

# PCAL SPORTS RULES

## FIELD HOCKEY

**As Approved by Board of Managers January 2022**

### **1.1 Season of Sport**

This sport shall be conducted in the Fall season as defined by the Central Coast Section and State CIF by-laws. See Article V of the By-Laws of the Central Coast Section.

### **1.2 Start Dates for Practices, Scrimmages and Contests**

Dates for the start of practices, of scrimmages, and of contests shall be as set forth in Article V of the By-Laws of the Central Coast Section.

### **1.3 Contest Limits per Season**

Limitations on the number of contests in which a team or athlete may compete shall be as set forth in Article V of the By-Laws of the Central Coast Section.

### **1.4 Divisions**

Effective Fall 2022, League play in this sport shall be conducted in a single division known as PCAL Field Hockey.

### **1.5 League Schedules**

#### **1.5.1 Round Robin**

The league schedule for each Division shall be a single/double/triple round robin schedule, as may be decided by the League Board of Managers from year to year.

#### **1.5.2 Preparation and Approval of Schedules**

League schedules shall be prepared by the League Commissioner and sent to the League Athletic Directors Council for review, modification as needed. The Athletic Directors Council then send a recommended schedule to the League Board of Managers who consider, change as they deem necessary and vote approval of a final schedule.

#### **1.5.3 Obligation of Schools to Compete According to Schedule**

See Article 19 in the League By-laws regarding the obligation of all league schools to compete according to the approved league schedule.

### **1.6 Contests**

The following provisions shall govern all regular season Field Hockey contests hosted by a League School. Tournaments or Invitational events may be conducted under differing rules not in conflict with the rule book for this sport.

#### **1.6.1 Rules**

Field Hockey contests shall be governed by the rules of the National Federation of High Schools for Field Hockey and in accordance with any additional rules set forth in this Section 1.6.

#### **1.6.2 League Contest Start Times**

In the event of single Varsity games only, the start time will be 4:00 PM.

In the event of side by side games, the start time will be 3:30 PM

In the event of back to back games, the varsity game shall be played first and start at 3:30 PM, with the JV game following. (It is understood that

transportation schedules may interfere with starting times. It is also understood that visiting teams will notify home teams in each such case. No team will be penalized for transportation difficulties.)

**1.6.3 Host School Responsibilities**

1.6.3.1 Shall provide an official scorer and timer. The scorer and timer must remain at the designated timer's table for the duration of the contest.

1.6.3.2 Shall have the final decision of calling games in case of rain. Visiting schools and officials must be notified by 12:00 PM.

1.6.3.3 Shall provide all necessary field and game management equipment, including:

- a. Regulation field with required markings;
- b. Regulation goal cages;
- c. One NFHS marked Field Hockey ball for each contest;
- d. Table, 2 chairs, clock and scoreboard (electric or manual) for scorer and timer.

1.6.3.4 Shall report contest results to all appropriate local media and to the MaxPreps website.

**1.6.4 Contest Tie Breaker:**

After a regulation tie, in Varsity league single round robin or bracket play only, a seven (7) minute, sudden victory; seven (7) aside shall occur. The 7-7 will follow the CCS format for play. See CCS Field Hockey By-Laws at [www.cifccs.org](http://www.cifccs.org). Only after that will the game end in a tie. A PCAL school may also choose to use this same tie breaker in non-league games, but by advance agreement with the non-league opponent.

**1.6.5 Movement of Players; One Contest Per Day**

Unlimited movement between JV and V during season. Each site shall monitor movement of its players to ensure that individuals do not exceed the maximum limit of contests for a season.

**1.6.6 Roster to Timer**

Both team coaches must provide a roster of players to the timer as soon as they arrive on field and before game time.

**1.7 League Championship Determination**

The league championship determined by the league round robin results. The standings will be determined by a point system, with each team receiving 3 points for a league win, 1 point for a league tie, and 0 (zero) points for a league loss. The final league standings will be determined by the number of points that each team has accumulated during the league season. In the case of a first place tie between two teams, those teams shall be Co-Champions of the Division. In the case of a first place tie between three teams, those teams shall be Tri-Champions of the Division.

**1.8 League Qualifiers to the CCS Playoffs**

1.8.1 The teams earning the PCAL Automatic qualifier spots to CCS shall be determined by the final standings in the regular league season round robin schedule.

1.8.2 Tie Breakers for CCS Qualifier Spots: The league tie breaker shall be applied in accordance with the Tie Breaker rules contained in PCAL General By-Laws, Article 23.3, with the further proviso that, if the head to head comparison in round robin league play is a tie, then the next factor to be looked at is the head to head comparison in any bracket game played between the two teams per the league schedule. If still a tie, then revert to the regular league tie breaker.

**1.9****All League Selections**

PCAL Field Hockey all-league selections shall be made by the coaches of that Division after the end of the League season. Those selections shall be made and announced in accordance with the provisions of PCAL By-Laws, Article 24 as well as the provisions of the PCAL All-League Selection Policy.

**End PCAL Field Hockey Sports Rules.**

**Dec 2021.** Added the 3-0-1 scoring set forth in Article 1.7.

**Jan 2022.** Revised all to reflect single Division. Deleted 1.6.5 limit of student to only one game per day