

Field Hockey

Section I - Championship Eligibility

The following schools compete for the conference championship in field hockey: Bryn Mawr, Dickinson, Franklin & Marshall, Gettysburg, Haverford, Johns Hopkins, McDaniel, Muhlenberg, Swarthmore, Ursinus and Washington.

Section II - Field Hockey Committee

Chair: Megan Fraser, Johns Hopkins.

Liaison: Carol Cantele, Gettysburg.

Section III - Playing Season Regulations

A. Length of Playing Season. The length of an institution's playing season in field hockey shall be limited to a maximum of 18 weeks (traditional and nontraditional segments combined). *(Adopted 1/12/04)*

B. Traditional Segment.

- 1. Preseason Practice.** A member institution shall not commence practice sessions before the date that permits a maximum of 16 units in the preseason practice formula before the first scheduled intercollegiate competition. A "unit" is a numerical value assigned to a particular calendar day within the application of the preseason practice formula that is used to determine the first permissible practice date for fall sports other than football. The number of units assigned to a particular day does not determine or limit the number of practices that may be conducted on that day. *(Adopted 5/4/09)*
- 2. Determining the First Permissible Practice Date.** To determine the first permissible practice date, an institution shall count back a total of 16 units on a calendar starting with the day before the first scheduled intercollegiate competition, as follows:
 - a. Never assign any units to Sundays on the calendar; it is permissible to practice on Sundays;
 - b. Never assign any units to calendar days during the preseason when all institutional dormitories are closed, the institution's team must leave campus, and practice is not conducted;
 - c. The first six units: assign one unit to each of the six calendar days (not including Sunday) before the first scheduled intercollegiate competition;
 - d. The remaining ten units:
 - i. Assign one unit to each calendar day (not including Sundays) that occurs on or after the opening day of classes for the fall term and
 - ii. Assign two units to each calendar day before the opening day of classes for the fall term (not including Sundays) until the sum of units on the calendar reaches 16;
 - e. The date on which the total count of units on the calendar reaches 16 is the first permissible date for preseason practice. *(Adopted 5/4/09)*
- 3. First Contest or Date of Competition.** An institution shall not play its first contest or engage in its first date of competition (contest or scrimmage) with outside competition prior to September 1 or the preceding Friday if September 1 falls on a Saturday, Sunday or Monday. Effective in 2010-11, the first date of competition will be the Friday before Labor Day. An unlimited number of exhibition scrimmages may be conducted on one date during the preseason practice period, which shall count as one date of competition in the institution's maximum limitation on contests or dates of competition. *(Revised 5/27/09)*
- 4. Maximum Limitations.** An institution shall limit its playing schedule with outside competition in any one year to 18 contests except for those contests excluded in the *NCAA Manual*. *(Revised 6/4/03)*

C. Nontraditional Segment

- 1. Preseason Practice.** For an institution that conducts its nontraditional segment in the spring, February 1.
- 2. First Contest or Date of Competition.** September 1.
- 3. Nontraditional Season Length.** All practice and competition during the nontraditional segment shall be limited to a maximum of five weeks.
- 4. Practice Opportunities.** The Conference permits a maximum of 16 practices with no more than four practices in any one week. *(Revised 6/4/03)*
- 5. Maximum Limitations.** The Conference permits one date of competition with outside competition that is counted toward the allowable 16 practices (*i.e.* 15 practices + 1 DOC = 16; 16 practices + 0 DOC = 16). *(Revised 6/4/03)*
 - a. Exemption - Alumni Game.** The Conference also permits one date of competition against an alumni team that is counted toward the allowable 16 practices. *(Revised 5/28/08)*
- 6. Class/Laboratory Time.** No class or laboratory time may be missed for practice or competition.
- 7. Date of Competition Limitations.** A maximum of eight hours of athletically related activity may occur on the one date of competition for all participants. Further, competition activity on the one date must be included in the eight-hour maximum and is also limited to two regulation baseball games or 18 regulation innings (e.g., three outs per inning, three strikes per out). *(Revised 4/17/07)*

Section IV - Rules Governing Championship

All NCAA championship rules apply unless amended below.

- A. Determining the Conference Champion.** The Conference champion will be determined by a five-team playoff. The teams are determined by the most points earned in a single round-robin format. Two points will be awarded for a victory, one point for a tie and none for a defeat.

First Round (Wednesday): No. 5 seed at No. 4 seed.

Semifinals (Saturday at No. 1 seed): 4-5 winner at No. 1 seed; No. 2 seed vs. No. 3 seed. Top seed determines the order of semifinal games in consultation with Conference Office.

Championship (Sunday at No. 1 seed): semifinal winners. (*Adopted 6/7/00; Revised 6/9/04; Revised 11/30/04*)

B. Tournament Scheduling Conflicts

If a school hosts two or more fall championship first-round games on the same day at the same unlighted venue, the visiting team that travels the farthest will play its game on Wednesday. The visiting team that is closer will play its game on Tuesday. Mileage matrix determined by the Conference Office.

If the facility has lights, the team traveling the farthest plays the second game on that day.

If there are three fall championship first-round games at the same venue (men's soccer, women's soccer, field hockey), the visiting soccer team that is closest will play its game on Tuesday. The other two games will be played on Wednesday with the order determined by mileage (closest first, farthest second).

If one school hosts two championships on the same venue at an unlighted facility (*example: Haverford soccer*), the semifinals between the No. 2 and No. 3 seeds in both tournaments will be hosted by the No. 2 seed. Both championship games will be played at the highest remaining seed. If both championship games are played at the No. 1 seed, the order will be determined by mileage (closest first, farthest second).

If one school hosts a championship for both genders at the same venue (*example: men's and women's soccer*), in odd-numbered years, the men's tournament will be played Friday and Saturday, while the women's tournament will be played Saturday and Sunday. In even-numbered years, the women's tournament will be played Friday and Saturday, while the men's tournament will be played Saturday and Sunday.

If field hockey conflicts with either soccer tournament, substitute hockey for the gender not represented. (*example: in 2007, Johns Hopkins hosts field hockey and men's soccer: men's soccer plays Friday-Saturday, field hockey plays Saturday-Sunday*)

If the tournament conflicts with a home football game, the tournament may be scheduled for Friday night and Saturday night. (*Adopted 6/9/04*)

C. Tie-Breaking Formulas

1. Head-to-Head Conference competition.
2. Team with best record vs. 1st place team, 2nd place team, etc. until tie is broken.
3. Goal-differential: An extra point shall be awarded for each goal a team wins by up to a maximum of three goals in games among tied teams (example: 4-1 is worth three points, 4-2 is worth two, 5-1 is worth three).
4. Coin flip by Executive Director. (*Adopted 6/7/00*)

When any secondary criteria separates one or more tied teams, but does not completely break the tie among all teams involved, re-apply the criteria to all groups of teams still tied, starting with the Conference's primary tiebreaker for all sports (head-to-head Centennial competition). (*Revised 6/4/03*)

D. Starting Times.

First Round (Wednesday): 2:00. If the host has a lighted facility, 7:00.
Semifinals (Saturday): 11:00 and 70 minutes following conclusion of first semifinal.
Championship (Sunday): 1:00.

Conflicts will be worked out between the committee chair and the Conference Office. Travel expense and time will be taken into consideration for start times and order of semifinal games. (*Adopted 6/7/00; Revised 6/6/01; Revised 6/9/04; Revised 6/1/05*)

- E. Inclement Weather.** Guidelines governing championship administration are as follows: 1) Semifinal games must be played back-to-back. 2) Designated start times would be no earlier than 11 a.m., and no later than 7 p.m. 3) All games would be played on the same surface. 4) If these criteria could not be met by the #1 seed, then the Conference would look to the #2 seed to host. (*Adopted 6/6/01*)

- F. Incomplete Tournament.** If the championship tournament cannot be completed and each team has completed at least one tournament contest, the highest remaining seed will be the Conference's champion and automatic qualifier to the NCAA tournament. Otherwise, the top seed as determined by the regular season will receive the automatic qualifier. (*Adopted 6/5/02; Revised 6/9/04*)

G. Practice at Championship Site

1. No practice will be permitted at the championship site (host team excluded) prior to game day.
2. No practice on the game field prior to the semifinals.
3. Prior to a single outdoor championship event, the facility will be made available for official warm-ups 45 minutes prior to the start of play. (*Adopted 6/9/04*)

H. Officials. The officials for future Conference championship tournaments will be assigned through the Conference Office by: Sue Diffenderfer (2009) and Fran Trumbo (2010). (*Adopted 6/9/04*)

I. Bench Areas. The host institution – or higher seed at a neutral site – is the designated home team and will wear the light-colored (white) jerseys. The designated home team will use the host institution's bench.

J. Game Ball. The official game ball will be the same one as designated by the NCAA for its championships. The Penn Monto Elite Turf is the official ball for the NCAA championships (for grass, artificial-filled surfaces and turf surfaces that are not watered. The Kookaburra standard dimple (white) ball will be the official ball for non-filled watered artificial surfaces. The color of the ball will be white, unless mutually agreed upon by the games committee and the coaches.

K. Uniforms. Participants in the championship shall wear exclusively the official uniform of their institution in competition and during related ceremonies. Each team must have two sets of shirts and socks, one light set and one dark set. The higher seed will wear its white (light) uniforms, while the lower seed will wear its dark uniforms.

L. Field Measurements. All fields that do not have a natural barrier between the spectators and the field (i.e. track) should rope off an area five yards between the spectators and the field.

M. Game Staffing. The host institution shall provide all table personnel for the first-round, both semifinal and championship games, including: an announcer, two clock operators, official scorer, and statisticians. Table personnel should be experienced and knowledgeable of the game of field hockey. If students serve in this capacity, there must be adult supervision (other than the tournament director) at all times. The host institution should provide the same for the first-round game as well.

N. Programs. The host institution is responsible for the production of 100 programs (or a typical amount for a regular-season home game) for the first-round game and 750 programs for the semifinals and championship game.

O. Pregame Schedule. All teams are guaranteed a minimum of 45 minutes of warm-up on the game field.

First Round, Semifinal No. 1 and Final

Game Clock

62:00	Teams may begin warm-up; stick check (actual time 9:50 a.m. for semis; 11:50 for final)
12:00	Captains and umpires meet
8:00	Field is cleared (actual time 10:52 a.m. for semis; 12:52 for final)
	Introduction of officials and players
	Reading of Conference Sportsmanship Statement
3:00	"Star Spangled Banner" (actual time 10:57 a.m. for semis; 12:57 for final)
0:00	Game Begins

Semifinal No. 2

Seventy (70) minutes are placed on the clock immediately at the conclusion of the first semifinal. A minimum of 45 minutes should be available for warmup prior to the start of the second semifinal.

Game Clock

62:00	Teams may begin warm-up; stick check
12:00	Captains and umpires meet
8:00	Field is cleared
	Introduction of officials and players
	Reading of Conference Sportsmanship Statement
3:00	"Star Spangled Banner"
0:00	Game Begins

Section V - Regulations Governing Competition

All NCAA Rules apply unless amended below.

- A. Starting Times.** All Conference games played after daylight savings time has ended are to start no later than 3 p.m. on a weekday. After October 1, unless mutually agreed upon, contest will begin no later than 4 p.m. unless the facility has lights. An institution with lighted facilities may schedule night games that may start no later than 8 p.m. (*Revised 6/4/97; Revised 6/1/05; Revised 5/31/06*)

Pre-Game Schedule (example: 12 noon start)

10:50 a.m. clock starts at 62:00; teams may begin warm-up

11:52 a.m. field is cleared; teams return to benches; pre-game introductions; national anthem

12:00 p.m. game begins

- B. Warm-Up.** During the regular season, teams will have the full 62 minutes of warm-up time with the exception of conflicting competitions (not to include practices) on a multi-use field. In such a situation, each team will be given a minimum of 45 minutes of warm-up time with an additional eight minutes allotted for pre-game announcements and national anthem. (*Adopted 5/28/08*)
- C. Official Ball.** The official game ball will be the same one as designated by the NCAA for its championships (Penn Monto Elite Turf).
- D. Officials.** In order for a Conference game to be played, two officials must be present. If only one official is present, the game will be repeated at the same site unless it was determined that the home team was at fault. Then, the opposite site will be used.
- E. Minimum Standards for Hosting Conference Contests.** The home team should meet minimum requirements for hosting a Conference game — a visible scoreboard; a backup clock and flip cards for scoring; a horn at the scorers' table; an official NCAA score sheet; substitution cards; drinking water present at benches 30 minutes prior to contests; extra balls placed behind goals. The home team is responsible for supplying a trained timer while each team shall have a trained scorer who travels with them to all games. (*Adopted 6/7/95, Revised 6/2/99*)
- F. Postponed Games.** All postponed Conference games will be rescheduled upon mutual agreement by the coaches or administrators. In the final week of regularly scheduled Conference play, a postponed Conference game will be rescheduled for the next available date and shall have priority over non-Conference games.
- G. Cut-Off Date.** The cut-off date for the completion of Conference regular-season competition is 6 p.m. on the Sunday prior to the championship. (*Adopted 6/9/04*)
- H. Scouting Information.** Scouting information (film, tape, written or verbal information) about Centennial Conference schools may not be shared with non-Conference opponents. (*Adopted 6/3/98*)
- I. Length of Grass.** The length of grass on the fields in the Centennial Conference should be maintained at 1 1/4" or less. (*Adopted 6/7/00*)
- J. Jewelry.** Due to the potential for bodily injury, dismemberment, or even death, this policy regarding the wearing of jewelry, body piercing articles, and symbolic bracelets is recommended for all practices and games of Centennial Conference athletes. Tongue studs, spacers, or other objects are discouraged due to the potential for an obstructed airway or soft tissue damage. Protective mouthpieces are excluded from this policy. A player should not wear any jewelry, including earrings, chains, charms, watches, hair clips, bobby pins, tongue studs or items associated with piercing (visible or not visible), or bracelets. Exception: Medical alert bracelets or necklaces may be worn but should be taped to the body. Religious medals should be removed from chains and may be taped to the body or sewn under the uniform. (*Adopted 6/1/05*)
- K. Travel Squad.** Teams may not travel with more than 26 players. Those who do not make the travel squad may not use athletic department-sponsored transportation to attend the contest as a manager, scorekeeper or statistician. An institution that is in violation of this regulation shall automatically forfeit the competition. (*Adopted 5/27/09*)

Section V - Awards

- A. All-Conference Team.** At the conclusion of the regular season, the conference coaches will select an All-Conference team. The team will comprise of 10 field players and a goalkeeper. It is recommended that coaches nominate no more than seven players for the All-Conference team. The coaches will also select a Player of the Year. (*Revised 6/7/00; Revised 6/9/04*)
- 1. Nominations.** Approximately seven days before the conclusion of the regular season, each coach of a participating Conference school should submit nominations of his/her athletes to be considered for All-Centennial status. No Conference-wide limit is made to the number of nominations that can be made for All-Conference consideration, although nominees should be starters or key reserves. Some sport committees may establish maximums for the number of nominees. Only one player may be nominated for Player of the Year status.

2. **Nomination Form.** The nomination form will include (1) coach's rank; (2) player name; (3) jersey number; (4) position(s). Goalkeepers will be listed, but not be ranked and player of the year nominees will be listed separately at the bottom of the form. The ballot will list nominees in the following order: (1) alphabetically by school; (2) player rank.
3. **Voting Procedure.** Shortly after the conclusion of the regular season and prior to the start of the championship tournament, voting for All-Centennial teams should be concluded. Coaches should vote for 1st and 2nd team selections, and a Player of the Year. **No coach can vote for his/her own player!** The completed ballot should be returned to the Director of Sports Information and sent via email or FAX to the Conference Office.
4. **Determination of All-Conference Team.** Two (2) points will be awarded for a 1st team vote and one (1) point for a 2nd team vote. Players with the most points shall be accorded 1st team All-Centennial status. Ties will be broken in favor of the candidate with the highest number of 1st team votes. If the tie is still not broken, additional players may be added to the All-Star team. Any athlete receiving four (4) points will be assured of at least honorable mention status.
5. **Determination of Player of the Year.** For Player of the Year honors, coaches should vote for 1st, 2nd and 3rd with five points for a 1st place vote, three for a 2nd place vote, and one for a 3rd place vote. **Once again, coaches cannot vote for his/her own player.** Ties will not be broken and co-winners will be named.
6. **Determination of Coach of the Year.** For Coach of the Year honors, coaches will be asked to nominate **one** opposing coach for Coach of the Year. Coaches should vote for 1st, 2nd and 3rd with five points for a 1st place vote, three for a 2nd place vote, and one for a 3rd place vote. **Once again, coaches may not vote for themselves.** Ties will not be broken and co-winners will be named. Balloting will be conducted at the annual committee meeting (effective through 2013). *(Revised 5/27/09)*

B. Weekly Honors. The Conference Office, in cooperation with the Sports Information Directors committee, will recognize an Offensive and Defensive Player of the Week for individual performances during a selected period. *(Revised 5/31/06)*

C. Academic Honor Roll. To be nominated/selected for the Academic Honor Roll, a student-athlete must meet the following criteria:

1. The student-athlete must be a starter or key reserve on her/his team.
2. Must be a sophomore or higher in class standing.
3. Must have a cumulative grade point average of 3.40 or higher (or its equivalent as determined by the institution) based on a 4.0 scale. The GPA must be at least 3.40, not 3.39 and rounded to the nearest tenth of a point.

D. All-Sportsmanship Team. All institutions will elect one member from their team who displays good sportsmanship throughout the season to be a member of the All-Centennial sportsmanship team. These individuals will be selected by the team and head coach and submitted to the Conference Office as part of the All-Conference nomination process. Only one student from each team may be selected. All institutions will have one representative on the All-CC sportsmanship team with the final decision made by each institution's head coach. *(Adopted 5/30/07)*

Section VI – 2009-10 Calendar

First Contest:	Tuesday, September 1
All-CC Nominations Due:	Thursday, October 29
All-CC Ballot Due:	Tuesday, November 3
Conference Tournament:	Wednesday-Saturday-Sunday, Nov. 4-6-7
Committee Meeting:	Tuesday, November 10
NCAA First Round:	Wednesday, November 11
NCAA Second/Third Rounds:	November 14-15
NCAA Finals:	November 21-22 at South Hadley, Mass. (Mount Holyoke, host)
2010 NCAA Finals:	November 19-20.