



FIELD HOCKEY COACHING MANUAL

Revised March 2019

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**WELCOME TO THE
WHITPAIN RECREATION ASSOCIATION
FIELD HOCKEY PROGRAM**

“Adult volunteers committed to firmly implanting the ideals of good sportsmanship, citizenship, community involvement, and spirited athletic participation in the boys and girls of our community”

We are proud to announce that the WRA Field Hockey Program is in its 23rd year of community service. Since 1996, WRA has provided field hockey instruction to approximately 500 children each year. Our program has taken on new challenges every year to expose the children of our community to the sport of field hockey. The game has become faster and now demands more skill than ever. WRA has access to facilities including the Germantown Academy (GA) turf fields for practices and Senior Division games, where we are able to provide the Senior Division with game and tournament play on full size regulation fields as well as the Wissahickon Stadium field for Instructional Practices and Junior and Intermediate games. This provides opportunities for more players in addition to providing experience with real game situations. With turf practices at GA during the week, along with all games being played on turf at both Wissahickon High School and GA, we are able to continue providing our players with a quality program that will ensure continued improvement in their skills.

The WRA Indoor Field Hockey Program also remains popular year after year and the improvement in the level of play in all the players that participate is evident throughout the season. In fact, the majority of registered Indoor Field Hockey players go on to play for the upcoming outdoor season.

We believe that WRA Field Hockey is one of the very best youth recreational field hockey programs in the country. However, this is only possible with the dedicated parents and high school players who have consistently volunteered their time and efforts over these last 23 years. We believe that it is critical to dedicate the time and effort towards the continued development of coaches for our field hockey program. We will provide coaches with manuals and lesson plans to help any coach that wants to improve their knowledge of the sport. Thank you for volunteering to participate in our program this year. We hope you find the WRA Field Hockey experience a rewarding one. The children of our community are worth the extra time and effort!

We always welcome feedback from coaches, players and parents regarding the WRA Field Hockey Program and this Coaching Manual in an effort to continuously improve the program and the players' experience.

The WRA Field Hockey Committee

Karen Missimer and Lauri McCallum – **Co-Chairs**

Deanna Lutte, Colleen Connors, LeAnn Marchesi, Heather Hoover – **Division Commissioners**

Rich Fry – **Officials Coordinator**

WRA Field Hockey Program

Organization Structure

WRA FIELD HOCKEY COMMITTEE

INDOOR (WINTER) CO-CHAIRS [Outgoing]

Pat Gauglianone – patguag@msn.com

Lisa Becker – lbecker583hotmail.com

OUTDOOR (SPRING) CO-CHAIRS

Karen Missimer – kmissimer@gmail.com

Lauri McCallum – mcpax2011@gmail.com

OUTDOOR (SPRING) DIVISION COMMISSIONERS

INSTRUCTIONAL – Deanna Lutte

JUNIOR – Colleen Connor

INTERMEDIATE – LeAnn Marchesi

SENIOR – Heather Hoover

OFFICIALS COORDINATOR – Rich Fry (mrfray22@yahoo.com)

1.0 COACHING INFORMATION

1.1 WRA General Coaching Philosophy

“To teach the game of field hockey in a fun environment and to work on child development in sportsmanship, fair play, teamwork and competition.”

1. By creating a psychologically healthy situation, all children can be winners regardless of win/loss record.
2. Winning will take care of itself within the limits of the player’s talents if the coach helps them develop their athletic abilities.
3. While happy players don’t always win, they need never lose.
4. Valid goals for participants include the enjoyment of relating to a coach and teammates, increasing self-esteem, improving skills, and looking forward to further sports participation.
5. Coaches and parents need to have realistic expectations and consistently reward players when they succeed in meeting them.
6. Reward effort as much, or more, than results.
7. Players have complete control over how much effort they make; they have only limited control over the outcome of their efforts.
8. A positive approach to coaching is characterized by liberal use of reward and encouragement.
9. Use a positive approach to instruction rather than punishment in any form.
10. The coach must emphasize the positive rather than the negative aspects of each individual performance.
11. Encouragement can become contagious and aid in building team unity.
12. Coaches should never use sarcastic or degrading language.
13. Mistakes can provide a golden opportunity to provide corrective instruction.
14. Treating officials with respect and tolerance for mistakes will assist players in acting in a dignified manner.
15. Expose all players to all positions.
16. **SMILE and Have Fun!**

1.2 Roles & Responsibilities

Position	Responsibilities
Chair	<ul style="list-style-type: none"> • Update WRA FH website • Attend WRA Board Meetings – represent FH • Initiate Registration Process in December • Enlist Commissioners by January • Solicit Sponsors for Teams • Cancel GAMES at least 2 hours prior to scheduled GAMES • Address the escalation of issues with Commissioners, Coaches, Players or Referees as necessary
Commissioner (per Division)	<ul style="list-style-type: none"> • Identify/Enlist Divisional Coaches • Ensure Coaches have mandatory background checks • Ensure minor volunteers complete required forms; Maintain forms • Form Team Rosters considering general skill level noted during registration • Determines practice schedule for Teams considering Coach and Player availability • Solicit Sponsors for Teams • Order Uniforms (no later than 2 weeks prior to 1st week) • Develop Tournament Schedule at end of season • Address the escalation of issues with Coaches, Referees, Players
Coaches	<ul style="list-style-type: none"> • Conduct Practices – Make it Fun! • Communicate regularly with team re: practices, games and schedules [ensure parents know location of GA fields and where to park] • Cancel PRACTICE at least 2 hours prior to scheduled PRACTICE • Address issue with Players • Address issues with Referees directly with Referee or escalate to Referee Coordinator
Referee Coordinate	<ul style="list-style-type: none"> • Conduct pre-season training • Schedule referees for all Games (PIAA refs for Senior Games and students for Intermediate and Junior Games and for all tournaments) • Notify Referees of any cancelled games • Address any issues with Referees and/or Coaches

1.3 COACHING INFORMATION

Administration Responsibilities

1. The Commissioners for each division will set up rosters, game schedules, and practice nights/times. These will be distributed at the Coaches Meeting in February if possible.
2. Coaches should email each player on their roster to notify them of the Opening Day and practice schedules and provide information related to the TeamWALL as the primary means of communication.
3. Commissioner and Coaches shall ensure that all players/parents know how to access the following through the TeamWALL on their WRA accounts:
 - a. Team roster with team members' names
 - b. Game and practice schedule
 - c. Coach's name and contact information

Practice and Game Responsibilities

1. All players MUST wear a colored mouth guard, shin guards, and eye protection.
2. NO JEWELRY AND NO TAPING OF JEWELRY.
3. Ask parents for assistance:
 - a. Parents of players are encouraged to participate whenever possible as registered Assistant Coaches in compliance with background check requirements.
 - b. Setup of fields before practice/games [detail provided below]
4. ALL PLAYERS SHOULD GET EQUAL PLAYING TIME IN GAMES AND TOURNAMENTS – Remember this is an intramural program.
5. Players need to play all the positions on the field.
6. DO NOT allow scores to become lopsided.
7. Senior Division coaches must input final game scores using the SI Play software.
8. Referees are in charge of the game
 - a. Coaches should consider meeting with referees before each game to discuss rules.
 - b. Treat ALL referees with RESPECT

- c. There are NO PROTESTS
 - d. Unsportsmanlike conduct will NOT be tolerated from Coaches, Players or Spectators
9. Coaches are responsible for the conduct of their players, parents, and spectators
10. On Wissahickon & Germantown Academy Properties:
- a. NO SMOKING
 - b. NO DOGS ALLOWED WHEN GAMES ARE BEING PLAYED
 - c. Parents/siblings are not allowed inside the fence at Wissahickon during games. Walkers can utilize the paved area outside the fence.
11. DO NOT leave children unattended after games or practices.
12. Coaches must have player emergency contact and medical information with them at practices and games. This information is available on the TeamWALL.
13. Equipment must be returned at the end of the practice and game (or season) in good condition.

Field Setup @ WHS and GA on Sundays

1. WHS - Instructional division coaches/parents are responsible for placing the goals on the field 15 minutes prior to the start time. The Commissioner of this division will provide the Coaches with the code to unlock the goals.
2. WHS - The parents of Junior and Intermediate division teams *with the early games* are responsible for placing the penalty circle markers on the fields using the appropriate supplies that are maintained in each tub (unless the markers are already be in place from the Instructional Division).
3. GA – Senior Division parents need to move the goals onto the field and position them as well as the goalie boxes prior to the first games. **Goals must be moved back, goalie boxes returned to the shed and fields must be returned to GA lacrosse set-up before leaving.**

Inclement Weather/Field Closure

1. Games – If school officials close fields, or if Field Hockey Committee Members decide that inclement weather is not safe or not conducive to playing, registrants will be notified via email that games are canceled. Every attempt will be made to notify players/parents at least 2 hours prior to game time. Coaches should NOT individually cancel games for their own team due to the impact to other teams and the season schedule.

2. Practices – Coaches will use their own judgment in deciding whether or not to hold practice based on weather concerns. A Chair will notify Coaches if school officials close fields. Coaches are responsible for notifying their players of practice cancellation and every attempt should be made to notify players/parents at least 2 hours prior to practice start.
 3. General Guidelines:
 - Rain – Practice will be held in the rain barring severe weather conditions; The girls typically have the most fun on these days!
 - Storms – “If you can see it, flee it; If you can hear it, clear it”; In the event of thunder or lightening, the fields will be cleared
- **NOTE:** GA has a Lightning Detection System called Weatherbug which automatically detects lightening within six miles of the campus. When there is lightening in the area, one long 15-second horn blast will sound and strobe lights from the lightening detection system (located on the Field House and on the building next to the tennis courts) will flash. Please clear the fields if you should hear this alert (or at any time if you see lightening or hear thunder). There is a 30-minute waiting period following the LAST lightening detection within six miles. Once the 30-minute passes, the system automatically sounds the all clear, which is (3) five-second horn blasts. At that time, activities can resume.

1.4 BACKGROUND SCREENING (from WRA website)

Purpose - The primary objective of the WRA's Background Screening Policy is to protect the children who participate in WRA programs. A secondary goal is to protect our parents, adult volunteers, and spectators.

Pennsylvania state law requires that WRA volunteers who work with children obtain and provide background checks (in addition to the WRA registration). The required clearances must be submitted to WRA (uploaded electronically) before a volunteer is permitted to work with children. That means you cannot coach or otherwise work with children in any WRA programs until you complete and submit all of the documents and information outlined below. Please email info@wrasports.com with any questions regarding this policy.

The three (3) clearances/documents that MUST be completed and uploaded to WRA's secure database every 5 years are:

1. Pennsylvania State Police Record Check

2. Child Welfare Clearance

3. Signed Disclosure Statement (for PA residents who have lived in PA continuously for more than 10 years) OR an FBI fingerprint-based record check (for those who have not lived in PA continuously for the past 10 years (use code 1KG6ZJ)

Once you have completed all of the mandated clearances, you must submit the clearances in .pdf format to the WRA secure database at:

<http://www.emailmeform.com/builder/emf/WRA/Backgroundcheck>

Privacy of Background Checks: All information submitted to WRA as per these requirements will be considered confidential between that individual and the WRA Executive Board of Directors. Files uploaded to WRA are encrypted in storage and transmission to our Submission system with AES 256 SSL encryption. Our hosted solution maintains both SSAE-16 Type I and Type II attestations in conjunction with their auditor SSAE 16 Solutions.

Parents' Responsibility: The Kid Safe Program and Criminal Background Check are valuable tools that Whitpain Recreation Association and similar organizations use to help protect our children from dangerous people. These tools are not 100% fool proof, however, and are not a guarantee. It remains your responsibility as a parent to supervise your children, to get to know the people working with your children, and to inform the nearest WRA representative (Coach/Commissioner) or the Police if you become aware of any behavior that you believe is inappropriate. The Commonwealth has created a portal for reporting purposes: www.compass.state.pa.us/cwis or 800-932-0313.

WRA Policy Statement: Anyone over the age of 18 applying for a role within the WRA that puts them in contact with children (including but not limited to coaches and assistant coaches) must complete a criminal background check. Returning volunteers will be re-screened annually. A volunteer is not authorized to work with children until a background screening has been processed and approved by the WRA. WRA Board members will also be screened annually. The WRA's primary mission is to provide a safe, healthy environment for its youth participants. Every effort will be made to protect the privacy interests of Board members and volunteer applicants, to the extent that such efforts are not inconsistent with that primary mission.

Documents/Forms are located on the WRA website at <http://wrasports.org/site/> (click on 'Background Screening' on menu on the left side of the screen). Additionally, volunteer Coaches/Assistant Coaches who are Minors/Students need to complete 2 forms located at this same site.

2.0 PROGRAM INFORMATION

The WRA Field Hockey Program

1. The WRA Field Hockey Chairperson(s) and members of the Whitpain Recreation Association Board shall govern the Field Hockey program. It shall be the duty of the Chairperson to direct and to supervise all activities of the program.
2. All coaches are reminded that the development of children into responsible men and women is the primary motivation of the Whitpain Recreation Association; winning is secondary.
3. Any gross misconduct, unfair play, or behavior in direct conflict with the philosophy presented in this manual, or consistent noncompliance with the WRA Field Hockey Committee rules and procedures as set forth in this coaching manual will subject the coach and/or assistant coach to review by the Field Hockey Chairperson and the WRA Vice President of Operations for possible dismissal or non-approval.

Teams

1. **The number of Registrants shall determine number of players per team.** The ideal maximum number of players per team is 12 for Instructional, 12 for Junior, 12 for Intermediate, and 18 for Senior.
2. **Number of Teams.** The available coaching staff and fields will determine the number of teams in each Division. There shall be an even number of teams in each division, unless there are circumstances that require an odd number.
3. **Grade Requirements**
 - a. Senior Grades - 7, 8, 9, 10*, 11*, 12* (*non-varsity letter)
 - b. Intermediate Grades - 5, 6
 - c. Junior Grades - 3, 4
 - d. Instructional Grades - 1, 2

4. **Children must play in their appropriate age groups.** Players will not be allowed to play up a division unless there is a circumstance deemed appropriate by the Chairperson(s) and the Commissioner. Children may not play down unless there is a circumstance deemed appropriate by the Chairperson(s) and the Commissioner.

Formation of Teams

1. It shall be the responsibility of the WRA Field Hockey Committee to conduct a registration prior to the beginning of a new season.
2. Coaches shall be selected annually and must comply with WRA and Pennsylvania background check requirements.
3. **High School students who take on the role as coaches must have a registered parent/adult to act as an assistant coach and attend all practices/games.** Minor/student coaches must sign and submit a Parent or Guardian Attestation form as well as a Volunteer Affirmation Agreement form to their Division Commissioner. Both forms are available on the WRA website.
4. WRA Field Hockey may consider requests regarding coaching, carpooling or friends but there is no obligation to honor such requests. Teams are formed as best as possible to accommodate one practice night conflict. Coaches may not switch players from one team to another.
5. Coaches shall be responsible for the actions of their teams on the field.

Schedule

1. The Field Hockey Committee shall approve the schedule for season games.
2. Practices and field assignments shall be established and maintained by the WRA Field Hockey Committee.

League Standings (Senior Division)

1. The Senior division coaches will input game results each week and the online software will keep track of team standings throughout the season using a standard win/loss/tie point system. The seasons point totals will be used to determine pool positions in the year-end WRA Tournament.

2. There will be no league records kept for the regular season for the Intermediate, Junior, and Instructional Divisions. Intermediate, Junior, and Instructional Division teams will compete in an end-of-year tournament.

Games/Tournaments

- a. **Score Table / Senior** (volunteer parent – if available)
 - i. Keep the score of the game in the scorebook supplied.
 - ii. Help game official as needed with time keeping, etc.
- b. **Players and Substitutions**
 - i. **All players must play a minimum of 50% of every game**
 - ii. Substitutions must occur in the substitution area at mid-field
 - iii. Player must exit field **BEFORE** substitute may enter
 - iv. There are no limits to substitutions, except substitutions may not be made during penalty corners

Referees

1. **The referee shall have full control of the game. The referee's decision is final on all calls.**
2. Our referee development program is composed of high school students in training; these referees work games in the Instructional, Junior, and Intermediate divisions only.
3. WRA will endeavor to utilize PIAA certified referees for all Senior games.
4. If the scheduled referee is not present to officiate a game, a coach, assistant coach or spectator must officiate. Each team will select one person to officiate for one half of the game.
5. The referee will report any cautions or behavior contrary to the goals of the WRA to the Field Hockey Chairperson or Officials Coordinator.
6. **NO PROTESTS WILL BE RECOGNIZED** – remember that WRA Field Hockey Program is an intramural, recreational-level program. The development of children into responsible men and women is the primary objective of WRA; winning is secondary. Coaches may not walk onto the field to protest any plays or calls by the referee. **In the Senior Division, a referee's ruling may be discussed with only the head coach, and only at half time or at the end of the game.**

On The Field Coaching Reminders

1. Because Coaches are working with children at a formative age, this position requires understanding and patience; you are the most important adult in our field hockey program.
2. The Coach must be a leader who should inspire respect and who should develop a desire to excel and a determination to give a 100 percent effort. The Coach should encourage young players to enjoy competition and to do their best regardless of the final score.
3. Coaches are never to enter the field of play or approach the referee to contest a ruling. Coaches may only coach their players about position and ball play during the game.
4. **On field coaching during the first scrimmage and first game only will be allowed, Instructional division excepted.** There may be special circumstances when a Coach is on the field during game play. If this occurs, the Coach who will be on the field is to notify the other Coach before the game.
5. It is especially important that a Coach praises the efforts of the members of the losing team.

Tournaments / Awards

Senior Division

1. Win/Loss/Tie record from season play will place each team into seeding positions for the WRA Tournament. [WIN = 3 points / TIE = 1 point / LOSS = 0 points]
2. Medals for 1st, 2nd, and 3rd place will be awarded at the conclusion of the WRA Tournament

Intermediate Division

1. No records for win/loss are kept for regular season play
2. End of season round robin Tournament will determine final teams standings
3. Medals for 1st, 2nd, and 3rd place will be awarded at the conclusion of the WRA Tournament

Junior Division

1. No records for win/loss are kept for regular season play
2. End of season round robin Tournament will determine final teams standings

3. Medals for 1st, 2nd, and 3rd place will be awarded at the conclusion of the WRA Tournament

Instructional Program

1. Children will play in games and an end-of-season tournament
2. All players will receive participation recognition medals

3.0 WRA RULES OF PLAY (for all Divisions)

The following are general rules of play that need to be adhered to for all Divisions. The Division Commissioners and/or WRA Field Hockey Co-Chairs should be contacted if the general rules of play are not understood or if further clarification is needed.

3.1 General

1. Before every practice and game the following items need to be checked:
 - a. **All players must wear a mouth guard, shin guards and protective eyewear.**
 - b. Coaches will be asked to make an equipment, uniform, and jewelry check of each team prior to the start of each game. **NO JEWELRY IS ALLOWED AND NO TAPING.**
2. Official(s) will try to allow as much continuous play as possible and safe.
3. The game is started and resumed after each goal with a center pass/self-pass.
4. Goals are scored when the ball crosses the goal line. In the Senior division it must enter on either side of the “barrier” and within the goal cage or in the air over the barrier.
5. A ball hit out of bounds will be returned to play with:
 - a. **A Side-in** at the spot where the ball went over the sideline;
 - b. **A 16 yard hit** taken by defense after the offense has hit the ball over the end line but not into the goal;
 - c. **25-Yard free hit (formerly long hit)** taken by offense on a spot on the 25-yard line after the defense hits the ball over the end line; See rules of play for application of the 25-yard free hit in the Instructional, Junior, and Intermediate divisions.
6. Free hits are awarded to a team when the opposition fouls (see below) by breaking one of the playing rules. Free hits are taken at the spot as close as possible to where the foul occurred except in the special case of fouls in the penalty circle. Defenders must be five (5) yards away from where the ball is placed.

7. **Self-Pass Rule** A self-pass can be used anywhere on the field, including the sidelines, at the start of the game or after a goal from the center of the field, or where a free hit was previously allowed. The hit/pass should be taken where the foul occurred. For a self-pass, the ball must be stationary. It is easiest for the coach to tell the players to stop the ball dead. However, if the player makes the attempt to stop the ball dead but it is still slightly rolling, this will be allowed. Opponents must be at least 5 yards from the ball (or at least making an effort to move away).
8. **Indirect Circle Entry** (Inside the 25-yard line OR inside the offensive half of the field for Intermediate/Junior games): Between the 25-yard line and the goal (when attacking), **the attacking player CANNOT hit the ball directly into the circle without one of the following three below occurring:**
- a) pass to a player on your team,
 - b) have it touched by a player on the other team, OR
 - c) move the ball a total of five (5) yards yourself. A player can dribble any direction or pull it back and forth a few times before the ball can enter the circle.
- ALL players must be 5 yards from player taking the ball (both teams).
9. **16-yard hits** are given for fouls by the offense in the penalty circle.

3.2 Fouls

Advancing - stopping or kicking the ball with the feet. This will **NOT** be called unless it is deliberate or creates an advantage.

High sticks - swinging the stick above the waist in a dangerous or intimidating manner.

Dangerous Hits - No ball is to be hit (drive) or lifted (flick) dangerously. It is not the height of the ball but the proximity of players that makes a hit dangerous. The ground cannot cause a "high ball" or a dangerous hit.

Stick interference - poor tackling or hacking away at the opposition's stick rather than the ball. Deliberate stick tackling.

Obstruction - a player using her/his body to prevent the opponent from playing the ball. A player in possession of the ball does not obstruct her opponent by "spinning" around and protecting the ball as long as she moves away from the opponent and not into them (an advanced skill). Also, a teammate setting a "pick or a screen" for a player is regarded as **third party obstruction**.

Illegal substitution - substitute enters field before player has completely left the field. Substitute and player do not exchange at 50-yard line. Free hit/self-pass given is awarded to the other team or 10-yard upgrade on opposition's free hit. Free hit going into the circle by the opposition can be upgraded to a penalty corner.

Penalty corners - are given for fouls by the defense in the penalty circle or deliberate fouls within the 25-yard line. During penalty corners, defenders and sticks must be behind the end line and 5 yards from where the ball is placed. All attack players and sticks must be outside the penalty circle. The attacking player receiving the insert hit must stop or attempt to stop the ball before shooting on goal. **A goal cannot be scored by the attacking team until the ball has traveled outside the circle and brought back into the circle.** **NEW THIS YEAR:** For penalty corners, there will only be 3 defenders behind the goal line.

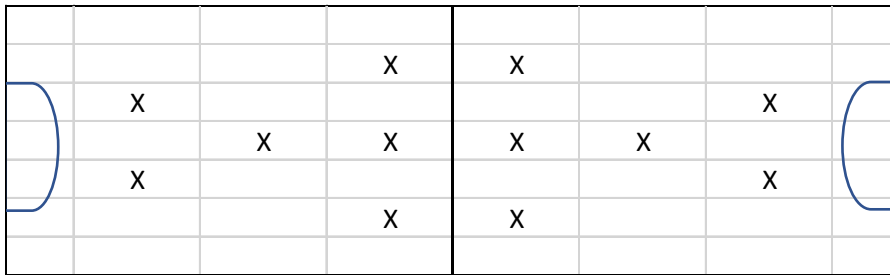
Penalty Stroke

1. A penalty stroke is awarded when the defense fouls deliberately in the circle or a foul occurs in the circle that would have prevented a sure goal.
2. The stroke is taken 7 yards in front of the goal by an attack player.
3. There will be no defender in the goal.
4. Legal strokes are the flick, push, and scoop.
5. A goal will be scored when...
 - a. JR division – an attempt is made to flick (scoop) the ball must lift at least 12" off surface, but does not need to enter the goal in the air, just needs to enter the goal.
 - b. INT division – the ball is lifted into the goal. The ball **MUST** cross the goal line (in the air) prior to touching the ground.
 - c. SR division – the ball crosses the goal line, in the air, outside of the plane created by the goalie box (a ball crossing over the goalie box will NOT count).

3.3 Suggested Playing Formation

Instructional, Junior and Intermediate Divisions

These divisions mostly will use the 6 vs 6 formation shown below. A 5 v 5 formation would eliminate the center forward position.



3.4 Playing Formation Once Play has Begun

- Defenders should “see-saw” depending on which side of the field the ball is on (ball on the right – right defender slides up to support, left slides back and into the middle).
- Other players make “runs” as needed to open up the playing field.
- Coaches NEED to ensure that the players in the BACK positions are involved in play – at times there may be a back who sees less playing time based on the positioning by the coach.

4.0 DIVISION RULES OF PLAY

Instructional Rules

1. Protective eyewear is required for this division and must be in accordance with NFHS rules.
2. Playing roster – 6 vs 6, NO GOALIES, and players are to be taught that they are NOT allowed to play in a goalie manner.
3. Field dimensions - 35 x 60 yards (1/3 of the turf field).
4. Officials – One WRA official during round robin tournament.
5. Game time – three 15 or 20-minute games during round robin tournament.
6. Free substitution – at mid-field. Players MUST exit field before substitute may enter.
7. Penalty corner – defense is allowed four (4) players behind the goal line no closer than 5 yds. from the insert spot, no players may start inside the goal, and two (2) players inside the football hash marks on their offensive end of the field.
8. Dangerous balls are any balls above knee level; dangerous use of stick is any stick above the shoulder.

9. Self-Pass Rule – This rule will be introduced to this Division as the Commissioner deems appropriate based on the players’ development during the the season.
10. The offense will be awarded a ‘25-yard free hit’ when a defender unintentionally causes the ball to go across the end line or if the ball glances off the stick/person of a defender in this area and goes across the end line. Play will be re-started from the football hash marks in a spot that is in line with where the ball crossed the end line.
11. Sunday Practices/Scrimmages – General game play should commence after the 3rd practice.
12. Games – Commissioner will determine game play rotation for the tournament.

Junior Rules

1. Protective eyewear is required for this division and must be in accordance with NFHS rules.
2. Playing roster – 6 vs 6, NO GOALIES, and players are to be taught that they are NOT allowed to play in a goalie manner (see #8).
3. Field dimensions - 35 x 60 yards (1/3 of turf field).
4. Officials – two WRA officials.
5. Game time – two 25-minute halves, 5-minute halftime, running time.
6. Free substitution – at mid-field. Players MUST exit field before substitute may enter. No substitutions during penalty corners.
7. Time outs – One (1) time out per half, one minute long, not to be taken in the last 5 minutes of a half.
8. Defensive players must be marking offensive players and may NOT take a “goalie-like” position. We want to teach defenders to engage in play, not to hang back and take a “goalielike” stance. If a defender is assuming a goalie-like position, the official will issue a warning to players and coaches. Continued violation of this WRA league rule will be deemed a “foul” and will result in a penalty corner. *This “foul” is a WRA league rule designed to foster appropriate play by defenders in the absence of a true goalie.* In addition to the league rule, officials will enforce the field hockey rule that states **a penalty stroke shall be awarded if a player in a goalie-like position commits a foul, intentionally or unintentionally, that prevents a sure goal.** Possible outcomes for the most common foul in the goal area, hitting a defender’s foot, include:

- (a) the player is marking an offensive player and the ball hits her foot unintentionally – corner;
 - (b) the player is not marking an offensive player (is playing goalie) and the ball hits her foot unintentionally – stroke;
 - (c) the player is marking an offensive player and deliberately stops the ball with her foot - stroke.
9. Penalty corner – defense is allowed four players (4) players behind the goal line no closer than 5 yds from the insert spot, no players may start inside the goal, and two (2) players inside the football hash marks on their offensive end of the field.
 10. Penalty strokes (attempt must be made to lift the ball off the surface at least shin high – 12”) - see Section 3.2 - Penalty Stroke.
 11. Dangerous balls are any balls above knee level; dangerous use of stick is any stick above the shoulder.
 12. Self-Pass Rule – Will be applied to this division. See Self-Pass Rule in the Rules section. For the Junior Division, “inside the 25-yard line” shall mean in the offensive half of the field.
 13. The offense will be awarded a ‘25-yard free hit’ when a defender unintentionally causes the ball to go across the end line or if the ball glances off the stick/person of a defender in this area and goes across the end line. Play will be re-started from the football hash marks in a spot that is in line with where the ball crossed the end line.
 14. To simplify play, and in the absence of a broken (dashed) circle, players will take any free hit awarded for a foul inside the hash marks at the spot of the foul; *the ball must travel 5 yards before being hit into the circle.*

Intermediate Rules

1. Protective eyewear is required for this division and must be in accordance with NFHS rules.
2. Playing roster - 6 vs 6, NO GOALIES, and players are to be taught that they are NOT allowed to play in a goalie manner (see #8).
3. Field dimensions - 35 x 60 yards (1/3 turf field).
4. Officials – two WRA officials (experienced when possible).
5. Game time – two 25-minute halves, 5-minute halftime, running time.

6. Free substitution – at mid-field. Players MUST exit field before substitute may enter. No substitutions during penalty corners.
7. Time outs – One (1) time out per half, one minute long, not to be taken in the last 5 minutes of a half.
8. Defensive players must be marking offensive players and may NOT take a “goalie-like” position. We want to teach defenders to engage in play, not to hang back and take a “goalielike” stance. If a defender is assuming a goalie-like position, the official will issue a warning to players and coaches. Continued violation of this WRA league rule will be deemed a “foul” and will result in a penalty corner. *This “foul” is a WRA league rule designed to foster appropriate play by defenders in the absence of a true goalie.* In addition to the league rule, officials will enforce the field hockey rule that states **a penalty stroke shall be awarded if a player in a goalie-like position commits a foul, intentionally or unintentionally, that prevents a sure goal.** Possible outcomes for the most common foul in the goal area, hitting a defender’s foot, include:
 - (a) the player is marking an offensive player and the ball hits her foot unintentionally – corner;
 - (b) the player is not marking an offensive player (is playing goalie) and the ball hits her foot unintentionally – stroke;
 - (c) the player is marking an offensive player and deliberately stops the ball with her foot - stroke.
9. Penalty corner – defense is allowed four (4) players behind the goal line no closer than 5 yds from the insert spot, no players may start inside the goal, and two (2) players inside the football hash marks on their offensive end of the field.
10. Penalty strokes – a goal is awarded if the ball enters the goal in the air; See Section 3.2 – Penalty Stroke.
11. Dangerous balls are any balls above knee-level; dangerous use of stick is any stick above the shoulder if any players are in the area.
12. Self-Pass Rule – Will be applied to this division. See Self-Pass Rule in the Rules section. For the Intermediate Division, “inside the 25-yard line” shall mean in the offensive half of the field.
13. The offense will be awarded a ‘25-yard free hit’ when a defender unintentionally causes the ball to go across the end line or if the ball glances off the stick/person of a defender in this area and

goes across the end line. Play will be re-started from the football hash marks in a spot that is in line with where the ball crossed the end line.

14. To simplify play, and in the absence of a broken (dashed) circle, players will take any free hit awarded for a foul inside the hash marks at the spot of the foul; *the ball must travel 5 yards before being hit into the circle.*

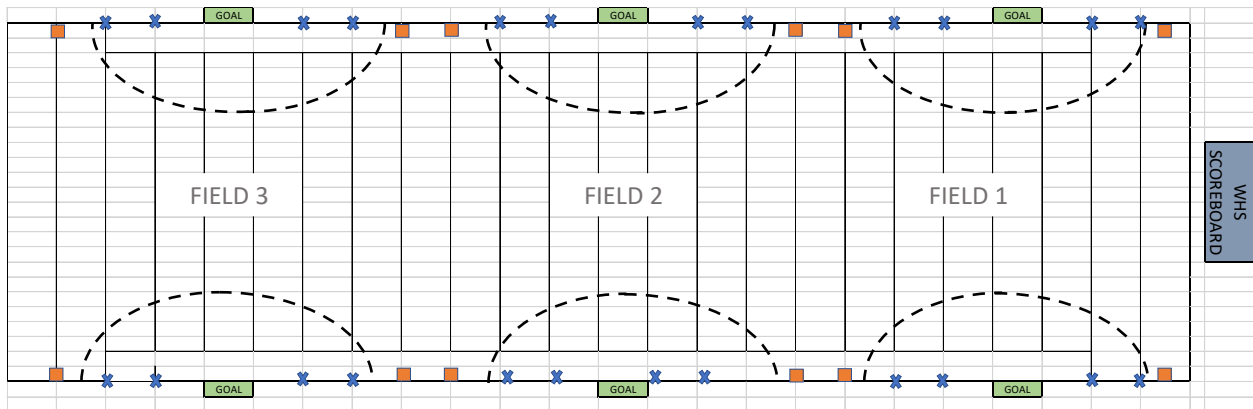
Senior Rules

1. Protective eyewear is required for this division and must be in accordance with NFHS requirements.
2. Will play according to the current NFHS rulebook as adopted by PIAA **with WRA notations****.
3. Playing roster - 10 vs 10 (Need at least 7 players to play an official game).
4. Field Dimension - Full field, 60 x 100 yards.
5. Officials - One Paid PIAA official, if available.
6. Game time – two 25-minute halves (running time) with, 5-minute halftime
10. Substitution - Free substitution except on penalty corners. Substitute at mid-field ONLY. Player must be completely off the field before substitute enters.
11. Time outs - one (1) per half, one minute in length.
12. NO GOALIES. Goal cages will contain a foam barrier 18" x 18" x 36" placed in the middle of the goalmouth.
13. Shots on goal must not be dangerous. Defenders must be marking players and not "playing goalie" along the goal line.
14. Penalty stokes – ball must enter the goal in the air outside of the plane created by the goalie box, above 18 inches (height of black boards).
15. The offense will be awarded a 25-yard free hit when a defender unintentionally causes the ball to go across the end line or if the ball glances off the stick/person of a defender in this area and goes across the end line. Play will be re-started with the ball on the 25-yard line that is in line with where it crossed the end line, and all procedures for taking a free hit will apply.

16. Players may play the ball in a controlled manner in any part of the field when the ball is at any height, including above the shoulder, unless this is dangerous or leads to danger.

5.0 FIELD SETUP (WHS)

The following instructions are for the field setup at WHS Instructional, Junior, and Intermediate Games. Fields are 35 yards wide (Field 1 is smaller). All are 60 yards long. Field 1 is located closest to the scoreboard. There are 5 yards between each field.



Description of the tasks that need to be accomplished as part of the field setup at WHS:

1. **Goal placement** – The center of the goal is placed in the center of each field (about 15 yards from sideline for Field 1 and about 17 yards for Fields 2 and 3). Completed by the Instructional Coaches/Parents.
2. **Corner markers** – starting at the end of the Field 1, place a corner marker at the corner of each field. Count 30 yards, use the white football lines (they are every 5 yards) and put down a marker. Then count 5 yards, place a marker, then 35 yards, place a marker, then 5 yards, place a marker and finally 35 more yards and place a marker. If done correctly, you should end on the last full line along the field 5 yards in front of the football goal posts on the far end of Field 3.
3. **Penalty Circles** – in the field set-up tote are six white bags containing red markers as well as a 15 yd piece of rope. These are used to make the circles. You will need 4 of the smaller markers for each penalty circle you create. This is at least a 2-person job. Follow these directions:
 - a. One person stands at the post with the rope in hand. Stretch the rope along that goal line.

- b. Find the blue/black pen marks along the rope and place a small marker at each spot. There will be 2 on each side of the goal. The first should be 5 yds from the goal post, the second 10 yds from the goal post.
- c. Keeping the rope tight and walking, place a marker every few yards until you are straight out from the goal post. Have the person on the post now move to the other post and continue to circle back to the opposite side of the goal from where you started.
- d. Finally place two more small markers at the pen marks on the goal line
- e. Repeat for the other goal areas.

NOTE: This can be done quickly and does not have to be exact. I walk with the rope in one hand and just drop the markers as I go with my other hand. The markers will be about 16 yards from the post.