

Field Hockey Rules Changes - 2020

By nfhs on February 11, 2020

[field hockey](#)

1-5-1 thru 8: Re-organization of the uniform rule.

Rationale: Re-organization of the uniform rule and added language about uniform bottoms for clarity.

1-6-1: Clarifies that mouth protectors that cover the lips are allowed.

Rationale: Allows the use of mouth protectors that also cover the lips and brings the language in line with other NFHS rules books.

1-8-1a: Clarifies goalkeeper uniforms.

Rationale: The change clarifies the intent of the rule to make goalkeepers distinguishable from opponents not each other.

1-9-1b PENALTY (NEW): Clarifies the penalty for illegal uniforms or equipment after the game has begun.

Rationale: Clarifies penalty for illegal uniform or equipment after the game has begun.

3-2-4: Clarifies that the ball must travel at least 5 yards before being played into the circle.

Rationale: Clarifies that the ball must travel at least 5 yards before being played into the circle and removed redundant language.

4-1-1: Re-defined that a game will consist of four quarters of 15 minutes with intervals of 2 minutes between quarter 1 and 2 and between quarter 3 and 4.

Rationale: Aligns with several other rules codes. This is intended to allow for teams to maximize their play for the entire match. Set stoppage times will offer breaks for rest, hydration and strategizing. This change should be relatively easy for both the timers and umpires to administer.

4-2-3: Removed team timeouts to help keep the game fluid.

Rationale: With the change to four quarters teams have guaranteed breaks for rest, hydration and coaching opportunities. The removal of team timeouts will help keep the game fluid.

12-1-Penalties: Clarifies penalty intent and adds definitions of cards to rule on coaches conduct.

Rationale: Clarifies penalty intent and adds definitions of cards to rule on coaches conduct.

2020 Editorial Changes

1-2-4l; 1-6-5; 1-6-7; 1-8-1; 2-1-4c; 10-3-2; 10-3-2a

2020 Points of Emphasis

1. Providing an Official Scorer and Timer
2. Tackling
3. 5-yards
4. Issuing Cards