



SUMMER 7V7 LEAGUE RULES

Some of the rules are for emphasis and some are modifications. Rules for the games will follow **FIH RULES** unless otherwise noted.

CONCUSSION AWARENESS: All players and parents should know the Symptoms of a Concussion and the Action Steps to take for a concussion.

https://www.cdc.gov/headsup/pdfs/schools/tbi_schools_checklist_508-a.pdf

2020 Summer League Guidelines

1. You must have a Signed Waiver in place. YOU WILL NOT BE ALLOWED TO PLAY WITHOUT THIS SIGNED WAIVER. If you have not received one, please notify me asap.
2. You are not allowed to share water bottles. It will be hot. Please bring ample hydration.
3. You are not allowed to high-five, touch the balls, nor touch the cones.
4. You are not allowed to spit on the turf or anything similar.
5. You must take your temperature at home on the day prior to play (wait 30 min after eating, drinking, or exercising). If your temperature is at or above 100.4 degrees F, you are not allowed to attend.
6. At home, parents must ask their athlete the following screening questions 1) Do you have a cough and/or sore throat 2) Have you had a fever in the last 72 hrs 3) Do you have shortness of breath 4) Is anyone in your house ill with a fever or cough 5) Have you had contact with someone known to have or under investigation for COVID-19/Coronavirus in the last 14 days. If your athlete answers “yes” to any of these, you must not attend.
7. Social distancing will be enforced per the Governor's recreational sport guidelines by Phase.
8. No spectators on the turf field or in the stands.

INCLEMENT WEATHER POLICY:

Inclement weather: Decisions regarding inclement weather will be emailed by noon. If games have not been cancelled (there will NOT be an update), go to the field where the official will determine whether the game is playable. There will be make-up dates for rainout games as long as it is not the last weekend of the season.

Thunder/Lightning/Unsafe Conditions: In cases of thunder or lightning, play shall be stopped and all persons present shall wait in a safe place for 30 minutes from the last sound or sighting. If a second round of thunder or lightning is heard or seen within the first 30-minute time frame, the game will be cancelled by the lead official. The lead referee will be the final authority on all safety decisions.

High Temperatures: If the air temperature is over 90 degrees. A mandatory water break will take place after 12 minutes of elapsed playing time. The water break will be no longer than 90 seconds.

Turf Rules

- Spectators should use the bleachers/outside the fenced area and not fields.
- Chairs are NOT allowed on the fields
- Water ONLY on the turf. No gum allowed on or near the turf field
- Sunflower seeds are not allowed on the turf or track.
- Dogs are not permitted on the turf field areas.
- No tobacco products are allowed on school property or playing fields.

2020 Summer 7v7 Field Hockey Game Rules

Games will follow FIH Rules with the following exceptions;

1. Teams will play 7 v 7, playing on a split field. Teams will play with a maximum of seven players. Players can be adjusted down to ensure even teams or accommodate teams who are short players. Can start with 4 players. Elementary Division will be playing 4v4.
2. Halves will be 20 minutes with a 5 minute halftime.
3. The Self-Pass Option can be used. Based on the shortened field, all areas of the rule that cite the 25-yard area are replaced with "midline of the field." All players are required to be 5 yards away from a restart.
4. With appropriate open space and no players approaching, field hockey players will be permitted to raise their sticks above the shoulders to stop, receive and deflect or play the ball.
5. No equipped goalie required to start game. **Teams can borrow GKs.**
6. In lieu of corners, 25yd free hits will be taken (see midline comment above).

2020 Summer Field Hockey League Regulations

1. Players cannot play down their age division, but they can play up.
2. Players must wear reversible to be able to play each game. Mouthguards and shinguards must be worn to play. Players must bring their own water to drink.
3. There will only be a maximum of one coach allowed on each team sideline at any time. Coaches/Managers are volunteering their time so please be respectful and appreciative of their time.

4. Parents/Spectators (Non-Coaches/Non-Managers) are not allowed on the bleachers/turf area (2020 only). Please be smart about where you sit watching games and make sure small children are out of the way of flying balls. Only Coaches/Managers and teams playing at their allotted time are allowed on the turf. Teams waiting for the next game have to wait until the game is over before they may go inside the gate for their game.
5. All Fields are Tobacco-Free Zones. Smoking, Vaping and use of Tobacco are prohibited on school property. Alcoholic Beverages are prohibited on or near the fields at any time.
6. No Jewelry.
7. Protective Eye Gear is optional. No metal.
8. Hard and unyielding items (guards, cast, braces, etc.) worn on the hand, arm, forearm, elbow, upper arm or shoulder must be padded with a closed cell, slow-recovery foam padding no less than ½" thick (no bubble wrap). There must not be any protruding broken fingers. Knee and ankle braces, which are unaltered, do not require additional padding.
9. Team listed first will wear light colored jersey.
10. Coaches are encouraged to use their designated captains for any questions to the officials.
11. Players will not shake hands nor sticks following games due to current guidance.
12. No team members are allowed anywhere near the goal cage when your team is playing.
13. Please be respectful to your coaches, teammates, and officials. No unsportsmanlike conduct will be tolerated.
14. NO REFUNDS UPON THE FIRST DAY OF PLAY FOR THAT YEAR.