

# Field Hockey Federation, Inc. – 2016 Fall Season Rules

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## **Playing Rules**

All games will be played in compliance with the Rules of Hockey5s (**Effective from 1 May 2016 (updated 4 May 2016)**)

The purpose of these playing rules is to ensure fair play in a healthy, competitive atmosphere suitable for all members of the family. Players should treat everyone with respect, including spectators, umpires and opposing teams and players.

## **Team Registrations**

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 Fall League. A signed copy of the acknowledgment of these rules must be submitted to the Director of Competitions at the mandatory Team meeting to be held at the field prior to the beginning of the season.

## **Mandatory Managers Meeting**

All managers / captains for each team entered in the FHF leagues are required to attend a mandatory "Managers Meeting" September 10<sup>th</sup>, 2016 at 11 am, Moorpark College FHC.

## **Fall Divisions**

### **JUNIORS**

- U8 Mixed
- U10 Mixed
- U12 Mixed
- U14 Boys
- U14 Girls
- U18 Girls
- U18 Boys

### **ADULTS**

- Div I Women
- Div I Men
- Div II Mixed
- Div III Mixed

## **Date of Schedule**

The schedule will be posted on the web site. Only those teams who have registered online will be included in the Fall Schedule.

## **Schedule Changes**

If any team wants to change THEIR game schedule, the details of the proposed

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change must be sent to the Scheduler at least 48 hours **prior** to 9am of the game day and the proposal **MUST** be accompanied by the documented acceptance from the opposing teams coach / manager / representative on record of the proposed changed.

### **Unforeseen events**

If during any round of Field Hockey Federation 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 results will be determined by the Competitions Director after consulting the representative teams effected and/or FHF board member(s), if necessary.

If any team affected by the decision of the Competitions Director under these regulations wishes to appeal, it may do so following the procedures set out.

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.

### **Number of Players per Division and on Field during match**

- U-8: No restrictions. Please be positive to help grow the sport
- U-10: No restrictions (7 on the field, includes the GK)
- U-12: 14 per Roster (6 on the field, includes the GK)
- U-14G: 14 per Roster (6 on the field, includes the GK)
- U-14B: 14 per Roster (6 on the field, includes the GK)
- U-18G: 14 per Roster (6 on the field, includes the GK)
- U-18B: 12 per Roster (5 on the field, includes the GK)
- D-3: 14 per Roster (6 on the field, includes the GK)
- D-2: 12 per Roster (6 on the field, includes the GK)
- D-1M: 12 per Roster (5 on the field, includes the GK)
- D-1W 18 per Roster (6 on the field, includes the GK)  
\* D1W are allowing only 12 dressed per match day.

### **Minimum Number of Players**

- For all teams who play with five (5) players a side, a minimum of three (3) players are required on the field at the scheduled game time to avoid a forfeit.
- For all teams who play in a league with six (6) players a side, a minimum of four (4) players are required to avoid a forfeit.
- When a result is needed due to time and or playoffs the penalty shoot out will be played with three (3) players per team.

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## **Playing Eligibility**

- No player may play on more than one club in the Adult Teams Leagues except goalkeepers who may play for one additional team in a higher division. Exception: Women may play in the Women's Division and in Division I or in Division II or in Division III but not more than one (1) other Adult division.
- All rosters will be reviewed by the Competitions Committee 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.
- Guest Players –
  - 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.
  - The team must fill out and submit a guest player request form in the snack shack where it will be put on file.
  - A guest(s) player(s) will be considered a roster spot for that game and must not exceed the roster maximum for that division.
  - A team may have no more than four guest players per season.
- In order to participate in semifinal and final matches, a player must have played in a minimum of four regular league season matches.

## **Goalkeepers**

Each team is required to have a goalkeeper. See the following explanation.

*From the Rules of Hockey-*

2.2 Each team has a goalkeeper on the field throughout a match.

## **Substitutes**

Coaches shall not stand on the turf but remain on the pavers or in the bench area. The substituting players shall stand on the pavers and not on the turf.

## **Team Rosters - Additions/Changes**

Last day to add players to a team roster is four weeks before the end of the season provided the team does not exceed the maximum number of players on their roster.

## **Team Rosters**

Team rosters will be stored on the FHF website. Team rosters must be managed online, by the Team Manager(s). The name and email of the Team Manager/s must be sent to the Systems Director who will then reply with the

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appropriate user name and password which will allow the Team Manager/s to maintain the team roster. 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. A Team Manager may manage more than one team.

Only players listed on a team's game card are allowed to play for that team.

D1W may have 18 players on their roster. They will only be allowed 12 players dressed from the roster per weekend. More than 12 will be a violation of team

### **Players Playoffs Eligibility**

In order to participate in semifinal and final matches, a player must have played in a minimum of four regular league season matches.

### **Profanity**

All players using profanity will be, at a minimum, green carded and a warning by the umpire for the first infraction. Repeat infractions will result in the escalation of penalty cards. Repeated unsportsmanlike conduct will be accordingly penalized.

### **Smoking and Alcohol**

No smoking is allowed inside the chain linked fenced facility. No possession or consumption of alcoholic beverages is permitted on the Moorpark College campus.

### **Pets**

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. Pets may be kept in the designated area outside the Field Hockey Center.

### **Walkovers/Forfeits**

#### **Advance Notice Forfeit**

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. There is an online Forfeit Notification form on the FHF website under the "Team: Results & Schedule" tab – the direct URL is

<https://leagueathletics.com/UserForm.asp?RegID=79016&org=socalfieldhockey.com>

**No points will be deducted from the forfeiting team.**

#### **Late Forfeits**

Any team forfeiting their team's match after 9:00 p.m. on Thursday shall:

- Forfeit their match by a score of 0-8.
- Three points shall be deducted from the forfeiting team's points total.

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## **Walkovers**

Any team that cannot field the minimum number of players for their game shall:

- Forfeit their match by a score of 0-8.
- Three points shall be deducted from the forfeiting team's points total

## **Team Uniforms**

All League Players must wear Appropriate Matching Team Uniforms as defined below and as approved at the Managers' Meeting. Captains/Managers are advised to bring extra uniforms to all their matches so that all players may participate. Any changes in uniforms must be approved by the Competitions Director.

For a junior player to participate in any Junior or Adult division game, shin guards and mouth guards are mandatory. **A Junior player is any player that is 17 or younger NO MATTER WHICH DIVISION she or he is playing in.**

1. All League Players jerseys must be identical in design and color. Furthermore, all jerseys must include numbers on the backs. The size of the numbers must be large enough to be visible to both umpires from anywhere on the field. 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. **Yellow shirts** are not allowed as the color is the same as the umpires' shirts.
2. All players' shirts, socks and the numbers on the uniforms, must be matching in design and shade of color. Shorts/Kilts must be of a matching style, shade of color and design.
3. Mouth guards are mandatory for all Junior players.
4. Mouth guards are strongly advised for Adult players.
5. Shin pads are mandatory for Junior players
6. Shin pads are strongly advised for Adult players.
7. A Junior player is any player that is 17 or younger NO MATTER WHICH DIVISION he or she is playing in.
8. AGE DEFINITIONS:
  - To play in a U10 Mixed team, the player must be **9 years of age** or younger on January 1 of the year we are in
  - To play in a U12 Mixed team, the player must be **11 years of age** or younger on January 1 of the year we are in
  - To play in a U14, the player must be **13 years of age** or younger January 1 of the year we are in

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- To play in a U18, the player must be **17 years of age** or younger on January 1 of the year we are in

Waivers regarding the age limits can be submitted to the Competition's Director via the Online form which can be found on the "Requests/Forms" drop down "FHF Waiver Request from".

9. 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.

The Director of Competitions, Adult Leagues Chief Umpire or any member of the FHF Competitions 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.

### **Player Registration**

All players must be registered with FHF in order to play in the FHF league. They must be able to show proof of registration.

Player Registration can be done on the FHF web site (<http://fieldhockeyfederation.com/>).

The Team Registration Fees for the Fall Season are listed on the FHF web site.

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.

### **Adult Divisions Eligibility**

#### **Division I Men**

1. Division 1 men teams are allowed a maximum of 12 players per team roster.
2. Division 1 teams will play with a total of Five (5) players: 1 goalkeeper and 4 field players.
3. A Division 1 Women player can play for a team in the Division 1 Women's division AND for a team in either DII Mixed or DIII Mixed.
4. U.S. National Junior and Senior Squad players shall only play in D-I and in no other adult division.
5. Division 1 men players must be 17 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.

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## **Division I Women**

1. Division 1 women teams are allowed a maximum of 18 players per team roster.
2. Division 1 women may only play, or have dressed, 12 players per weekend from the 18-player team roster.
3. Division 1 teams will play with a total of Six (6) players: 1 goalkeeper and 5 field players
4. A Division 1 Women player can play for a team in their Division 1 AND for one team in either DII Mixed or DIII Mixed.
5. Division 1 women players must be 17 years of age or older, younger players only by invitation from the team manager, and approved by the women's division coordinator and the Director of Competitions.

## **Division II Mixed**

1. D-II MIXED teams are allowed a maximum of 12 players per team roster.
2. A D-II MIXED player that is deemed over-qualified for this division by the Competitions Committee 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 Committee can appeal to the FHF Appeals Committee for reconsideration citing just cause, medical reasons or otherwise.

## **Division III Mixed**

1. D-III MIXED teams are allowed a maximum of 14 per team roster.
2. A D-III MIXED player that is deemed over-qualified for this division by the Competitions Committee 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 Committee can appeal to the FHF Appeals Committee for reconsideration citing just cause, medical reasons or otherwise.
4. No Junior Player shall play in this division in any capacity.
5. No D-III MIXED player shall play in any other team except D-IV.

Waivers regarding the player's divisional eligibility (for instance - women in DI Men's) can be submitted to the Competition's Director via the Online form which can be found under "Requests/Forms" drop down "FHF Waiver Request from".

### **Junior Divisions Eligibility**

#### **Junior players:**

1. Must play in their age appropriate division in the Junior Leagues.
2. 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



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registered by a 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 club, any player must first be registered and play on such age-appropriate team (the “First Team”). Once so registered, the Commissioner of such player’s 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 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. If a club does not have an age-appropriate team in any season, a player may be registered with the next higher age division team.

3. Notwithstanding the foregoing, the Competitions Director and the club Commissioner for their own club, 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.

Note: Any exemptions and waivers approved by the Competitions Committee will be written and published on the FHF website.

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.

The Rules Committee members, including the Competitions Director, shall have the authority to enforce the rules.

### **APPEALS PROCESS - Match Results Related**

#### **Match Results Related**

- Only a Team Manager or Captain shall have the authority to file an appeal on behalf of his 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](mailto:FHF.Appeals@gmail.com)
- 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.
- Players appealing their eligibility to play in any division may do so without any fee or encumbrances
- Decisions made by the umpires during a game CANNOT be the subject



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or basis of an appeal after the game has finished

## **Disciplinary & Other Appeals**

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 Field Hockey Federation or (preferably) emailed to the FHF Appeals Committee.

## **Any appeal will not be recognized if it is:**

- Not sent by the next business day or
- The Appeal Fee is not received or
- Not emailed within 48 hours from the time the match in question ended

## **Appeals Process**

- 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.
- The Appeals 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 Appeals Committee will only be given when the Appeal Fee has been received.
- If the Appeals Committee finds in favor of the Appeal, the Appeal Fee will be refunded.

## **Suspensions**

- The FHF Disciplinary Committee shall ensure that all participants abide by the FHF Code of Conduct.
- Only the FHF Disciplinary Committee shall have authority to suspend for one or more matches, players, team officials or other officials who, in the opinion of the FHF Disciplinary Committee are guilty of misconduct before, during or after a match wherever that misconduct occurred. Such suspended persons may not enter the field of play' or the technical facility areas surrounding it, or the video tower, during any match(es) played whilst under suspension, including at half time.
- In deciding on the length of any suspension the FHF Disciplinary Committee is not limited to the remaining matches in league but may impose a suspension that has effect for matches beyond the conclusion of the league. FHF may, in its absolute discretion, impose further penalties.
- During the period of any suspension of a player by the FHF Disciplinary Committee, the roster for a match of the team of that player shall be reduced to reflect the suspension(s).
- In the case of a permanent exclusion (red card) of a player from the

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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 at the FHF Office.

- Any player or official who is suspended by the FHF Disciplinary Committee under this regulation may appeal against the suspension to the FHF Appeal Committee.

## **Variations of FIH Rules (aka Local Rules)**

To add to the excitement of matches, a number of variations in format shall apply during Field Hockey Federation matches.

The variations are as follows:

### **Rules for the U10 and U12 Divisions**

These rule variations ONLY apply to the U10 and U12 divisions:

- The reverse stick (“tomahawk”) shots at goal or hits in the field are NOT allowed.
- U10 & U12 Divisions: the stick **is NOT** allowed to be lifted above shoulder level as the player is hitting or slapping the ball.

### **Match Play**

- Duration of all games are set by the clock.
- The first named team on the schedule shall be responsible for providing the match ball. If a match ball is lost, the team that is listed second in the schedule shall provide the match ball.
- The first named team on the schedule will have their choice of wearing the pinny/pinnies/pinafores, or giving them to the second named team.

### **Goalkeepers**

- a) As per the USA Field Hockey modifications, all goalkeepers 18 years of age and younger must wear a mouth guard, collar throat protector and chest protection.
- b) Goalkeepers who wear a full helmet with a fixed face mask, leg guards and kickers must not take part in the match outside the their teams half.
- c) When there is no designated goal keeper, the **penalty stroke** shall be defended **by** a player wearing a helmet.

### **Temporary Player Suspensions**

- The 2 minute suspension for a green card is applicable to the all divisions.
- A player shown a yellow card will be suspended for a minimum of 5 minutes.
- The suspension will be timed and controlled by the responsible umpire.
- The 2 minute suspension time to start once the player is in the designated area for suspension (*to be discussed at the Umpire’s Meeting & Rules Review*).

**SPECIAL COMMITTEES**

When a Committee is needed for any disciplinary action, the Vice President of the FHF is responsible for forming an unbiased group of individuals to fairly hear the action in question. This is outlined in the Code of Conduct.

**Email Vice President:** Matt Hawley: [mhawley@lgcvalley.com](mailto:mhawley@lgcvalley.com)

**Competitions Director:** Mike Whitehead: (805) 501-7511  
[commanderwhitehead@sbcglobal.net](mailto:commanderwhitehead@sbcglobal.net)

**FHF Mailing Address:**

**Field Hockey Federation, Inc.**  
2060 E. Avenida de los Arboles # D 479  
Thousand Oaks, CA 91362

**Agreement to abide by these Rules**

**I have read the Rules of the Field Hockey Federation, Inc. for the Fall 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)

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:** \_\_\_\_\_

***Director of Competitions Copy.***

(This sheet is to be kept with the Team Rosters.)

**Agreement to abide by these Rules**

**I have read the Rules of the Field Hockey Federation, Inc. for the Fall 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)

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:** \_\_\_\_\_

***Team Manager's Copy.***