Hi field hockey fans! I wanted to update everyone on some rule changes that will be implemented this season across the NCAA. Many of the rules have been tested on the international level and have worked out well enough that the FIH has adopted them as permanent rule modifications. USA Field Hockey posted a video of the 2012 National Rules Briefing to help clarify all of these changes. That video can be viewed at http://www.youtube.com/watch?v=P9zLN_vImI0&feature=plcp.

Go Ducks!!

Coach Beach

2012 NCAA Rule Changes:

1. 2-minute green card
   a. Any green card issued will result in a 2-minute penalty. That team will play down a player for those 2 minutes. Normal substitution rules apply when the suspension is over.

2. Own goal
   a. Previously the rule stated that any ball played from outside the circle had to be touched legally by an attacker in the circle. The change states that the ball has to be touched legally by the attack or off the stick or body of the defense or any part of the goalkeeper. The attack does not have to touch the ball in the circle if the defense touches it and it subsequently goes in the goal.

3. Lift on free hits
   a. The ball can now be lifted directly from a free hit. The ball does not have to be self-started or passed to someone else before it can be lifted over the defense. Because of this, a mid-height lift will also be permissible assuming there is no danger associated with it.

4. Breaking on a penalty corner
   a. If a player breaks into the circle early on a penalty corner or the inserter fakes the insert that player will be sent to the 50 yd line and will not participate in that corner. If it is a defender, the defending team will play a man down. If on the next insert it happens again all player are still suspended from corner play and must start at the 50 yd line. If the insert goes off without a player breaking and an ensuing penalty corner occurs, all players who broke can re-enter the next corner.

5. Shootout
   a. If the game is tied after the 2nd overtime period, the game will be decided by a shootout instead of penalty strokes. The shootout will consist of 5 different attackers starting one at a time with a ball on the 25 yd line. The whistle will blow and the attacker will have 8 seconds to get the ball over the goal line. The goalkeeper will start on or behind the goal line and will not move until the whistle is blown to start the 8 seconds. If the ball is not across the line when the 8 seconds elapses, the goal will not count. If the
goalkeeper causes a foul that would result in a penalty corner during regular play the shootout will be replayed by the same attacker and same goalkeeper. If the goalkeeper causes a foul that would result in a stroke, a stroke will be taken at that time between the same attacker and same goalkeeper. An offensive foul will result in termination of the shootout. If the game is still tied after the first 5 shootouts, another full 5 will be taken, and so on until a winner is determined. There will be no sudden victory shootouts. Strokes will still be in play during regulation and both overtime periods.

6. **Substitutions**
   a. On a penalty corner a player is no longer allowed to sub when the ball is inserted. Instead, they will have to wait until the corner criteria have been met (ball goes outside the circle a second time, ball goes over the end line or in the goal, a foul by the attack, a penalty stroke, ball goes outside the broken line, etc.). These same rules will apply if a player is coming off a suspension from a green or yellow card.