

FIELD HOCKEY

Revised February 2024

I. RULES

A. CIAC

1. Opening date of practice determined by CIAC.
2. Date of first game is determined by CIAC.
3. National Federation Rules and CIAC Tournament rules are followed for all games.
4. Maximum number of games per season is 16 exclusives of FCIAC and CIAC tournament games.
5. Limit of games per week is 2, with exception of week 2 through 7, when 3 can be scheduled (not on consecutive weeks).
6. All Sports Teams and individual athletes must have a minimum of 10 physical exertional school practice days before the date of the first scheduled competition
7. No team/athlete shall practice/compete with their school more than 6 consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy.

B. FCIAC

1. Benches shall be placed 10 yards from touchlines for competing teams. Wherever possible these should be on the same side of the field where game timing of the game is done. **Benches must be on the opposite side of the field from the spectator seating.**
2. Games postponed by weather and/or field conditions will be made up on the next common open date, provided officials are available.
3. Starting time for varsity and freshmen games is 4:00, JV game follows varsity games. Changes in game date and/or time will be by mutual consent of the two competing schools, but availability of the home field will take preference.
4. Varsity games are played in (4) 15-minute quarters, JV and freshmen in (4) 12-minute quarters.
5. Schools are required to have an adult scorekeeper and an adult timer at all scheduled league games.
6. No player may play in more than two (2) halves of field hockey in any 1 day. **No starter of the varsity game is eligible to play in the JV or freshman game.** EXCEPTION: Goalkeeper, if no other is available due to injury to JV goalkeeper during the JV game.
7. In season filming of opponents is not permitted during preseason scrimmages or regular season games.
8. Home teams will wear white/light shirts and socks; visitors will wear dark shirts and socks.

II. DETERMINING SCHEDULING

- A. Makeup of the divisions will be as determined as written in the FCIAC League Operations; 3. Scheduling; e. Establishment of divisions.
- B. The FCIAC Field Hockey schedule will be developed by the chairperson and league commissioner, alternating home and away every other year and determining playing dates due to availability of officials.

III. DETERMINATION OF CHAMPION

- A. Division champions will be the teams in each division with the best point total (2 points for a win, 1 for a tie). League tie-breaking procedures will be followed to break ties between 2 or more schools. (see IV)

IV. TOURNAMENT – 8 TEAM TOURNAMENT

- A. Resolving a tie in points between 2 teams
 - a. Competition with each other
 - i. If game won by one team, they are the higher seed.
 - ii. If a tie see (B. c.) below
- B. Resolving ties in points between 3 or more teams
 - a. If one team received more points in competition with all the other teams in the tie, they will be seeded highest. (2 points for a win and 1 point for a tie)
 - b. If two teams remain, they will be ranked by competition with each other (see a. above)
 - c. If not resolved by (a.) then
 - i. A team with more wins in their point total will be seeded higher.
 - d. If not resolved by c (a) then
 - i. All teams in the league are placed in rank order.
 - ii. The team which defeated or tied the highest seeded team will be seeded highest.
 - iii. If the number is now reduced to two teams, if one team wins both games or one win and tie, they are the higher seed.
 - 1. If they are still tied, then go back and repeat (c. i.)
 - iv. If a tie can still not be broken, a coin flip will be used to determine the rank order for the playoffs.
 - 1. Once a team is eliminated from a three way tie you go back to (A.) to determine further order.

V. OFFICIALS

- A. Rated officials are to be used, if possible, in varsity games.
- B. FCIAC assignor will assign officials for all varsity and JV games.

VI. AWARDS

All awards will be given at the conclusion of the Championship Game.

- A. FCIAC trophies are awarded to each division winner.
- B. A trophy will be awarded to the runner-up team.
- C. Championship medals (30) will be awarded to the players on the championship team. Additional medals may be purchased by the winning team if needed.
- D. A championship plaque will be awarded to the winning team.
- E. MVP Tournament Award: a committee of at least 3 coaches who are present at the game will select the recipient(s).
- F. All-Conference teams: Policy adopted 9/97
 - 1. Based on their play during the league season, players will be selected for post-season recognition. The teams are All-County (from all teams), All-East (Eastern Division teams only), All-West (Western Division teams only) and Honorable Mention (from all teams).
 - 2. Prior to the end-of-season coaches' meeting, coaches will nominate 0 to 5 players and indicate which team they are being nominated for. These nominations will be sent to a designated representative who will compile all the names in a nomination packet. At the meeting, coaches will be able to make deletions from their original nominations, but no additions. Also, statistics may be updated at this meeting. Division Champions will get an automatic All-County player, with this exception: if their nominee for that automatic bid is a goalkeeper (there is only 1 goalkeeper on the All-County Team).
 - 3. The All-County team will be made up of 11 players regardless of position – 10 field players and a goalkeeper, with the possibility of more if there is a tie. After the All-County team is chosen, the ballot will be reduced to the players remaining. These players are eligible to be named to the All-East, All-West teams and the same number of players as All-County. The Honorable Mention team will be composed of 0-2 players from each school, coaches' choice.

4. Head coaches or a member of their staff **MUST** be present or on video feed in order for their players to be named for post-season teams.