

# 2010 RULE COMPARISON TABLE

## Side-by-side comparison of the Rules of Hockey and NCAA & NFHS modifications

This comparison chart 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, and the National Federation of State High School Associations (NFHS), which governs competitions between most high schools in the USA. Further, competitions taking place during tournaments are often governed by tournament specific modifications. Points of emphasis and/or significant changes from last year are highlighted in yellow. The significant difference between columns appears in a red font. This highlighting is used to mark updates to the table made between versions of the table within the year of publication. Distance differences are not detailed in this chart because the underlying rule is the same (for example the free hit “away distance” in the *Rules of Hockey* is 5 meters but much greater in NFHS games.). This chart is NOT a replacement for a rulebook or tournament modifications. It is the responsibility of all participants to have a thorough knowledge of the rules governing the events they officiate. Please visit [USAFieldHockey.com](http://USAFieldHockey.com) periodically to ensure you have the most up-to-date comparison table.

This year, because there are fewer and fewer differences between the Rules of Hockey and the NFHS rules, we are introducing the following summary of the major changes and differences between games governed by the Rules of Hockey, the NCAA modifications, and the NFHS rules. Please continue to use the table for more detailed, rule-by-rule comparisons. The summary deals with rules governing play. The metric standard is used in describing all distances.

### WHAT'S NEW

1. There are no changes in the Rules of Hockey.
2. The self-pass option and indirect circle entry requirements are now part of the NFHS rules. In all parts of the competition surface, the NFHS rules are nearly exactly the same as the requirements in the Rules of Hockey. The *only* significant difference is that in the Rules of Hockey the “away distance” is 5 meters and it is an additional 1.4 meters in NFHS games, a distance of 7 yards. A tutorial, developed in conjunction with the NFHS, is available here: [USAFieldHockey.com/spice](http://USAFieldHockey.com/spice)
3. Players in NFHS games are no longer allowed to cross the center-line before the ball is put into play on a center-pass.
4. In NFHS games, there is no longer a requirement that sticks carry a permanent label indicating the stick’s bow.

### NOTABLE REMAINING DIFFERENCES

1. In games governed by the Rules of Hockey and NCAA modifications, simultaneous fouls are not considered a possibility. Simultaneous fouls are considered possible in NFHS games. In all games, USA Field Hockey certified umpires are expected to decide which of the “simultaneous” fouls happened first.
2. In games governed by the Rules of Hockey and NCAA modifications, the ball must leave the circle on penalty corners for a scoring opportunity to be present. In NFHS, the ball does not have to leave the circle on penalty corners for a scoring opportunity to be present.
3. In games governed by the Rules of Hockey and NCAA modifications, a shot can be taken on penalty corners even though scoring conditions are not met. In NFHS, a shot cannot be taken on penalty corners until scoring conditions are met.
4. In games governed by the Rules of Hockey and NCAA modifications, non-goalkeeping defenders may stop a shot on goal by using their stick above their shoulders resulting in a “play on” situation. In NFHS, non-goalkeeping defenders may not stop a shot on goal by using their stick above their shoulders. Umpires officiating NFHS games can judge this action to be an unintentional foul inside the circle and award a penalty corner.
5. In the Rules of Hockey, substitutions are not allowed on penalty corners until after a penalty corner is over and no immediately subsequent penalty corner has been awarded. In NFHS and NCAA games, substitutions are allowed during a penalty corner—as soon as the ball has been put into play (inserted).
6. In the Rules of Hockey, players cannot wear face protection throughout the game unless it is required for a medical reason. In the USA, all field hockey players can wear face protection throughout the game; however, players cannot wear wireframe/cage goggles like those popular in women’s lacrosse unless they are in a game governed by NFHS rules.
7. In the Rules of Hockey, the maximum stick weight is 26 oz. In NFHS, the maximum weight is 23 oz.

### HAVE A QUESTION

**Umpire, Players, Coaches, Assigners, Fans:** When you have a question, please submit it to USA Field Hockey’s ASK THE UMPIRE feature located at [USAFieldHockey.com/AskTheUmpire](http://USAFieldHockey.com/AskTheUmpire). In this way, everyone will benefit by getting the same answer from the growing central repository of everyone’s questions. Otherwise, we’ll have a different answer every time a question is asked to a different person.

If a topic is not listed, it typically means that there are no modifications. Within a topic, only modifications are included.



**Rules of Hockey**  
National Interpreter  
Steven Horgan  
[USAFieldHockey.com/AskTheUmpire](http://USAFieldHockey.com/AskTheUmpire)

**NCAA Modifications**  
National Interpreter  
Steven Horgan  
[USAFieldHockey.com/AskTheUmpire](http://USAFieldHockey.com/AskTheUmpire)

**NFHS Modifications**  
Questions: Contact Your State Association

<b>ADMINISTRATION</b>			
<b>Clock: Duration of Each Half</b>	35 minutes	<i>Not Modified</i>	30 minutes
<b>Clock: Duration of Half Time</b>	5 minutes, or specified by tournament rules	10 minutes	Not more than 10 minutes
<b>Clock: End of Time (each half)</b>	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	<b>Not Modified</b> <i>(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
<b>Clock: Overtime</b>	Dependant on tournament	Detailed in modification document	Varies by state and conference
<b>Clock: Stopping after Goal</b>	The clock is <i>not</i> stopped	The clock is stopped	Unless otherwise adopted by State Association, the clock is stopped
<b>Clock: Time Outs</b>	No team time outs	One two-minute team time out per game; may be used in overtime	Two 90-second time outs per team per game. Yellow card to coach if umpire allows a team to take more than two time outs.
<b>Composition of Team: Minimum Number of Players on Field</b>	Teams may play with up to <b>11 players, one of which may be a goalkeeper</b>	<i>Not Modified</i>	Minimum of seven players; <b>one must be a fully equipped goalkeeper</b>
<b>Match: Coin Toss to Start</b>	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>	<b>2008 CHANGE: Not Modified</b>
<b>Match: Review of Umpire's Decision</b>	Not Permitted	<i>Not Modified</i>	Misapplication of rule only (Rule 4-3)
<b>Stick Check</b> <i>USA Field Hockey recommends checking all sticks at every game during first two-weeks of fall hockey season</i>	Performed by technical staff ( <b>26 ounce weight limit</b> )	It is recommended that stick checks occur not later than 45-minutes prior to the start of the game (required during NCAA tournament)	<b>NEW IN 2010</b> Stick no longer needs bow label ( <b>23 ounce weight limit</b> )

<b>CLOTHING AND EQUIPMENT (all players)</b>			
<b>Shin Guards</b>	Recommended, required at tournaments, must not be white	Like colored socks/shin guards required	Like colored socks/shin guards required; must be solid color
<b>Mouth Guards</b>	Strongly recommended	Required for field players; strongly recommended for goalkeepers	Required for all field players and goalkeepers (must cover molars and cannot be clear or white in color)
<b>Face Protection, Field Players</b>	Allowed while defending PCs; must be flat and conforming to the face, medical need is not required in USA. <b>Wire frame/cage goggles may NOT be worn at any time</b>	<i>Not Modified</i>	Goggles, <b>including wire frame/cage goggles</b> , may be worn as optional equipment regardless of game situation
<b>Jewelry</b>	Subject to danger	<i>Not Modified</i>	Not permitted unless religious or medical, must be taped and may only be visible if medical.
<b>Undergarments</b>	Not stipulated	Must be the same as teammates; light for home, dark for visitors	Must be the same as teammates

## CLOTHING AND EQUIPMENT (goalkeepers and players with goalkeeping privileges)

<b>Goalkeeper</b> (describes fully kitted goalkeeper)	MUST WEAR a shirt/garment that is a solid color and different in color from that of both teams; must wear this garment over any upper body protection; must wear protective equipment comprising of at least headgear, leg guards and kickers except when taking a penalty stroke	Throat protector and chest protector also required; otherwise not modified	<b>A fully kitted goalkeeper IS required</b> and MUST WEAR a shirt color different from both teams; full mask-helmet; leg pads; chest protector; wrap around throat protector; mouth guard (must cover molars and cannot be clear or white in color); and gloves and blockers for hand protection and MAY WEAR an attachment between the mouth guard and mask
<b>Players with Goalkeeping Privileges</b>	MUST WEAR a shirt/garment that is a solid color and different in color from that of both teams; May wear protective headgear inside their defending 23 meter area; must wear protective headgear when defending penalty corner and penalty stroke	MAY WEAR a chest protector underneath the distinguished colored jersey at all times; must wear a throat protector when defending penalty corners and penalty strokes; otherwise not modified	Not applicable, goalkeeper required

## CONDUCT OF PLAY (all players)

<b>Free Hits (self pass option)</b>	The self pass option is available on all restarts except the penalty corner insertion.	<i>Not Modified</i>	<b>NEW IN 2010</b> <i>Not Modified</i>
<b>Attacking Free Hits within 5 Meters of the Circle</b>	These free hits are taken 5 meters from the circle at the point closest to the foul; all players from both teams must be 5 meters away	<i>Not Modified</i>	<b>NEW IN 2010</b> <i>Not Modified</i> (NFHS expresses distances in yards; the 'away distance' is 7 yards)
<b>Ball Entering the Circle on Attacking Restarts Inside the 23 Meter Area</b>	Indirect circle entry required (ball must be dribbled a total of at least 5 meters or be touched by a teammate or opponent before entering circle); all players from both teams must be 5 meters away; on violation by attack, free hit defense based on location of the attack's restart NOT where ball entered circle	<i>Not Modified</i>	<b>NEW IN 2010</b> <i>Not Modified</i> (NFHS expresses distances in yards; the 'away distance' is 7 yards)
<b>Hitting :: Forehand Edge</b>	Illegal when used for hard hits	<i>Not Modified</i>	<b>2009 CHANGE:</b> <i>Not Modified</i>
<b>Playing the Ball Above Shoulders</b>	<b>All defenders</b> , including goalkeepers, may stop or deflect a shot on goal using stick above the shoulder	<i>Not Modified</i>	<b>Only the goalkeeper</b> may stop or deflect a shot on goal using stick above the shoulder
<b>Substitution</b>	Substitution cards; rolling sub allowed any time; time out for <b>any and all</b> goalkeeper substitutions; <b>captain is accountable</b> for illegal substitutions	<b>Not modified except coach is accountable</b> for substitutes while they are in the team area; <b>captain is accountable</b> for illegal substitutions	No substitution cards; no time out for goalkeeper (unless injured or sick); <b>coach is accountable</b> for substitutes in the team area and illegal substitutions
<b>Substitution at Penalty Corner</b>	Except for injured goalkeeper, once a PC has been awarded no substitutions are allowed until <b>after the PC is completed</b>	<i>Not modified except</i> substitutions are allowed <b>as soon as ball is inserted</b>	Substitutions allowed for any injured or sick player at any time; substitutions allowed <b>as soon as ball is inserted</b>
<b>Restart Following a "No Foul" Interruption</b>	Bully	<i>Not Modified</i>	Free hit to team that had possession at time of interruption or bully if neither team had possession
<b>Simultaneous Fouls</b>	Umpire must rule which foul happened first, simultaneous fouls are not a possibility	<i>Not Modified</i>	Bully

**CONDUCT OF PLAY (goalkeepers and players with goalkeeping privileges)**

<b>Goalkeeper</b>	MAY NOT play outside of their defending 23-meter area	<i>Not Modified</i>	MAY NOT play outside their defending half
<b>Players with Goalkeeping Privileges</b>	May take part in the match anywhere on the field except when wearing a helmet (play is limited to within their 23-meter area when helmet is worn)	<i>Not Modified</i> <i>(allowed to continue wearing a chest protector underneath their solid colored jersey when outside their defending 23 meter area)</i>	Not applicable, fully equipped goalkeeper required

**PROCEDURES FOR SET PIECES**

<b>Center-Pass</b>	Players can only cross the center-line after the ball is put into play	<i>Not Modified</i>	<b>NEW IN 2010</b> <i>Not Modified</i>
<b>Penalty Corner, Execution</b>	Push or hit for insertion; ball must travel outside circle <i>before goal can be scored (if this condition is not met, umpire does NOT stop play)</i>	<i>Not Modified</i>	Push, hit <i>or flick</i> for insertion; ball must be controlled or become motionless, inside or outside of circle, <i>before shot can be taken</i>
<b>Penalty Corners, Time Expired</b>	Played out to completion when awarded before time expires; penalty corners and penalty strokes awarded during a penalty corner that began before time expired are also completed	<i>Not Modified</i>	Played out to completion when awarded before time expires <b>unless</b> at the end of the game and the attack is two or more goals ahead or behind (do not stop any penalty corner when time expires if insertion has already taken place; do not award subsequent penalty corners if time expires during the penalty corner and the attack is two or more goals ahead or behind)
<b>Penalty Stroke</b>	When the lead umpire is assured both players are ready the penalty stroke begins with the lead umpire's whistle; if goalkeeper fouls by moving either foot or by moving off the line after whistle and saves shot from going in, <i>repeat stroke (for saves with other fouls, award goal)</i>	<i>Not Modified</i>	When the lead umpire is assured both players are ready lead umpire <i>must ask</i> goalkeeper <i>and then</i> attacker if he or she is ready (lack of verbal response equals readiness); if goalkeeper fouls in any way after whistle and saves shot from going in, <i>award goal</i>

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[USAFieldHockey.FastHockey.com](http://USAFieldHockey.FastHockey.com)

**PERSONAL PENALTIES – ALL PLAYERS**

<b>Player: Green Card</b>	Recorded, possession is NOT required to change	<i>Not Modified</i>	<b>Not Modified</b>
<b>Player: Yellow Card</b>	Recorded, player suspended for <b>minimum of 5 minutes</b> ; during the suspension team plays with one less player for each player suspended; suspensions continue into overtime periods and the team competes with one less player during overtime for each player suspended (regardless of when the player was suspended – during regulation or overtime)	<i>Not modified</i> except at the time of the carding the umpire must notify table personnel how long the suspension is for and update table personnel if the suspension is to be extended due to misconduct during the suspension; table personnel are responsible for notifying the suspended player when the suspension has expired; the suspended player sits at the table on the side opposite her bench	Suspension is for <b>exactly 5 minutes</b> ; during the suspension team plays with one less player for each player suspended; if a goalkeeper is suspended an eligible player must be dressed as a goalkeeper (the suspended goalkeeper is substituted for and a field player is removed from the game for exactly 5 minutes; the field player who is pulled may return during the suspension as long as the team continues to play short). The impact of suspensions during regulation on the composition of teams in overtime periods varies by state and conference.
<b>Player: Red Card</b>	Recorded, player disqualified; team plays down one player for each player disqualified; this continues through any overtime periods and tie-breakers	<i>Not Modified</i>	<i>Not Modified</i> However, if a goalkeeper is expelled an eligible player must be dressed as a goalkeeper (the expelled goalkeeper is substituted for and a field player is removed from the game; the field player who is pulled may return during the suspension as long as the team continues to play short)
<b>Player: Red Card (flagrant foul)</b>	Not Applicable	Not Applicable	Same as above plus opponents take a penalty stroke; a number of state associations have additional sanctions

**PERSONAL PENALTIES – COACHES**

<b>Coach: Green Card</b> Head coach or acting head coach is responsible for all bench decorum issues.	Managed by technical staff	<b>Given as a warning related to bench decorum issues.</b>	Recorded and possession to <b>carded coach's</b> opponents
<b>Coach: Yellow Card</b>	Managed by technical staff	Not Applicable	Recorded, coach removes a player from game and team plays short for 5 minutes
<b>Coach: Red Card</b> Head coach or acting head coach is responsible for all bench decorum issues.	Managed by technical staff	<b>Given for any subsequent bench decorum issues.</b> Coach must leave the premises of the field of play and cease all contact with team for duration of competition; if coach refuses to leave within 3 minutes, his/her team loses 1-0 <b>(red card to coach does NOT cause the award of a penalty stroke nor does it cause the team to play short)</b>	Recorded; the coach must leave the site and a penalty stroke is taken by the opponents; if an assistant coach or other authorized school personnel is not available, the offending team forfeits <b>(red card to coach does NOT cause the team to play short)</b>

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