

2023 RULE COMPARISON TABLE

Side-by-side comparison: *Rules of Hockey* | NCAA | NFHS

This comparison table is meant to serve as a helpful reference for umpires officiating competitions governed by the *Rules of Hockey* (including the FIH Tournament Guidelines) and modifications published by the National Collegiate Athletic Association (NCAA), which governs intercollegiate competitions in the USA, and the rules that govern competitions between most high schools in the USA, which are published by the National Federation of State High School Associations (NFHS).

WHAT'S NEW (and important reminders from recent years)

1. NCAA: The head coach can be yellow carded, the captain is suspended, and the team plays short for 5-minutes
2. NCAA: The game shirt worn by the designated home team must be predominantly dark and the game shirt worn by the designated away team must be predominantly light
3. NFHS: Jewelry is allowed to be worn and does not need to be covered
4. NFHS: Team timeouts can only be called by a coach and a "playing captain"
5. NFHS (reminder): The signal for a GOAL now matches the signal used in games governed by the FIH rule (specifically, a hand is not raised before pointing both arms to the center of the pitch)

NOTABLE DIFFERENCES BETWEEN THE RULES OF HOCKEY AND NFHS GAMES

UMPIRE CONDUCT

- When carding, stopping the clock is not required. NFHS: Timeout required (Rule 4.2.2.d; 8.2.PENALTIES.1)

GENERAL PLAY

- Simultaneous fouls are not considered a possibility. NFHS: Simultaneous fouls are possible (Rule 8.PENALTIES.3)
- Defense can restart free hits for a breach by the attack inside the circle, anywhere inside the circle. NFHS: Restart must be in line with where the foul took place (Rule 9.1.2)
- There are no team timeouts in field hockey. NFHS: Each team is allowed to take one 90-second team timeout (Rule 4.1.3)

PENALTY CORNER

- Regular substitutions are not allowed between the time a penalty corner is awarded and completed. NFHS: Substitution is allowed during the penalty corner immediately after the ball is inserted (Rule 4.4.3)
- A flick cannot be used to restart play on a penalty corner. NFHS: A flick is allowed (Rule 10.2.1)
- The ball is placed on the back-line at least 10 meters from either goalpost and not more than 14.6 meters (16 yards) away from the same goalpost. NFHS: The ball must be placed on the back-line exactly 10 yards from either goalpost (Rule 10.2.1). The ball can be moved further than 10 yards only if there is damage to the competition surface that must be avoided

SUBSTITUTIONS

- The captain is held accountable for illegal substitutions. NFHS: The head coach is held accountable for illegal substitutions (4.4.PENALTIES)

COMPOSITION OF TEAMS

- A goalkeeper is not required. NFHS: A goalkeeper is required (1.4.1)

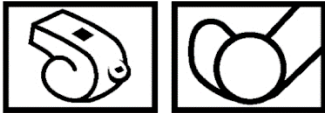
CLOTHING AND EQUIPMENT

- Eye and face protection are optional, but players may only wear metal eye/face protection during penalty corner defense. NFHS: Eye and face protection is optional and metal goggles are allowed throughout the game

PERSONAL PENALTIES

- Time does not have to be stopped when carding. NFHS: Time must be stopped (Rule 4.2.2.d; 8.2.PENALTIES.1)
- A yellow card suspension is 5 minutes or longer in length. NFHS: A yellow card suspension for players is either 5 minutes or 10 minutes in length (8.2.PENALTIES.1.b; 12.1. PENALTIES.2)
- There are no additional penalties for fouls that are considered "flagrant" in nature. NFHS: A flagrant foul by a coach requires removal of a player. The team plays with one less player for the rest of the contest. The team is further penalized by having to defend a penalty stroke (8.2.PENALTIES.2 and .4; 11.1.1c and d; 12.1.Penalties.5)
- There is no provision for carding coaches. NFHS (and NCAA): Coaches can be green, yellow, or red carded. A green card to a coach does NOT impact team composition but the team of a coach who is yellow or red carded plays short for the duration of the suspension/ejection (12.1.PENALTIES.1a-c). NOTE: There is no 10-minute yellow card for coaches, only 5-minute yellow cards (12.PENALTIES.1.b)

The table below is NOT a replacement for a thorough knowledge of the rules or tournament regulations. Please visit USAFieldHockey.com periodically to ensure you have the most up-to-date table. Primarily included in the items below are areas of significant difference between the *Rules of Hockey* and the regulations/rules used by the NCAA and NFHS. Points of significant difference are **underlined and in bold**. Changes from last year are **highlighted**.

 UmpireHockey.com	Rules of Hockey <i>Governs all levels of play – youth to the Olympics</i>	NCAA Regulations <i>Only governs games between member colleges and universities (USA)</i>	NFHS Rules <i>Only governs games between member high schools in the USA</i>
ADMINISTRATION			
Clock: Duration of Half Time	5 minutes	10 minutes	Not more than 10 minutes
Clock: Time Outs	No team timeouts	<i>Not Modified</i>	Each team is allowed one 90-second team timeout
Composition of Team: Minimum Number of Players on Field	Teams may play with up to 11 players, one of whom may be a goalkeeper	<i>Not Modified</i>	Minimum of seven players; one must be a goalkeeper (Rule 1.4.1)
CLOTHING AND EQUIPMENT (goalkeepers)			
Goalkeeper <i>(describes legal dressed and equipped goalkeeper)</i>	Must wear a shirt/garment over any upper body protection; shirt must be of a color(s) different from field players of both teams; must wear protective equipment comprising of at least headgear, leg guards, and kickers except when taking a penalty stroke	<i>Not Modified except the goalkeeper must wear chest and throat protection</i>	As with <i>Rules of Hockey</i> and NCAA except the goalkeeper must wear a helmet with fixed facemask, hand protection, and mouth guard; the throat protector must be of a ‘wrap-around’ design (Rule 1.8.1)
CLOTHING AND EQUIPMENT (all players)			
Team Uniforms	Per tournament regulations	The game shirt worn by the designated home team must be predominantly dark and the designated away team must be predominantly light	The game shirt worn by the designated home team must be solid white , visiting team must be solid black or dark color (Rule 1.5.1.b)
Shin Guards and knee socks	Recommended, required at tournaments	Required, visiting team can wear white	Must be solid color. Home team must wear white (Rule 1.5.1.b)
Mouth Guards	Strongly recommended	Required for field players and recommended for goalkeepers	Required for goalkeepers and players. White and clear no longer prohibited (Rule 1.6.1)
Jewelry	Subject to danger	<i>Not Modified</i>	Not Modified
Undergarments	Not stipulated	Must be the same as teammates; home is dark; visitor is light	Must match teammates; home is white; visitor is dark (Rule 1.5.1.b)
Eye Protection, Field Players	Optional with medical permission and must not protrude . Metal/cage masks may NOT be worn except during penalty corner defense	<i>Not Modified except medical permission is not required</i>	Eyewear protection is optional and protruding metal goggles are permitted during open field play ; shall not be attached to head gear (Rule 1.6.5)
Face Protection, Field Players	Safety masks are allowed while defending PCs; must be flat and conforming to the face; masks may NOT be worn outside the 23-meter area; cage-style masks are permitted	<i>Not Modified except medical permission is not required and smooth, close-fitting masks can be worn anywhere on the field</i>	Penalty corner masks are optional and can be worn anywhere during any part of the game. There is no explicit prohibition against cage-style masks. (Rule 1.6.5)

PROCEDURES FOR SET PIECES

<p>Penalty Corner, Execution</p> <p><i>NOTE: If the inserter swings and misses, the umpire can judge it to be an honest mistake and not send the inserter to the other half</i></p>	<p><u>Whistle is blown to start the penalty corner. Push or hit for insertion;</u> the ball must travel outside the circle before a goal can be scored; the umpire does NOT stop play if the ball does not exit the circle</p>	<p><i>Not Modified</i></p>	<p><i>Not Modified except <u>the NFHS rules do not forbid using the whistle to start a penalty corner; the inserter can flick the ball</u> (Rule 10.2.1)</i></p>
<p>Penalty Corners, Time Expired</p>	<p>Played out to completion when awarded before time expires (never stop any penalty corner for the expiration of time after insertion has taken place); penalty corners and penalty strokes awarded during a penalty corner that began before time expired are also completed</p>	<p><i>Not Modified</i></p>	<p><i>Not Modified except when either team is two or more goals ahead the penalty corner is not played if the insertion has not taken place before the time ends (Rules 10.3.3)</i></p>
<p><i>NOTE: Attack loses Penalty CORNER opportunity</i></p> <p><i>Included in response to a request for a friendly reminder</i></p>	<p>Award a free hit to the defense if the attacker plays the ball twice during the insertion or approaches within playing distance of the inserted ball before a teammate plays the ball</p>	<p><i>Not Modified</i></p>	<p><i>Not Modified</i></p>
<p>Penalty Stroke</p>	<p>When the managing umpire is sure both players are ready the penalty stroke begins with the managing umpire's whistle</p>	<p><i>Not Modified</i></p>	<p><i>Not Modified except the managing umpire <u>must ask</u> the goalkeeper first and then the attacker if they are ready. No response affirms readiness (Rules 11.2.4)</i></p>
<p><i>NOTE: Attack loses Penalty STROKE opportunity</i></p> <p><i>Included in response to a request for a friendly reminder</i></p>	<p>Award a free hit to the defense if the attacker plays the ball twice, hits or drag flicks the ball, fakes the taking of the shot, approaches the defender after the shot is taken and before the stroke has ended, or the stroke is taken before the whistle and a goal is not scored</p>	<p><i>Not Modified</i></p>	<p><i>Not Modified</i></p>
<p>CONDUCT OF PLAY (all players)</p>			
<p>Substitution</p>	<p>Rolling sub allowed any time from center-line; timeout for all goalkeeper substitutions; <u>captain is accountable</u> for illegal substitutions</p>	<p><i>Not Modified</i></p>	<p><i>Not Modified except that the <u>coach is accountable</u> for illegal substitutions (Rule 4.4.PENALTIES.1)</i></p>
<p>Simultaneous Fouls</p>	<p>This is not applicable</p>	<p><i>Not Modified</i></p>	<p><i>Considered possible for misconduct fouls only (Rule 8.2.PENALTIES.3)</i></p>
<p>Attacking Free Hits (inside the attacking 25-yard area)</p>	<p>Ball must be dribbled or travel at least <u>5 meters</u> or be touched by a defender before entering or being played into the circle</p>	<p><i>Not Modified</i></p>	<p><i>Not Modified except <u>5 yards, not 5 meters</u>, which is 5 yards 2 feet (NFHS Rule 9.2.1.f)</i></p>
<p>Substitution at Penalty Corner</p>	<p>Except for injured goalkeeper, once a PC has been awarded no substitutions are allowed until <u>after</u> the PC is completed</p>	<p><i>Not Modified</i></p>	<p><i>Substitutions allowed for any injured or sick player at any time; substitutions allowed <u>during</u> the penalty corner as soon as the ball is inserted (Rule 10.2.10)</i></p>

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PERSONAL PENALTIES – ALL PLAYERS

<p>Player: Green Card <i>NOTE: In all levels of field hockey, the person playing goalkeeper who receives any card MUST leave the game</i></p>	<p><u>Stopping time is not required.</u> Two-minute suspension (play can be restarted while suspended player is still leaving the game, during the suspension team plays with one less player for each player suspended)</p>	<p><i>Not Modified</i></p>	<p><i>Not Modified except stopping time is required (Rule 8.PENALTIES.1)</i></p>
<p>Player: Yellow Card <i>NOTE: In all levels of field hockey, the person playing goalkeeper who receives any card MUST leave the game</i></p>	<p><u>Stopping time is not required.</u> Player suspended for a minimum of 5 minutes; umpire notifies table the length of suspension and updates table if the suspension is extended due to suspended player’s additional misconduct during the suspension; suspensions continue into overtime periods and the team competes with one less player during overtime for each player suspended; table personnel manages return to play; the suspended player sits on the same side of table as his/her bench</p>	<p><i>Not modified</i></p>	<p><u>Stopping time IS required.</u> Suspension is for exactly 5 or 10 minutes; during the suspension team plays with one less player for each player suspended; if an NFHS goalkeeper is suspended an eligible player must be dressed as a goalkeeper and take the place in the game of the suspended goalkeeper (a field player is removed from the game by the coach at the start of the goalkeeper’s suspension; the field player who is pulled may return via substitution process during the suspension – the team continues to play short). <u>Impact of suspensions during regulation on the composition of teams in overtime periods varies by local regulations</u> <i>(Rule 8.PENALTIES.1 & 1.b)</i></p>
<p>Player: Red Card <i>NOTE: In all levels of field hockey, the person playing goalkeeper who receives any card MUST leave the game</i></p>	<p><u>Stopping time is not required.</u> Person is disqualified; team plays down one player for each player disqualified; this continues through any overtime periods and tiebreakers. Additional sanctions likely apply</p>	<p><i>Not Modified</i></p>	<p><i>Not Modified except stopping time is required (Rule 8.PENALTIES.1)</i></p>

PERSONAL PENALTIES – COACHES

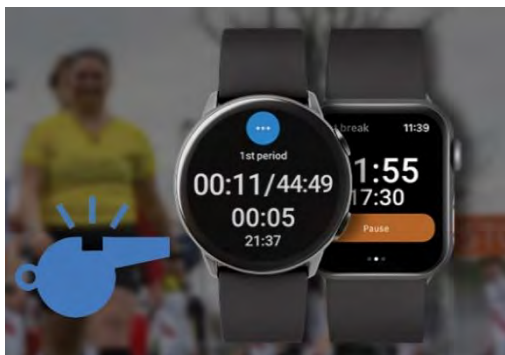
<p>Coach: Green Card Head coach or acting head coach is responsible for all bench decorum issues.</p>	<p>This is not applicable</p>	<p>Given as a warning related to bench decorum issues</p>	<p>Stop time. Given as a warning related to bench decorum issues <i>(Rule 12.PENALTIES.1 & 1.a)</i></p>
<p>Coach: Yellow Card</p>	<p>This is not applicable</p>	<p><i>A yellow card may be issued to the head coach for a second offense of coach misconduct. Speaking captain (or captain on the field of play if the speaking captain is not currently on the field) shall be removed from play for 5 minutes of elapsed playing time (team plays short).</i></p>	<p>Stop time. Coach removes a player from game and team plays short for 5 minutes (never 10 minutes) per yellow card <i>(Rule 12.PENALTIES.1 & 1.b)</i></p>
<p>Coach: Red Card Head coach or acting head coach is responsible for all bench decorum issues.</p>	<p>This is not applicable</p>	<p>Red card to coach does NOT cause the team to play short nor is a penalty stroke awarded. Given after yellow card or flagrant individual misconduct. Coach must leave the field and cease all contact with team for duration of competition; if coach refuses to leave within 3 minutes, his/her team loses 1-0</p>	<p>Stop time. Team plays short for remainder of game and if coach’s misconduct is flagrant the opponent is to take a penalty stroke; red carded coaches must leave the site and if no other authorized school personnel is available to take head coach’s responsibilities, the head coach’s team forfeits <i>(Rule 12.PENALTIES.1, 1.c, 1.d & 1.e)</i></p>



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