

SWIFT CREEK FIELD HOCKEY

2010 RULES

	FIH Rules of Hockey <i>Questions: Steven Horgan, stevenjhorgan@comcast.net</i>	SC FIELD HOCKEY <i>Questions: scfieldhockey@verizon.net</i> 25 minutes, HIGH SCHOOL 25 minutes, MIDDLE SCHOOL 25 minutes, ELEM SCHOOL 20 minutes, LITTLE STICKS	NFHS Modifications <i>Questions: Contact Your State Association</i>
Clock: Duration of Each Half	35 minutes		30 minutes
Clock: Duration of Half Time	5 minutes, or specified by tournament rules	5 minutes	Not more than 10 minutes
Clock: End of Time (each half)	Visible clock is official, runs to zero and a horn shall sound to signal end of time even during penalty corners; play continues until umpire blows period ending whistle	<i>Not Modified (visible clock runs to zero and horn sounds, even during penalty corners)</i>	Visible clock may or may not be official (depends on site), timer counts down final ten seconds even during penalty corners; play continues until umpire blows period ending whistle
Clock: Overtime	Dependant on tournament	NO OVERTIME EXCEPT IN TOURNAMENT PLAY	Varies by state and conference
Clock: Stopping after Goal	The clock is <i>not</i> stopped	RUNNING CLOCK	Unless otherwise adopted by State Association, the clock is stopped
Clock: Time Outs	No team time outs	NO TEAM TIME OUTS	Two 90-second time outs per team per game. Penalty if umpire allows a team to take more than two time outs.
Composition of Team: Minimum Number of Players on Field	Teams may play with up to 11 field players one of which may be a goalkeeper	Teams may play with up to 11 field players one of which may be a goalkeeper	Minimum of seven players; one must be a fully equipped goalkeeper
Match: Coin Toss to Start	Winner of toss can either choose to start the game with the center pass or to defend a particular goal during first half	<i>Not Modified</i>	<i>Not Modified (since 2008)</i>
Match: Review of Umpire's Decision	Not Permitted	<i>Not Modified</i>	Misapplication of rule only (Rule 4-3)
Stick Check <i>USA Field Hockey recommends checking all sticks at every game during first two-weeks of fall hockey season</i>	Performed by technical staff (26 ounce weight limit)	Stick bow must be visible and permanently labeled on the stick (23 ounce weight limit)	Stick bow must be visible and permanently labeled on the stick (23 ounce weight limit)
CLOTHING AND EQUIPMENT (all players)			
Shin Guards	Recommended, required at tournaments, must not be white	SC FIELD HOCKEY <i>Questions: scfieldhockey@verizon.net</i> 25 minutes, HIGH SCHOOL 25 minutes, MIDDLE SCHOOL 25 minutes, ELEM SCHOOL 20 minutes, LITTLE STICKS	NFHS Modifications Like colored socks/shin guards required for all field players <i>Questions: Contact Your State Association</i>
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CLOTHING AND EQUIPMENT (all players)

Shin Guards	Recommended, required at tournaments, must not be white	Like colored socks/shin guards required	Like colored socks/shin guards required; must be solid color
Mouth Guards	Strongly recommended	Required for all field players and goalkeepers (must cover molars and cannot be clear or white in color)	Required for all field players and goalkeepers (must cover molars and cannot be clear or white in color)
	Allowed while defending PCs; must be flat and conforming to the face. medical need is not	Goggles, including wire frame/cage goggles.	Goggles, including wire frame/cage goggles. meeting
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