

MODIFIED FIELD HOCKEY SPORTS STANDARDS

Tryouts:

- If student athlete passes Athletic Placement Process, they may try out for higher level (JV or Varsity), 3 of the first 5 days of the high school season. Any student practicing with higher level after their 3rd day MAY NOT return to the modified level.

Player Movement:

- No player may be advanced to a higher level of competition after completion of 50% of their modified scheduled & must pass the athletic placement process.
- If a player competes against a JV or Varsity performer, he/she may not return to the modified program that season in that sport.
- A player is ineligible when his/her 16th birthday is reached though he/she may finish the season.

Practices:

- May start as determined by ECIC.
- No practice with JV or Varsity.
- One (1) practice per day.
- No more than 6 calendar days per week. (not 7 days in a row)
- Limited to 2 hours maximum. (45 minutes maximum)

Scrimmages:

- Team and individuals must have 6 practices before first scrimmage.
- A school is limited to three (3) interschool practice sessions/scrimmages which, if conducted, may be held at any time after maximum practice requirements and previous to the last scheduled contest.
- A field hockey scrimmage must start with a sideline or sixteen (16) yard hit and includes one or more of the following:
 - A running clock and/or modified periods
 - Incorporate all or part of the Overtime Procedure into the scrimmage
 - Each team will take five (5) offensive corners, playing until either a goal is scored; ball goes out of bounds or crossed the 25-yard line.

Games:

- Team and individuals must have 6 practices before first game.
- Two (2) nights of rest between games.
- Maximum of 12 games.
- Maximum of 1 game per day.
- Halves shall consist of 25 minutes, running clock. (Stops only on timeouts and injury)

Special Rules

NFHS Rules

- Substitution: Utilize the NFHS Rolling substitution rule.

- Time outs: A time out may be called by team when the ball is dead. Play is restarted as though a time out had not been called. Duration of the time out is two (2) minutes. Three (3) time outs may be called by each coach; two (2) in one half and one (1) in the other half.
- Equipment: If undershirts are worn, they must be white in color for the home team and dark in color for the away team (Feb 2008).

(Revised 2016, 2019, 2020, 2022, 2023)