

Field Hockey Federation

Rules for 2020 Spring Season

1) **RULES OF THE COMPETITION**

- a) The competition shall be conducted in accordance with the Rules of Hockey in force on the first playing day of the competition except as varied by this document.
- b) Where these Rules differ from the FIH Rules of Hockey then these Rules shall prevail.
- c) The Code of Conduct was established to create awareness of and accountability for the promotion of the game of hockey amongst the participants, will apply throughout the organization of the Field Hockey Federation (FHF). An acknowledgement of the Code of Conduct must be signed by the team manager at the pre-season briefing meeting and submitted to the Competitions Director.
- d) In entering and playing in the FHF Spring League, each participant warrants that it will abide by, and conform to, the FIH Rules of Hockey, these Regulations, the FHF Code of Conduct and such directives as may be issued by FIH and/or FHF.
- e) Posting of the rules on the FHF website constitutes notice to all the FHF membership of the rules. Paying the league fee in full or partial, and participating in the league constitutes acknowledgement of the rules and implies consent given by the participant to abide by the rules. It is the responsibility of the team captains / managers to explain the rules to their respective team members especially rules regarding playing on more than one team.
- f) FHF Mailing Address
Field Hockey Federation, Inc.,
2060 E. Avenida de los Arboles # D 479,
Thousand Oaks, CA 91362

2) **OFFICIALS**

- a) The President of the FHF (or, in his/her absence, one or more members of the board of the FHF), shall be the FHF Representative(s) during the League. It is implied that all appointed officials for the league are working with FHF to ensure all concerns and issues are addressed throughout the league.
- b) A Competitions Director is voted for by the FHF. The Competitions Director has the full power and authority of the FHF in relation to all matters concerning the conduct of the League in accordance with these Regulations.
- c) An Umpires Manger is appointed by the FHF. The Umpires Manger works with the Competitions Director to ensure all games are umpired and controlled in accordance to these regulations. i) Umpires Manger may delegate some duties to a Youth Umpires Manger.

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- d) The Competitions Director ensures that all participants abide by the FHF Code of Conduct and has authority to take action in accordance with the Code.
- e) With the consent of the FHF Representative, the Competitions Director may delegate the exercise of his/her powers and authorities to a Technical Officer, in whole or in part and for such duration, as the Competitions Director deems necessary. In the absence of an FHF Representative, such power of delegation may only be exercised with the consent of the FHF President.
- f) Technical Directors are appointed in many areas:
 - i) Scores
 - ii) Scheduling
 - iii) Field Preparation

3) **TEAM ENTRY**

- a) Player Registration
 - i) All players must be registered with FHF in order to play in the FHF league. They must be able to show proof of registration.
 - ii) FHF Individual FHF Membership Dues are as follows:
 - (1) Over 19 years old by Jan 1st
 - a) \$50.00
 - (2) 16 to 19 years old by Jan 1st
 - (a) \$35.00
 - (3) 13 to 15 years old by Jan 1st
 - (a) \$30.00
 - (4) 12 years old and under by Jan 1st
 - (a) \$25.00
 - iii) Player Registration can be done on the FHF web site <http://fieldhockeyfederation.com/>.
- iv) The Team Registration Fees for the Spring Season are listed on the FHF web site and listed below.
 - (1) Early Bird Discount (\$150) applies to teams registered on or before February 2nd
 - (2) Late Fee (\$150) applies to teams registered on or after February 15th
 - (3) Team Fees are due no later than March 2nd
 - (4) Junior Team (Half Field) (a) \$800.00
 - \$650.00 if registered before February 2nd
 - \$950.00 if registered after February 15th
 - (5) Junior Team (Full Field) (a) \$1,100.00

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- (i) \$1000.00 if registered before February 2nd
- \$1,250.00 if registered after February 15th

(6) Adult Team

1 \$1,500.00

- \$1,350.00 if registered before February 2nd
- \$1,650.00 if registered after February 15th

v) The Director of Competitions, Chief Umpire or any member of the FHF Executive Committee may intercede and restrict at any time, any player who does not meet the player registration requirements as outlined above from participating in any match.

2 Team registrations must be submitted online using the Team Registration link found on the FHF webpage at <http://fieldhockeyfederation.com/> with a check for the relevant and total Team Fee/s to be paid by the start of the Spring League.

3 A signed copy of the acknowledgment of these rules must be submitted to the Director of Competitions during the registration of the team at the Managers Meeting. d) Schedule

- a The schedule will be posted on the web site. Only those teams who have registered online will be included in the Spring Schedule.
- b If any team wants to change THEIR game schedule, the details of the proposed change must be sent to the Competitions Director at least 48 hours prior to 9am of the game day and the proposal MUST be accompanied by the written acceptance from the opposing teams coach / manager / representative on record of the proposed change.

e) Unforeseen Events

i) If during any round of FHF games circumstances arise which are not provided for in these Regulations (play cancelled due to weather or other outside influencers, games that cannot be played due to Regional or other events), the result will be determined by the Competitions Director after consulting the representative of FHF, if any. ii) If any team affected by the decision of the Competitions Director under this regulation wishes to appeal, it may do so following the procedures set out.

iii) A team or an individual has the right to a personal hearing with the Disciplinary Committee in respect of such appeal and MUST make representations in writing (electronically) within the time limits fixed by the Appeals Committee.

4) **BRIEFING MEETINGS**

a) All managers / captains for each team entered in the FHF leagues are required to attend a mandatory "Managers Meeting". The Meeting will be posted on line.

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- b) Umpires Meeting will be held in after Mangers Meeting. This meeting will be for training & orientation of umpires.

5) **COMPOSITION OF A TEAM**

a) Spring Divisions

i) Juniors (Half Field)

- (1) U8 Mixed
- (2) U10 Mixed
- (3) U12 Mixed
- (4) U14 Girls
- (5) U14 Boys

ii) Juniors (Full Field)

- (1) U16 Girls
- (2) U18 Boys
- (3) U19 Girls

iii) Adults

- (1) Div I Women
- (2) Div I Men
- (3) Div II Mixed
- (4) Div III Mixed

b) Minimum Number of Players

- i) For all teams who play with eleven (11) players a side, a minimum of seven (7) players are required on the field at the scheduled game time to avoid a forfeit.
- ii) U10 teams play in the league with seven (7) players a side, a minimum of four (4) players are required to avoid a forfeit. iii) U14 & U12 teams play in the league with six (6) players a side, a minimum of four (4) players are required to avoid a forfeit.

c) Playing Eligibility

i) **This will confirm who can play in what divisions, and in how many games.**

- (1) Men and Women may play on a maximum of two teams. Men/Women's Division; Division 1, Division 2 or Division 3. (Per the Adult Division Eligibility Rules)
- (2) Goalkeepers may play for two additional teams in a higher division, not in the same division on the same day.
- (3) **U16 and** U18 Boys division players may play in D1 Men division only (per the Adult Division Eligibility Rules)
- (4) **U16 and** U19 Girls division players may play in D1 Women division only (per the Adult Division Eligibility Rules)

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- (5) No Junior players are allowed to play in D3 ii) All rosters will be reviewed by the Competitions Director to assess the eligibility of players in the respective division commensurate with the players' skill level, experience and ability. If necessary, players may be disallowed from playing in lower divisions and be required to play in a higher division based on their ability and experience.
- iii) It is the intent of the FHF, in order to increase the skill level of all youth players, that to the extent an age-appropriate youth division team has been registered by a youth player's club, a youth player should first be registered and play in such age-appropriate youth division. To the extent an age-appropriate youth division team has been registered by a member club, or non-member club, any player must first be registered and play on such age-appropriate team (the "First Team") unless an exception is approved by the Director of Competition. Once so registered, the Commissioner or team manager, of such player's member club, or nonmember club, with input from the coach(s) of additional team(s) ("Additional Team"), may allow such player to be registered and play on the Additional Team(s) provided that player does not skip any age division. Provided further, however, that a player shall be ineligible to play in any game with the Additional Team(s) on any day, Saturday or Sunday (Adult League), where the First Team had a scheduled game prior to the Additional Team(s) but the player did not participate in such First Team game unless an exception is approved by the Director of Competitions. If a member club or non-member club does not have an age appropriate team in any season, a player may be registered with the next higher age division team.
- iv) Notwithstanding the foregoing, the Competitions Director, may assess the eligibility of a player in a division and determine that it is in such player's best interest and his or her team's best interest, based on the relevant player's skill level, experience and ability, to have the player play only in a division one age level higher.
- d) Goalkeepers
- i) A full field team is not required to have a goalkeeper. FIH rules are in force.
 - ii) Junior Division half field (U12 & U14) – Each team has a goalkeeper on the field throughout the match.
- e) Team Rosters - Additions/Changes
- i) Last day to add players to a team roster is four league games before the playoffs or end of the season, provided the team does not exceed the maximum number of players on their roster.
- f) Team Rosters

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- i) Team rosters will be stored on the FHF website.
- ii) The Team Manager/s must manage all team rosters online.
- iii) The name and email of the Team Manager/s must be sent to the Systems Director who will then reply with the appropriate user name and password, which will allow the Team Manager/s to maintain the team roster.
- iv) Changes to the team roster must be made before 8pm on the Thursday before a game so that the downloaded rosters will include the changes.
- v) A Team Manager may manage more than one team.
- vi) Only players listed on a team's game card are allowed to play for that team. g) Guest Players
 - i) Teams in the league are allowed a guest player(s) during the season. A guest player is only allowed to play in three (3) games per season.
 - ii) The team must fill out and submit a guest player request form in the snack shack where it will be put on file.
 - iii) A guest(s) player(s) will be considered a roster spot for that game and must not exceed the roster maximum for that division.
 - iv) A team may have no more than four guest players per season.
 - v) Guest Player form can be located under the FHF website Home Tab.
<http://files.leagueathletics.com/Images/Club/8856/FHF%20Guest%20Waiver.pdf>
- h) Playoffs Eligibility
 - i) In order to participate in semifinal and final matches, a player must have played in a minimum of four regular league season matches.
- i) Adult Divisions Eligibility
 - i) Division I Women
 - (1) Division 1 women teams are allowed a maximum of 22 players per team roster.
 - (2) Division 1 women may only play, or have dressed, 18 players per weekend from the 22-team roster.
 - (3) A Division 1 women player can play for a team in the Division 1 Women's division and for a team in DII Mixed or Div III Mixed but not both
 - (4) Division 1 Women players must be 18 years of age or older, younger players by invitation only from the team manager, and approved by the women's division coordinator and the Director of Competitions.
 - ii) Division I Men
 - (1) Division I Men teams are allowed a maximum of 22 players per team roster.
 - (2) Division 1 men may only play, or have dressed, 18 players per weekend from the 22-team roster.

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- (3) U.S. National Junior and Senior Squad players shall only play in D-I and in no other adult division.
 - (4) Division 1 men players must be 18 years of age or older, younger players only by invitation from the team manager, and approved by the men's division coordinator and the Director of Competitions.
- iii) Division II Mixed
- (1) D-II MIXED teams are allowed a maximum of 20 players per team roster.
 - (2) A D-II MIXED player that is deemed over-qualified for this division by the Competitions Director shall be prohibited from participating in D-II MIXED and be required to play on a D-I team.
 - (3) Any player that is not allowed to play in D-II MIXED by the Competitions Director can appeal to the Appeals Committee (appointed by the FHF Vice President) for reconsideration citing just cause, medical reasons or otherwise.
- iv) Division III Mixed
- (1) D-III MIXED teams are allowed a maximum of 20 per team roster.
 - (2) A D-III MIXED player that is deemed over-qualified for this division by the Competitions Director shall be prohibited from participating in this division and will be required to play on a D-I or D-II team.
 - (3) Any player that is not allowed to play in D-III MIXED by the Competitions Director can appeal to the Appeals Committee (appointed by the FHF Vice President) for reconsideration citing just cause, medical reasons or otherwise.
 - (4) No Junior Player shall play in this division in any capacity except if approved by the Competitions Director under the direction of the FHF Committee.
 - (5) No D-III MIXED player shall play in any other team except D-IV. (a) Exceptions
 - (i) Women as stated previously
 - (ii) Approval from FHF
- v) Junior Division
- (1) U8 MIXED teams are open roster and are basically pick up games meant for learning the sport.
 - (2) Junior half field teams are allowed 14 on the roster
 - (a) Junior half field team (U12 & U14) are required to have goalkeeper on the field throughout the match.
 - (3) Junior full field teams are allowed 20 on the roster.
 - (a) HS Girls teams are allowed 20 on the roster.
- vi) Roster limits are made to help distribute players evenly within the league and / or clubs.

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vii) Waivers regarding the player's divisional eligibility (for instance - women in DI Men's) can be submitted to the Competitions Director via the Online form which can be found on the "Home" tab select Forms/Requests on the FHF web page.

<https://leagueathletics.com/UserForm.asp?RegID=85893&org=SOCALFIELDHOCKEY.COM>

viii) Junior players may play in their age appropriate division in the Junior Leagues on Saturday and on one Adult Division I or Division II team on Sunday.

ix) Any exemptions and waivers approved by the Competitions Director will be written and published on the FHF website.

x) A team permitting a player to play who is not on their roster shall forfeit all their games in which this player participated. Exceptions: Visiting guest players may play with the concurrence of the opposing team captain / manager as long as they are compatible with the respective division level of play.

j) The FHF Committee members shall have the authority to enforce the rules.

6) TEAM CLOTHING, EQUIPMENT AND COLOURS

a) All League Players must wear Appropriate Matching Team Uniforms as defined below and as approved at the Managers' Meeting.

i) Captains / Managers are advised to bring extra uniforms to all their matches so that all players may participate.

ii) The Competitions Director must approve any changes in uniforms.

b) For a junior player to participate in any Junior or Adult division game, shin guards and mouth guards are mandatory.

i) A Junior player is any player that is 17 or younger on the 1st of the year no matter which Division she or he is playing in.

c) All League Players jerseys must be identical in design and color.

i) All jerseys must include numbers on the backs.

ii) The size of the numbers must be large enough to be visible to both umpires from anywhere on the field.

iii) The player's jersey number must accompany their name on the roster and stay constant throughout the season unless changed on the official team roster.

iv) Yellow shirts are not allowed as the color is the same as the umpires' shirts.

v) All player's shirts and socks and the number on the uniform must be matching in design and shade of color.

vi) Shorts / Kilts must be of a matching style, shade of color and design.

d) Mouth guards are mandatory for Junior players.

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- e) Mouth guards are strongly advised for Adult players.
- f) Shin pads are mandatory for Junior players
- g) Shin pads are strongly advised for Adult players.
- h) A Junior player is any player that is 17 or younger on first of the year no matter which division he/she is playing in.
- i) Age Definitions:
 - i) To play in a U10 Mixed team, the player must be 9 years of age or younger on 01/01/2020
 - ii) To play in a U12 Mixed team, the player must be 11 years of age or younger on 01/01/2020
 - iii) To play in a U14, the player must be 13 years of age or younger on 01/01/2020
 - iv) To play in a U16, the player must be 15 years of age or younger on 01/01/2020
 - v) To play in a U18, the player must be 17 years of age or younger on 01/01/2020
 - vi) To play in a U19, the player must be 18 years of age or younger on 01/01/2020
 - vii) Waivers regarding the age limits can be submitted to the Competition's Director via the Online form which can be found on the which can be found on the "Home" tab select Forms/Requests on the FHF web page.
- j) Umpires will be instructed to not allow any players who are not properly dressed in team uniforms from participating in any league match. No Exceptions.
- k) The Competitions Director, Umpire Manger, Technical Delegate or any member of the FHF Committee may intercede and restrict at any time, any player who does not meet the uniform requirements as outlined above from participating in any match.

7) DURATION OF MATCHES

- a) A match consists of **four** periods with a break in the middle and set forth by the schedule that is to be put forward by the FHF Committee.
- b) Extra-time may be played in a classification match as specified in the relating to classification during playoffs.
- c) The Umpires start and re-start the match; they also signal to the Technical Officials on duty every time stoppage is needed.
- d) Time-keeping is controlled by the Technical Officials on duty; they are responsible for signaling the end of each half and, if necessary, extra time. If a match, however, is prolonged at half -time or full-time to allow for the completion of a penalty corner as specified in the Rules of Hockey, the Umpires will signal the end of that half.

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8) SUBSTITUTION OF PLAYERS DURING A MATCH

- a) Players, managers and coaches on the sidelines for the teams who are playing shall sit in the covered player pavilion area.
 - i) Small Field (Youth) Games the team shall stay on the bricks.
- b) Players shall substitute by entering and leaving the sideline between the ends of the players' pavilion.
 - i) Small Field (Youth) Games the team shall substitute within 5 meters of the centerline.
- c) Coaches shall not stand on the turf but remain on the pavers or in the bench area.
 - i) Small Field (Youth) Games Coaches can stand near the sidelines but must make room for the umpire if needed.
- d) The substituting players shall stand on the pavers and not on the turf.

9) WITHIN THE FHF FACILITY

- a) Spectators viewing area – All Parents, Non game players must sit in the following areas during all league matches:
 - i) Small Field (Youth) – Spectators must stay left and right of the scoring circle (16 yards from the end line) on the paver area. (Orange cones will be positioned where spectators can sit.) No chairs or food are allowed on the turf. All trash must be picked up when leaving. ii) Full Field – No spectators are allowed on the player's bench or the raised technical seating area between the two benches. Only rostered players, and two coaches can be on the player's bench. Spectator may sit on either side of the field and may not enter the turf during the match, including half time.
- b) The FHF Facility and league are funded by Members and fundraiser. The use of the Facility is part of the League and certain behaviors must be addressed for the benefit of the league and organization.
 - i) Excessive use of profanity
 - (1) All players using excessive profanity will be, at a minimum, green carded and a warning by the umpire for the first infraction.
 - (2) Repeat infractions will result in the escalation of penalty cards.
 - (3) Repeated unsportsmanlike conduct will be accordingly penalized. ii) Smoking and Alcohol
 - (1) No smoking is allowed inside the chain linked fenced facility.
 - (2) No possession or consumption of alcoholic beverages is permitted on the Moorpark College campus. iii) Pets
 - (1) No cats, dogs or other pets shall be permitted inside the chain-linked facility of the Field Hockey Center, which is part of the Moorpark College.
 - (2) Pets may be kept in the designated area outside the Field Hockey Center.

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10) INTERRUPTIONS OF A MATCH

- a) If a match is interrupted by the umpires (because of weather or field of play conditions) or by the Technical Officials (because of thunderstorm with lightning) the Competition Director will decide on the next course of action with consultation from the FHF.

11) MATCH REPORT FORMS

- a) Prior to each match a Match report form will be made available.
 - i) The Manager / Captain / Team Representative is responsible for providing this card to the umpires of each match.
- b) This is a summary of the match showing the names of all players, team officials and technical officials nominated for the match and the key match statistics, including the result.
- c) At the end of the match, the Team Manager / Captain / Team Representative of each participating team must sign the Match Reports.
- d) The match officials must also sign the Match Report once both Team Managers have done so.
- e) The Match Report will be collected by the Technical Officials to ensure all appropriate information is recorded.

12) DISQUALIFICATION OR FAILURE TO PLAY

- a) Walkovers/Forfeits
 - i) Advance Notice Forfeit
 - (1) Any team that notifies the opposing team and the Director of Umpiring by the Thursday 9:00 PM preceding their match on the relative game day of their intent to forfeit shall forfeit their teams match by a score of 0-3.
 - (2) There is an online Forfeit Notification form on the FHF website under the “Home tab” drop down to Forms/Requests – the direct URL is <https://leagueathletics.com/UserForm.asp?ReqID=79016&org=SOCALFIELDHOCKEY.COM>
 - (3) No points will be deducted from the forfeiting team.
 - ii) Late Forfeits
 - (1) Any Adult team forfeiting their team’s match after 9:00 p.m. on Thursday shall:
 - (a) Forfeit their match by a score of 0-5.
 - (2) Any Youth team forfeiting their team’s match after 9:00 p.m. on Thursday shall:
 - (a) Forfeit their match by a score of 0-5.
 - iii) Walkovers
 - (1) Any team that cannot field the minimum number of players for their game shall:

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(a) Forfeit their match by a score of 0-5.

13) CODE OF CONDUCT AND SANCTIONS

- a) The FHF Code of Conduct applies to all participants in FHF events.
- b) Appendices 1 and 2 to these Regulations provide details of the FHF Code of Conduct and associated Guidelines.
- c) The Competitions Director, Umpires Manager, or FHF Committee Members have authority to reprimand or to suspend for one or more matches players, team officials and other officials who, in their opinion, commit a breach of the Code of Conduct before, during or after a match wherever that misconduct occurred. The situation in question needs to be documented and given to the FHF Vice President.
- d) In deciding on the duration of any suspension, it is not limited to the remaining matches in the competition but may impose a suspension that affects matches beyond the conclusion of the competition.
- e) Suspended persons may not enter the field of play or FHF areas until completion of the match or matches comprising the suspension.
- f) An individual or a team may appeal against any suspension. All appeals will be referred to the FHF Vice President.
- g) If an individual or a team wishes to appeal, the Team Manager / Representative must give written notice to the FHF Vice President within forty-eight (48) hours after the decision is published. If no appeal is lodged, the decision is final.
- h) If an appeal is lodged, the FHF Vice President must immediately inform the FHF Committee.

14) PROTESTS

- a) If a team wishes to lodge a protest at any time the Team Manager / Representative must:
 - i) Declare the intention to do so immediately in writing directly below their signature when signing the Match Report or Shoot-out Competition form;
 - ii) Produce in addition in writing the grounds of the protest and must hand that document to the Technical Officer on duty within 48 (forty eight) hours of the incident in question; iii)If a protest is made, the Technical Officer on duty must immediately notify the Competitions Director, Umpires Manger, or FHF Vice President.
- iv) Failure to comply with any part of these Regulation will result in dismissal of the protest
- b) The FHF Vice President will view all facts and render a decision based on the code of conduct guidelines. The FHF Vice President may appoint an unbiased committee to review the situation if there are circumstances that warrant such review.

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- i) If an individual involved in a protest wishes to appeal the decision resulting from any protest under these Regulations, the Team Manager / Representative must give written notice to the FHF Vice President within Forty Eight (48) hours after the decision is made. If no such appeal is lodged, the decision is final.
- ii) If an appeal is lodged, the FHF Vice President must immediately inform the FHF Committee. Any appeal will be conducted in accordance with the provisions of these Regulations.

15) APPEALS PROCESS

a) Match Results Related

- i) Only a Team Manager / Representative shall have the authority to file an appeal on behalf of his / her team. All appeals pertaining to: Rosters / Player Eligibility / Rules / Match Results, must be submitted within 48 hours from the time the match in question ended, via email to the FHF Appeals Committee FHF.Appeals@gmail.com
- ii) All appeals must include the following information: Reason for filing appeal, date & time of match, both umpires' names, complete details of the appeal, name of person filing appeal, title of person filing appeal, contact address, telephone number(s) & email address of the person filing appeal and action requested.
- iii) Players appealing their eligibility to play in any division may do so without any fee or encumbrances
- iv) Decisions made by the umpires during a game CANNOT be the subject or basis of an appeal after the game has finished

b) Disciplinary & Other Appeals

- i) All other appeals must be in writing and must include the following information: Reason for filing appeal, details of the appeal, name of person filing appeal, title of person filing appeal, contact address, telephone number(s) & email address of the person filing appeal and action requested. All appeals can be mailed to the FHF or (preferably) emailed to the FHF Vice President.

c) Any appeal will not be recognized if it is:

- i) Not sent by the next business day or ii) The Appeal Fee is not received or iii) Not emailed within 48 hours from the time the match in question ended d) Appeals Process

- i) The Appeal MUST be followed up with a fee of US\$150 mailed to the FHF Mail Address within 48 hours of the initial email being sent a printed copy of the original email must be enclosed. ii) The FHF Vice President appointed Committee will consider all appeals and a resolution / decision will be forthcoming within 96 hours from the time the appeal is sent. The decision of the FHF Vice

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President appointed Committee would only be given when the Appeal Fee has been received. iii) If the FHF Vice President appointed Committee finds in favor of the Appeal, the Appeal Fee will be refunded.

e) Suspensions

- i) The FHF Vice President appointed Committee should ensure that all participants abide by the FHF Code of Conduct.
- ii) Only the FHF Vice President appointed Committee shall have authority to suspend for one or more matches, players, team officials or other officials who, in the opinion of the FHF Vice President appointed Committee are guilty of misconduct before, at any time during a FHF run event. Such suspended persons may not enter the field of play' or the FHF facility.
- iii) In deciding on the length of any suspension the FHF Vice President appointed Committee is not limited to the remaining matches in league but may impose a suspension that has effect
- iv) for matches beyond the conclusion of the league. FHF may, in its absolute discretion, impose further penalties.
- v) During the period of any suspension of a player by the FHF Vice President appointed Committee, the roster for a match of the team of that player shall be reduced to reflect the suspension(s).
- vi) In the case of a permanent exclusion (red card) of a player from the field of play, both of the umpires involved must send a detailed report on the facts to FHF. The FHF Red Card report form will be available from the FHF Technical Officers.
- vii) Any player or official who is suspended by the FHF Vice President appointed Committee under this regulation may appeal against any suspension to FHF Vice President.
 - (1) The Vice President must appoint a completely different committee to review the previous committee's decision.

16) Variations of FIH Rules (aka Local Rules)

- a) To add to the excitement of matches, a number of variations in format shall apply during FHF matches.
- b) The variations are as follows:
 - i) **Rules for the U14 Divisions & Younger** - KEEP IN MIND THIS IS THE IDEAL TIME TO START IMPLEMENTING SKILLS.
 - (1) The reverse stick ("tomahawk") shots at goal or hits in the field are allowed, but need to be umpired based on danger. SWEEP and Reverse sweep are allowed.
 - (2) **U12 Division and Younger only** - The stick is NOT allowed to be lifted above shoulder level as the player is hitting or slapping the ball at any time.

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(3) Sweep Hits are allowed and all passing shots should be UMPIRED by danger only.

(4) Due to the beginner nature of U10 the coaches are allowed on the field of play.

(a) Coaches must remain outside of the Circle during all times ii)

Short Field (Youth) Games – U10, U12 and U14

(1) Six (6) players on the field at a time.

- c) There may be other variation implemented during league play as the FHF Committee approves.
- d) Division I is run with the understanding as a league for development of youth for international play and some rules will be varied in coordination with USA Field Hockey, the Technical Director, and the FHF.

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APPENDIX 1

FHF CODE OF CONDUCT

- 1) Under FHF Bye-Laws the FHF has full jurisdiction and authority over everything that is organized and controlled by FHF including the leagues and clubs. All Clubs / Teams and individuals participating in FHF organized events agree to comply with all Statutes and Bye-Laws, FIH Rules of Hockey and Competition Regulations, and rules and directives of the present Code of Conduct.
- 2) The Code of Conduct is applicable for participants at any approved FHF competition.
- 3) The following shall be considered as participants:
 - a) all Club / Team members and officials including players, team management, coach and coaching staff, including technical staff, medical staff and the duly appointed representatives of the Club of the participating teams.
 - b) all FHF competition officials including the FHF Representatives, members of the Jury of Appeal, Tournament Directors, Technical Officers, Umpires' Managers, Medical Officer, Media Officer, Judges and Umpires, and any other ad hoc officials appointed by the FHF committee;
- 4) The Code is established to create awareness of and accountability for the promotion of the game of hockey amongst the participants of the above-mentioned events.
- 5) All participants are responsible for their own behavior and conduct, and as such, accountable. They must abide by the FHF Bye-Laws, FIH Rules of Hockey, these Regulations, and the Rules and Directives of the Code of Conduct as set out hereafter.
- 6) It is therefore the responsibility of the Club / Manager of the participating teams to instruct their players and team officials in the requirement. The Club / Manager / Team shall share liability with their players and team officials should breaches occur of the terms of the FHF Bye-Laws, all FIH Rules and Regulations and the FHF Rules and Directives of the Code of Conduct as mentioned above.
- 7) Complaints in relation to either misconduct or breaches of the terms of the Bye-Laws and Rules and Regulations, etc. as mentioned, shall in the first instance be dealt with by the Competition Director during the competition, or after the competition, by the FHF President, who in turn may refer to and involve the FHF Disciplinary Committee.
- 8) All participants are therefore subject to the jurisdiction of the FHF. The FHF is committed in maintaining the highest standards of behavior and conduct of those subject to this jurisdiction. In pursuance of these standards, all participants shall observe also the following Rules and Directives.

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- 9) Participants shall at all times conduct themselves fairly and properly on the field of play and any part of the hockey venue / accommodation. No person may conduct themselves in a manner or commit any act or omission which may prejudice the interest of hockey or which may bring the game of hockey into disrepute.
- 10) Without prejudice to the generality of the foregoing, the following shall be regarded as conduct which is improper, unfair, and unacceptable:
- a) A verbal / physical abuse or hostility towards any other participant, person or any other member of the public;
 - b) disputing, protesting and/or reacting in a provocative or disapproving manner in an inappropriate way toward any decision made by an Umpire or official;
 - c) charging or advancing towards an Umpire or technical official in an aggressive manner when appealing;
 - d) using rude or abusive language or hand signals;
 - e) abuse of hockey equipment or clothing, venue equipment or fixtures and fittings;
 - f) any verbal or physical abuse or hostility towards any Technical Officer or FHF Board Member.
- 11) It shall be compulsory for a Team Coach and team captain (or other nominated player) to attend a conference if requested.
- 12) Public statements must be fair, constructive and reasonable and must not involve a personal attack on another player, umpire, appointed official or administrator. The FHF recognizes that fair and reasonable comments on the game in general are essentially in the interests of everyone. However, it further recognizes that in the interest of maintaining the generally excellent relations that currently exist between players, umpires and officials, it is necessary to ensure that any such comment and criticism is constructive. Any public statement therefore by a participant shall not comprise "a personal attack" upon any other participant also subject to the jurisdiction of the FHF.
- 13) The FHF defines a "public statement" as follows:
- a) Any statement in which the whole, part or essence, is made public. Such a statement may be made in a newspaper, magazine, periodical or by any electronic (internet, email, etc.) or other means through the medium of television, radio or in any other manner whatsoever, regardless of the circumstances in which the statement was made.
- 14) Participants shall not conduct themselves in any way that violates the FHF By Laws in anyway manipulating results, accepting or inducing a bribe or corrupt payment.

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APPENDIX 2

FHF CODE OF CONDUCT – GUIDELINES OF

OFFENCES AND PENALTIES

LEVEL 1

The penalty for a Level 1 offence shall be an official reprimand and/or a suspension of the individual for a minimum of one match.

Examples of behavior which may result in a Level 1 penalty:

- verbal abuse or hostility towards any other participant, person or any other member of the public;
- disputing / protesting, reacting in a provocative or disapproving manner in an inappropriate way toward any decision made by an umpire or official;
- charging or advancing towards an umpire or technical official in an aggressive manner when appealing;
- excessive appealing of an umpire's decision;
- throwing a stick or ball at or near a player, umpire or official in an inappropriate and / or dangerous manner;
- Inappropriate and deliberate physical contact between players in the course of play;
- Using rude or abusive language, gestures or hand signals gestures which are considered to be obscene, offensive, or insulting;
- Abuse of hockey equipment or clothing, venue equipment or fixtures and fittings;
- Making public statements which are not fair, constructive or reasonable and involve a personal attack on another player, umpire, appointed official or administrator;
- failure to attend media conferences as requested.

LEVEL 2

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The penalty for a Level 2 offence shall be a suspension of the individual for a minimum of two or more matches.

Examples of behavior which may result in a Level 2 penalty:

- threat of assault on an umpire;
- physical assault, without injury, of another player, umpire, official or spectator;
- any act of violence on the field of play;
- using language or gestures which seriously offends, insults, intimidates, threatens, disparages or vilifies another person on the basis of that person's race, religion, gender, color, descent or national or ethnic origin;
- recurrent breaches of Level 1 behavior.

LEVEL 3

The penalty for a Level 3 offence shall be a suspension of the individual for a minimum of five or more matches.

Examples of behavior, which may result in a Level 3 penalty:

1. physical assault causing bodily injury to another player, umpire, official or spectator;
2. recurrent breaches of Level 2 behavior.

Agreement to abide by these Rules

I have read the Rules of the Field Hockey Federation, Inc. for the Spring Season and agree that I and the members of my team will abide by them.

Uniform Colors: Home Game

(a home game is when the team is listed first on the schedule)

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Shirt _____
Socks _____
Shorts / Kilts _____

Uniform Colors: Away Game (MUST be different to above strip & can be white shirt with white socks)

(an away game is when the team is listed second on the schedule)

Shirt _____
Socks _____
Shorts / Kilts _____

Signature of Team Manager Print Name

Date

Team Name

Phone Number: _____

Email: _____

Received by: _____ **Date:** _____

Agreement to abide by these Rules

I have read the Rules of the Field Hockey Federation, Inc. for the Spring Season and agree that I and the members of my team will abide by them.

Uniform Colors: Home Game

Field Hockey Federation

Rules for 2020 Spring Season

(a home game is when the team is listed first on the schedule)

Shirt _____
Socks _____
Shorts / Kilts _____

Uniform Colors: Away Game (MUST be different to above strip & can be white shirt with white socks)

(an away game is when the team is listed second on the schedule)

Shirt _____
Socks _____
Shorts / Kilts _____

Signature of Team Manager Print Name

Date

Team Name

Phone Number: _____

Email: _____

Received by: _____ **Date:** _____