

# Mid-Jersey Youth Field Hockey (MYJFH) League Rules

Updated - 8/30/2023

## 1. RULES:

### 1.1. General Rules

- 1.1.1. The official playing rules shall be the current [New Jersey High School Federation Rules](#) except as modified herein.
- 1.1.2. The player bench areas must be located on the opposite side of the field from the spectators. Coaches are responsible for ensuring the parents of their players are seated on the opposite side of the field from the players.
- 1.1.3. Teams at all divisions are strongly discouraged from running up scores. Under no conditions should goal differentials be greater than five (5) goals. Before getting to a five (5) goal differential the dominant team should attempt additional passes before going to goal, have players play with their non-dominant hand, remove high scorers from the game, etc.
- 1.1.4. Standings will be kept for the 7/8 division only in order to determine teams that will participate in the end-of-season tournament. Wins = 3 points, Tie = 1 points, Loss = 0 points. Should goal differential need to be used to determine end of season ranking, only 5 goals-for will be counted. (This is to avoid running up goals, and ensure there is a focus on defense). *Example - Team A scores 10 goals and Team B scores 3 goals. The actual goal differential is 7 (10-3). But for the purpose of calculating a tie break based on goal differential, only 5 goals would be applied (as 5 is max allowable).*
  - 1.1.4.1. Only designated MJYFH games will apply town league standings and tie breakers. Scrimmage or non-league games will not be counted. If a team is asked by the league to play extra games to balance the schedule, then the results of that extra game will not be applied to that team's record. *Example... Team A is asked by the league to play an extra match vs Team B to balance the schedule. Team B wins the match by a score of 2-1. Team B counts win the on their record an counts the +1 goal differential toward a potential tie break. Team A league record and goal differential remain unchanged.*
  - 1.1.4.2. For Divisions 5/6 and 2/4 wins and losses will not be tracked. There is no end-of-season tournament.

### 1.2. Short Field Rules (2nd to 4th Grade Division only)

- 1.2.1. Objectives of 2nd to 4th Grade division - The Grade 2/4 league is an introduction to field hockey and is intended to be an enjoyable learning experience for both participants and fans. The emphasis in this league is on teaching the basic skills of the game, the importance of sportsmanship, and teamwork. No league standings will be kept.
- 1.2.2. Rosters - players participating in this league are in grades 2 through 4 with approximately 12 players per team. Towns with more than one team should have equally weighted teams.
- 1.2.3. Uniforms - White Socks for Home games/Color Socks for Away - Numbers on uniform or t-shirt would be helpful to Officials.
- 1.2.4. Field Set Up
  - 1.2.4.1. 2/4 division games can be on standard field configured "sideline to sideline".
  - 1.2.4.2. Field should be set up to be approximately 25 yrs wide and 60 yards long. A standard field can be configured to hold up to three 7v7 fields.
  - 1.2.4.3. Scoring area - goal circles are not required for 7v7 contests. Field should be set up with cones to mark the scoring areas set up 16 yards from the end line.
  - 1.2.4.4. Goals - Goals can be set up with cones or pop up goals. Goals should be between 4ft to 6ft in length.
- 1.2.5. Formations -

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- 1.2.5.1. 7 Field Players: with a 2-3-2 formation - 2 Forwards, 3 Midfielders, 2 Defenders, **NO GOALIES. No Goaltending.** Field players may not act as a goalie. Each defender must mark a player. Unmarked obstruction of the goal will result in a free hit for the offense.
- 1.2.5.2. Coaches must remain in the designated sideline team area. Coaches may not enter the playing area or coach from other parts of the sideline.
- 1.2.6. Techniques -
  - 1.2.6.1. Sticks may not be raised above the level of a player's knee. Ball may not be intentionally lifted in the 2/4 division.
  - 1.2.6.2. Penalties
    - 1.2.6.2.1. There are no corners in the 2-4 division. Penalties in the scoring area will result in a free position taken from the 16m line.
    - 1.2.6.2.2. Stick, body and third party obstruction call will only be if the foul was intentional AND if the foul resulted in considerable advantage to the player committing the foul. Significant discretion will be given to officials to make these calls.
    - 1.2.6.2.3. Cards will not be issued to players in the 2/4 division. Officials can ask coaches to remove and instruct a player whose behavior endangers other players on the field. That player can be replaced immediately and may return to play once proper instruction has been given by the coach.
    - 1.2.6.2.4. Self starts will not be allowed in the 2/4 division. All restarts will be signaled by a whistle from an official.
- 1.2.7. Powerdown Strategies
  - 1.2.7.1. If a team moves ahead of their opponent by a score of 3 goals, the coach of the leading team should implement the power-down strategies.
    - 1.2.7.1.1. A player who has scored 2 goals may not score a 3rd goal unless the entire roster has scored at least once.
    - 1.2.7.1.2. Three passes in the scoring area before a shot on goal is attempted.
    - 1.2.7.1.3. Midfielders cannot cross the center field line and the two defenders cannot cross their 25-yard line.
  - 1.2.8. Game Duration - 40 minute games with a running clock. Games should be divided into 10 minute quarters with a 5 minute half time and 2.5min break between after the first and third quarters. No time outs for the 2/4 division.

## 2. ORGANIZATION

- 2.1. Every Town Association shall designate a coordinator, who will attend League meetings. Towns must provide valid insurance certificates and pay League fees prior to the first game of the season. Town teams who have not met this requirement will not be permitted to play games until the requirement is met. The MJYFHL assumes no liability for games or events, and the participants and attendees who attend any game do so at their own risk.

## 3. PARTICIPATION & ELIGIBILITY:

- 3.1. Player Eligibility: Boys and Girls residing in the municipality sponsoring a team are equally eligible to play. Non-resident players and/or combined town teams must be approved by the League officers per by-laws.
- 3.2. Teams: Must be combined age. Single grade teams are not allowed.

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3.2.1. A Member Program with multiple Travel teams in any Division is expected to field skill balanced teams. "A" and "B" teams are not allowed. At any time during the season, coaches and/or coordinators can make roster changes to equalize teams.

3.2.2. Coaches or coordinators who noticed a discrepancy in other towns' teams may resolve the problem by first speaking to the town coordinator. If the issue remains unresolved, the issue should be reported to the League Executive Board for resolution. "Stacking" may result in playoff ineligibility.

3.2.3. 5/6 Level: Grades 5<sup>th</sup> and 6<sup>th</sup>.

Capable 4<sup>th</sup> graders may be rostered to play at the 5/6 level based on the town coordinator's discretion and with approval from the parents.

3.2.4. 7/8 Level: Grades 7<sup>th</sup> and 8<sup>th</sup>

Capable 6<sup>th</sup> graders may be rostered to play at the 7/8 level based on the town coordinator's discretion and with approval from parents. If they are rostered to play at the 7/8 level they are ineligible for play at the 5/6 level.

## 3.3. Rosters

3.3.1. Towns with more than a single team may not share players between teams for any reason.

A player should be designated to one team and may only play for that team, including the play-offs. 7/8 teams may bring up players from the 5/6 Division to fill their teams for the day.

3.3.2. To avoid forfeit, teams may play down players. Opposing team may opt to play down (i.e., 8v8 rather than 8v11). This is recommended, as it demonstrates good sportsmanship.

## 4. GAMES & SCHEDULING

4.1. Schedule: Master schedule will be created by the league scheduler and posted on the league website. Home coaches should place a courtesy call to the scheduled referee and the opposing coach one day before the game to confirm game time and field location, and to exchange cell numbers, if contact number is not on master contact list.

4.1.1. Games for the 5th/6th and 7th/8th Division shall consist of four 15 quarters with a 2.5 min break between quarters and 5 min break at halftime. Running clock (including during corners) and no timeouts. To accommodate limited field availability and at the discretion of the home team, quarters can be redacted to a minimum of 12.5 mins.

4.1.2. League Games that are tied at the end of regulation shall stand, no overtime played.

4.2. Rescheduling games

4.2.1. League games will be played as scheduled except in the case of adverse weather conditions. Home team responsible for notifying officials and visiting team at least 3 hours prior to game time. The League Umpire Chair shall be notified for rescheduling which will be at the discretion of the coaches, and MUST be cleared through town coordinator for field time. Coaches may not schedule games on their own.

4.3. Reporting the Score (7th/8th Divisions only)

4.3.1. Must be reported to the League Coordinator within 48 hours of the game. Score reporting format by email or direct input to the website. The home coach shall report the game score to the League Coordinator.

4.3.2. Home coach is responsible for cancellation notification to opposing coaches, officials, and League Coordinator.

4.4. 4.4. Play-offs:

4.4.1. Play-offs are held for the 7/8 Level only.

4.4.2. Division standings shall be conducted on a point system.

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- 4.4.3. In the event of a tie score for division games, tiebreak will be determined first with goal differential, then goals scored, then goals against.
- 4.4.4. First place plays Third place, Second place plays Fourth place, with winners playing for the championship.
- 4.4.5. In the event of a tie score at the end of regulation, a 10-minute sudden-victory overtime shall be played, 7v7. If the game remains tied after the 10-minute overtime the game shall be decided by a 5-player stroke-off. If it still remains a single player stroke-off will decide the game.

## 5. FIELD AND EQUIPMENT

- 5.1. Field: Field is to be linked to National Federation of State High School Association (NFHS) Rules. It is the responsibility of the home team to make sure that the field is cut to an appropriate length.
- 5.2. Player gear:
  - 5.2.1. Home team is to wear WHITE socks. Visiting may wear any color other than white.
  - 5.2.2. Number is required on the back of the shirt but not on the front.
  - 5.2.3. Field Hockey goggles may be worn, but are not required. Goggles must conform to ASTM F2713-09 as per NFHS Rules.
  - 5.2.4. Each team should have a goalie available for games at the 5th/6th and 7th/8th level. Coaches should have a full goalie gear kit available and field players should be assigned to play goalie as needed. In the event that it is not possible to dress a goalie, a team may play 11 field players. No field players may assume goalie privilege's. If a goalie is available and able to play they may not be removed and replaced with a field player (no pulling goalies).
- 5.3. Timer: Home team is to provide a timer. Timer should not be a coach.

## 6. PLAYERS and COACHES

- 6.1. Calling up younger players: 6<sup>th</sup> graders may play temporarily at 7/8 level. Call-ups are used when an upper level team does not have enough players to avoid a forfeit. The League assumes no liability, and assumes that coaches have gained the approval of players' parents to play at a higher level.

## 7. UMPIRES

- 7.1. Member Programs are required to pay a fee, based on number of teams and number of games, to Arbiter, the umpire scheduling company.
- 7.2. The league shall assign a certified umpire for all games. Each team is responsible for paying the umpire for each game. (Fees to be determined at annual organizational meeting)
- 7.3 The umpires will promote fair play. They may provide coaching at the younger division games. Cards are only to be issued for dangerous play. Penalty strokes are not to be issued in this league.