

2026 MPA FIELD HOCKEY BULLETIN

(updated 7/30/26)

FIELD HOCKEY SEASON

Aug. 3-16	Hands-off Period (Sport Season Policy)	
August 17	First Practice	
August 21	First Interschool Scrimmage (after 5 on-field practices)	
August 28	Schedules Due	
September 3	First Countable Game	
October 16	Officials Form Due	
October 20	Last Countable Game	
October 19-23	Online Voting Period for Sportsmanship Banner	
October 23-24	Preliminary Contests	
October 27	Quarterfinals (1 vs 8 – 4 vs 5)	
October 28	Quarterfinals (3 vs 6 – 2 vs 7)	
October 31	Semi-Finals	
November 4	Regional Finals	North – Messalonskee High School South – Scarborough High School
November 7	State Championships	Edward Little High School

Each coach must complete the NFHS “*Concussion in Sport – What You Need to Know*” video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS “*A Guide to Heat Acclimatization and Heat Illness Prevention*” video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS “*Sudden Cardiac Arrest*” video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS “*Protecting Students from Abuse*” video that is available at the NFHS website (www.nfhslearn.com).

MANDATORY CLINICS

A rules clinic for coaches will be held on August 20, 2026 2:00 PM for those coaches not able to attend, the clinic will be recorded, and a link will be provided to all schools. A reminder that all coaches, paid and volunteers, must either attend the clinic or watch the recording.

<https://us02web.zoom.us/j/6573464237?pwd=UWhidjhvVGg1a055VkITZUFIVkRKZz09&omn=86702870189>

Passcode: 6573464237

2026 NFHS FIELD HOCKEY RULE CHANGES

February 06, 2026

1-6-1: The rule was modified to clarify that tooth and mouth protectors may not include non-functional or unsafe attachments.

Rationale: The tooth and mouth protector is intended solely to protect the teeth, mouth, and lips. Attachments or components that do not serve this purpose, or that pose a safety risk, are not permitted.

4-4-3: The rule was revised to limit substitutions prior to a penalty corner to goalkeeper safety situations. Substitution is permitted only for an ill, injured, suspended, or disqualified defending goalkeeper. That goalkeeper must be replaced by a properly equipped substitute goalkeeper.

Rationale: Limiting substitutions prior to a penalty corner addresses safety concerns while preserving the integrity and continuity of the penalty corner procedure.

10-3-3 PENALTIES: The rule was clarified to assign responsibility when an attacking player enters the circle early. For an offense of this rule by an attacker who enters the circle before the ball is played, the inserter shall be required to go beyond the center line.

Rationale: Requiring the inserter to go beyond the center line provides a clear, consistent, and easily administered penalty, simplifies enforcement, and promotes proper positioning and discipline during penalty corner setup.

EYE SHADE (Grease or no-glare strips or stickers)

Eye shade must be a solid stroke on the cheekbone and may not include words, numbers, logos (other than the team mascot), or other symbols within the eye shade.

HANDS-OFF PERIOD

To provide a window of personal time like the time available prior to the winter and spring sports seasons, summer recess is defined as the time between the last day of the spring sport season to 14 days prior to the beginning of the fall sport season. This does not exclude individual students from attending camps during this two-week period of personal time if all other Sport Season Policy requirements are met. Individuals choosing to attend camps during this two-week period may use school protective gear or track and field implements. The only contact a coach may have with athletes during this time is to continue the supervision of an off-season conditioning program that they had been involved with prior to the start of the hands-off period. Sport-specific drills used in any off-season conditioning program are not appropriate. Please refer to the MPA Coaches Handbook for additional information concerning this policy.

*Please note – Coaches may not organize, or be involved with, team activities during the hands-off period

OFF-SEASON TRAINING

A school's comprehensive off-season conditioning program may include such activities as muscular strength and endurance exercises, cardiovascular fitness activities, agility, speed, power, balance, coordination, and flexibility training. The program must be voluntary, open to all students, and should not include sport-specific skill development or coaching.

EJECTION RULE

In all team and individual sports (varsity or sub-varsity), ejection or disqualification from a game, meet, or match for unsportsmanlike behavior of any form, by a coach or a player shall result in the suspension of that player or coach. The coach or player ejected from a

contest must sit out all contests at all levels until the coach or athlete completes the ejection penalty by sitting out the next game at the level from which he/she was ejected. This rule applies to a game, meet, or match suspended before completion as well as a completed contest. This penalty may not be served by sitting out an exhibition, subvarsity, or other competition.

A suspended coach may not be present at the game site. Not being physically present at the site means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands, or site area before, during, or after the game/meet.

Prior to their return to the sideline any coach ejected from a game must complete the NFHS *“Teaching and Modeling Behavior”* video that is available at the NFHS website (www.nfhslearn.com).

Prior to their return to play any player ejected from a game must complete the NFHS *“Sportsmanship”* video that is available at the NFHS website (www.nfhslearn.com).

Any coach or player ejected from the last game, meet, or contest of a sports season shall serve a one game suspension in the opening countable game, meet, or contest in the next varsity sport in which he/she participates. The coach/athlete may participate fully in the preseason prior to serving the one game suspension.

Schools must complete the Ejection Report located on the MPA website after each ejection. Failure to report an ejection will result in a \$50.00 fine.

This policy will not prevent standing committees from imposing more restrictive disciplinary action. (Effective Date: 1996-97 Winter Sport Season; Revised 2008, 2009)

Goalkeeper Heat Acclimatization

The following are guidelines for the structure of pre-season practices to address the concerns for an acclimatization and recovery model within the existing sport season time frame. They apply to all field hockey goalies.

NFHS Required Goalkeeper Equipment:

Goalie Pads
Goalie shoes / kickers
Full face mask and helmet
Chest protector
Field hockey goalie gloves or foam hand protectors
Wrap around throat protector
Mouth guard

Day 1-2 (2-hour practice)

1. No required goalkeeper equipment is to be worn during team conditioning.
2. Goalkeepers shall not wear full required goalkeeping equipment for more than thirty consecutive minutes at a time (maximum of 60 minutes)
3. Goalkeepers must have a minimum of 30 minutes out of required equipment before donning it again.
4. While in required equipment, goalkeepers **MUST** hydrate every 10 minutes.
5. Two-A-Day Practice Schedule

- No practice should be scheduled during the most intense temperatures of the day.
- There should be 3 hours of recovery time between the end of one practice and the beginning of the next. During this time, it is strongly advised that no physical activity be permitted (speed, strength, agility, or conditioning).
- The maximum number of practices is two.

Day 3-4 (2-hour practice)

1. No required goalkeeper equipment is to be worn during team conditioning.
2. Goalkeepers shall not wear full required goalkeeping equipment for more than forty consecutive minutes at a time (maximum of 80 minutes).
3. Goalkeepers must have a minimum of 20 minutes out of required upper body equipment before donning it again. Upper body equipment includes face mask, helmet, mouth guard, wrap around throat protector, chest protector, and goalie gloves or foam hand protectors,
4. While in required equipment, goalkeepers **MUST** hydrate every 10 minutes.
5. **Two-A-Day Practice Schedule**
 - No practice should be scheduled during the most intense temperatures of the day.
 - There should be 3 hours of recovery time between the end of one practice and the beginning of the next. During this time, it is strongly advised that no physical activity be permitted (speed, strength, agility, or conditioning).
 - Maximum number of practices is two.

Day 5 (2-hour practice)

1. No required goalkeeper equipment is to be worn during team conditioning.
2. Full practice in required goalkeeper equipment.
3. While in required equipment, goalkeepers **MUST** hydrate every 10 minutes.
4. **Two-A-Day Practice Schedule**
 - No practice should be scheduled during the most intense temperatures of the day.
 - There should be 3 hours of recovery time between the end of one practice and the beginning of the next. During this time, it is strongly advised that no physical activity be permitted (speed, strength, agility, or conditioning).
 - The maximum number of practices is two.

Any goalie who joins the team after Day 1 must follow the outlined, individual 5-day acclimatization period beginning on their first day of participation.

PRESEASON SCRIMMAGE

Based on the recommendation of the MPA Sports Medicine Committee, all athletes must participate in five on-field practices prior to participating in a scrimmage play day or contest with another school. Teams are limited to five exhibition dates throughout the season. If a team qualifies for postseason play, they will be granted one additional exhibition date.

APPLICATION FOR TOURNAMENT PLAY

The submission of the Schedule Form, which is due August 28, 2026, will constitute a school's application for the regional tournament.

GAMES

A MINIMUM of eight games will be used in compiling Heal Points for tournament play. **A MAXIMUM of fourteen countable games may be played.** Schools may play no more than two games with another school unless waived by the Field Hockey Committee. Schools must complete their schedules as submitted. Time will be stopped after a goal is scored in Varsity and JV games and restarted on a signal from the officials. A varsity game shall consist of four quarters of 15 minutes; sub-varsity games will consist of four 12.5-minute quarters. One timeout per game is allowed, the timeout may be carried forward into the overtime. The National Federation Rules will apply. If a game is suspended prior to the completion of the first half, the game shall be replayed from the point of the game's suspension on a date determined by the schools involved. If a game is stopped during the second half, the team which is ahead shall be declared the winner.

*A team may compete with a minimum of seven players. When a team plays with fewer than eleven players, a goalkeeper shall be one of the players. A team not having a properly equipped goalkeeper shall forfeit the game.

BONA FIDE TEAM RULE

A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.

* Two waivers per student athlete per sport season may be granted by the principal on a case-by-case basis for extraordinary circumstances. (e.g., If a student/athlete were invited to participate in a prestigious weekend event then a waiver may be granted. If a student/athlete were invited to participate in a nationally recognized tournament over a school vacation, then **that** waiver may be granted for that activity. If a request to miss practice every Friday because he/she is receiving specialized coaching from an outside team/coach, then a waiver should not be granted **because it violates the spirit and intent of the rule.**)

** This policy is not intended to restrict dual sport participation in schools that allow dual participation.

*** Penalty for violation of this policy:

1 st Violation	Suspension from play for one game/contest
2 nd Violation	Removal from team for remainder of season

HEAL POINTS

The seeding for the tournament will be determined by using the Heal Point System. Athletic Directors are responsible for the reporting of home games ASAP following the game's completion. A tie in final Heal Point ratings will be decided by using head-to-head competition; second will be the overall record allowing three points for a win and one point for a tie, and if a tie still exists, the high seed will be determined by a flip of a coin.

TERMS AND CONDITIONS

The terms and conditions of this bulletin, along with the 2026 National Federation Field Hockey Rule Book, shall govern all regular season and tournament competitions. Members of MFHUA Officials Association must be used for all regular season games.

Two officials will be assigned to each game; however, under emergency circumstances (injury, no show), teams may mutually agree to play with one official.

CLOCK/SCOREBOOK PROCEDURE

The home team shall supply an official timer and scorer, and the visiting team may supply an assistant timer and assistant scorer. If there is a visible clock the timer shall sound an audible device to indicate that time has expired. The umpire's whistle will then signal the official end of the quarter.

If there is no visible clock, the official timer will follow the tableside official, indicate 30 seconds remaining in the game and audibly count down the last 10 seconds of each quarter.

Officials will have wrist stopwatches to function as a back-up to the official clock and can make clock adjustments and handle malfunctions as deemed necessary.

It is required that the home team have available a table and chairs for the scorer and timer as well as chairs for suspended players. (Rule 2-1-4-3)

Lineups must be entered into the official book at least 15 minutes prior to the start of the game. (Rule 2-2-1-a) Those players starting the game must be identified. Failure to have the lineup entered the official book shall result in a yellow card assessed to the head coach.

The official scorebook shall be located at the official's table. All substitutes shall report to the scorekeeper prior to entering the game.

MERCY RULE:

At any time in the second half of a game, when the score differential is five or more goals, the clock will continue to run after a goal is scored. The clock will stop for a timeout, injury, issuing of cards, penalty strokes, and an official's timeout. Should the goal differential fall below 5 goals normal timing will resume. This rule will apply for all regular season and playoff games.

OVERTIME PROCEDURE- (REGULAR SEASON OVERTIME)

- I. **Regulation Game:** The game shall consist of four quarters of 15 minutes and an interval of two minutes between quarters one and two and between quarters three and four. There shall be a halftime between quarters two and three of no more than 10 minutes after which the teams shall change ends of the field. One timeout per game is allowed, the timeout may be carried forward into the overtime.
- II. **Overtime:** When a regular season game ends with a tied score:
 1. 5 Minute intermission with coin toss between regulation and overtime. Visitors call – winner of toss determines – possession vs direction.
 2. Play 7 vs 7 (6 + GK): Two 8 (eight) minute – sudden victory overtime periods.
 3. All game rules, including substitutions, shall apply except as specified below.
 4. Two-minute intermission between the 7 vs 7 periods. Teams switch ends and change possession. (Same as in the regulation game.) Unlimited substitutions - must be between the substitution gates. Stokers may be substituted, but not for retakes. When a penalty stroke is retaken, substitution is not allowed, except for injury, suspension, or disqualification.
 5. Penalty Cards:

- a. Green Card - Prior to end of regulation time: Player who is issued a green card during regulation play will be required to leave the field of play for two minutes and may not return to play until the entire penalty has been served, including into the overtime period. The player's team will play short-handed for the duration of the penalty during regulation play but may start the overtime period at full strength – 7 vs 7.
- b. Green Card – During overtime period: Player who is issued a green card during overtime play will be required to leave the field of play for two minutes and the player's team will play short-handed for the entire time of the penalty, including play into the second overtime. The player may not return to play until the entire penalty has been served, the penalty may carry from the first overtime into the second overtime.
- c. Yellow Card - Prior to end of regulation time: Player who is issued a yellow card during regulation play will be required to leave the field of play for five minutes (may be increased to ten minutes depending on the type and severity of the foul) and may not return to play until the entire penalty has been served, including into the overtime period(s). The player's team will play short-handed for the duration of the penalty during regulation play but may start the overtime period at full strength – 7 vs 7.
- d. Yellow Card – During overtime period: Player who is issued a yellow card during overtime play will be required to leave the field of play for five minutes (may be increased to ten minutes depending on the type and severity of the foul) and may not return to play until the entire penalty has been served, including into the second overtime period. The player's team will play short-handed for the duration of the penalty, including play into the second overtime.
- e. Red Card - Prior to end of regulation time: Player who is issued a red card during regulation play is ineligible and will be required to leave the field of play for the remainder of the game and may not return to play, including into the overtime period. The player's team will play short-handed for the duration of the penalty during regulation play but may start the overtime period at full strength – 7 vs 7.
- f. Red Card – During overtime period: Player who is issued a red card during overtime play is ineligible and will be required to leave the field of play for the remainder of the game and the player's team will play short-handed for the remainder of the game.

If the game is still tied at the end of the two 8-minute overtime periods, the game ends as a tie.

UNIFORMS

All teams must adhere to NFHS Uniform Rule 1-5, as outlined in the 2026 NFHS Rule Book. Exceptions may be granted during the regular season for those teams recognizing a specific cause (i.e., Cancer Awareness).

Uniform Tops – Home team is required to wear single color dark-colored uniform tops front and back and the visiting team shall wear single solid white uniform tops front and back. – the home team shall wear solid knee-length dark socks/sock guards, and the visiting team shall wear solid knee-length white socks/sock guards. Socks should not be rolled down.

Uniform Bottoms - Uniform bottoms shall be like-colored. Multiple styles of uniform bottoms may be worn by teammates and may include shorts, skirts, kilts, or pants provided the shinguards are visible.

Undergarment Tops - Players are permitted to wear a sing-color undershirt, short or long-sleeved. The undershirts of the home team shall match the color of the uniform or be a dark color and the home team undershirt shall be white. All players on the same team who choose to wear an undergarment must wear the same color.

Undergarment Bottoms - If worn, shall be solid-colored and players on the same team who choose to wear an undergarment must all wear the same color. The knee-length socks/sock guards must be visible.

SAFETY EQUIPMENT

A face mask must be worn by those field players defending the goal on a penalty corner and may be worn throughout the game. The face mask may be smooth, rounded, preferably transparent or single colored and fit flush with the face. It shall not be attached to any hard, unyielding headgear (even if padded). A wire-caged face mask that is smooth and rounded may be worn for defending penalty corners. Players shall remove the wire-caged masks at the completion of the penalty corner. If no suitable opportunity to remove the mask arises, they may continue to wear it within the 25-yard area.

All field players are encouraged to wear goggles.

Players are permitted to wear hand protection, which does not increase the natural size of the hands significantly, throughout the match.

Players wearing safety equipment for the purpose of defending a penalty corner shall put on the equipment and prepare to defend a corner in a timely fashion without delaying the game. It is the responsibility of the head coach to assure that their team sets up for penalty corners without delay.

For a complete list of all other required equipment, please refer to the NFHS rulebook.

POSTPONEMENT OF GAMES

When a school deems it necessary to postpone a game, the game must be rescheduled on the next mutually available play date including Saturdays and/or holidays. It is the responsibility of the traveling school to initiate considerations for postponement whenever traveling conditions are hazardous.

All games must be played on or before October 20, 2026. Games may not be rescheduled into the last week of the season without permission of the Committee Chair.

WEATHER CONDITIONS

The safety of athletes (*participants*), spectators, coaches/directors, school personnel, and all others present at an athletic contest must be the first concern to the contest officials and building administrators.

1. When an interscholastic contest has been scheduled and dangerous playing conditions exist, or severe weather is anticipated, the following should be considered:

- a. Prior to beginning an athletic contest, when severe weather is anticipated, the head contest official and the principals of each school, or their designees, will meet to review the suspension and/or postponement procedures. This would include any playing rule book coverage.
 - b. The host school administrator will be responsible for informing contest officials, visiting school administrators and, if applicable, the individual responsible for public address announcements of designated shelter areas.
 - c. When lightning is observed, or thunder is heard in the vicinity of a contest conducted outdoors, play should be suspended.
 - d. If any other life-threatening condition occurs, play should be suspended immediately, and predetermined directions to safe locations will be announced.
2. When a suspension of a contest occurs, the following should be considered:
- a. If the suspension is forty-five minutes or greater, resuming later should be considered.
 - b. Play shall not be resumed until **30 minutes** after the last flash of lightning or clap of thunder.
 - c. When weather conditions are no longer a threat to the safety of participants, spectators, or contest officials, administrators from all schools involved will meet with the head contest official to determine if play will continue.
 - d. If play is to be resumed, contestants will be given at least a fifteen-minute warm-up period prior to competition.
3. If evacuation is necessary, the following should be considered:
- a. If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators should evacuate to available safe structures or shelters. A list of the closest safe structures should be announced and displayed on placards at all athletic venues.
 - b. All personnel, athletes and spectators should be clearly informed of available safe structures or shelters in the event a thunderstorm approaches. A list of the closest safe structures should be announced. The person in authority must be aware of the amount of time it takes to get to each structure and the number of people each structure can safely hold. For large events, time needed for evacuation is increased and there must be a method (i.e., announcement over loudspeaker) for communicating the need for evacuation and directing both athletes and spectators to the appropriate safe shelters.
 - c. The most ideal structure is a fully enclosed, substantial building with plumbing, electrical wiring, and telephone service, which aids in grounding the structure. A fully enclosed automobile with a hard metal roof and rolled up windows is also a reasonable choice. School buses are an excellent lightning shelter that can be utilized for large groups of people. However, it is important to avoid contact with any metal while inside the vehicle.

Avoid using shower facilities for safe shelter and do not use showers or plumbing facilities during a thunderstorm as the current from a local lightning strike can enter the building via the plumbing pipelines or electrical connections. It is also considered unsafe to stand near utilities, use corded telephones or headsets during a thunderstorm, due to the danger of electrical current traveling through the telephone line. Cellular and cordless telephones are considered safe and can be used to summon help during a thunderstorm.

When caught in a thunderstorm without availability or time to reach safe structures, you can minimize the risk of lightning-related injury by following a few basic guidelines:

- Avoid being the highest object. Seek a thick grove of small trees or bushes surrounded by taller trees or a dry ditch.
- Avoid contact with anything that would be attractive to lightning. Stay away from freestanding trees, poles, antennas, towers, bleachers, baseball dugouts, metal fences, standing pools of water, and golf carts.
- Crouch down with legs together, the weight on the balls of the feet, arms wrapped around knees, and head down with ears covered.

SPORTSMANSHIP AWARD

The Field Hockey Committee is committed to promoting and recognizing outstanding sportsmanship during the regular season and throughout the tournament. Good sportsmanship is conduct which imposes a type of self-control involving honest rivalry, courteous relations among the players, coaches, and officials, and graceful acceptance of results. To make the sportsmanship banner selection process meaningful the committee asks that coaches and athletes from all levels of the program be involved in the voting process.

Areas to be considered:

- A. Neat attire by players, coaches, and managers.
- B. Players supporting one another on the field/court/ice and from the bench.
- C. No acts of unnecessary roughness/taunting.
- D. No inappropriate gestures, language, or expressions.
- E. Players use appropriate and positive communication with their coach.
- F. Players and coaches treat officials with respect—no inappropriate gestures, language, or expressions.
- G. Positive community involvement.

Sportsmanship banners will be presented in all classes in both the North and South division.

Sportsmanship voting will take place after the season using the on-line sportsmanship voting link provided on the MPA website. Any school that receives an ejection, at any level in the program, shall be ineligible for the award. Schools that do not submit a sportsmanship ballot may not be considered for the award.

TOURNAMENTS

OFFICIALS

Officials will be approved by the Field Hockey Committee for all regional and state tournament games working in conjunction with the local official assignors. Schools may select two officials from the tournament pool that they would prefer not to officiate their regional or state championship games. No tournament game will be played with less than two officials.

LIMIT OF TEAM MEMBERS AND PERSONNEL

For all tournament games, all players and coaches in the bench area must be listed on the MPA eligibility roster (**30 medals will be supplied**). Athletic trainers do not need to be

listed on the roster and children under high school age are not permitted in the bench area.

REGIONAL TOURNAMENT

Brackets for tournament play will be posted on the MPA website (www.mpa.cc). Teams will not be re-seeded if an upset occurs. High seeds will host tournament contests, and, if a tie in the standings exists (i.e., regional finals), the team with the most Heal points will host the contest.

The regional prelims, quarter-final, and semi-final games will be played on the home field of the higher seeded team, which shall be the home team. Home teams may charge admission to regional tournament games; the visiting school should be advised. The regulation size field is 100 X 60 yards. All tournament games must be played on a field with a minimum size of 90 yds. x 50 yds. Game time for weekday tournament games will be 3:00pm; Saturday games 1:00pm, unless another time is mutually agreed to by the schools. (Weekday games played after Standard Time has begun should start at 2:30 p.m.) If a school has a lighted field, then the starting time shall be 4:00pm.

In tournament play, a game suspended in the first half must be replayed in its entirety. Games suspended in the second half will be resumed at the point of interruption, or by mutual agreement of the schools, may be considered a complete game.

If a game must be postponed due to field conditions and the field cannot be used on the next scheduled make-up day listed in the Bulletin, the game must be played at another site. It is the responsibility of the home team to provide an alternate field within the immediate area. If this is necessary, please notify the MPA office and the assigned officials. **The timer at all tournament games shall be an experienced adult.**

TOURNAMENT SITE/HOST PLAYOFF SITE POLICY

If a site conflict occurs with a school hosting an MPA regional or state championship game and a home regular season or playoff game then the game will be rescheduled, at the request of the host school, to the day prior to the championship game.

STATE TOURNAMENT

In even years, the home teams at the state championship games will be the Northern teams. In odd years, the home teams will be the Southern teams.

POST-SEASON TOURNAMENT OVERTIME PROCEDURE

- I. **Regulation Game:** The game shall consist of four quarters of 15 minutes and an interval of two minutes between quarters one and two and between quarters three and four. There shall be a halftime between quarters two and three of no more than 10 minutes after which the teams shall change ends of the field. One timeout per game is allowed, the timeout may be carried forward into the overtime. At any time in the second half of a game, when the score differential is five or more goals, the clock will continue to run after a goal is scored. The clock will stop for a timeout, injury, issuing of cards, penalty strokes, and an official's timeout. Should the goal differential fall below 5 goals normal timing will resume.
 - Green Card: player is out for 2 minutes, team plays short. The player may need to continue to sit out her time into the overtime. However, the team starts the overtime full strength – 7 vs 7.
 - Yellow Card: player is out for 5 minutes (may be increased to 10 minutes depending on the type and severity of the foul), team plays short. The player may

need to continue to sit out her time into the overtime. However, the team starts the overtime full strength – 7 vs 7.

- **Red Card:** player is out and ineligible for any further action. The team plays short for the rest of the regulation game. However, the team starts the overtime full strength- 7 vs 7.

II. **Overtime:** When a tournament game ends with a tied score:

1. Five (5) minute intermission with a coin toss- between regulation and overtime.
 - Visitors' call–Winner of toss determines – Possession vs Direction.
2. Play 7 vs 7 (6 + GK): Two eight (8) minute – SUDDEN VICTORY overtime periods. Sudden victory=goal scored game over!
3. Two-minute intermission between the 7 vs 7 periods. Teams switch ends and change possession. (Same as in the regulation game).
4. Unlimited substitutions must be between the substitution gates. Stokers may be substituted. When a penalty stroke is retaken, substitution is not allowed, except for injury, suspension, or disqualification.
5. If the game is still tied at the end of the two 8-minute overtime periods, then play goes to Reduced Number of Corners-6 on six until there is a winner.

Green Card During Overtime: player is suspended for 2 minutes during any 7 vs 7 time; the team plays short for 2 minutes or until the second 7 vs 7 is over. During corners: If a player's time has not expired during the 7 vs 7 play-then the player may not play in the first set of corners. Team, however, will play at full strength-6 vs 6 – the suspended player may not play until the first set is over.

Yellow Card During Overtime: player is suspended for 5 minutes (may be increased to 10 minutes depending on the type and severity of the foul) during any 7 vs 7 time, the team plays short for the 5 minutes or until the second 7 vs 7 is over. During corners: If a player's time has not expired during the 7 vs 7 play-then the player may not play in the first set of corners. Team, however, will play at full strength-6 vs 6 – the suspended player may not play until the first set is over.

Red Card During Overtime: player is INELIGIBLE THE REST OF THE GAME. The team plays short the rest of the overtime, however, during corners the team plays at full strength. A red card is given during the corner procedure, then the team plays short. If a team is reduced to <5 players due to disqualification during the corners-the team will forfeit – score 1-0.

III. **Corners six on 6 (one must be a Goalie)**

Five (5) minute break between overtime and corners.

1. Coin Toss - Visitor calls to determine-winner determines which team will play offense or defense first. Order stays throughout the corners.
2. Officials choose the end of the field to play the corners. Head official remains the lead official.
3. The team whose bench is at the other end of the field may go to the opposite side between the 50-yard line and the 25-yard line from the circle where the penalty corners will be taken.
4. Teams shall play with only six players per team. Goalkeepers do not play on offense however they may take a stroke during the corners if awarded. The players not involved in the immediate corner stand behind the 50-yard line

away from the center of the field. Teams can have a maximum of twelve players on the field – 6 on offense and six on defense. All other players are on the sideline with the coach. The goalie must go to the 50-yard line during her team's offensive corner.

5. Coach may not coach the players at the 50-yard line. Coaching is only allowed during the breaks. Players may not go to the sideline to talk to the coach. The only coaching is for plays that are happening in the corners.
6. Players on the field may change roles (offense/defense) however, substitutions from the sideline are not allowed until the break after the first set.
7. Two minutes between each set of corners. A set is three equal opportunity corners.

Equal Opportunity Penalty Corners each team. – Sudden Victory

EX: 1 Team A....1 Team B

2 Team A....2 Team B

3 Team A....3 Team B

1 Set of Corners

OVERTIME PENALTY CORNERS EXAMPLES:

Important to remember — Equal Opportunity – Sudden Victory

SITUATION # 1: Team A corner goes – does not score.

Team B corner goes – scores.

Game is over – sudden victory for Team B

SITUATION # 2: Team A corner goes – does not score.

Team B corner goes – does not score.

Team A corner goes – scores.

Team B corner goes – does not score.

Game is over – sudden victory.

In both situations “Equal opportunity” was provided for both teams

8. Scorekeepers need to be with the trail official, to help the trail keep track of the corners and the sets. When a team is ahead and both teams have had equal opportunity –Game over. This could happen at any point in a set.
9. A **Corner** continues until: A) a goal is scored; B) offense hits the ball over the endline, sideline or 25-yard line; C) offense fouls; D) defense clears the ball over the 25-yard line. If the defense fouls outside the circle – the offense gets a free hit – corner is still on. If a stroke is called, the corner ends with the stroke outcome; E) the defense 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, the attacking team shall be awarded a 25-yard free hit. Play is restarted with the ball on the 25-yard line that is in line with where it crossed the end line. All procedures of taking a free hit apply, **EXCEPT the ball may not be played backwards toward the 50-yard line.** All players must be 5 yards away from the ball. The ball may not be played into the circle until it has amassed a dribbling distance of 5-yards or is touched by a defender.
10. Start each corner with the whistle.
11. Trail officials needs to keep corner count and track of sets. Remember, there can be man corners within one corner – only counts as one. Trail officials only call offensive and defensive fouls outside the circle on their side of the field and when the ball travels over the 25-yard line.

- ## NOISEMAKERS, PLACARDS, AND SIGNS

- SITES FOR 2026:**
- | | |
|-------------------------|---|
| Regional Finals: | North – Messalonskee High School
South – Scarborough High School |
| State Finals: | Edward Little High School |

GAME BALL

14

FIELD HOCKEY CLASSIFICATION

Approved by FH Comm. 12-2-24, Classification Comm. 1-14-25

Updated 7/30/26

CLASS A 665+	CLASS B 435-664	CLASS C 0-434
<u>NORTH</u>	<u>NORTH</u>	<u>NORTH</u>
1. Lewiston, 1,655 2. Edward Little, 1,136 3. Bangor, 1,069 4. Oxford Hills 1,021 5. Hampden/Mt. View, 749/288 6. Mt. Ararat, 738 7. Camden Hills, 737 8. Brunswick, 717 9. Messalonskee, 713 10. Skowhegan, 696 11. Mt. Blue, 694 12. Brewer, 693	1. Nokomis, 614 2. Cony, 647 3. Gardiner, 583 4. Hermon, 556 5. Leavitt, 552 6. Old Town, 536 7. Erskine, 533 8. Lawrence, 528 9. John Bapst, 508 10. Oceanside, 498 11. Belfast, 471 12. Waterville, 484	1. Foxcroft, 431 2. Mountain Valley, 415 3. Winslow, 367 4. Orono, 365 5. Central, 311 6. Mattanawcook, 294 7. Dexter, 273 8. Maine Central Institute, 268 9. Dirigo, 228 10. Piscataquis, 143 11. Stearns/Schenck, 132/102
<u>SOUTH</u>	<u>SOUTH</u>	<u>SOUTH</u>
1. Thornton, 1,287 2. Portland/Deering, 1,146/1,033 3. Sanford/Kennebunk, 1,075/701 4. Bonny Eagle, 1,034 5. So. Portland/Westbrook, 990/704 6. Noble, 940 7. Windham, 935 8. Scarborough, 911 9. Massabesic, 870 10. Gorham, 813 11. Falmouth, 695 12. Biddeford, 689 13. Marshwood, 665 14. Cheverus^, 388	1. Fryeburg, 663 2. Freeport, 629 3. Morse, 629 4. Greely, 613 5. GNG/NYA, 591/140 6. Yarmouth, 562 7. Lincoln, 555 8. Cape Elizabeth, 511 9. York, 503 10. Lake Region, 500 11. Poland, 493	1. Spruce Mountain, 407 2. Wells, 400 3. Oak Hill, 389 4. Lisbon, 362 5. Traip, 290 6. Sacopee Valley, 281 7. Waynflete, 254 8. Hall-Dale/Monmouth, 251/188 9. Winthrop/Maranacook, 226/369 10. Telstar, 164 11. Boothbay, 163