TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>WELCOME</td>
<td>3</td>
</tr>
<tr>
<td>PROGRAM STRUCTURE</td>
<td>5</td>
</tr>
<tr>
<td>1.0 COACHING INFORMATION</td>
<td>8</td>
</tr>
<tr>
<td>1.1 WRA General Coaching Philosophy</td>
<td>8</td>
</tr>
<tr>
<td>1.2 General Coaching Information</td>
<td>9</td>
</tr>
<tr>
<td>2.0 PROGRAM INFORMATION</td>
<td>11</td>
</tr>
<tr>
<td>3.0 DIVISION RULES OF PLAY</td>
<td>14</td>
</tr>
<tr>
<td>4.0 RULES OF PLAY</td>
<td>17</td>
</tr>
<tr>
<td>4.1 Self-Pass Rule (2011)</td>
<td>17</td>
</tr>
<tr>
<td>4.2 Fouls</td>
<td>18</td>
</tr>
<tr>
<td>4.3 Suggested Playing Formation</td>
<td>19</td>
</tr>
<tr>
<td>4.4 Playing Formation Once Play has Begun</td>
<td>19</td>
</tr>
<tr>
<td>5.0 FIELD SETUP (WHS)</td>
<td>20</td>
</tr>
</tbody>
</table>

FIGURES

Figure 1 - Regulation Field Hockey Field Layout
Figure 2 - Practice Fields at Germantown Academy (Monday through Thursday during season)
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 21st year of community service. Since 1996, the WRA has provided field hockey instruction to over 500 children each year. Our program has taken on new challenges every year trying to expose the children of our community to this new era of field hockey. The game has become faster and now demands more skills than ever. To help meet these demands the WRA has increased its efforts to improve our existing facilities. The addition of the Germantown Academy (GA) turf fields to our available facilities for practices and Senior Division games beginning with the 2012 outdoor season was very exciting and most likely is the reason for the continued popularity of our program.

With the addition of the GA turf fields, we are able to provide the Senior Division with game and tournament play on full size regulation fields, allowing the WRA program to increase the team roster size to 18/19 players. This change now provides more opportunities for more players in addition to providing real game situations. The Instructional Division was expanded in 2013 to allow more players (+24). The format change in 2012 to 7 vs 7 for the Instructional and Junior Divisions was returned to the previous 6 vs 6 format for 2013 and beyond, as the expanded format was deemed less manageable for coaches and less productive for players. With addition of the turf practices at GA, 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 program also remains popular year after year and it is easy to see the level of play improving in all the players that participate. In fact, the majority of registered indoor players go on to play for the upcoming outdoor season.

WRAFH 2017 FIELD HOCKEY... BE A PLAYER!
All of these changes have surely made our program one of the very best youth field hockey programs in the country. This success could only have been possible because of the dedicated parents and high school players who have consistently volunteered their time and effort over these last 21 years. Beginning in 2013, as an added protection for players, all WRA minor/student volunteers are required to sign and submit a Parent or Guardian Attestation form as well as a Volunteer Affirmation Agreement form. Both forms are available on the WRA website. In addition, a registered adult who has completed the WRA and Commonwealth of Pennsylvania background screening requirements must accompany any coach under the age of 21 at all practices and games.

The information that has been provided in this Coaching Manual has been created for you to use as a reference guide. We would appreciate any feedback from you as coaches, players and parents regarding this manual’s strengths and/or weaknesses. We cannot impress upon you enough the need to dedicate the time and effort towards the CONTINUED development of coaches for our field hockey program. We will be providing coaches with manuals and lesson plans to help any coaches that want to improve their knowledge of the sport. Thank you again for volunteering to participate in our program this year; we hope you find the experience in WRA Field Hockey a rewarding one. The children of our community are worth the extra time and effort that we can give them.

The WRA Field Hockey Committee,

Pat Guagianone and Lisa Becker – Co-Chairs
Colleen Connor, Catherine Campbell, Heather Hoover, and Lance Eichert – Division Commissioners
Rich Fry – Officials Coordinator
Bill Campbell, Page Gilmore, Kim Blodgett – At Large
WRA Field Hockey Program
Organization Structure

WRA FIELD HOCKEY COMMITTEE

CO-CHAIRS

Pat Guaglianone, patguag@msn.com
Lisa Becker, lbecker58@hotmail.com

DIVISION COMMISSIONERS

INSTRUCTIONAL – Colleen Connor, colleenconnor3@verizon.net
JUNIOR – Catherine Campbell, cmc228@comcast.net
INTERMEDIATE – Heather Hoover, hehoover@comcast.net
SENIOR – Lance Eichert, hhockeycat@aol.com
OFFICIALS COORDINATOR – Rich Fry, mrfry22@yahoo.com
Changes from 2016 Still in Place:

• The long-hit procedure will be replaced by a 25-yard free hit effective with the Fall 2016 season in accordance with an NFHS rule change adopted by PIAA. The NFHS website states “Beginning next season, the attacking team will be awarded a 25-yard free hit instead of a long 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.” The Senior division will implement this rule exactly as written. The Junior and Intermediate divisions will take the 25-yard free hit (formerly long hit) on the football hash marks on their smaller-dimension fields. **In summary: long hits no longer exist.**

• In accordance with the 2015-16 NFHS rules, adopted by PIAA, Senior division 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. The PIAA officials that we hire for Senior division games will be asked to call this new rule very tight. Raised sticks will not be allowed by WRA in Junior or Intermediate division games.

• To simplify play, and in the absence of a broken (dashed) circle, the Junior and Intermediate divisions 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.**

Changes from 2015 Still in Place:

• Instructional and Junior Divisions – Eye protection is now mandatory;

• A reverse chip may be used when shooting on goal.

Changes from 2014 Still in Place:

• The PIAA officials for the Senior Division will begin issuing cards for misconduct in accordance with NFHS rules. A team will play short for the duration of the suspension (Green – 2 minutes, Yellow – 5 or 10 minutes). The coach or parent volunteer will use the timer available at each field to track the elapsed time.

• The Senior Division will implement the first-year NFHS rule regarding penalties for any player, offense or defense, who enters the circle before the ball is struck on a penalty corner.

Changes from 2012 and 2013 Still in Place:

- Instructional Division - Roster size of 12 players and game format is 6 vs 6;
- Junior Division - Roster size of 12 players and game format is 6 vs 6;
- Intermediate Division - Eye protection required for all players;
- Instructional/Junior/Intermediate Divisions – For penalty corners, 3 defensive players on end line and 3 players in offensive circle;
- All Divisions – Required distance for opponents on free hit/self-pass reduced to 5 yards (from 7 yards);
- Minor/student coaches are required to sign and submit a Parent or Guardian Attestation form as well as a Volunteer Affirmation Agreement form;

**WRAFH 2017 FIELD HOCKEY... BE A PLAYER!**
- A registered adult must accompany any coach under the age of 21 for all practices and games;
- Senior Division – Eye protection required for all players; full field play for games and tournament; all games at GA;
- Penalty Corners (all divisions) - A goal cannot be scored by the attacking team until the ball has traveled outside the circle and brought back into the circle;
- GA Turf Fields – All practices for Junior, Intermediate and Senior Divisions will be held Monday through Thursday at the Sisters Fields at Germantown Academy from 6 to 7:30 p.m. Coaches must return the fields to lacrosse set-up at the end of each practice.
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. **Treating officials with respect and tolerance for mistakes will assist players in acting in a dignified manner.**

6. A positive approach to coaching is characterized by liberal use of reward and encouragement.

7. Coaches and parents need to have realistic expectations and consistently reward players when they succeed in meeting them.

8. Reward effort as much, or more, than results.

9. Players have complete control over how much effort they make; they have only limited control over the outcome of their efforts.

10. Coaches should never use sarcastic or degrading language.

11. Encouragement can become contagious and aid in building team unity.

12. Use a positive approach to instruction rather than punishment in any form.

13. If you manage things right, mistakes can provide a golden opportunity to provide corrective instruction.

14. The coach must emphasize the positive rather than the negative aspects of each individual performance.

15. It is critical that the coaches should leave practices and games with feelings of pride rather than shame.

16. **Expose all players to all positions.**

17. **SMILE!**
1.2 General Coaching Information

- Administration Responsibilities
  1. The commissioners for each division set up rosters, game schedules, and practice nights/times. These will be distributed at the Coaches Meeting in February/March.
  2. Coaches shall email each player on their roster 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 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 (Parents are a KEY to the success of the WRA Field Hockey Program):
     a. Setup of fields before practice/games
     b. Parents of players are encouraged to participate whenever possible as registered assistant coaches in compliance with background check requirements.
  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. Coaches should meet with referees before each game to discuss rules.
  9. Referees are in charge of the game
     a. Treat ALL referees with RESPECT
     b. There are NO PROTESTS
     c. Unsportsmanlike conduct will NOT be tolerated from Coaches, Players, or Spectators
  10. Coaches are responsible for the conduct of their players, parents, and spectators
      a. On Wissahickon & Germantown Academy properties
         i. **NO SMOKING**
         ii. **NO DOGS ALLOWED WHEN GAMES ARE BEING PLAYED**
         iii. 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 using a cell phone or other mobile device.
  13. Equipment must be returned at the end of the practice and game in good condition.

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- Field Setup @ WHS and GA on Sundays
  1. WHS - Instructional division coaches/parents are responsible for placing the goals on the field by **12:15 p.m.** The commissioner of this division will provide the coaches with the code to unlock the goals.
  2. WHS - The Junior and Intermediate division teams with the **2:00 p.m. games** are responsible for placing the penalty circle markers on the fields using the appropriate supplies that are maintained in each tub. Later in the season the markers may 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 12 noon games. Fields must be returned to GA lacrosse set-up before leaving.

- In Case of Inclement Weather/Field Closure
  1. Games – If school officials close fields, or if field hockey committee members decide that inclement weather is not conducive to playing, registrants will be notified via email that games are canceled. Every attempt will be made to post game cancellation notifications on the field hockey tab of the WRA website.
  2. Practices – Coaches will use their own judgment in deciding whether or not to hold practice based on weather concerns. A co-chair will notify coaches if school officials close fields. Coaches are responsible for notifying their players of practice cancellation.
2.0 PROGRAM INFORMATION

- The 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 19 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 commissioner and chairperson(s). Children may not play down unless there is a circumstance deemed appropriate.
  5. Team Formation. WRA Field Hockey does not take requests regarding coaching, car-pooling, or friends with the exception of the Instructional division. Teams are formed as best as possible to accommodate one practice night conflict. Coaches may not switch players from one team to another. Junior, Intermediate, and Senior division commissioners are not obligated to honor requests for friends, car-pooling, coaches, etc.

- 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.
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. 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. Both forms are available on the WRA website.
3. Coaches shall be responsible for the actions of their teams on the field.

League Standings
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 (Rules under separate document)
1. Score Table / Senior (volunteer parent – if available)
   a. Keep the score of the game in the scorebook supplied.
   b. Help game official as needed with time keeping, etc.
2. Players and Substitutions
   a. All players must play a minimum of 50% of every game
   b. Substitutions must occur in the substitution area at mid-field
   c. Player must exit field BEFORE substitute may enter
   d. There are no limits to substitutions, except on penalty corners

Rules (See Sections 3.0 & 4.0)

Referees
1. The referee shall have full control of the game. The referee’s decision is final on all calls.
2. 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.
3. The referee will report any cautions or behavior contrary to the goals of the WRA to the Field Hockey Chairperson or Officials Coordinator.
4. Coaches may not walk onto the field to protest any plays or calls by the referee.
5. 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.
6. WRA will endeavor to utilize PIAA certified referees for all Senior games.
Protests

1. **NO PROTEST WILL BE RECOGNIZED**
2. 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.
3. Our referee development program is composed of high school students in training; these referees work games in the Instructional, Junior, and Intermediate divisions only.

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. 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.
3. **On field coaching during the first scrimmage and first game only will be allowed, Instructional division excepted.** There will be circumstances when a coach is on the field during game play after these scenarios. If this occurs, the coach who will be on the field is to notify the other coach before the game.
4. He/she 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.
5. The coach is a friend who should encourage young players to enjoy competition and to do their best regardless of the final score.
6. It is especially important that a coach praises the efforts of the members of the losing team.

Awards

1. Senior Division
   a. Win/Loss/Tie record from season play will place each team into seeding positions for the WRA Tournament.
   b. WIN = 3 pts. TIE = 1 pts., LOSS = 0 pts.
   c. Medals for 1st, 2nd, and 3rd place will be awarded at the conclusion of the WRA Tournament.
2. Intermediate Division
   a. No records for win/loss are kept for regular season play
   b. End of season round robin Tournament will determine final teams standings. Medals for 1st, 2nd, and 3rd place will be awarded at the conclusion of the WRA Tournament.
3. Junior Division
   a. No records for win/loss are kept for regular season play
   b. End of season round robin Tournament will determine final teams standings. Medals for 1st, 2nd, and 3rd place will be awarded at the conclusion of the WRA Tournament.
4. Instructional Program
   a. Children will play in games and an end-of-season tournament.
   b. All players will receive participation recognition medals.
3.0 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. Games – Commissioner will determine game play rotation for the tournament.
10. Sunday Practices/Scrimmages – General game play should commence after the 3rd practice.
11. Self-Pass Rule – This rule will not be introduced to this division unless the Commissioner deems appropriate based on the player’s development during the beginning of the season.
12. The offense will be awarded a 25-yard free hit instead of a long 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.

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 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 “goalie-like” 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-mouth 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 strokes below.

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 instead of a long 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 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 “goalie-like” 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-mouth 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.

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10. Penalty strokes – a goal is awarded if the ball enters the goal in the air (see strokes below).

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 instead of a long 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. NO GOALIES. Goal cages will contain a foam barrier 18” x 18” x 36” placed in the middle of the goalmouth.

5. Shots on goal must not be dangerous. Defenders must be marking players and not “playing goalie” along the goal line.

6. Field Dimension - Full field, 60 x 100 yards.

7. Officials - One Paid PIAA official, if available.

8. Game time – two 25-minute halves (running time) with, 5-minute halftime

9. Substitution - Free substitution except on penalty corners. Substitute at mid-field ONLY. Player must be completely off the field before substitute enters.

10. Penalty Corners – defense will be permitted to have four (4) defensive players behind the end line.

11. 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).

12. Time outs - one (1) per half, one minute in length.

13. The offense will be awarded a 25-yard free hit instead of a long 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.

14. 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.
4.0 RULES OF PLAY (WRA)

The following are general rules of play that need to be adhered to for all divisions as needed. 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.

It should be noted that WRA added the self-pass rule as of Spring 2011. At that time, the self-pass was basically a new free hit rule. The change allowed a team to use the self-pass, a push pass, or a drive as a means of putting a ball into play on center passes, 16-yard hits, side-ins, free hits, and long hits. The defense must still remain 5 yards from the ball. As you read through the general rules of play, there will be notations included where the self-pass can be used.

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.

Official(s) will try to allow as much continuous play as possible and safe.

The game is started and resumed after each goal with a center pass/self-pass.

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.

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.

Free hits are awarded to a team when the opposition fouls 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 against the free hit must be five (5) yards away from where the ball is placed. 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.

4.1 Self-Pass Rule (2011)

- Rule for Outside of the 25-Yard Area:

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. This new rule does not apply to a penalty corner.
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).

- Indirect Circle Entry (Inside the 25-yard line) *(Inside the offensive half of the field for Inter/Jr)*:

Between the 25-yard line and the goal (when attacking), you need to (1) pass to a player on your team, (2) have it touched by a player on the other team, OR (3) 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.

Within this area the attacking player CANNOT hit the ball directly into the circle without one of the three scenarios above occurring.

ALL players must be 5 yards from player taking the ball *(both teams)*.

### 4.2 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. See division rules above for number of players behind the end line. The attacking player receiving the free hit must stop or attempt to stop the ball before shooting on goal. **NEW FOR 2012 and beyond** – A goal cannot be scored by the attacking team until the ball has traveled outside the circle and brought back into the circle.

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**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).

**16-yard hits** are given for fouls by the offense in the penalty circle.

**4.3 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.

![Formation Diagram]

**4.4 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. REMEMBER THIS!!!
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.

Here is a 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.
   f. **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. In other words these markers will be about 16 yards from the post.

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WRA OUTDOOR FIELD HOCKEY PRACTICE FIELDS – GERMANTOWN ACADEMY, FORT WASHINGTON PA

Please use the parking lot off of Morris Road by Carey Stadium. There is a trail that leads to the practice fields.

**Please no flavored beverages or food are to be brought onto the turf fields – THIS A GA REQUIREMENT.**

Please remove all trash from the fields after your practices.

Practices can begin no earlier than 6:00 PM and must conclude by 7:30 PM under WRA’s contract with GA.

There are no lights at the turf fields.

Please replace all equipment in the lock box at the fields after your practice.

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