

COLONIAL LEAGUE

GIRLS FIELD HOCKEY RULES AND REGULATIONS

1. The varsity game shall run (4) 15 minute quarters with a **10-minute** rest period between halves. **There will be a 2 minute break between quarters.** A JV game shall follow the varsity game and consist of two 25-minute halves with an **“up to 10 -minute”** rest period between halves. Middle school level games shall consist of three 25-minute periods, with the first two periods constituting a complete A game and the third period constituting a complete B game.
2. Two PIAA officials shall be assigned for each varsity game. It is recommended that coaches wait up to 30 minutes after the regulation start time to permit the arrival of the assigned number of officials, unless agreement is reached between the two opposing head coaches to commence the game prior to the thirty minutes with fewer officials. The game shall begin no later than thirty minutes following the regulation start time with official(s) present.
3. In cases where only one official is available, coaches will appoint a manager or knowledgeable player from each school to cover duties to be assigned by coaches' agreement.
4. Final standings shall be determined by: 2 points for each win; 1 point for each tie, 0 points for each loss.
5. The winner of a play-off game ending in a tie shall be determined by the PIAA Procedure for determining a winner when a contest is being played in order to advance a team during a postseason contest as summarized below:
 - a. **15-minute “sudden victory” overtime period**
 - b. **If a tie still exists, a second 15-minute “sudden victory” overtime period will be played**
 - c. **If tie still exists, Penalty Strokes will be conducted**
 - d. **If tie still exists, a second set of Penalty Strokes will be conducted**
 - e. **If tie still exists, “Sudden Victory” Penalty Strokes will be conducted**
6. Final standings shall be determined by: 2 points for each win; 1 point for each tie; 0 points for each loss.
7. The Colonial League, in an effort to NOT jeopardize athletic participation opportunities for girls, does not permit boys to participate on field hockey teams of member schools.

8. The Colonial League prohibits the use of tobacco and/or tobacco products by participating and non-participating team personnel, including coaches, during any interscholastic athletic contest at any level of interscholastic athletic competition.

Miscellaneous

1. Starting times:

<u>Saturdays</u> 10:00 a.m.	<u>Evenings</u> 5:30 p.m. Varsity to follow	<u>Afternoons</u> 4:00 p.m.
--------------------------------	---	--------------------------------

2. The home team is responsible for submitting the results of the competition via the Colonial League website and all other applicable media outlets by the home/host team. These results must be reported on the same day the competition took place.