

Field Hockey

Section 1 Rules National Federation Rules shall govern all NJSIAA games.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers A student who transfers after the NJSIAA Competition Start Date for each sport, regardless of whether the transfer was the result of a bona fide change of residence, shall be ineligible to participate in any post-season championship competition at the new school.

Section 6 Scrimmages Interschool scrimmages are to be limited to three (3) per week until the first starting date; thereafter, including the week of the first starting date, scrimmages will be subject to the provisions of Program Regulations, Section 7 Practices/Scrimmages/Games/Meets.

Section 7 Games Per Week Not more than a total of three (3) field hockey games may be played per week beginning with the week of the start of the regular schedule (this includes interschool scrimmages, regular games, postponed games, and tournament games), but games may not be played on three (3) consecutive days. This section does not apply to State Tournament scheduling. Any tournament game, exclusive of NJSIAA Tournament play, scheduled for a Saturday, cancelled and rescheduled for Sunday, shall count as one of the three games in the week in which it was originally scheduled. If three games are previously scheduled for the coming week, the Tournament game will be permitted as a fourth game. You may play one four-game week.

Section 8 Maximum Games A member school may play:

Option 1 Sixteen (16) games (including scrimmages as provided for in Program Regulations, Section 7 Practices/Scrimmages/Games/Meets), plus two (2) tournaments, plus the State Tournament.

Option 2 Eighteen (18) games (including scrimmages as provided for in Program Regulations, Section 7 Practices/Scrimmages/Games/Meets), plus one tournament, plus the State Tournament.

Option 3 Twenty (20) games (including scrimmages as provided for in Program Regulations, Section 7 Practices/Scrimmages/Games/Meets), plus the State Tournament.

A tournament shall be of the single elimination type not to exceed thirty-two (32) teams, limited to a maximum of five (5) games. A tournament shall be of single elimination type, not to exceed thirty-two (32) teams, limited to a maximum of five (5) games.

Section 9 Quarters Per Day A field hockey player shall not play in more than six (6) quarters during the same calendar day. This would include freshman, sophomore, junior varsity and varsity competition. NOTE: Overtime periods are a continuation of the 4th quarter.