



Catholic School Athletic Association
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Field Hockey Special Rules and Regulations

Rules: CSAA Field Hockey defaults to National Federation of State High School Association (NFHS) rules except where CSAA special rules apply. These rules are listed below.

Coaches are responsible for parents and fans behavior: All coaches must be cognizant of the behavior of his/her team's fans and parents. Any abusive language or unsportsmanlike conduct could result in forfeiture of the contest at any time.

Playing time - All divisions' games will consist of four 10-minute quarters. There are no timeouts.

League play/Tie game - If the game is tied at the end of regulation, the game is declared final.

Penalty Corner- The defending team may have no more than four players behind the goal/end line. This includes the goalkeeper and field players. The remainder of the players not behind the goal/end line must go to the top of the opposite circle.

Free Hit- All NFHS free hit rules apply. The midfield line acts as the 25 yard line in 7v7 play.

Tournament Play/Overtime - Overtime will consist of a five minute overtime period with six field players and one goal keeper. A coin toss will be held to choose which team will be on offense or defense to begin the overtime period and the teams do not change goals at the end of regulation.

Overtime #2 - If the score is still tied at the end of the first 5 minute overtime period then a five minute "sudden victory" period will be played with six field players and one goalkeeper. "Sudden victory" means the game is final when the first goal is scored and the team scoring the goal is declared the winner. A coin toss will determine who will start on offense and defense and the teams do not change goals.

Overtime #3 - If the 5-minute sudden victory period ends without either team scoring a goal then penalty strokes will be used to determine a winner. The goal will be chosen by the official and each coach shall present a list of five strokers to the official. The players must stroke in the order listed from 1-5. A coin toss will determine who starts on offense and defense (refer to the NFHS rule book for details).

Final overtime - If the score is still tied at the end of the penalty strokes, we will go to sudden victory penalty strokes. The first team awarded more goals than the opponent, after an equal number of strokes, shall be declared the winner.

Suspended game in league and tournament play - If a game is suspended in the first half it will be restarted from the point of suspension. If a game is suspended in the second half and can't be completed on the same day at the same site in a reasonable amount of time, or if a game following the suspended game is scheduled to start, the game will be considered a complete game. Tournament semifinal games and the championship game will be played to completion if possible.

Rosters - Official team rosters must be entered and managed through GameDay. Anyone not listed on an official CSAA Roster is not eligible. Additions during the season are also done through GameDay. Coaches are responsible for maintaining a current roster and they must be available to the scorekeeper before each game. Rosters additions are not allowed if not complete before the last game of the regular season.

Disqualification - If a coach or player is ejected during a game he or she is automatically suspended for one game. They must be re-instated by the CSAA before they are permitted to play or coach again. The offending coach must call the CSAA Executive Director with an explanation and request re-instatement.

Protest - No protest of any kind is allowed during league and tournament play. All disputes must be resolved on the field between the coaches and officials. Please remember this is a Catholic grade school league.

Forfeit time - CSAA regulations allow a 10-minute window to avoid a forfeit from the regular scheduled start time of the contest. A team must have four players (including a goalkeeper) in proper uniform. Games must begin if a team has enough players to start an official game.

Uniforms - Matching shirts with four inch numbers on the front and six inch numbers on the back are required. Matching shorts or kilts may be worn. Two different solid colors of socks are required, a dark pair and a white pair. The home team will wear the white pair and the visitor will wear the dark pair. No multi colored socks allowed.

No jewelry or barrettes - Refer to the NFHS Rulebook

Players receiving a card for a flagrant rules violation will be removed from the game for the following amount of time:

Green – 2 minutes

Yellow – 5 or 10 minutes

Red – removed from play for the remainder of the game.

*Cards are a management tool used by the referees. They are used to control and correct flagrant or recurring fouls in addition to spectator, coach and player conduct.

Mercy rule - For 6th and 8th grade divisions – After the score differential becomes ten goals, the score will no longer be tracked, but play will continue. For example, in Gameday the game should be scored 10-0 or 11-1.

Required equipment for all levels:

- Mouth Guards
- Shin Guards
- Eyewear is no longer required

4th Grade Rules

-Field size for 4th grade will be 50 x 60.

-4th grade will play with seven field players, no goalie. A coach for each team may be on the field during play for instructional purposes.

-4th grade goal will be 8 feet wide marked by two cones.