

## 5<sup>th</sup>-6<sup>th</sup> GRADE JUNIOR FIELD HOCKEY LEAGUE RULES

**\*Note: This division generally follows the current NFHS rulebook (except for certain age-appropriate and field-size modifications)**

Revised: 8/16/2021

The Junior Field Hockey League is an introduction to field hockey and is intended to be an enjoyable learning experience for both participants and fans. The emphasis in this league is on teaching the basic skills of the game, the importance of sportsmanship, and teamwork. Standings are kept for the purpose of seeding the end-of-season tournament.

**NO CHANGES FROM 2020 - Changes from 2019 highlighted in yellow throughout document for those that did not participate in 2020:**

REF	DESCRIPTION
I-D	New - documents player residency requirements
I-E	<b>Change</b> - revised anti-stacking differential from 5 to 3 games
III-F	<b>Change</b> - Goggles now 'highly recommended' (from mandatory) - in line with NFHS rule change in June 2020
V-B	<b>Change</b> - default game time is 50 minutes (from 40), may be reduced with mutual consent
XIV-F	<b>New</b> - describes new requirement of an adult sideline ambassador from each team

### I. ELIGIBILITY AND ROSTERS

- A. Children participating in this division must be enrolled in the 5<sup>th</sup> or 6<sup>th</sup> grades during the season the sport is played. If it is found that a team is using an ineligible player, she/he will be immediately removed from the current game and all goals in the current game will be nullified. Players in grade 4 with previous playing experience may play in the 5-6 division as per the discretion of individual towns.

- B. There will be no more than 12 players on a team unless the executive board and/or competition/ethics committee agrees to allow an exception for a larger team. Team rosters (which include the name, grade, number and years of experience for players and the name and phone number of coaches) are to be distributed to all coaches and officials as instructed by the League Director, which shall be no later than 1 week prior to the first scheduled game.
- C. A roster of league officials (including name, phone number, email and address) will be distributed as part of the game schedule, which is prepared by the league.
- D. **Residency Rules:** Players residing within a Town are eligible to play for that Town and only that Town. If a Town does not have a program, players residing in that Town may play for a neighboring Town within the same high school sending district. If no Town within the HS region has a program, they may play for a Town geographically adjacent to their HS region, or nearest next Town with a program.
- E. When a municipality has more than one team, if either of these teams has less than 9 players, then up to 2 floaters may be designated for that small team. The purpose of the floater is to provide substitutes for a shorthanded team, and should be identified to the opposing coach and officials at the start of the game. Floaters may not start either half of the game (unless the shorthanded team does not have 7 of its own players) and cannot play more than half of each half. If the floater is the 7th person, they can remain in the entire game. A floater may not be used if it creates a team with more players than the opponent has at that game. Strength of opponent should be considered when selecting floaters for a game – If you know you are playing a weaker program, use the opportunity of a floater to give a newer player more experience. The floater allowance is not intended to create all-star teams. Towns with more than one team in a division are encouraged to submit equally weighted teams into that division – years of experience, player skill and ages should be considered in splitting the teams.
- ANTI-STACKING RULE: If a town submits multiple teams to a division and those teams finish with win-loss record differentials of more than 3 games, the “stacked” (better) team will be disqualified from postseason play. Appeals to be heard by committee.
  - Failure to submit rosters timely and completely (as described in section I-B) will result in forfeiture of a Town’s right to appeal an anti-stacking disqualification.
- E. Every child must play one half of each half unless benched for disciplinary reasons or in case of a strong player being benched in an unbalanced game (referees must be notified that a child is being benched).

## II. THE FIELD: Diagram of field is shown in Attachment A

- A. The field size is defined by a 35–40-yards end line and 60-yard sideline.
- B. In addition to the boundary lines, the following lines and marks shall be placed in accordance with the accompanying diagram:
  - Center Line – a centerline from sideline to sideline equally distant from and parallel to the end lines.
  - Striking Circle- solid line “semi-circle” constructed with two quarter-circles of a 16-yard radius from each goal post connected at the top by a 4-yard straight line parallel to the goal line.
  - Dashed Circle – OPTIONAL, NOT REQUIRED – dashed line “semi-circle” constructed with two quarter-circles of a 21-yard radius from each goal post connected at the top by a 4-yard straight line parallel to the goal line. Note: the field is not wide enough to allow the dashed circle to extend all the way to the end line; the circle will terminate where it intersects each sideline.
  - Penalty Corner Line- 12 inches long, parallel to the sidelines, intersecting the end lines, 5 yards in from where the striking circle meets the end line.
  - **Note:** Because each half of the field is 30 yards in length from center line to end line, there will not be an additional 25-yard line drawn on the field. All NFHS rules for within the 25-yard area shall be enforced on either side of the center line. For the purposes of this rulebook, the terms ‘inside the 25’ and ‘inside the center line’ are synonymous.
- C. The goal cage shall measure 12 feet wide by 7 feet high. The front edge should be placed touching the outer edge of the end line. The inside-bottom of the goal cage shall be lined (sides and back) with 18-inch high wooden panels
- D. It is the responsibility of the home team to provide a safe and well cared for field of play.
- E. It is the responsibility of the home team to postpone any game due to inclement weather or less than safe field conditions.
- F. It is the responsibility of the home team to provide benches for both teams, 2 chairs, a table and clock for the scorekeepers and timekeeper, and bathroom facilities (portable toilets, etc.).
- G. Parents will sit on one side of the field. Teams, timekeeper, and scorers will sit on the opposite side of the field. **Spectators and teams/scorekeepers must remain 5 yards off of their respective sideline to maximize the safety of all involved.**

- H. Players and coaches will remain with their teams in the bench area throughout the game and half time unless given permission to leave this area by their coach.
- I. Coaches may walk the sideline area between the scorer's table and the top of the 16-yard striking circle on their bench's half of the field. They may not proceed beyond these limits.

### **III. UNIFORMS AND EQUIPMENT**

- A. Members of each team shall be dressed uniformly. Uniforms will consist of matching socks and shirts. A number must be clearly visible on the back of each shirt. It is recommended that all teams have different color uniforms. Hats and other non-uniform apparel that is judged unnecessary or unsafe may not be worn on the playing field.
- B. In case of similar team uniforms, the home team shall wear contrasting pinnies.
- C. The home team shall wear white (or light) colored socks, the away team shall wear dark colored socks.
- D. Warm up pants/tights and sweatshirts should be worn UNDER socks and uniform shirts.
- E. Mouth guards (not clear and not white) and shin guards must be worn at all times. Long hair must be tied back using soft hair bands.
- F. Field Hockey goggles are highly recommended but no longer mandatory for this division, in line with June 2020 NFHS rule change.
- G. Jewelry, including earrings, may not be worn on the practice or playing fields. Studs in newly pierced ears must be taped.
- H. A goalie must be equipped with all necessary protective gear, including at minimum the following: kickers, leg pads, upper leg/hip protector, pelvic protector (if not built into pants), chest protector, helmet, throat guard, hand blockers. A special goalie stick is not required.

## IV. DEFINITIONS

### A. Players

- **Attacker** is a player whose team has possession of the ball.
- **Defender** is a player whose team does not have possession of the ball.
- **Goalkeeper** is one of the seven team members who wears special equipment and has special privileges while within her team's circle.

### B. Procedures

- **Bully** is a term describing a method used by two opposing players to restart play.
- **Free Hit** is a means of putting the ball in play by any player following a foul by an opponent. The only legal strokes are a push, slap/hit, drive or self-pass.
- **Long hit** is a method for an attacker to put the ball in play from the 25-yard line. The only legal strokes are a push, slap/hit, drive or self-pass.
- **Center pass** is a method for putting the ball in play from the center of the field at the start of the game, following halftime and after each goal. The only legal strokes are a push, slap/hit or self-pass.
- **Penalty corner** is a means for an attacker to put the ball in play from a spot on the end line. The only legal strokes are a push, drive or slap/hit.
- **Side-in** is a method for putting the ball in play after it has gone out of bounds over the sideline. The only legal strokes are a push, slap/hit, drive, flick or self-pass.
- **16-yard hit** is a means for a player to put the ball in play after it has gone out of bounds over the end line, but no goal is scored. The ball is placed in line with the place where it crossed the end line and up to the 16-yard line. The only legal strokes are a push, slap/hit, drive or self-pass.
- **Playing the ball** is stopping, deflecting or moving the ball with the stick. The goalkeeper may play the ball with leg guards, kickers, hand protector or any part of the body while in the circle. 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 hip level or below. Players must not play the ball dangerously or in a way which leads to dangerous play.
- **Self pass** is a method for taking a free hit, center pass and for putting the ball back into play after it has gone out of the field of play. Defenders must allow attacker to move the ball 5 yards before tackling

### C. Techniques

- **Push** is a legal stroke void of back swing in which the ball is propelled along the ground.
- **Hit** is a legal stroke which involves a swinging movement of the stick towards the ball. **NOTE:** Player's stick is not to go above the hip in either the back or the front. *A drive is a legal hit in this League, subject to the aforementioned swing restriction.*
- **Flick** is a legal stroke where the ball is pushed along the ground or raised into the air. Please note: the ball must be below the hip, controlled, and not present danger for it to be allowed as a legal stroke.
- **Tackle** is a technique executed by a player in an attempt to gain possession or cause the opponent to lose possession of the ball.
- **Marking** is being within a stick's length of an opponent.
- **Dribble** is a means for a player to maintain possession while moving the ball with a series of taps.
- **Self-pass** is a legal technique for putting the ball into play for a free hit, 16-yard hit, center pass, long hit or side in. Defenders must allow attacker to move the ball 5 yards before tackling.

### D. Fouls

- **Advancing** is using any part of the body to propel, deflect or stop the ball to a team's advantage.
- **Blocking** is using the body or stick to impede the progress of an opponent.
- **Obstruction** occurs when:
  - a. Any player moves or interposes herself or her stick, keeping an opponent from attempting to play the ball;
  - b. A player shields the ball with her stick or any part of her body;
  - c. A third player takes a position between an opponent and the ball so her teammate has an opportunity to play the ball.

**Note:** The following principles apply to obstruction: 1- a stationary, receiving player may be facing any direction. 2- once a player receives the ball, she may move away in any direction (without body contact with the tackler) or pass/deflect the ball. 3- The responsibility is with the tackler to move around the receiver to attempt a legitimate tackle.

- **Stick interference** occurs when a player hits, holds, hooks, slashes or strikes her opponent's stick.
- **Sticks** is raising any part of the stick in a dangerous manner.

- **Advantage rule:** Officials should know when NOT to blow the whistle. Fouls occur only when the offending team gains an advantage or dangerous and/or intimidating play occurs.

## V. LENGTH OF HALVES, GAME TIMES & SUBSTITUTIONS

- A. Games shall be played on Sundays, starting at 1:30PM, 2:30PM or 3:30PM. If a weather postponement occurs, each team will make a good-faith effort to reschedule amongst themselves. The league office cannot assist in rescheduling games. If for any other reason one team requests an alternative date, the two teams involved may arrive at a mutually-agreed upon rescheduled date. In such a case, however, it should be noted that the other team is under no obligation to agree. In the case of any rescheduled game, it is the home team's responsibility to ensure eligible officials are obtained to work the game.
- B. The length of a game is 50 minutes, played in 25-minute halves. This may be reduced to 20-minute halves by mutual consent of coaches and officials. Play is based on a running clock (non-stop); with the clock being stopped for recognized coach's and official's timeouts.
- C. One 1-minute time-out is allowed per team per half. A team does not need possession of the ball to call a time-out. The time-out, however will not begin until recognized by the official at a point when the ball is out of play. Any time-out not used is lost when the half expires.
- D. A 10-minute half time is allowed between halves. This may be shortened by mutual consent of coaches and officials.
- E. In the event of a tie score at the end of regular play, the game will end a tie. No overtime periods will be played to break a tie score.
- F. Substitutions of players from the bench into the game are made when the ball is out of play, except that substitutions will not be allowed for players involved in a bully or penalty corner unless required by personal fouls or injury. The players will wait until signaled by the officials; players will have 10 seconds to get into position. Officials will use good judgment when allowing substitutions and avoid stopping an obvious advantage in a free hit for the other team.

## **VI. POSITIONING**

- A. Seven players from each team will play on a field at a time. Three of these players will play Attacking positions and three will play Defensive positions. One will play as Goalkeeper.
- B. There are no restrictions on the positioning of the six field players.

## **VII. STARTING PLAY AND RESTARTING PLAY**

### **Section 1: Starting Play- Center Pass**

- A. Captains are called to the center of the field for the pre-game coin toss. The home team calls the flip. The winner of the toss may choose possession or direction.
- B. Teams change direction for the second half. The team that did not win possession in the first half begins with it in the second half.
- C. The game begins with a Center pass from the center of the field, which may be in any direction or be a self-pass.
- D. Until the ball is played, all players, except the player taking the center pass, shall be in his or her own half of the field. Opposing players shall be at least 5 yards from the ball until the ball is played.
- E. The ball must move from its original position before any other players can touch the ball.

### **Section 2: Restarting Play**

- A. Following simultaneous fouls, a pop up (the ball shoots up vertically), or when it is impossible for the officials to determine fault for a foul or out of bounds call, play will be restarted with a bully at or near the spot where play on the ball ended.
- B. No bully can be taken less than 16 yards from the end line and five yards from the sideline.



- C. All players must be at least 5 yards from the ball until it is put in play.
- D. Neither bullying player may move his/her feet until the ball is put into play.
- E. On the official's whistle, the two players shall tap the flat faces of their sticks together once, just over the ball, after which either player is permitted to play the ball.
- F. For violation of the bully provision, the bully shall be repeated. For a second violation by the same team, a free hit shall be awarded the opponent.
- G. If a team is in possession of the ball when a time out is called, play will be restarted with a free hit by that team.

## **VIII. SCORING**

- A. A goal is scored when the entire ball passes completely over the goal line between the goal posts.
- B. All shots on goal must be taken from inside the striking circle, or on the circle line. If the ball is delivered in the direction of the goal from outside the circle, and is deflected into the goal by a defender's body or stick or goal post, no goal is scored. If the ball is knocked into the goal, from within the circle or on the circle line, by a defensive player's body or stick or goal post deflection, it is a legal goal.
- C. Shots on goal - all rules of contacting the ball hold for shots (i.e. ball shall not be lifted above the hip), with one exception: a shot may be lifted to any height when taken within the striking circle as a flick (no backswing) and provided that there are no players (attackers or defenders) other than a properly equipped goalkeeper between the shooter and the goal when the shot is taken.
  - 1. If there is any player other than the goalkeeper in the general path of a lifted shot when it is taken, the result, regardless of whether the shot scores or not, will result in no goal and a 16-yard hit for the defense.
  - 2. An attacking player placing herself in the general path of a lifted shot after it is taken, regardless of whether the shot scores or not, will result in no goal and a 16-yard hit for the defense.

3. A defending player placing herself in the general path of a lifted shot after it is taken will result in a stroke for the attacking team if the shot does not result in a goal.

## **IX. OUT OF BOUNDS: SIDE-INS, LONG HIT & 16-YARD HIT**

- A. The ball is out of play when it has completely crossed an end line or sideline.
- B. A player need not be in the field of play in order to play the ball.
- C. All opposing players must be at least 5 yards from the person taking a side-in, long hit or 16-yard hit.
- D. A player taking a free hit, side-in, long hit or 16-yard hit (and the ball) must be stationary. A running start will result in surrender of the ball to the opposing team.
- E. Side-in is awarded to the opponent of the player last touching the ball prior to its going out of bounds over the side-line. The side-in may be initiated with a self-pass or a pass to a teammate. Lifts are legal, provided the lift is not higher than the hip.
- F. If the attacking team causes the ball to go across the end line, the game shall be restarted by a 16-yard hit by the defending team.
- G. If a defender unintentionally causes the ball to go across the end line or if the ball glances off the stick of a defender in this area and goes across the end line, the attacking team shall be awarded a long hit. The long hit shall be taken from the 25-yard line, in line with where the ball crossed the end line.
- H. If a member of the defending team deliberately causes the ball to go across the end line, a penalty corner shall be awarded to the attacking team.
- I. Side-in, long hit and 16-yard hits may be self-passed. Attackers must allow defenders time to move 5 yards away from free hit, side-in, long hit or 16-yard hit. Officials will indicate when play can continue.

## **X. FOULS AND PENALTIES**

- A. **STICKS:** raising the head of the stick above the waist of the smallest player in the area of the ball.
- B. **DANGEROUS HIT:** a ball which lifts above the hip or a ball which lifts and is judged by the referee to be intimidating. It is generally assumed by the referee that the tackling player bears responsibility for trapping a ball pushed by the advancing player.
- C. **HITTING THE BALL WITHOUT CONTROL:** The ball must be controlled before being pushed. The ball may rebound off a motionless stick.
- D. **DANGEROUS PLAY:** An activity, in the judgment of the referee that is considered dangerous to an individual player, teammate, or opponent.
- E. **ILLEGAL HITS:** Scooping the ball are not allowed.
- F. **INTENTIONAL, FLAGRANT FOULING/MISCONDUCT/UNSPORTSMANLIKE CONDUCT:** Any behavior, in the judgment of the referee, that is considered misconduct, such as abusive language, throwing sticks or equipment, pushing, shoving, striking an opponent or team mate, charging, unsportsmanlike conduct, use of restricted substances at the playing area, etc. In the event this foul is called, a warning will be issued by the referee and the player will be charged with the foul. The second offense will cause automatic ejection from the game. The second offense for a coach will cause automatic forfeiture of the game. In the instance of a fan committing the second offense, he/she will be asked to leave the field area by either the referee or coach. Play will be suspended until there is compliance. The game will be forfeited after a reasonable halt to the game if the offender refuses to comply. Any foul or conduct, in the judgment of the referee, that appears to have been committed purposefully and repeatedly, and is committed following direction and warning from the referee to cease that behavior, shall be deemed to be a foul. In the event that this foul is charged, a penalty corner shall be taken by the opposing team. The purpose of this section is to eliminate and discourage repetitive fouling.
- G. **HACKING/STICK INTERFERENCE:** When a player hits, holds, hacks, hooks, slashes, or strikes the opponent or opponent's stick.

- H. **ADVANCING:** Gaining control of the ball or stopping the ball using any part of the body to a team's advantage.
- I. **OBSTRUCTION:** Any time a player using their body or stick to block the opponent from the ball. This includes hitting or passing the ball between his/her own feet: see Article IV, Section D, point 3.
- J. **BUNCHING:** Called when more than one player from the same team is playing the ball. Bunching will not be called when players are backing away from a crowded play. **NOTE: Bunching should not be called inside either striking circle, however attention should be heightened towards related fouls.**
- K. **WRONG SIDE OF STICK:** Only the flat side of the stick may be used to advance the ball. The foot or leg may not be used to support or move the stick.
- L. **DELAY OF GAME:** When substitutions or free hits take longer than 10 seconds or a team does not take the field at the direction of the referee. This violation results in the lost possession of the ball.
- M. **PLAYING THE BALL ON THE GROUND:** A player playing the ball while on the ground (including kneeling) if, in the judgment of the official, could lead to dangerous play.
- N. **PENALTIES:**
- For fouls outside the circle, a free hit shall be awarded the opponents; see Article XII: Free Hits.
  - For fouls inside the circle by the attackers, a free hit shall be awarded the defenders; if by the defenders, a penalty corner shall be awarded the attackers; see Article XIII: Penalty Corners.
  - In the event of simultaneous fouls by opposing players, a bully shall be taken on the spot where the fouls occurred; see Article VII, Section 2.
- O. **Advantage rule:** Officials should know when NOT to blow the whistle. Fouls occur only when the offending team gains an advantage or dangerous and/or intimidating play occurs. Advantage, when appropriate should be indicated by extending an arm in the direction in which the free hit would occur if a foul is whistled.
- General information:

- Avoid giving a double advantage- the opportunity to play the ball is present, but the player does not take the advantage- don't stop play and give them another chance.
- Do not hold the whistle too long. When players are struggling through a foul, the player may become too exhausted to use the advantage. Possession does not always mean advantage.
- Games being played at a higher skill level will often benefit from a held whistle.
- Games being played at a lower skill level, where danger is more of a consideration, often need a quicker whistle.

## **XI. FREE HIT**

- A free hit is awarded when a foul is called on the opposing team.
- The free hit is taken at or near the spot where the foul occurred.
- The ball may be raised immediately using a push or flick action but may not be raised intentionally using a hit with backswing.
- The free hit may begin with a self-pass. Attackers must allow defenders time to move 5 yards away from free hit, side-in, long hit or 16-yard hit.
- If a violation occurs by the attacking team inside the circle, a free hit will be awarded to the defense from at a position along the 16-yard line (the top of the circle) in line with the violation.
- If a violation occurs by the attacking team outside the circle (within the 25), a free hit will be awarded to the defense on the 16-yard line directly forward of the point of infraction.
- If a violation occurs by the defenders outside the circle, a free hit will be awarded to the attackers at the point of the infraction. If the infraction was 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 player of either team other than the player taking the free hit.
- If a violation occurs by the defenders inside the circle, it will result in a penalty corner awarded to the attacking team.

## **XII. PENALTY CORNERS**

- A. During a penalty corner, the goalkeeper plus 3 defenders shall line up behind the end line; at least two of the defenders (plus the goalkeeper) will be positioned inside the goal, the third defender may position herself up to 5 yards outside of the goalpost. The rest of the defending team must be behind the Center Line.
- B. The attackers shall be positioned on the outside edge of the circle. The penalty corner push may be taken by either wing on the penalty corner mark. The player taking the push cannot play the ball again until it has been touched by another player. The ball must be stopped by the receiving player. The ball **MUST** travel outside of the circle before a goal is scored.
- C. All defending and attacking players must have their feet and sticks behind the line and may move as soon as the ball is put into play.
- D. If a 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.

## **XIII. PERSONAL FOULS AND DISCIPLINE**

- A. Misconduct includes any player, coach, spectator or team action that an official deems unsportsmanlike or leading to dangerous play. When used properly, cards are a teaching tool. By issuing a card, the officials are signaling to all players, coaches and spectators that bad play or behavior will not be tolerated. Officials should use cards as a game management tool to help keep the game safe and under control. All warnings are to be recorded in the scorebook.
- B. For all fouls, an appropriate card shall be issued to the offender. In all case of misconduct:
  - First offense, a green card is issued as a warning to the offender.
  - Second offense by the same player, a yellow card shall be issued to the offender. The offender shall be removed to the team bench for 5 minutes of playing time.
  - Third offense by the same player, a yellow or red card is issued to the offender. If a yellow card is issued, the time must be 10 minutes. If a red card is issued, the offender is removed from play for the duration of the game. If a team is unable to field a team of 7 players because of the red card, the team may play short and the game may continue.

- C. If the situation warrants, the official may issue a yellow or red card on a first misconduct violation. For any flagrant foul, the offender(s) shall be removed from the field.
- D. A coach has the right to bench a player for disciplinary reasons.
- E. If a team moves ahead of their opponent by a score of 3 goals, the coaches of the dominating team shall implement the power-down strategies presented in Attachment A. It is the sole responsibility of the team in the lead to implement these procedures. If the officials do not believe that the power-down strategies are being properly implemented, they may assess escalating penalties against the dominating team (verbal warning, corner, yellow card, red card).

#### **XIV. OFFICIALS, COACHES, SCORERS, TIMERS**

- A. The official's ability to fairly judge the play of the game depends on the cooperation of the players, coaches, and their fans. The official will occasionally miss calls due to the action of the field or obstructed view. Cards are awarded at the discretion of the official. The player shall not question the call, but allow the coach to question the rulings of the official at an appropriate time including time outs or halftime. However, the official's call is to be the final judgment. Coaches, players, and fans are to refrain from harassing the officials, opposing coaches, and players.
- B. Each municipality shall provide at least one official per grade division and one for every two teams entered into the league.
- C. The official will check all players prior to the beginning of each half to assure proper equipment and uniforms are worn.
- D. **Each team will pay one of the two officials \$25.00 for each game, whether home or away.** In the event that only one official is present, the official shall earn \$35.00, split between the two teams.
- E. Each team must provide a scorekeeper and the home team must provide a timekeeper for each game. These people become the game officials and must stay at the score table for the entire game. Fouls, goals, and time outs are recorded only at the direction of the field officials.

F. Each team will assign an adult ‘ambassador’ on the parent sideline to report potential conduct issues to a coach in-game. The ambassador does not need to engage with the problem spectator, rather they will report a situation to their Town’s coach for handling.

G. It is anticipated that the members of the coaching staff will conduct themselves in accordance with a Coaches Code of Ethics. All participants in the league are subject to the Grievance Procedure outlined in the League By-laws and must comply with any recommended discipline.

H. It is recommended that coaches be certified by the National Youth Sports Coaches Association (NYSCA) or Rutgers SAFETY. Coaches are expected to behave in a sportsman like manner. They are expected to set an example for both the children and the parents. Yelling at referees and cursing warrant misconduct fouls.

I. The coaching staff will use reasonable judgment in the deployment of strong players against weaker opponents, and in the deployment of players at those times when the score would indicate domination of the game such as a lead of 3 or more goals.

J. Coaches must refer to attachment A and follow the established tiers for power down strategies in the event of a 3 or more goal lead.

K. The score and timekeepers may be the same person. If they are two separate people, they must sit together at the Center Line on the players’ side of the field.

The timekeeper shall:

- Start and stop the clock only at the direction of the official. The clock is only stopped for time outs called by the teams or officials.
- Inform coaches when players may return to the game following a required absence from a card.
- Alert the referee when one minute remains in the half or game.
- Count down the final 10 seconds of the half or game and sound the horn or whistle as time expires on the clock.

The scorekeeper shall:

- Record the name and number of players from both teams in the scorebook.
- Maintain a record of goals scored and by whom;
- Maintain a record of warnings and cards



- Maintain a record of team time outs.

## **XV. OFFICIALS**

- A. During the game, the official shall have discretionary power for making decisions on matters that are not specifically covered by the rules. In the event that game or field conditions are considered hazardous to the safety or welfare of players, the official may terminate the game.
- B. If an advantage would be gained by the offending team because of enforcing a rule, the official shall refrain from awarding the penalty.
- C. Decisions based on the judgment of an official are final and not subject to review.
- D. To review a misapplication of the rules by an official, the coach shall immediately request an official's time out at the scorer's table. Both officials and one coach from each team shall discuss the misapplication in the middle of the field, away from both teams and parents. The officials' decision is final.
- E. Prior to the game, the official shall:
  - Inspect goal, nets and field markings,
  - Give attention to the proper placement of team benches, score table, and spectator seating.
  - Review field conditions (any uncorrectable conditions shall be reported to both coaches prior to the start of the game)
  - Meet with the team captains, conduct the coin toss for choice of direction or possession
  - Line up players in front of the team bench and conduct an inspection of players, uniforms and equipment
  - Confer with timekeeper to review duties, responsibilities and make certain clocks are in working order.

## **Attachment A- Powering Down Strategies**

The team with a 3 goal or greater lead will be required by the official to power down their team to facilitate giving the opposing team an increased chance of scoring a goal. Please follow the tiers based on the goal differential. If the score falls below a 3 goal lead after powering down, play can continue as usual. Once it becomes a 3 goal lead again, powering down strategies need to be used.

### **3 Goals and Greater Lead Strategies:**

- First power down (3 goal lead): Any players who have scored 2 or more goals may not score a 3<sup>rd</sup> legal goal. Field players who are standing on the goal line will be recognized as a foul and the attacking team will be awarded a penalty corner in a power down situation.
- Second power down (4 goal lead): Only forwards can enter circle.
- Third power down (5 goal lead): Mids cannot cross the center field line and Backs cannot cross out of the defensive circle.
- Fourth power down (6 goal lead): 3 passes within the circle before a shot on goal is attempted; number of passes in circle increases as number of dominate goals increases.

## ATTACHMENT B - THE FIELD:

- 35-40 yards wide by 60 yards long (10 yards longer and 15 yards wider than the junior field)
- Scoring circle of 16-yard radius from each goalpost with a 4-yard straight length parallel to the goal line connecting the two quarter-circles, dashed circle 5 yards beyond.
- Goal size: 12' wide by 7' high
- Penalty corner lines: line 1= 5 yards from each goal post, line 2=10 yards from each goal post on the endline

