

# CITY OF NEWPORT NEWS DEPARTMENT OF PARKS, RECREATION, AND TOURISM WINTER 2024 FIELD HOCKEY RULES AND REGULATIONS 



1. The Youth and Adult Field Hockey Leagues are sponsored by and under the authority of the Newport News Department of Parks, Recreation \& Tourism.
2. The league will be played in accordance with the 2023 FIH Rules of Indoor Hockey with the following exceptions:

## A. Age Eligibility:

High School League - All participants must either be fourteen (14) years old prior to January 1, 2024 (or be thirteen (13) at the discretion of the parents and coaches). No players may be eighteen (18) prior to January 1, 2024.

Adult Division 18+- All participants must be eighteen (18) years old prior to January 1, 2024. Seventeen (17) year old players may participate in the adult league if they turn eighteen (18) during the game season but their parent must still register them if they are under 18 prior to January 1, 2024.

Players that do not meet the minimum league age requirements may move up into the next age group provided they have completed and signed both the registration and waiver forms and have on file with the Athletic Office. NNPRT reserves the right to disallow a player moving up.

## B. Coaching Eligibility:

All coaches must be 18 years of age by January 1, 2024. Every coach, assistant coach, and regular team volunteer must submit to a background check through Protect Youth Sports paid by the City of Newport News in order to be involved with any youth team. Any coach that does not submit to a background check and is found coaching a youth team will be removed from the league for the remainder of the season and possibly subsequent seasons. Every team must have a coach with them during all games.

## Background Check Link

## C. Playing Eligibility:

1. Participants must individually register with Parks, Recreation and Tourism to be placed on a team. After initial rosters are completed, only Athletic Staff may add additional players to a roster. All participants must re-register with Parks, Recreation and Tourism each season.
2. After a participant has been placed on a team, they may not change teams for any reason. A participant can request refunds up until the third (3) game. After the third (3) game, no refunds will be given for any reason. The participant may not play with their original team or any other team after the refund has been requested.
3. Any team(s) caught using an illegal player due to age or roster eligibility will forfeit all games in which that player participated. The illegal player may be removed from the league for the remainder of the season and subsequent seasons. In addition, if the illegal player's coach is found to have initiated, condoned or have any knowledge of the illegal player, the coach will be removed from the league for the remainder of the season and possibly subsequent seasons.
4. At no time may a participant play on two (2) teams in the Newport News Indoor Field Hockey League. If a player is found playing for more than one team, the team in which he/she was NOT placed on by the Athletic Staff, the team will forfeit all games that they have played up to and including the game in which the error was found. Any coach found to have knowingly played an ineligible player will be subject to suspension from the League.
5. Each team will carry a maximum roster of fifteen (15) players and additional players may be added at the discretion of the coach. Coaches may be able to request additional participants for their team if a waitlist has started. Participants will be taken off the waitlist in the order they registered. Players may be added to rosters through the Central Athletic Office.
6. The City of Newport News Department of Parks, Recreation and Tourism and Athletic Staff reserve the right to add additional participants to coach's original roster request, cap off and divide teams, change rosters, and deny participants to play up in older divisions due to roster sizes.

## 3. Game Procedures:

a. The season will begin the week of January 1, 2024. Exact court locations will be indicated on the schedules but all games will take place at the Denbigh Community Center. Game schedules will be emailed to coaches and game schedules can also be found on the athletic website, www.nnathletics.com. No games will be scheduled after March 11, 2024.
b. Games will consist of one (25) minute period with a running clock. Each team will be allowed one (1) time out per game. Each timeout will last one minute. Timeouts cannot be taken in the final three minutes of the game. Teams should be expected to play at least two games each weekend.
c. There is no grace period in youth and adult field hockey. In order for a game to begin, each team must have at least 4 players (either 3 field players and a goalkeeper, or 4 field players with no goalkeeper) on the pitch at game time, in uniform, or the game will be declared a forfeit. Each team may have a maximum of 6 players on the pitch (either 5 field players and a goalkeeper, or 6 field players with no goalkeeper). Penalty corners may be defended by a maximum of 6 players. When defending a penalty corner, only the goalkeeper may begin inside the goal. All field players defending a penalty corner must begin outside the goalpost on the opposite side from the inserter. Any remaining players on the defending team must go to the top of the opposite circle. If a team has a goalie, the goalie must be fully dressed including pads and mask. No teams will be allowed to have a player with goalkeeping privileges. The goalie may enter the game at any time or the team may finish the game with a minimum of 4 players, a maximum of 6 players without a goalie and a max of 5 players on a pitch with a goalie. Not having a goalie present does not constitute a forfeiture of the game. Teams that share goalie equipment must make sure their goalies are completely in gear at game time. No additional time will be allowed for changeovers. There will be no rotating goalies.
d. A penalty stroke may be defended by a goalkeeper or by a field player wearing a face mask or helmet. A field player defending a penalty stroke may only use their stick to make a save.
e. All youth players must play in at least one half per game, unless injury, illness or discipline problems arise.
f. At no time may the number of male field players exceed the number of female field players on the pitch. Goalkeepers are neutral for the purposes of this rule.
g. The Peninsula Field Hockey Officials Association (PFHOA) is contracted by the City to provide officials for all scheduled games. There will be NO PROTESTS of judgment decisions made by referees allowed in NN Field Hockey. All decisions made by officials are final. Coach, referee, or player eligibility concerns may be made at any time and must be submitted, in writing, to the Athletic Staff.
h. The referees are in complete charge of the game at all times. Referees may eject any player and/or coach from the game guilty of unsportsmanlike conduct or use of profane language. Any player and/or coach removed from a game will be suspended for a minimum of one (1) game. Suspensions may be extended or rescinded at the discretion of Athletic Staff. Coaches are responsible for the behavior of their players, coaches and spectators and can be warned or ejected by a referee for the unsportsmanlike conduct of any unruly person on their team.
i. Referees at a forfeited game will offer a scrimmage or clinic opportunity for all players in attendance. The game will be counted as a forfeit and will be reported as such no matter what the outcome of the scrimmage.
j. If a team knows they do not have enough players to field a team for a particular game, they are encouraged to send those that can play so that a scrimmage or clinic can be done. The team they play must show up with the appropriate number of players at game to get the win. If they do not, it is considered a double forfeit.
k. Teams are responsible for their own first aid kit, ice, drinks, etc. Injured players should have an accident report filled out by the coach/referee and submitted to the league coordinator. Teams are required to place accumulated trash in the provided receptacles.

1. Any player who is bleeding or has an open wound on the pitch will be required to leave the game and stop the bleeding. Such bleed must be completely stopped and the wound must be covered before he/she is allowed to re-enter the game. If a substitute is available, they may be inserted and the bleeding player may be put back at the next available opportunity after the bleeding is completely stopped. If no substitutes are available, teams may play down a player. Any uniform saturated with blood, including socks, must be changed. If no matching uniforms are available, any shirt may be worn. Only the referees and Athletic Staff have the authority to decide on the bleeding or open wound rule.
m . Standings will be calculated on the following point system:
Win $=3$ points, Loss $=0$ points, Tie $=1$ point
n . The end of the season standings will determine the seeding for the post season tournament, if time and space allow. If two teams are tied at the end of season; the tournament seeding will be determined in the following order:
2. Head-to-Head
3. Overall Points Against for Entire Season
4. Overall Points Accumulated for Entire Season
5. Coin Toss

For example, if two teams are tied in the standings and split their head-to-head matchups or did not play each other, the next step in the tiebreaker process will be used.

In the event of a tie between three or more teams in the standings, the tiebreaker process will be as follow until the first tie is broken. Once the first tie is broken, the process starts over again.

1. Head-to-Head
2. Overall Points Against for Entire Season
3. Overall Points Accumulated for Entire Season
4. Coin Toss

For example, if three teams are tied in the standings and one team has a better head-to-head record as compared to the other tied teams, that team will advance and be the higher seed of the three teams. The process will then restart with the tiebreaker between the two remaining teams. The head-to-head tiebreaker scenario will only be used if the three teams played an equal amount of games between the tied teams in the regular season.

TOURNAMENT TIE-BREAKER: If a tournament game ends in a tie, three (3) players from each team will participate in a one-on-one shootout alternately against a goalkeeper/defending player from the other team.
a) A coin is tossed. The team which wins the toss has the choice to take or defend the first shootout.
b) Each coach will present a list of three (3) players to the officials and the shootouts will be taken by the players in the order they are listed.
c) The three (3) players listed for each team will attempt the shootouts on an alternating basis and the team scoring the most goals is declared the winner.
d) If tied after three (3) shootouts for each team, the same three (3) players from each team will attempt "sudden victory" shootouts on an alternating basis. The order of the shooters may be changed from the previous round. The team who took the first shootout in the previous round will defend the first shootout of the next round. This procedure will continue until the tie is broken.
e) The attacker begins with the ball placed 3 meters outside the circle in the center of the court. The
goalkeeper/defending player stands on/behind the goal line between the goalposts.
f) Play continues for six (6) seconds with follow up shots permitted.
g) The shootout is completed when:
i. Six (6) seconds has elapsed.
ii. A goal is scored.
iii. The attacker commits an offense.
iv. The goalkeeper/defending player commits an unintentional offense inside or outside the circle, in which case the shootout is retaken by the same player against the same goalkeeper/defending player.
v . The goalkeeper/defending player commits an intentional offense inside or outside the circle, in which case a penalty stroke is awarded. If a penalty stroke is awarded, it can be taken and defended by any eligible player on the roster.
vi. The ball goes out of play over the backline or sideboards. This includes the goalkeeper/defending player intentionally playing the ball over the backline.
vii. If the ball rebounds off a goalkeeper/defending player over the sideboards, the shootout is completed. If the ball is propelled by a goalkeeper/defending player over the sideboards, the shootout is retaken by the same player against the same goalkeeper/defending player.

## 4. Equipment:

a. Each team must wear at least a shirt with the body being a similar color. Team members not in uniform during game time shall not be allowed to take the court. Pennies are available for use for teams.
b. Each participant is REQUIRED to have his/her own mouthpiece, legal field hockey stick and shin guards. Shin guards are REQUIRED for youth participants and highly recommended for adult participants.
c. The wearing of protective eyewear which meets the ASTM F2713-09 standard for field hockey optional for adult and strongly suggested for youth participants.
d. Goalies shall be in compliance with FIH rules governing what they wear. The following is required: Contrasting jersey; helmet covering the entire head; mouth guard (required for youth participants, recommended for adult participants) goalie pads; kickers; chest protector; a wraparound throat protector is required; for youth participants, recommended for adult participants; field hockey goalie gloves or foam hand protectors; and anything optional that they prefer such as padded pants or shoulder pads. Any questions on this should be directed to the league coordinator.
e. No kicking backs are permitted. If there is a goalie eligible to play and is not in the game, a substitution can be made to allow the goalie into play.
f. Shoes must be worn at all times. Rubber non marking soled sneakers are legal. No cleats of any kind.
g. NO jewelry may be worn during games at any time for youth and recommended for adults. This includes, but is not limited to, hair beads, starter earrings, necklaces, bracelets, belly button jewelry, nose jewelry or any other item worn anywhere on the body. Coaches are advised to follow this policy in practices as well. Using athletic tape, band aids, or similar material to cover jewelry is not allowed for any reason. Athletic wristbands and headbands made of cloth material may be worn at any time. Medical alert necklaces or bracelets may be worn provided they are taped to the body.
h. Casts or splints made of a hard substance in its final form such as leather, rubber, plastic, plaster or fiberglass will NOT be allowed except for a manufactured knee brace that has not been altered. Newport News Field Hockey does not allow casts, soft or hard, on any part of the body to be worn during games. There will be no exceptions to this rule.
i. Balls will be supplied by the Parks, Recreation and Tourism Department.

## 5. Inclement Weather:

a. In case of inclement weather, please check our program website at www.nnathletics.com or our Facebook page www.facebook.com/nnathletics for information. Postponed games will normally be rescheduled the next available playing date. No games will be scheduled after March 11, 2024. Athletic Staff may cancel games due to inclement weather up to 5:00pm on Fridays and 8:00am on Saturdays. Decisions will generally not be made before 4 pm on Fridays.
6. Conduct:
a. The Newport News Field Hockey League is a recreational program that places good sportsmanship, team work and the development of the youth field hockey player above winning and losing. Unsportsmanlike behavior by coaches, players or spectators will not be tolerated. Coaches are responsible for the behavior of all players on their team and for ensuring that all players have an understanding of the governing and amended rules. Referees and Athletic Staff are instructed to remove any unruly persons from the pitch. Repeated violations may result in suspension or permanent expulsion from participation.
b. The City of Newport News prohibits the use of alcohol, tobacco or tobacco related products on school or recreational facility grounds, including athletic fields, parking lots and surrounding areas within one hundred (100) yards of any of the above locations.
7. Stick Covering: ALL OUTDOOR sticks must be "socked" and taped with athletic tape only. Tape must be applied at the neck, and the bottom of the stick. Indoor field hockey sticks do not need to be taped or covered with a sock.

