FIELD HOCKEY

PENALTY CARD AND OVERTIME PROCEDURES

OVERTIME PROCEDURE (REDUCED PLAYER [RP]) FOR REGULAR SEASON CONTESTS

1. Prior to the overtime there shall be a 5 minute intermission.
2. The home Team captain calls the coin toss and the winner chooses choice of goal or possession of the ball.
3. Teams will be limited to 6 field players and a goalkeeper.
4. If a player/coach was disqualified (red card) during the regulation game, that Team must play short throughout the overtime. If a player/coach was suspended with a green/yellow card during regulation game, the Team shall play short until the suspension time is completed.
5. Only four defenders will be allowed behind the end line on a penalty corner.
6. The overtime will be 15 minutes “sudden victory” [SV].
7. There will be no Team time-outs, even if a Team has unused time outs.
8. There will be unlimited substitution.
9. A player who received a red card in regulation play may not participate in RP overtime.
10. If a player receives a red card in overtime, the player is disqualified and the Team will play short throughout the RP overtime.
11. If a player receives a green or yellow card in overtime, the Team will play short until the 2/5 or 10 minute suspension time is completed.
12. If a coach receives a yellow card in the overtime, the Team will play short until the 5 minute suspension time is completed.
13. If a coach receives a red card during overtime, the coach is disqualified and removed from the field. The Team will play short throughout the RP overtime.
14. Regular season games tied after the 15 minute RP stand as tied.
15. Regular season tournaments tied after 15 minutes, RP overtime may proceed to One-On-One Shoot-Out [SH], Tie Breaking Procedure. (See # 4 through 16 below)
Overtime Procedure (Reduced Player [RP]) for District and Inter-District Championship Contests

1. For the District, Inter-District and Championship games there shall be two, 15 minute, RPSV overtime periods. Teams will change ends before the second 15 minute RP overtime, if necessary. If the contest is still tied after the second 15 minute, RPSV overtime, One-On One Shoot-Out [SH] will be administered.

2. There will be a 5 minute intermission between the game and the first overtime and between the first and second overtime.

3. One-On-One Shoot-Out will be taken if a tie still exists after the second, 15 minute, RPSV overtime period.

4. Each coach shall present a list of 5 players to the officials and the shots will be taken by the players in the order they are listed. The five players from each Team will attempt the shots on goal on an alternate basis and the team scoring the most goals is declared the winner.

5. The players participating in the SH must have played in the game (regulation or overtime).

6. Officials choose the goal that will be used during the SH.

7. The visiting captain calls the coin toss for the SH and chooses whether to defend or take the first shot.

8. If a tie still exists after the first set of the SH, each coach will present a list of 5 players to the official and the shots will be taken by the players in the order they are listed to attempt “Sudden Victory” shots on an alternative basis. This procedure will continue until the tie is broken. The team not taking the first shot in the first set of the SH start the “Sudden Victory” SH.

9. The team may substitute and change the order of players participating in the “Sudden Victory” SH during the 5 minute intermission.

10. If a green or yellow card is received in the second overtime period, (first RP OT in Tournament Play) and the suspension time is not completed, that player may not participate in the SH.

11. The SH shall be conducted with follow-up shots permitted.

12. To begin the SH procedure the attacker will place the ball at the center of the 25-yard-line and the goalkeeper shall stand on the goal line.

13. The SH is completed under the following conditions:
   a. 10 seconds has elapsed.
   b. A goal is scored.
   c. The attacker fouls or violates.
   d. The ball goes out of play over the end line or sideline. This includes the goalkeeper intentionally playing the ball over the end line. (No Retake)
   e. The goalkeeper commits an unintentional foul within the circle, which does not prevent the probable scoring of a goal, the SH is retaken.
   f. The goalkeeper commits a deliberate foul inside the 25 yard-line, but outside the circle, the SH is retaken. Example: Goalkeeper plays the ball outside the circle with her kicker.
   g. The ball becomes lodged in the goalkeeper’s protective equipment or clothing when she is in her own circle, the SH is retaken.
   h. A Penalty Stroke is awarded because:
      1) A goal probably would have been scored, if a foul by the goalkeeper had not occurred in the circle;
      2) Any deliberate foul committed by the goalkeeper inside the circle which stops a potential goal or deprives the attacker of actual or likely possession of the ball;

14. Any player eligible to participate in the SH may take a Penalty Stroke.

15. All the Penalty Stoke Provisions of Rule 11 apply in the taking of the Penalty Stroke.

16. If during a SH a player or goalkeeper is suspended (carded), the player or goalkeeper is prohibited from further participation in the SH.