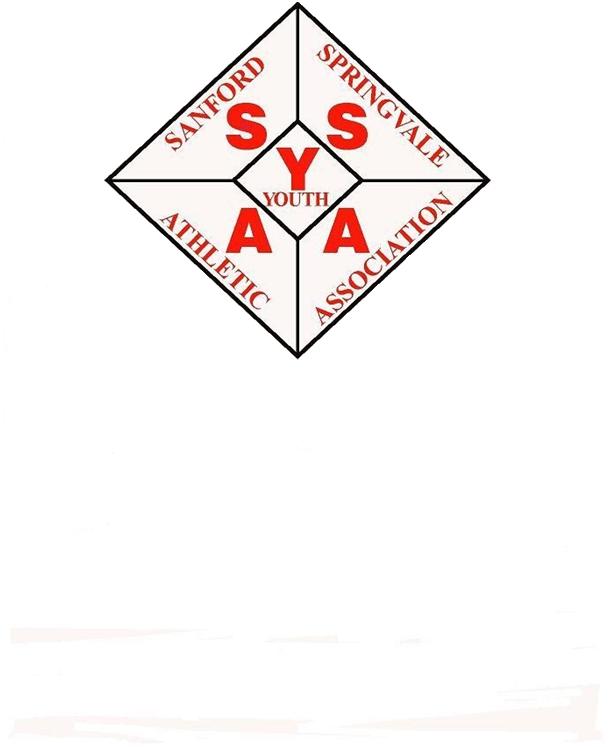
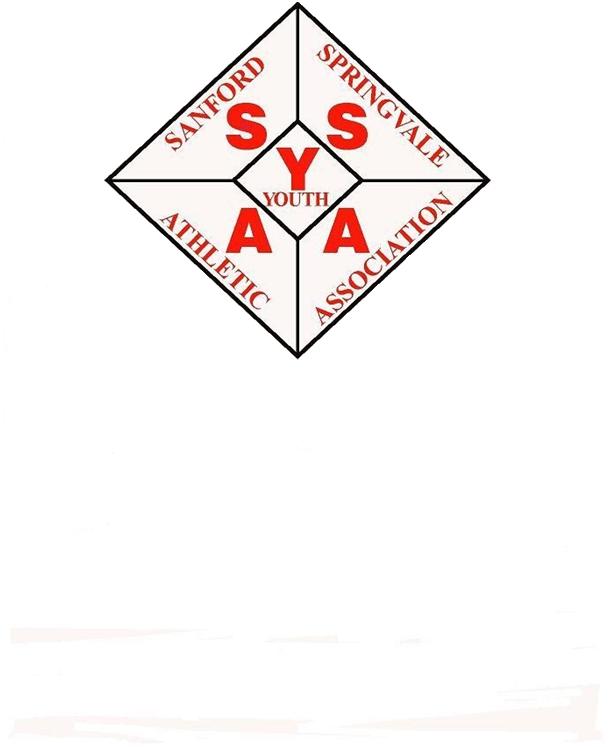
******FIELD HOCKEY RULES   
 (revised May 2015)**

The Field Hockey program will conform to the NFIOA High School Field Hockey rules with the following exceptions:

1. Eligibility:
   1. Players must be entering grades Kindergarten, 1 or 2.
   2. Players must be entering grades 3, 4, 5 or 6.

* 1. If a player on a team has a sibling also eligible to play, the sibling is assigned to that team and is not considered a draft pick.
  2. Practices may begin as soon as coaches have their rosters set. During the school year only two (2) school days may be used for practices and/or games, plus Friday night and/or Saturday. No holiday practices are allowed, except with prior approval of the SSYAA Board of Directors. School day practices shall not exceed 2 hours. Friday night and/or Saturday practices shall not exceed 2 ½ hours. All events will be within the boundaries of Sanford/Springvale, unless previously approved by the SSYAA Board of Directors.
  3. Definition of a practice: A practice is considered held when one (1) less than half of the team is assembled and/or SSYAA equipment is being used.

1. Equipment:
2. Mandatory equipment, mouth guards, shin pads and goggles, must be work during practices and games. If a player does not wear the equipment, the player must sit out of the activity for that day. No earrings, necklaces, wrist bands or metal/plastic barrettes can be worn during practice and/or game.
3. Rosters:
4. There will be no less than 10 players and a ceiling of 15 players per team. If there are extenuating circumstances, the Commissioner will make the decision of how to place the player(s) on a team.
5. Four teams must be filled before a fifth team is established.
6. If there are not enough players to fill 5 teams then the newest team players will be redrafted in the upcoming draft.
7. Game Structure:
8. Teams should be assembled 25 minutes prior to the game.
9. Each team is allowed a 10 minute warm up period prior to the star of the game. Each team warms up on their half of the field.
10. Games will consist of four 10 minute quarters. One minute timeout is allowed per team, each half. EACH PLAYER MUST PLAY TWO 10 MINUTE QUARTERS. No player can play 4 quarters until all players have played three 10 quarters.
11. ALL 5TH AND 6TH GRADERS WILL PLAY THE POSITION OF GOALTENDER AT LEAST FOR ONE HALF DURING THE COURSE OF THE REGULAR SEASON, THEN 4TH GRADERS AND UP CAN PLAY GOALTENDER. During the play offs a team can use any 2 players of grades 4, 5 and 6 to play goalie. In all games goaltenders must play 2 full quarters.
12. If a team starts with 11 players and one player gets injured or becomes ill, then the team may play with 10 players. (subject to change based on final rosters)
13. If a player is injured during the game and needs to be removed from the field of play, any substitute shall be the same grade or below. If no eligible player of the same grade or below is available, then the next higher grade is to be used.
14. During an injury substitution of the player, the player who plays more than 5 minutes is charged for that quarter.
15. Overtime:
    1. Overtime will consist of a 10 minute sudden victory with 7 on 7 and the 2nd half goaltender in goal. NO switching goalies for overtime. All players are eligible, unless they were previously ejected from the game. If at the end of a sudden victory quarter the score is still tied then the game will into corners. Five corners will be taken alternating between teams. If at the end of the corners the game is still tied then the game will go to penalty shots until a winner it determined.
16. Tie Breaker:
    1. Tie breakers will be decided in the following way:
       1. Head to head, win/loss record
       2. Head to head, lowest number of goals allowed. Wins will get 2 points, ties will get 1 point and a loss will get 0.
17. Field Rules:
    1. The Commissioner will provide the officials for each scheduled game.
    2. Officials must be 19 years of age or a Sanford High School Varsity Field Hockey Player. There must be one adult on the field at all times.
    3. The Commissioner will keep the official clock or appoint someone to do it.

* 1. Teams should be assembled 25 minutes prior to the game.
  2. Any disputes will be handed by the Commissioner.
  3. The home team must provide volunteers to work in the concession stand.

1. Attendance and Discipline:
   1. Throwing a field hockey stick is prohibited. The first occurrence will result in a warning to the team. The 2nd occurrence will result in the player sitting out for the rest of the quarter and one quarter of the next game.
   2. Attendance records must be maintained by the coaching staff with all practice and game dates listed for the entire season. Failure to maintain a complete written attendance record will automatically void any request for disciplinary action.
   3. Any player missing 2 consecutive scheduled events without notifying the coach could have her playing time reduced to either 1st or 2nd half participation in a game. A request for disciplinary action for a player missing practices or for a player’s behavior must be made to the commissioner at least 24 hours before a game. The Commissioner must contact the player’s parents or guardians and review the attendance record before making a decision. Disciplinary action must be noted on the team roster prior to game time.
   4. An unexcused absence is an absence due to any reason other than medical or extenuating circumstances as determined by the commissioner. A player is allowed one unexcused absence per season.
   5. A coach may bench a player for disciplinary action when approved by the commissioner at least 24 hours prior to the start of the next game. A warning will be given to the player to the start of the next game. A warning will be given to the player and her parents or guardians by the commissioner. A penalty or reduced playing time can be assessed for each practice missed with an unexcused absence. The penalty must be assessed at the very next game. Examples: unruly behavior, swearing, display of temper, unsportsmanlike conduct, disrespect for the coaches, teammate and equipment.
   6. Any person having problems with a player or coach should bring it to the attention of the commissioner.
   7. No arbitrary rules are to be established without prior approval of the SSYAA Board of Directors.
   8. Any coaches or assistant coaches that are ejected from the game must appear in front of the SSYAA Board of Directors to be told that they are no longer able to coach.
2. Draft Rules:
3. All coaches and assistant coaches must be approved by the SSYAA Board of Directors and /or Commissioners committee prior to the draft.
4. Head coach and 1 Assistant coach’s child is assigned to the team and is not considered a draft pick.
5. All returning coaches and their returning assistants may be in place prior to the draft. No new assistants will be added until after the draft and prior to the first game.
6. The Head coach from the previous year is considered the head coach for the upcoming year.
7. All players moving up from another division MUST be picked before the conclusion of the draft as long as they signed up on time.
8. Siblings are drafted together, and count as one draft pick.
9. Travel requests will be considered, but are not mandatory.
10. No player will be assigned to a team, except under Rule 2 and 6.
11. At no time shall a team have on its roster one more than half of its roster the highest grade in the division. Balance of the roster to be divided equally between the remaining eligible players.

EXAMPLE:

A) 12 player roster. Not more than seven players of the highest grade.

B) 10 player roster. Not more than six players of the highest grade.

1. The team's draft order is the reverse of the regular season's standings from the previous year.
2. After rosters are full, remaining players are placed on a confidential waiting list.
3. Trades may be made at the end of the draft, but before the draft meeting adjourns. (drafted players only)
4. All players are to be notified within 24 hours of their placement on a team. The Commissioner shall notify those on the waiting list.
5. Players draft order:

Players Present

Players Registered, not present

Waiting list – Greater Sanford-Springvale Area

Non-Resident

1. There is no passing allowed. When it is your turn to select a player, you must do so.
2. A member of the Rules Committee or an SSYAA Board member must be in attendance at the draft to answer any rules questions. Rules may be changed ONLY by the SSYAA Board of Directors.
3. If expansion teams are required, they will receive the first 2 draft picks each.

A. Flip of a coin.

1. Alternating picks

1. If a youth is playing for any other organized team, AAU, travel or school they will be placed on a team by the Commissioner/Board. The board reserves the right to move a player to a different team at any time.