

FIELD HOCKEY 2024

The following overtime procedure will be used when a game is tied at the end of regulation play.

Ties will be broken by playing up to two 10-minute Sudden Victory periods of 7v7, unless a team was playing short in regulation due to a card, then they shall play short in the overtime until the card time is served. Teams assessed a red card in regulation must play short in overtime. All game rules apply.

There will be a five-minute break between the end of regulation and the first overtime period.

Coin Toss will be called by the visiting team captain to decide ball possession, direction is not changed in the first overtime period.

If a second 10-minute sudden victory overtime is to be played. There will be a five-minute break between overtime periods. Teams will switch ends and the team who did not get the ball in the first overtime will start with the ball in the second overtime.

If still tied after the 2nd overtime period. Teams will go to a Shoot-out, 1v1. There is no coaching during the 1v1.

A coin toss will be called by the visiting team captain to select to shoot or defend first. Umpires will select the goal to be used.

Coaches will present a list of 5 players in shooting order. A player shooting out of order is considered “no goal” and the correct player order resumes with the team’s next shooter.

Shooters may stand on the 35 yd line. Goalkeepers will stand over the baseline outside the circle. Coaches and the remainder of their team are at the 50.

Taking the Shoot-out 1v1

- a) The goalkeeper starts on or behind the goal line between the posts.
- b) The ball is placed on the nearest 25 yd line opposite the center of the goal.
- c) The attacker stands outside the 25 yd line near the ball.
- d) The umpire blows the whistle to start play. The attacker and the goalkeeper may then move in any direction.

The Shoot-out 1v1 is completed when:

- a) 10 seconds have elapsed.
- b) The attacker scores a goal.
- c) The attacker commits an offense.

- d) The goalkeeper commits an unintentional offense. The Shoot-out is re-taken.
- e) The goalkeeper commits an intentional offense. A Penalty Stroke is awarded. (Any eligible player on the roster may take the stroke, the stroke must be taken before the next 1v1.)
- f) The ball goes over the backline, side-line, or 25 yd line. The goalkeeper may intentionally play the ball over the backline during 1v1.

A player may be suspended by a yellow or red card but not a green card during the shoot-out.

If a goalkeeper is suspended, they may not take further part in the shoot-out but can be replaced by another goalkeeper, reasonable time is allowed if needed to put on protective equipment.

If an attacker is suspended during the shoot-out, there is no replacement allowed. Any further shoot-out the player was entitled to take counts as no goal.

If still tied after one shoot-out 1v1 the game shall remain a tie.

The exception will be Regional and State Games which will go to a sudden victory Shoot-out 1v1 if tied after the first set.

- A) Coaches present a list of any five eligible players for the sudden victory 1v1. Players and or order of players may be changed.
- B) The team not having the ball first in the previous set of 1v1's shall start the sudden victory 1v1's.
- C) The sudden victory 1v1's will be taken until one team is ahead after an equal number of 1v1's has been taken.