

# Field Hockey Guidelines 2023

Mid Penn Conference

## Length of Contest (High School and Junior High Levels)

### High School Level

- **High School Varsity** Level contests will consist of four (4), fifteen minute (15) quarters.
- **High School JV** Level contests will consist of four (4), twelve minute quarters. Any contests ending in a tie, will remain a tie.
- **High School Varsity** Level Tie Break Formats:
  - Regular Season Contests:
    - A contest ending in a tie at the end of regulation will be followed by one (1), fifteen minute (15) SUDDEN VICTORY, reduced player (6 + GK) format.
    - Contests finishing still tied at the end of the fifteen minute (15) SUDDEN VICTORY period will end in a TIE.
  - Regular Season Tournaments (when a winner is required for advancement when competing against PIAA member):
    - [PIAA Field Hockey Bulletin](#) (PAGE 6 of 2022 Rules Bulletin)
- **High School Varsity** Level contests going into overtime may alter JV game times. Determinations will be made between coaches and administration regarding adjustments.

### Junior High Level

- Determinations will be made between coaches and administration regarding adjustments in time periods due to a reduced number of players.
- **Junior High Varsity** Level contests will consist of four (4), twelve (12) minute quarters. Any contests ending in a tie, will remain a tie.
- **Junior High JV** Level contests will consist of four (4), ten (10) minute quarters.

### Intermission and Halftime (All Levels):

- All levels will conduct a two-minute intermission between the first and second quarters and a two-minute intermission between the third and fourth quarters.
- A ten-minute halftime will take place between the second and third quarters. A condensed halftime can be considered with agreement by the coaches and administration during the pre-game meeting.

## Participation:

- All participating schools at the High School and Junior High Levels must abide by the eligibility requirements as stated in the PIAA and Mid Penn Constitutions and By-Laws.

## Uniforms

- Teams listed as 'HOME' will wear white colored uniform jerseys and socks.
- Teams listed as 'VISITOR' will wear dark colored uniform jerseys and socks.

## Officials:

- Officials require PIAA approval.
- Requests for **NON PREFERRED** status of a PIAA Official must be submitted by the Athletic Director of the school to the Mid Penn Conference **SPORT SPECIFIC ASSIGNOR**. Coaches are **NOT** permitted to contact officials directly (*a Mid Penn Conference adopted protocol*).
- Two (2) Certified PIAA Officials will be assigned for every contest.
  - High School Varsity Level contests must have 2 officials on site to begin.
  - High School JV Level and Junior High Varsity/ JV Level may conduct contests with 1 official if necessary.

## Game Operations

- NEW Rules for 2023 [Field Hockey Rule Changes](#) (sited from NFHS).
- NFHS Rules can be viewed by downloading the **NFHS Rules App** (*available on Apple App or Google App*).
- The Annual Coaches Meeting and [Rules Interpretation Meeting](#) is mandatory.
- Recommended start time for all afternoon games is no earlier than 4:00 PM.
- A fifteen (15) minute warm-up time is required prior to High School Varsity Level contest when a High School JV Level contest precedes the Varsity Level contest.
- High School JV Level contests shall begin as soon as possible when they follow the High School Varsity Level contest.
- Game balls MUST display the NFHS seal and solid colored fluorescent [\(greenish/yellow\)](#).
- Goals scored will register as 1 point.
- Teams listed as 'HOME' will provide an official ADULT timer.
- Teams listed as 'VISITOR' will be the official scorekeeper unless otherwise determined by the officials assigned to the contest.
- Junior High Varsity/ JV Level contests are recommended to provide an adult who manages the clock.

### Guidelines for Lightning Disturbances:

- Monitor local weather conditions before and during events with an assigned staff member (i.e. athletic trainer, assistant athletic director, athletic director).
- Develop an evacuation plan that includes identification of appropriate shelters.
- Suspension conditions:
  - Thunder heard, lightning seen, or through determination of assigned staff.
  - Thirty (30) minute delay is issued.

- Play suspended 30 minutes from the last thunder heard or lightning seen. Subsequent thunder or lightning following the initial 30 minute suspended time would reset the 30 minute delay.
- Continue to monitor conditions for appropriate decision making regarding resumption of play.
- Resume play upon 30 minute clearance of thunder or lightning and determinations made with appropriate personnel.

#### **Postponement of Contests:**

- Teams listed 'HOME' shall make determinations regarding postponement of a contest.
- Contests requiring postponement should be rescheduled on the first available date. Saturdays are considered an available date.
- Contests that begin will require game assigned officials to determine termination of play.
- Suspended contests in the first half will be resumed from the point of suspension.
- Thirty (30) minutes of actual playing time will constitute a complete game at the High School Varsity Level.
- High School Varsity Level declared contests will not necessitate rescheduling a High School JV Level contest.

## **Contest Results and Reporting**

#### **Score Reporting:**

- Teams listed 'HOME' should report results to the media. It is also strongly recommended that each school contact their local media resources accordingly.
- If unable to report scores, inform the team listed 'VISITOR' to ensure the score is reported to the media.
- Statistics to include in reporting:
  - Scoring information of BOTH TEAMS:
    - Penalty Corners Awarded
    - Goals Scored [include name(s) and position(s)]
    - Assists [include name(s) and position(s)]
    - GK Saves [include name(s) and position(s)]
- Athletic Directors are responsible for entering win/ loss records into the Mid Penn Conference website under AD login.
- Athletic Directors are responsible for entering contests and scores in the District III Power Ranking System and in Arbiter.

## Championships and Post Season Considerations:

### Mid Penn Conference Divisional Champions:

- Divisional Champions are determined by win/ loss record.
- Points are awarded as follows for Divisional Competition Contests:
  - 3 points for a win
  - 1 point for a tie
- Divisional Teams finishing in a tie in standings will result in 'Co-Champions' status.

### PIAA District III Championships:

- District III utilizes the Power Ranking System to determine entries into the PIAA District III Championships.

## All-Star Selection Process

- The Mid Penn Conference is not an affiliate of the National Field Hockey Coaches Association (NFHCA).
- Dues are not required of any Mid Penn Conference member school for a student-athlete to receive selection as an All-Star of the Mid Penn Conference.
- The Mid Penn Conference will execute a formal Press Release of the All-Star selections.
- All-Star selection meetings are **CONFIDENTIAL**. Information discussed is restricted from disclosing to media, parent(s), players, or interested parties prior to the Press Release.

### Coaches Meeting:

- A **MANDATORY** Mid Penn Divisional Head Coaches meeting will be held at the conclusion of the regular season. *The date will be determined during the Rules Interpretation and Initial Coaches Meeting at the start of the 2023 Season.*
- Exceptions for a Head Coach if **UNABLE** to attend requires **Formal Contact** with the Mid Penn Conference President and/ or Divisional Representative in consideration of the following:
  - **Family Emergency**
  - **Travel Distance Limitations** (Evening and/ or Post Season contests)

### All-Star Criteria and Selection Process:

- Coaches should consider nomination of student-athletes who best exemplify qualities of an outstanding individual and athlete to include:
  - Sportsmanship - conduct on and off the field with opponents, coaches, and officials.
  - Skill Level - demonstrating high level field hockey technical and tactical skill within their respective position.
- Individuals nominated by respective coaching staffs of each Mid Penn member school will be reviewed and voted on during the Coaches Meeting.
- All-Star Selection voting will determine, by position, a 1st Team, 2nd Team, Honorable Mention, and Player of the Year.