

## 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 3<sup>rd</sup> 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 16<sup>th</sup> birthday is reached though he/she may finish the season

### Practices:

- May start August 26, 2019
- 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:

- Protective eye wear which meets the ASTM Standards shall be worn by all member school field hockey players (May 2007).
- If undershirts are worn, they must be white in color for the home team and dark in color for the away team (Feb 2008).

State Association Adoptions:

- A waiver of rule 1-5-1, player uniforms, for the 2015-2017 seasons. (May 2014)