

# Field Hockey Rules Changes - 2022

By NFHS on February 17, 2022

## field hockey

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**1-5-6:** The change clarifies that hair adornments, such as beads, may be worn in the hair if they are secured and do not present a risk of injury to the player, teammates or opponents.

**Rationale:** Clarifies that hair adornments can be worn in the hair if they do not endanger other players as well as being more inclusive of participants' cultural and religious beliefs.

**1-5, 1-6, 1-8 Penalties:** Applies penalty to the athlete for illegal equipment after the game has begun.

**Rationale:** Once a coach has certified/verified that players are properly and legally equipped, the athletes should be held responsible for their uniform and equipment and therefore, the penalty should fall on the athlete, not the coach.

**3-2-4:** Uses consistent language with using the term "free hit" only as a consequence of a foul.

**Rationale:** Clarifies the 25-yard hit is not a free hit as a consequence of a foul, even though it is taken just like a free hit.

**3-3-11:** Clarifies the definition of a sweep.

**Rationale:** Simplifies language to allow for use of either edge or the flat side of the stick on both the forehand and backhand when using the sweep. Guidelines of rule 8 already exist to address improper striking of the ball while utilizing the sweep.

**4-1-3, 4-2-2e:** Allows one, 90-second timeout to each team during the game.

**Rationale:** Time-out permits coaches to deliver a quick pep talk, refocus players, or change strategy.

**10-Penalties 5:** Clarifies the penalty language for the inserter not properly inserting the ball with at least one foot behind the endline.

**Rationale:** Provides procedures for the officials and penalty specifics when the inserter has both feet in the field of play.

**11-2-3:** Clarifies where players on either team not involved in the penalty stroke stand during the taking of the stroke

**Rationale:** Clarifies that players not involved in a penalty stroke need to be out of the sight line of the goalkeeper.

## 2022 Editorial Changes

1-2-4j

## 2022 Points of Emphasis

1. Intentional Fouls Inside the 25-Yard Line

2. Tackling

3. Aerial Dribbling

4. Enforcing Prompt Re-start of Play

5. Sportsmanship