

United States Field Hockey League

National Championships 2019

Tournament Regulations



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1. Tournament Schedule

University of Delaware: Rullo Stadium						
USFHL Outdoor National Championship						
Friday, July 12, 2019						
Game	Division	Time	Location	Team	Score	Team
5	Womens	5:00 PM	U of Del: Rullo Stadium - Field 2	Baltimore FHA	0 0	Running on Empty
10	Mens	5:00 PM	U of Del: Rullo Stadium - Field 1	Philly Premier	0 0	San Jose Khalsa
4	Womens	6:00 PM	U of Del: Rullo Stadium - Field 2	Philly Premier	0 0	Strikers
10	Womens	6:00 PM	U of Del: Rullo Stadium - Field 1	dcDragons	0 0	Minuteman FHC
3	Womens	7:00 PM	U of Del: Rullo Stadium - Field 1	Olympic Club	0 0	Rovers, Greenwich FHC
9	Mens	7:00 PM	U of Del: Rullo Stadium - Field 2	dcDragons	0 0	NY Islanders
2	Womens	8:15 PM	U of Del: Rullo Stadium - Field 1	Atlanta/Miami Surf FHC	0 0	Minuteman FHC
9	Womens	8:15 PM	U of Del: Rullo Stadium - Field 2	NYCFHC	0 0	Running on Empty
3	Mens	9:15 PM	U of Del: Rullo Stadium - Field 2	Greenwich Field Hockey Club	0 0	Minuteman FHC
4	Mens	9:15 PM	U of Del: Rullo Stadium - Field 1	Atlanta/Miami Surf FHC	0 0	Federation, SteelStyx, Triangle
Saturday, July 13, 2019						
Game	Division	Time	Location	Team	Score	Team
1	Womens	8:00 AM	U of Del: Rullo Stadium - Field 1	NYCFHC	0 0	Baltimore FHA
6	Womens	8:00 AM	U of Del: Rullo Stadium - Field 2	Atlanta/Miami Surf FHC	0 0	dcDragons
7	Mens	9:00 AM	U of Del: Rullo Stadium - Field 2	Greenwich Field Hockey Club	0 0	Atlanta/Miami Surf FHC
8	Mens	9:00 AM	U of Del: Rullo Stadium - Field 1	Minuteman FHC	0 0	Federation, SteelStyx, Triangle
11	Womens	10:20 AM	U of Del: Rullo Stadium - Field 2	Rovers, Greenwich FHC	0 0	SteelStyx
12	Womens	10:20 AM	U of Del: Rullo Stadium - Field 1	Philly Premier	0 0	Triangle Field Hockey League
11	Mens	11:25 AM	U of Del: Rullo Stadium - Field 2	Greenwich Field Hockey Club	0 0	Federation, SteelStyx, Triangle
22	Womens	11:25 AM	U of Del: Rullo Stadium - Field 1		0 0	
13	Womens	12:45 PM	U of Del: Rullo Stadium - Field 1		0 0	
14	Womens	12:45 PM	U of Del: Rullo Stadium - Field 2		0 0	
7	Womens	1:50 PM	U of Del: Rullo Stadium - Field 1	SteelStyx	0 0	Olympic Club
8	Womens	1:50 PM	U of Del: Rullo Stadium - Field 2	Strikers	0 0	Triangle Field Hockey League
6	Mens	3:10 PM	U of Del: Rullo Stadium - Field 1	dcDragons	0 0	San Jose Khalsa
12	Mens	3:10 PM	U of Del: Rullo Stadium - Field 2	Minuteman FHC	0 0	Atlanta/Miami Surf FHC
5	Mens	4:15 PM	U of Del: Rullo Stadium - Field 2	Philly Premier	0 0	NY Islanders
23	Womens	4:15 PM	U of Del: Rullo Stadium - Field 1		0 0	
15	Womens	5:35 PM	U of Del: Rullo Stadium - Field 1		0 0	
16	Womens	5:35 PM	U of Del: Rullo Stadium - Field 2		0 0	
1	Mens	6:40 PM	U of Del: Rullo Stadium - Field 1	NY Islanders	0 0	San Jose Khalsa
2	Mens	6:40 PM	U of Del: Rullo Stadium - Field 2	dcDragons	0 0	Philly Premier
Sunday, July 14, 2019						
Game	Division	Time	Location	Team	Score	Team
24	Womens	8:30 AM	U of Del: Rullo Stadium - Field 2		0 0	
25	Womens	8:30 AM	U of Del: Rullo Stadium - Field 1		0 0	
17	Womens	9:30 AM	U of Del: Rullo Stadium - Field 1		0 0	
18	Womens	9:30 AM	U of Del: Rullo Stadium - Field 2		0 0	
1	Mens	10:50 AM	U of Del: Rullo Stadium - Field 1		0 0	
2	Mens	10:50 AM	U of Del: Rullo Stadium - Field 2		0 0	
20	Womens	11:55 AM	U of Del: Rullo Stadium - Field 1		0 0	
21	Womens	11:55 AM	U of Del: Rullo Stadium - Field 2		0 0	
4	Mens	1:15 PM	U of Del: Rullo Stadium - Field 2		0 0	
19	Womens	1:15 PM	U of Del: Rullo Stadium - Field 1		0 0	
3	Mens	2:30 PM	U of Del: Rullo Stadium - Field 1		0 0	
5	Mens	2:30 PM	U of Del: Rullo Stadium - Field 2		0 0	

2. Tournament Officials

- **Tournament Director**- Kendra Lucking
- **Umpire Manager**- Sue McHenry
- **Technical Officials**- Sherry Swope & Pat Yeager
- **Site directors & Judges**- Cicely Berkey, Christina Handwerk, Karisten Buckwalter

3. Team Clothing, Equipment and Colors

- a. See Appendix A, Section 7
 - ***Captain band is required
- b. Judge will examine uniforms before first game
- c. Green wristbands will be distributed to those who can be in the athlete bench and Technical designated area

4. Pre-Match Protocols

- a. Clear the field
- b. If required, the field will be watered as soon as possible following the clearing of the field.
- c. TOs get match cards from previous game
- d. Judges will announce rosters but no walkout
- e. Teams take benches, field, and ball based on home and away designation
 - i. Appendix Section 6 BENCHES, BALL START, FIELD POSITION: The team listed first shall sit at the designated bench and defend the goal to the RIGHT of their bench as per facing the field. The team listed second shall sit at the designated bench and defend the goal to the LEFT of their bench as per facing the field. They will switch sides of the field at halftime.
- f. National Anthem only for first games of the day and walkout? (I'm thinking no walkout- what do you think?)
- g. Every effort will be made to start all games on time.
- h. Coaches may not leave their designated area at their bench during game play.
- i. Game Start
 - i. The away team begins with the ball in the first half. The home team gets it second half

5. Duration of Matches

- a. Games are played with 2 x 25 minute halves with 5 minute halftime
- b. At halftime there shall be an interval of 5 minutes. During this interval Team officials and players may leave the technical facility area surrounding the field of play. Play is resumed by a center pass which is taken by the team that did not take the center pass for the first period.
- c. There will be no stoppage of time for any reason (goals, corners, or injuries). Injuries will make best effort to get the player off of the field
- d. In the event that a match cannot be completed, the result of the match will stand.

- e. Time-keeping is controlled by the Judge in the pressbox; Central Clock will signal the end of each period. If a match, however, is prolonged at the end of a period to allow for the completion of a penalty corner as specified in the Rules of Hockey, the Umpires will signal the end of that period.
- f. Technical Officials will monitor subbing process and substitutions must be through a sub box
- g. SHOOTOUT For tiebreakers and during crossovers, if the score is tied, games will go into immediate shootout. Three shooters need to be selected and given to the Technical Officer to ensure the same shooter is not used in a following round. However if it is still tie after one round of shooters, the winner will be decided by a sudden victory 1 v 1 shootout. Rounds will continue 1 v 1 until there is a victor. A new shooter must be chosen for every round.
 - i. Judges will keep 8 second time on central clock

6. Match Report Cards

- a. At the end of a match, a Technical Official will complete scorecards and coach signatures within 5 minutes of the end of the match
- b. Coach of each participating team must sign the Match Report Card.
- c. The match officials must also sign the Match Report Card once both team Coaches have done so.
- d. The Match Report Card should be radioed to the Judges within fifteen minutes of the end of the match. Ball runners will take actual card to judges

7. Plan of competition

- a. See Appendix B for cross-over logistics
- b. Ranking in the Pools
 - i. In each pool, all teams will play against each other.
 - ii. The following points will be awarded for each match:
 - Three points to the winner of a match
 - One to both teams when the result of the match is a draw
 - No points to the loser of a match
- c. Tie Breakers
 - 1) Points
 - 2) Head-to-head competition
 - 3) Goal Differential
 - 4) Goals For
 - 5) Goals Against
 - 6) Coin Toss

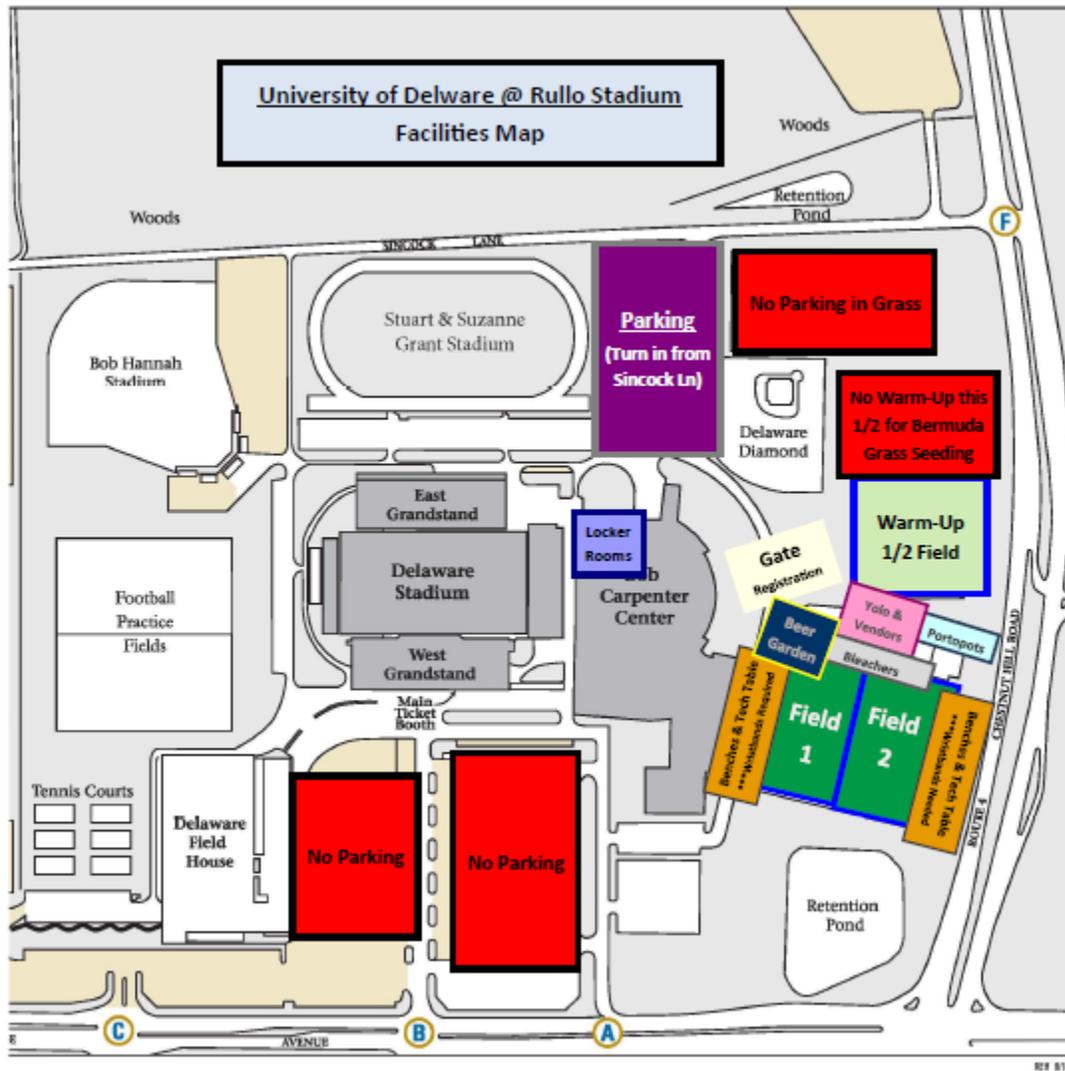
8. Tournament Awards

- a. One Men and One Women's team will be named National Champions and given medals as well as name engraved on tournament trophy
- b. Runner-ups will be given medals and they should proceed to champions corner for celebration and pictures

- c. 2 men and 2 womens teams will place in 3rd because of tournament structure. They should proceed to champions corner for celebration and pictures
- d. One Man and One Woman Tournament MVP & All-Star Team- Men & Women
 - i. Nominations may be made by captains for players on their own team. Nominations will be reviewed by TOs and Umpire team and final team will be named as well as tournament MVP

9. Site Map

Map of Site at University of Delaware @ Rullo Stadium



Appendix A: United States Field Hockey League Governing Rules for the National Championship

Copied from: <http://www.usfhl.com/Site/About-USFHL/Nationals-2019-Rules>

ARTICLE I

Name

This competition of the United States Field Hockey League shall be known as the “National Championship” or “Nationals”.

ARTICLE II

Definitions

Wherever used in these Bylaws, or as may be hereafter adopted in any policies, administrative manual or standing rules, the following terms are defined as follows:

1. **USFHL**: United States Field Hockey League
2. **FIH**: Federation Internationale de Hockey
3. **NCAA**: National Collegiate Athletic Association
4. **USA FH**: USA Field Hockey Governing Body
5. **Community**: Local organized field hockey for Adults which can be an Association, Organization, Corporation, League, or Region. Most recognized through league-type competition.
6. **Competitive Tournament**: A USFHL Competitive tournament is the highest level of competition so all games will be on Astroturf (unless of extreme circumstances such as weather), will be played same sex (no co-ed matches), and will follow FIH rules.
7. **Advisory Board**: Representatives elected from each Community participating in USFHL
8. **Executive Board**: President, Vice President, Treasurer, Secretary, Committee Chairpersons, and any other elected board member
9. **AGM**: Annual General Meeting Open to Executive Board and Advisory Board

ARTICLE III

Rule Summary

Per article XI section 2 of the USFHL Bylaws, the purpose of all USFHL rules are to be inclusive but designed to follow the USFHL mission statement, keep things fair and encourage local field hockey growth.

ARTICLE IV

Objectives of the Event

The National Championship is classified as a competitive tournament and is designated as the highest competition level for club teams that USFHL offers to men and women. It is designed for established club teams submitted by their Community to determine the National Champion, or the best amateur adult field hockey club that year.

ARTICLE V

Community Eligibility

Section 1 QUALIFICATIONS: A community can submit a team to represent them at the National Championship if they meet one of the below criteria:

1. The Community is a member of USFHL thus meets the qualifications outlined in Article 5, Section 1, of the USFHL Bylaws:

“For a Community to be a part of USFHL, they must be providing local adult field hockey competition. The competition must include the following:

- 1.

1. Organized into at least three teams
 - a. The teams must keep documented rosters. These rosters with athlete contact info must be provided upon request from any member of the USFHL Advisory Board
 2. The first and last competition must be spread out by at least two weeks and occur during that calendar year
 3. Competition is on generally accepted field hockey surfaces according to NCAA rules for Field Hockey
 4. Outdoor competitions must have at least seven athletes on the field
 5. Process to fairly elect a Rep for the Advisory Board and removal if necessary
 6. Process to fairly select their team to represent them at the National Championship

While it is not mandatory, it is strongly recommended that Communities have the following:

1. A Board
2. Documented bylaws, charter, or rules/regulations
3. A website
4. Teams that play each other twice if there are less than four teams in the community
5. Majority of participants with expired NCAA eligibility or not eligible to be part of a NCAA

If a new Community wants to submit a team to the National Championship they must have been approved by USFHL's Annual General Meeting. The process to apply is outlined in Article VI, Section 1, of the USFHL Bylaws.

2. Regions or Cities may submit a club team to the National Championship who are not part of a USFHL Community if they meet the below criteria:
 - a. There is no USFHL community for them to join within a reasonable distance
 - b. It is not possible to provide a community that meets the USFHL criteria at present
 - i. However, there must be plans to create or join one within two years
 - c. The club team given the National Championship bid must have been established more than 5 years.
 - d. All athletes on the National Championship Roster participating must have played in at least two games spaced out by at least a week with that club in the year. All athletes must reside within three hours by car to the club's established address.
 - e. They must declare their intention to submit a men's and/or women's team by the Annual General Meeting. A resolution vote of the Advisory board will be taken and these teams must receive a majority vote.

ARTICLE VI

Club Team Eligibility²

Section 1 QUALIFICATIONS: Per Article 5, Section 3, of the USFHL Bylaws "Each community who is part of USFHL has autonomy to provide field hockey competition in the format they decide is best for their participants as long as it meets the aforementioned criteria." There may be various Community structures within USFHL. Below outlines the club team eligibility for Nationals for the different structures.

1. **Same-Sex Club Structure-** Defined as: The local competition occurs mostly between same-sex club teams who have the autonomy to fill their roster. These USFHL Communities

can submit a men's and a women's teams to the National Championship. They also have the possibility of a second bid if there is room in the National Championship after all of the other Communities have submitted their teams. The second bids will be offered to same-sex leagues starting with the biggest. The bids should be offered to the top placed team of the dominant season. If a club team does not accept the bid, that bid should be offered to the 2nd place finisher and finally the 3rd place finisher. A National bid cannot be offered to any team who has not finished in the top three. However, other teams may be submitted if the process to select them is documented and approved by the USFHL Executive before the season starts.

Until otherwise noted, the teams who accept the bid may add five people to their National Championship tournament roster from another team or teams in their community that are not currently on their club's roster. These athletes must be officially part of the same USFHL community and meet the player eligibility in Article VII in this document.

2. Co-Ed Club Structure- Defined as: The local competition occurs between teams in which most have at least three members of the opposite sex on the field. The club teams who compete have the autonomy to fill their roster. These USFHL Communities may send one men's and one women's team to the National Championship.

The club team accepting the bid will have one female captain and one male captain from that team. They are each responsible to fill out their separate rosters with females and males as the National Championship is played against same-sex teams. The athletes added to their roster from other teams must be officially part of the same USFHL community and meet the player eligibility outlined in Article VII in this document. An athlete cannot be removed from the original club team's roster to provide a spot for other players. If the original roster has at least nine of the same sex athletes on it, that sex may only add eight athletes from other teams in the community.

The bid for the National Championship team should be offered to the top place finisher of the dominant season. If that team does not accept the bid, it should be offered to the 2nd place finisher, and then the 3rd place finisher. A National spot cannot be offered to any team who has not finished in the top three. However, other teams may be submitted if the process to select them is documented and approved by the USFHL Executive before the season starts.

The same club does not need to send a men's and women's team. For example, if the top placed team has a men's captain who wishes to organize a team, he can, and the men's team competing at the National Championship will play under that club name. However if there is no women's captain who wishes to organize a team, the women's bid will be offered to the 2nd place team and the women will play under that club team's name

3. Designed Skill Mix for Same Sex or Co-Ed- Defined as: The local competition occurs between teams who have been established by a Board or Central Organizer. They have a documented system to split skill levels across all teams. They have checks and balances to encourage fairness of skill level on each team. These communities must be approved by the Advisory board. These USFHL Communities may send one men's and one women's team to the National Championship.

The board or central organizer will develop a fair process to form a team from the participants in that Community. The process must be documented and approved by the Executive Board. The athletes on the National Championship roster must be officially part of the Community and meet the player eligibility outlined in article VII.

4. Competition not played 11 v 11- Defined as: The competition occurs between teams but has less than 11 players on the field for each team. All games must be played at least 7 v 7 between established club teams. These leagues should follow the process of the "Co-Ed Club Structure" in Article VI, Section 1, Bullet 2, of this document to give their bid for the National Championship.

ARTICLE VII

Athlete Eligibility^{3, 4, 5, 6}

Section 1 QUALIFICATIONS: All athletes at the National Championship will play under the name of the club that was sent from their community. To qualify to be on a Community's National Championship team, the athlete must have participated in a third of that Community's matches in their dominant season. This is unless the Community has their own conflicting attendance policy which must be approved by the Executive Board. The athlete must be a member or in good financial standing with the Community. They must have a residence in the Region where the Community has competition. If any of the preceding is not possible because of an extenuating circumstance such as injury, the Rep from the Community may petition the Executive board and must submit in writing details of the situation to get an exception.

An athlete may not also be an umpire at that Nationals due to conflict of interest.

Section 2 COMMUNITY ALLEGIANCE: A player may not play in multiple USFHL Community matches if they are being used to qualify their team for the National Championship. If they compete in multiple USFHL leagues or switch leagues for whatever reason they must declare their Community allegiance by the fiscal year with their Rep on the Advisory Board. If they play on a team in a community which they haven't declared allegiance to, all games that the illegal player has participated in will be forfeited with a loss of 0-3 in the calculation for that team in qualifying for the USFHL National Championship. If the athlete never declares allegiance then both teams must forfeit their games 0-3 in the calculation of qualifying for the USFHL National Championship. If both communities are fine with the athlete playing they may keep the actual score of the game for their own internal recordkeeping. Exceptions to play in multiple leagues will be considered by the Executive Board, if there is a compelling reason. To be granted an exception the Rep must submit in writing to Executive Board the reason why an exception should be granted to play in multiple USFHL Communities.

Section 3 FEMALE GOAL KEEPER: Men must play in men's games, and female's in female games. The only exception, even though highly discouraged and only in extreme circumstances, is that female goalies may play in goal for a men's teams. It must be for their own community and receive approval from the executive board. Men may never play in female games in any position.

Section 4 ROSTER ELIGIBILITY:

- 1) Nationals Roster Spots must first have been offered to Team Members, then Community, then those within 2 Hours Driving.
- 2) If team was submitted by a same gender 11 v 11 community then 70% of your roster must be team members, unless club is located > 350 miles from nationals then only 50% required
- 3) If your team was submitted by a same gender community with competition of less than 11 players on the field, then 30% of your roster must be team members, unless club is located > 350 miles from nationals then only 20% required
- 4) NCAA athletes may not compete at Nationals
- 5) If athlete qualifies with multiple communities or teams they may choose which team they compete with at Nationals

***Under extreme situations Tournament Director may make ruling of eligibility using their best discretion.

Section 5 TRANSGENDER ATHLETES: The National Championship is a tournament played against same sex opponents so men vs men and women vs women. For the Transgendered athlete undergoing hormonal treatment for gender transition, the following policies will be used and are based on the NCAA Policy on Transgender Participation:

1. A trans male (FTM) individual who has received a medical exception for treatment with testosterone for diagnosed Gender Identity Disorder or gender dysphoria and/or Transsexualism, may compete on a men's team, but is no longer eligible to compete on a women's team.
2. A trans female (MTF) student-athlete being treated with testosterone suppression medication for Gender Identity Disorder or gender dysphoria and/or Transsexualism, may continue to compete on a men's team but may not compete on a women's team until completing one calendar year of testosterone suppression treatment.
3. Any transgender individual who is not taking hormone treatment related to gender transition may participate in accordance with his or her assigned birth gender.
 - A trans male (FTM) individual who is not taking testosterone related to gender transition may participate on a men's or women's team.
 - A trans female (MTF) transgender student-athlete who is not taking hormone treatments related to gender transition may not compete on a women's team.

Section 6 USFHL Arbitration Process

- Step 1 – Bring an issue to your association/regional rep
 - Rep to report any simple decisions to advisory board and decisions to be made public.
 - If regional rep is directly involved they must immediately move to step 2
- Step 2 – If those involved are unhappy with decision of association/regional rep or if rep is directly involved, case is referred to advisory board
 - Advisory board will assign one member to review case. Member must not have any current or previous direct involvement with either players or clubs involved.
 - Decision to be published
- Step 3 – If parties involved are not happy with result from step 2 they can appeal to full advisory board.
 - At next meeting of board all members to review the case details and potentially ask those involved to speak as to the situation
 - Majority vote from board carries the decision
 - Decisions of the advisory board will be published
 - All decisions of advisory board are final and no further steps for appeal

Additional:

- Availability of these steps and appeals become less as time elapses
 - Within 1 month of Nationals all cases must skip directly to step 2
 - Within 2 weeks of nationals there is no step 3. The decisions of any advisory board member assigned to a case are final

ARTICLE VIII
Tournament Logistics

The National Championship occurs over multiple days every year in the Summer, typically a Friday evening until Sunday afternoon.

Section 1 RULE SUMMARY: Unless otherwise noted, the rules of this tournament will be as stated in the 2017 Rules of Hockey published by the International Hockey Federation (FIH) on January 1, 2017. Games are played against same-sex teams so men vs men and women vs women. Games are played on a full-sized AstroTurf field unless there is an extreme circumstance.

Section 2 GAME DURATION: Each game shall consist of two x 25 minute regulation time halves. There will be a three minute half time. Even though game time is shortened, penalty corners or penalty strokes awarded before the end of the game or the half will be completed. However half-time may be shortened by up to two minutes which is up to the Technical Officer's discretion. There is a running clock so no time outs are allowed. Umpires may stop the clock in unusual or dire circumstances (inclement weather).

Section 3 SCORE REPORTING: The score at the end of regulation time will be registered as the result of the game. The Technical Table will write down the score on the scorecard and the coach or captain of each team must sign the scorecard at the completion of the game. Then the score of that game will be official. A signed result card will not be changed. If the coach or captain does not make themselves available within 5 minutes following the game to sign the results card then the result card will not be signed and cannot be changed.

- A contested scorecard will be handled by the National Championship Arbitration Committee. Only Captains or Coaches can contest a score and they will be given that process before the event.

Section 4 POOL PLAY & RANKING: Each team will play three other teams in their pool to determine which championship or consolation game they will compete in.

1. The following points will be awarded for each game:

- Three points to the winner
- One point to each team in the event of a draw
- No points to the loser

Section 5 TIE BREAKING: If, at the end of pool play, there is a tie in determining team placement, the following steps will be taken to break the tie:

1.

1. Points
2. Head-to-head competition
3. Goal differential
4. Goals For
5. Goals Against
6. Shoot-Out if time and space is available

▪

- In the event that time and space ARE NOT available, a Coin Toss will determine placement

If more than two teams are involved, then a ranking based upon the results of the matches among (only) them shall determine their respective position.

SHOOTOUT For tiebreakers and during crossovers, if the score is tied, games will go into immediate shootout. Three shooters need to be selected and given to the Technical Officer to ensure the same shooter is not used in a following round. However if it is still tie after one round of shooters, the winner will be decided by a sudden victory 1 v 1 shootout. Rounds will continue 1 v 1 until there is a victor. A new shooter must be chosen for every round.

Section 6 BENCHES, BALL START, FIELD POSITION: The team listed first shall sit at the designated bench and defend the goal to the RIGHT of their bench as per facing the field. The team listed second shall sit at the designated bench and defend the goal to the LEFT of their bench as per facing the field. They will switch sides of the field at halftime.

Coaches may not leave their designated area at their bench during game play. Only one coach may stand.

The away team begins with the ball in the first half. The home team gets it second half

Section 7 UNIFORMS: USFHL will follow the Uniform Requirements outlined by USA FH in their 2016 Tournament Rules with a few modifications:

1. Members of all teams must be in proper uniform (shirts and socks of matching color) with numbers on at least the back of the shirt. No two players on the same team may have the same number.
2. Shorts or kilts must be of like color. Each team must have two sets of uniform shirts and socks, one light and one darker, with them at all times. Shirts and Socks must be a minimum of 75% of one color
3. The team listed first on the schedule will wear light uniform shirts and socks. As such, the team listed second will wear dark uniform shirts and socks.
4. The team not in compliance will be required to change uniforms at the request of the Technical Officer. If a team refuses to change or does not have a second set of uniforms, they will forfeit the game.
5. If in the opinion of the Technical Officer the shirt colors of two opposing teams might lead to confusion, one of the teams must change colors. If they cannot come to an amicable settlement, then the team listed first which is the home team will have to change.
6. Goalkeepers and players with goalkeeping privileges shall wear a color different from that of their own team and that of their opponents.
7. If a player sustains an injury that caused bleeding, that player must leave the field of play as soon as possible and shall not re-enter until the bleeding has ceased and the wound is adequately covered.
 - Blood stained clothing must be replaced and equipment cleaned before re-entry to the field. All/any blood on the field must be cleaned up also.
8. Each team must appoint a player as captain for each game and the captain must wear a distinctive arm-band or similar distinguishing article on an upper arm, shoulder, or just below the knee.

Section 8 ROSTER REQUIREMENTS: Rosters are limited to 22 gender-specific athletes. Each team must have a minimum of 11 players on their approved roster.

Section 9 SAFETY EQUIPMENT: Shin guards are mandatory for all players. Shin guards must be worn under the uniform socks of each team. A player with designated goalkeeping privileges is required to wear a helmet with a fixed facemask defending a penalty corner and a penalty stroke. All other rules associated with designated goalkeepers (kicking back) apply. Facemasks are highly encouraged during penalty corners

Section 10 FORFEITS: If a game is forfeited, a 3-0 win will be awarded to the opponent. A team forfeits a game if:

1.
 1. A team does not show up for the match
 2. A team forfeits or is declared "forfeit"
 3. A team arrives more than 10 minutes after the scheduled start time of the game
 4. A team does not have 7 players dressed in proper uniform on the pitch at the 10 minute grace period (May be serving a temporary suspension)
 5. A team is not wearing proper safety gear or in proper uniform or refuses or is not prepared to change uniforms as stated in the uniform section of this document.
 6. An ineligible or suspended player participates in the game
 7. A suspended coach does not leave the game area within 1 minute of being suspended, does not report to the Tournament Table within 5 minutes after the game,

and/or does not cease any and all team contact during the remainder of the game in which the offense occurred and the team's next scheduled game in that division

8. A team refuses to play or removes their team from the field of play for any reason. If both teams are required to forfeit the score shall be 0-0 but neither team gets a point

Section 11 PENALTIES: Players, Coaches and substitutes are under the jurisdiction of the Technical Officers during the whole game, including any period of temporary or permanent suspension, and are therefore subject to the umpires' decisions under the Rules of Hockey. The Technical Officers's jurisdiction extends through half-time periods and until the signed game card has been submitted to the official scorer.

The Penalties from Carding are detailed below:

1. Green Card: Athlete— Two Minute Temporary Suspension, as per 2017 FIH Rules of Hockey.
 - Temporarily suspended players must remain in a designated place until the umpire who suspended the player permits them to leave. They may join their team for halftime but return to the place if their suspension is not expired.
 - The re-entry of any suspended player follows the same parameters as a substitution entering the match.
2. Yellow Card: Athlete— Five Minute Temporary Suspension, as per 2015 FIH Rules of Hockey.
 - Temporarily suspended players must remain in a designated place until the umpire who suspended the player permits them to leave. They may join their team for halftime but return to the place if their suspension is not expired.
 - The re-entry of any suspended player follows the same parameters as a substitution entering the match.
3. Red Card: Athlete— Permanent Suspension and the team plays short. The suspended player must leave the field and its surrounding area. The red carded player is suspended for the remainder of the game in which the offense occurred AND the team's next scheduled game. The team does not have to play short in the next scheduled game.
 - In the team's next schedule game in that division, the player red carded in the previous game should not be with the team in the team area
4. Red Card: Coach— Permanent Suspension and the suspended coach must leave the game area immediately (within 60 seconds). A replacement coach is allowed. If a replacement coach is not immediately available, the captain may coach their team. The team does not play short when a coach is suspended. The team forfeits the game if the suspended coach does not leave the team area within 60 seconds and/or does not cease any and all team contact during the remainder of the game in which the offense occurred. A coach who has been permanently suspended from a match will also be suspended for the team's next scheduled game.
5. Upon recommendation of the umpire, Technical Officer, or based upon the severity of the infraction, the Tournament Arbitration Committee will determine a red carded coach's/player's eligibility for further participation in the tournament beyond the one game suspension.
6. The tournament will have a running clock and the time of the penalty does not start until the athlete is seated in the chair by the scorable.

Section 11 NON-PLAYER PARAMETERS:

1. The players on any team who are not on the pitch shall sit on the team's bench as substitutes. Two coaches are allowed in each team's area and must not leave this area at any time. The team area is defined as the area that encompasses the seats provided for each team and marked accordingly. No other persons or equipment will be allowed in the team/bench area

Section 12 ALL STAR AND EXHIBITION GAMES: For those teams that do not fit into the USFHL structure, but are classified as a highly competitive team, they may be offered exhibition games at the National championship. These games are optional and USFHL team will be made up of an All-stars elected by their team competing in the National Championship. Some examples of these teams could include but not limited to:

1.
 - i.
 1. US U21 National Teams
 2. US Masters Team
 3. US High Performance Team
 4. Top Caliber International Team

Section 13 Tournament MVP: A tournament MVP may be selected for Nationals. One man and One woman will be selected by the Team Managers of opposing teams. If there is a tie vote, winner will be selected as a drawing from a hat.

Section 14 CHAMPION PRIZES: The community who submits the winning team may be subject to prizes and may qualify to send their team to represent the US in an international tournament as decided by the USFHL Advisory Board.

The team who wins Nationals will get an automatic bid for the following year, and that Community will be able to offer a second bid to another team.

Section 15 PROTESTS: Will be acknowledged in rare situations.

Process- Protesting team must first consult with Technical Official. If protesting team wishes to elevate. They must deposit \$100. Technical Official, Umpire Manager, and Tournament Director will consult on protest and make decision. If protest is overruled the deposit is kept by USFHL. If protest is acknowledged deposit is returned to protestor.

ARTICLE IX

USFHL Convention

Per Article X, Section 2, of the USFHL Bylaws, A regular annual convention will be open for all athletes participating in USFHL. It will typically occur at the National Championship.

“The business of the Athlete Convention shall be:

1. To receive a report from the President or the Executive Board.
2. To receive reports from relevant chairpersons, Advisory Board Members, or invited presenters on topics relevant to the audience
 - a. Can include a Coaching, Playing, Umpiring Clinic
3. To Receive Feedback and Ideas for USFHL
4. To encourage Networking and Knowledge Sharing Among Participants”

ARTICLE X

Footnotes

The Footnotes noted in this document are to address the 2019 USFHL National Championship rule exceptions. The USFHL National Championship is designed to be a competition of the best clubs in adult field hockey in the United States. It is highly encouraged that those participating in the 2019 National Championship follow the eligibility requirements outlined in this document for communities, teams, and athletes to prepare for the National Championship in 2019. Communities and Regions not officially part of USFHL have autonomy to select the team that represents them as

long as the Region has the potential and desire to meet the eligibility requirements outlined in this document by the USFHL fiscal year in 2020.

1. In 2019, a Community and Region can submit a team for the National Championship Invitational without Advisory Board Approval. A Community is one that meets the USFHL requirements and a Region, as defined by USFHL, is a group of field hockey adults that do not meet the USFHL requirements. A Region is loosely defined as an area within a 3 hour travel radius and includes established adult field hockey club teams who could play each other. Below are the guidelines for Communities and Regions to submit a team:

a. Regions with no established Community can submit one male and one female team to the National Championship Invitational.

i. This may only occur if there is a spot available after the communities have submitted their teams.

2. Club teams competing are not limited in the amount of athletes that must come from one club team in the Region or Community. Meaning teams competing can be an all-star team from that Community or Region no matter of the competition structure outlined in Article 6, Section 1, in this document.

3. In 2019, Athletes do not need to declare community allegiance, but can only play at the USFHL National Championship for communities in which they played in their qualification games. An athlete may participate in numerous USFHL qualifying matches and those teams are not required to forfeit in the calculation of qualifying for the National Championship Invitational.

4. Athletes who have since moved out of the 3 hour radius, may still compete with a team they qualified with in the previous season at the USFHL National competition with no exception needed.

5. Athletes participating on the team must be a member or in good standing with an established club in the Community or Region and must have participated in at least one qualification game with that club in this past year.

6. Free agents not declared to the local community may compete on teams if that team has gotten an exception from the executive board, but the free agent's rep must give permission for them to guest on another team. If there is not rep, then no exception is needed.

7. Athletes may not be current NCAA athletes

Appendix B: USFHL Cross-over/Championship Logistics

Women on Saturday, July 13

Game A for Pool #1 and #2 (11:25, Field #1)

3rd from Pool 1 vs. 3rd from Pool 2 → Winner plays in 9th place game, loser plays in 11th place

Game B for Pool #1 and #2 (12:45, Field #1)

1st from Pool 1 vs. 2nd from Pool 2 → Winner plays Semi-Final, 9:30, Field #1, loser plays for 5th, Field #1, 11:55

Game C for Pool #1 and #2 (12:45, Field #2)

2nd from Pool 1 vs. 1st from Pool 2 → Winner plays Semi-Final, 9:30, Field #2, loser plays for 5th, Field #2, 11:55

Game D for Pool #3 and #4 (4:15, Field #1)

3rd from Pool 3 vs. 3rd from Pool 4 → Winner plays in 9th place game, loser plays in 11th place

Game E for Pool #3 and #4 (5:35, Field #1)

1st from Pool 3 vs. 2nd from Pool 4 → Winner plays Semi-Final, 9:30, Field #2, loser plays for 5th, Field #2, 11:55

Game F for Pool #3 and #4 (1:35 Drexel, Sat, July 21)

2nd from Pool 3 vs. 1st from Pool 4 → Winner plays Semi-Final, 9:30, Field #1, loser plays for 5th, Field #1, 11:55

Women on Sunday July 14

11th Place Game (8:30, Field #2, Sun, July 14) → Lost Game A & D

9th Place Game (8:30, Field #1, Sun, July 14) → Won Game A & D

5th Place Game (11:55, Field #1, Sun, July 14) → Lost Game B & F

5th Place Game (11:55, Field #2, Sun, July 14) → Lost Game C & E

Semi- Final Game (9:30, Field #1, Sun, July 14) → Won Game B & F

Semi- Final Game (9:30, Field #2, Sun, July 14) → Won Game C & E

Championship Game (1:15, Field #1, Sun, July 14) → Winners from Semi-Final Games

Men on Sunday July 14

7th Place Game (2:30, Field #2, Sun, July 14) 4th place from Pool #1 vs. 4th place Pool #2

5th Place Game (1:15, Field #2, Sun, July 14) 3rd place from Pool #1 vs. 3rd place Pool #2

Semi- Final Game (10:50, Field #1, Sun, July 14) 1st place from Pool #1 vs. 2nd place Pool #2

Semi- Final Game (10:50, Field #2, Sun, July 14) 2nd place from Pool #1 vs. 1st place Pool #2

Championship Game (2:30, Field #1 Sun, July 14) Winners from Semi-Final Games

***** Championship Celebration Immediately After Games at Championship Banner**

Cross-Overs Ending in a Tie: Best of 3 shootout then sudden victory using different shooters

Uniforms: Team in the higher numbered pool will always wear home (light) jersey/socks and the team in the lower numbered pool will wear away (dark) jersey/socks.

Tie-breakers for Play-Off Placing

- 1) Points
- 2) Head-to-head competition
- 3) Goal Differential
- 4) Goals For
- 5) Goals Against
- 6) Coin Toss