has run out. The umpire's whistle shall signal the official end of the half. Where a visible scoreboard is available, it should remain on until the clock runs down to zero.</u></p> <p><b>Rationale:</b> This brings the procedure for ending the half or game in line with current trends in the sport. Further, it avoids opportunity for error when the umpire cannot hear the timer's count down.</p>
<p><b>3-3-9</b></p>	<p>Modify: ...<b>Self-pass</b> is a legal technique for putting the ball into play for a free hit, 16-yard hit, center pass, long hit and side-in.</p> <p><b>Rationale:</b> This would bring the self-pass in line with current trends in the sport, but also</p>

	<p>eliminate the “clear separation between the initial touch &amp; any subsequent play on the ball.”</p>
<p><b>4-4 PENALTIES 1-3 &amp; Note</b></p>	<ol style="list-style-type: none"> <li>1. <del>For violations by the team with the ball, a free hit shall be awarded to the opponents nearest the spot where play was stopped. For the first violation by either team, the head coach shall be notified with no other penalty assessed.</del></li> <li>2. <del>For violations by the team without the ball, the coach shall be notified with no other penalty assessed. For subsequent violations by either team, misconduct penalties will be assessed to the head coach of the offending team, using the card progression.</del></li> <li>3. <del>For simultaneous violations by both teams, the game shall be stopped at the first dead ball. The game is restarted with a bully on a spot chosen by the officials, not less than 16 yards from the end line and at least 5 yards from the sideline. If an ineligible player has entered the field, she shall be removed when discovered and the head coach of the offending team will be assessed a yellow card.</del></li> <li>4. Remains unchanged.</li> <li>5. Remains unchanged.</li> </ol> <p style="margin-left: 40px;">Deletion. <b>NOTE:</b> There shall be a change in possession if applicable for penalties 1 and 5.</p> <p><b>Rationale:</b> Last year, there was a clarification of penalties with a clear separation between fouls that happened on the field in the course of play, and misconduct (due to behavior). If a substitution is not done following the rules, it is a misconduct issue, not a foul, and so there should be no change of possession of ball. To make this change consistent within the rules book, it is a noted additional responsibility of the head coach.</p>
<p><b>8-2-2a PENALTIES</b></p>	<p>Modify: a. <del>First offense, a green card is issued as a warning to the offender. The warning shall be recorded in the scorebook.</del> <u>First offense, a green card is issued and the player must leave the field of play for two minutes of elapsed playing time (suspension) to the scorer’s table and the team shall play short one player for the duration of the penalty time. Time out shall be taken to issue the card, the player must leave the field immediately and the game is restarted with no further interruption. The penalty time shall start with the restart of play. The suspension shall be recorded in the scorebook.</u></p> <p><b>Rationale:</b> Standardize the issuance of the green card with other levels, but more importantly, it would send a stronger message after a hard whistle, but not as stringent as a yellow card. Great tool for first time fouls that aren’t quite thought of as a caution (yellow card), but deserve something more than another hard whistle. Substitution rule would apply if the 2 minutes expires after the awarding of a penalty corner.</p>
<p><b>8-2-2e PENALTY</b></p>	<p>Modify: New. <u>e. Players who have received a green card or a yellow card shall serve their suspension at the scorer's table on the same side as their team bench. Players who receive a red card suspension are the responsibility of the coach and shall be removed to their bench or another appropriate place.</u></p> <p><b>Rationale:</b> The addition of this article would make it easier for the umpires and coaches to manage suspensions and avoid players returning too early or not getting back into the</p>

	<p>game in a timely manner. Additionally, placing the player on the same side as their team bench aligns with current trends in the sport.</p>
<p><b>8-2 PENALTIES #5 &amp; NOTE</b></p>	<p>Modify: Delete. <del><b>PENALTY #5. For misconduct by a player (s) during time-out, halftime, intermission or other stoppage of the game clock. The player shall be carded. If a red card is issued, the player shall be removed from the game, the team shall play short, and a penalty stroke shall be awarded.</b></del> New: <b>NOTE:</b> <u>When flagrant misconduct occurs during halftime intermission, a red card is issued and a penalty stroke is awarded.</u> The team not having possession at the start of the game shall have possession to start the second half.</p> <p><b>Rationale:</b> Clarifies how to proceed after the penalty stroke has been completed and where returning players may re-enter the game following a suspension period.</p>
<p><b>9-2-1d,e</b></p>	<p>Modify: d. The ball is moved using a drive, push, or self-pass. e. <u>The ball may be raised immediately using a push, flick or scoop action but may not be raised intentionally using a hit. This action must be conducted safely.</u> Delete f. and g. Renummer the remaining articles.</p> <p><b>Rationale:</b> By having the option to raise the ball immediately, opposing players will not have the opportunity to get closer than five yards; a raised ball on the free hit should be therefore safer. By changing this rule, the next playing of the ball is no longer required to be two distinct actions. In the past, the interpretation of the "two distinct actions" has caused much controversy. By changing this rule, the ball does not have to move one yard before the player may play the ball again.</p>
<p><b>10-2 PENALTIES 1-3</b></p>	<p>Delete current Penalties 1-3. Modify:...<b>PENALTIES: Any player entering the circle before the ball is struck shall be sent to the centerline.</b></p> <ol style="list-style-type: none"> <li><b>1. For any offense of this rule by a defender other than the goalkeeper, the offending player(s) shall be required to go beyond the center line and cannot be replaced by another defender.</b></li> <li><b>2. For any offense of this rule by a defending goalkeeper, the defending team defends the penalty corner with one fewer player.</b></li> <li><b>3. For any offense of this rule by an attacker who enters the circle before the ball is played, the offending player(s) shall be required to go beyond the center line.</b></li> <li><b>4. The player who pushes the ball from the back line must not feint at playing the ball. For an offense of this rule, the offending player shall be replaced by another attacker and must to the center line.</b></li> <li><b>5. Umpires must ensure that the penalty corner is set properly before allowing the insertion (a foot accidentally placed on the line and not correct by the umpire in advance of the insertion will not constitute sending a player to the center line).</b></li> <li><b>6. For any necessity to restart a penalty corner due to an early break into the circle or a feint by the inserter, someone must go to the center line.</b></li> <li><b>7. When multiple players break into the circle prior to the insertion, one and only one player entered the circle first. The umpire must make a decision and send only one player, the player who entered the circle first, to the center line.</b></li> <li><b>8. When a player is sent to the center line, she may come back into the half of the field in which the penalty corner is taking place after the ball has been inserted.</b></li> <li><b>9. All the above penalties apply only for the original and retaken penalty corner; a subsequent penalty corner may be defended by not more than five (5) players.</b></li> <li><b>10. The umpire in charge of administering the penalty corner is solely responsible for all decisions on the attackers or defenders breaking into the circle too soon and feints by</b></li> </ol>

	<p><b>the inserter.</b></p> <p><b>Rationale:</b> This action will enhance the start of the penalty corner and more efficiently address this situation where the defense and or the attack break the line prior to the contact of the penalty corner.</p>
<p><b>10-2-7</b></p>	<p>Modify: New. <b>ART.7..</b> <u>...If the first shot at goal is a hit, the ball must be on a path or trajectory to cross the goal line no higher than 18 inches unless it touches the stick or body of a defender or the stick of an attacker as it travels toward goal or had traveled more than five yards from the circle prior to the shot. If the first shot at goal is a hit and the ball is, or will be too high crossing the goal line it must be penalized immediately.</u></p> <p><b>Rationale:</b> Clarifies the height requirements when the first shot on goal is a hit or drive. It also confirms that the play must be blown dead as soon as it is recognized that it will not cross the goal line at 18 inches or less. This is not a hold whistle situation.</p>
<p><b>10-2-10</b></p>	<p>Modify: <b>ART 10...</b>Substitution may occur immediately following the initial hit from the end line. <u>A suspended player returning to the game when a penalty corner has been awarded, may only do so after the ball has been put into play by the inserter.</u></p> <p><b>Rationale:</b> Clarifies that a returning suspended player on a penalty corner must wait until the ball is inserted into the game from the end line. The rule book had previously been silent on this issue.</p>
<p><b>11-2-6b-d</b></p>	<p>Modify: Delete. <b>ART. 6...</b>A goal is scored on the penalty stroke when:</p> <ul style="list-style-type: none"> <li>a. The whole ball crosses completely over the goal line between the goal posts and under the crossbar;</li> <li>b. <del>The goalkeeper takes a step in any direction after she and the stroker have indicated they are ready and she prevents a goal ( unless this action is caused by a feint by the stroker);</del></li> <li>c. <del>The goalkeeper plays the ball without the stick in her hand.</del></li> <li>d. <del>The goalkeeper violates any rule or commits a foul in the process of stopping a goal from being scored.</del></li> </ul> <p><b>Rationale:</b> Clarity and brings the rule into line with the current trends of the sport.</p>
<p><b>11-2-8e</b></p>	<p>Modify: Delete. <b>ART. 8...</b>A penalty stroke is ended when:</p> <ul style="list-style-type: none"> <li>a, b, c, d, f, g, h, i Remain unchanged.</li> <li>e. <del>The stroker takes the stroke prior to the whistle.</del> Renumber the remaining sub-articles.</li> </ul> <p><b>Rationale:</b> Clarity and brings the rule into line with the current trends of the sport.</p>
<p><b>11-2-9a,b</b></p>	<p>Modify: <b>ART. 9...</b>The penalty stroke may be retaken when:</p> <p><u>a. For any offense by the goalkeeper defending the stroke including moving either foot before the ball has been played; the penalty stroke is taken again. If the goalkeeper defending the stroke prevents a goal being scored but moves either foot before the ball has been played, the goalkeeper must be verbally warned and for any subsequent offense the card progression shall be followed. If a goal is scored even though there has been an offense by the goalkeeper, the goal is awarded.</u></p> <p><del>b. b.-The goalkeeper takes a step in any direction or drops her stick after she and the stroker have indicated they are ready, the stroker's shot completely misses the goal cage.</del></p>

	<p>c. Current "c" becomes the new "b".</p> <p><b>Rationale:</b> Removes the "penalty goal." Keeps awarding a goal very clear and simple. A goal is scored if the whole ball crosses completely over the goal line between the goal posts and under the crossbar. Brings rule into line with current trends of the sport.</p>
<b>11-2-9c</b>	<p>Modify: New: <u>c. If the stroke is taken before the whistle and a goal is scored, the penalty stroke is taken again.</u></p> <p><b>Rationale:</b> Clarity and brings the rule into line with the current trends of the sport.</p>
<b>Rule 12 Penalty Note</b>	<p>Modify: New. <b>NOTE:</b> <u>Carding a coach requires the official to call timeout. When possible, officials should wait until the next stoppage of play to issue the card. If a foul has not occurred, play will start with a bully.</u></p> <p><b>Rationale:</b> This clarifies how play restarts after a coach has been carded. It also gives guidance to officials regarding when to issue a card so that the team whose coach was not carded does not lose possession.</p>
<b>OG V. A. 5.</b>	<p>Modify: The foul will be penalized...where the player is positioned. - <u>when a player of either team plays an aerial ball with her stick above her shoulder, this is a foul and the penalty shall be applied where the player is positioned.</u></p> <p><b>Rationale:</b> Risk Minimization. Clarifies that playing an aerial ball with the stick above shoulder height is always a foul and it shall be penalized where that player is positioned at the time the ball was played.</p>
<b>OG VIII. D. 3b.</b>	<p>Modify: b. If the shot is lifted and hits a <u>non-marking</u> defender positioned at least five yards away from the shot and between the shot and the goalkeeper, a penalty corner should be awarded.</p> <p><b>Rationale:</b> Clarifies that non-marking defenders are to be viewed differently than a defender who is legitimately marking an opponent. We want to discourage players from cluttering the path to goal and not marking an opponent. This is unsafe.</p>
<b>Official Signals</b>	<p>Modify: 13. <b>Dangerous Play</b> - <u>Place one forearm diagonally across the chest.</u></p> <p><b>Rationale:</b> Consistent with current trends of the sport. Current NFHS signal for dangerous play is a calming motion and proposed change sends a stronger signal to player and coaches.</p>
<b>Official Signals</b>	<p>Modify: 16. <b>Bully</b> - <u>Move hands alternately up and down in front of body with palms facing each other .</u></p> <p><b>Rationale:</b> Proposed change to bully gives a clearer indication of the mechanics of the action. Current NFHS signal could be confused with the no-goal signal.</p>

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<b>Official Signals</b>	Modify: New 22. <b>5-Yard Distance</b> - <u>Extend one arm straight up in the air showing an open hand with all fingers extended.</u>  <b>Rationale:</b> New signal for 5 yard infringement would improve official to player communication and is consistent with current trends of the sport.
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