



VISAA FIELD HOCKEY GAME RULES/OVERTIME PROCEDURE

Game Rules: National Federation of State High School Association

Overtime Procedure: 7 a side; 1 v 1 shootout; 1 v 1 shootout; sudden victory 1 v 1 tiebreaker

Teams will play a **SUDDEN VICTORY** 10 minute overtime; 7 a side (6 field players and 1 goalkeeper) overtime. There may be unlimited substitutions prior to and during the overtime. During penalty corners, only 4 defenders are allowed. If a tie remains, proceed to 1 v 1 shootout. If needed, there should be 2 sets of 1 v 1 shootout followed by sudden victory 1 v 1 shootout.

Prior to the start of overtime, there shall be a 5 minute intermission.

- The officials shall meet with the team captain for a coin toss. The home team captain shall call the coin in the air. The winner of the coin toss shall choose to be on offense or defense to begin the overtime period.
- Teams DO NOT change goals at the end of regulation time.

During overtime play:

- All game rules shall apply except as specified below.
- There shall be no team timeouts during overtime periods.

During all overtime play:

- A player receiving a red card in regulation play may not play in the overtime

period.

- In the 10 minute 7 a side period, the team shall not begin the overtime period with fewer than the number of players designated. If a player receives a red card during the overtime period, the team shall play short until the game is completed.
- A player serving a 5 minute suspension when the regulation game ends must serve the remainder of the 5 minutes of playing time during the overtime period.

The suspended player may NOT return during that overtime period until the suspension period has expired.

The score reported for a game going into OT is as follows:

- For a game ending after the overtime period (7v7), the score is the total of all goals scored during the game and the Sudden Victory 7v7 overtime period.
- For a game ending after a 1 v 1 shootout: the winning team's score is the total of goals scored prior to 1 v 1 plus one.

1 v 1 tiebreaker

- 5 minute intermission
- Winner of coin toss may choose to attack or defend the goal first
- 1 v 1 shall be taken alternating the attackers and goalkeepers at the same goal chosen by the officials
- The winner of the coin toss shall choose whether to start on offense or defense.
- Each coach shall present a list of 5 players. Players must go in order that is listed by coach
- Non participating team members may be on the field no closer than the 50 yard line

If a tie remains after first set of 1 v 1 shootout, a second set of 1 v 1 shall be taken.

- 2 minute intermission
- The team that went first on attack in the first round shall now defend
- The players and/or the order may change for the second set
- Teams continue to alternate between attack and defense

If a tie remains after the second set of 1 v 1 shootout, teams will participate in sudden victory 1 v 1's.

- 2 minute intermission
- The players and/or the order may change for sudden victory 1 v 1's.
- The team that defended in the previous round, will now attack

- Sudden victory 1 v 1's continue until the tie is broken after an equal number of attempts.

Procedure for 1 v 1

- Attack player begins behind the 25 yard line with the ball centered on the 25 yd line.
- GK is positioned on or behind the goal line within the goal cage
- The official will ask the GK, then the attacker if they are ready. Non response is a yes
- Procedure begins with a whistle
- Attack player has **8 seconds** to score
- Follow up shots are permitted

1 v 1 shootout ends when:

- 8 seconds have elapsed
- The attacker scores a goal
- The attacker commits an offense
- The goalkeeper commits an unintentional foul (the 1 v 1 is re-taken by the same player)
- The goalkeeper commits an intentional foul (a penalty stroke is awarded and taken)
- The ball goes out of play over the endline , (this includes the GK intentionally playing the ball over the endline (not a foul) side line or out of the circle)
- If a penalty stroke is awarded, any eligible player on the roster may take the penalty stroke. The penalty stroke will take place before the next 1 v 1.

A player may be suspended by a yellow or red card but not by a green card during the 1 v 1 procedure.

If during the 1 v 1 procedure, a player is suspended by a yellow or red card:

- The player takes no further part in the 1 v 1 procedure. Any goals scored prior to card shall count.
- If the goalkeeper, a fully suited GK shall be allowed reasonable time to put on protective equipment.
- If during a 1 v 1 procedure, a defending GK or player is incapacitated, they may be replaced by another eligible player from the roster.