

**MOUNTAIN VALLEY CONFERENCE
FIELD HOCKEY RULES & REGULATIONS**

1. Rules:

- A. The National Federation Rule Book (as adopted by PIAA) governs.
- B. All members of the conference shall be governed by rules and interpretations adopted by the P.I.A.A.

2. Levels of Competition:

- A. Girls Varsity
- B. Girls Junior Varsity
- C. Girls Middle School

3. Time

- A. The middle school contest between the "A" teams will consist of two twenty minute halves with a five-minute intermission. The "B" team will play two twenty minute halves with a five-minute intermission.
- B. The junior varsity contest will consist of two twenty-five minute halves with a five-minute intermission between halves.
- C. The varsity contest will consist of two thirty-minute halves with no more than a ten-minute intermission between halves.
- D. The junior varsity game will be played immediately following the varsity game except by mutual consent of both schools.

4. Warm-ups

- A. A minimum of fifteen (15) minutes shall be granted to both teams for warm-up.
- B. No players will be allowed to warm-up in civilian attire

5. Special Events

- A. The opposing school should be contacted at least one day in advance of the scheduled special event.
- B. A fifteen minute warm up will begin immediately after the program.

6. Uniforms

- A. The home team shall wear light colored shirts and socks with the visitors' uniforms being of a contrasting (dark) color.

7. Ball

- A. The official game ball will be a ball as established in the National Federation rule book.
- B. It is the responsibility of the home team to provide the necessary game balls. These balls are to be NFHS.

8. Score Table

- A. The official timekeeper and scorekeeper are the responsibility of the home team and where possible be manned by an adult.

9. **Bench/Sideline Protocol**

- A. Seating on the players' bench shall be limited to authorized personnel.
- B. *Parents will not be permitted to sit behind or near the team benches***
- C. The coaching staff is personally responsible for the conduct of his or her players at home and away contests.

10. **Postponment**

- A. Postponement of games is up to the home team.
- B. The home team is responsible to notify all parties involved.
- C. The rescheduling of a game must be by mutual consent of the teams involved on the next available playing date, including Saturdays

11. **Officials**

- A. In the event that the correct number of officials are not present, the game can proceed only if there is a **mutual agreement** between both schools.

12. **End of the season meeting:**

- A. The meeting must be held at least one week prior to the date of the championship game.
- B. Coaches must attend any meeting called by the sport chairman and must complete any forms requested. Forms include All Star nominations, officials' ratings, etc.
- C. Each team **MUST** be represented by the head coach or the head coach's designee (to be approved by the school's athletic director or principal). If a school is not represented a fine of \$50 will be assessed to the school.
- D. Each coach will nominate up to eleven players and send those nominations to a designated athletic director a minimum of two weeks prior to the end of the season. The designated athletic director will set up a ballot from the names that were submitted and provide a copy of the ballot to each of the field hockey coaches at the meeting. The selection of the all-star team will be made at the annual field hockey meeting.
- E. The first team, second team and honorable mention team will be made up of ten field players and one goalkeeper. Prior to the voting each coach will have an opportunity to speak on behalf of his or her team.
- F. Each coach will vote for ten field players and one goalie and may not vote for their own players. In the event of a tie for first team, a re-vote will be taken between those players who are tied.
- G. "Most Valuable Player" voting:
 - a. The night of the meeting, coaches may nominate one of their own players to be considered for the "Most Valuable Player" Award.
 - b. Voting occurs at that meeting.
 - c. Coaches can NOT vote for their own players.
 - d. In case of a tie, coaches will re-vote once, voting for one of the athletes that were tied during the initial vote (coaches cannot vote for their own players).
 - e. If a tie still occurs after the second vote, "Co-MVPs" will be named.
 - f. A plaque will be awarded to the MVP(s).

13. Playoffs/Championship:

A. Format

Semi-Finals - Game A - Second Place Team vs. Third Place Team
Game B - First Place Team vs. Fourth Place Team
Finals - Winner of Game A vs. Winner of Game B.

B. Tie-breaker procedures for playoff positions:

- a. Head to head competition
- b. Record against common opponents
- c. District XI Rating
- d. Overall Record
- e. Least amt. of goals allowed in head-to-head games (the teams tied)
- f. Least amt. of goals vs. common opponents
- g. Least amt. of goals allowed in league play

C. Each coach of the playoff teams shall submit a list of five preferred officials to the league school in charge of field hockey. The final decision on officials will rest with the league and then be given to the league assignor.

D. For each playoff game

- a. The home team will be the higher seeded team.
- b. The visiting teams will be responsible for being sure that their uniforms are of contrasting color with the home team.
- c. Each team is required to furnish three game condition balls.
- d. Each team is required to furnish three ball persons, not in uniform. Two should be positioned on opposite sidelines and the third behind the opposite goal posts.
- e. If there is a tie at the end of a playoff or championship game, *two fifteen minute sudden death overtime period will be played, if the match is still tied penalty stokes will be used as used by District 11 to determine a winner*

14. Reporting Game Results:

A. The home team will report game results to the following media:

The Morning Call
1-800-999-5625
(610) 820-6558
Fax: (610) 820-8654

Pocono Record
1-800-756-4237
(570) 421-3000
Fax: (570) 421-6284

The Express Times
1-800-360-3601
(610) 258-7171

Times News of Lehighton
1-800-443-0377
(610) 377-2051

Fax: (610) 258-7130

Fax: (610) 826-9608

MVC League Statistician

Email: bross@stroudsburg.k12.pa.us

Fax: (570) 424-0789