



2024 NCAA Field Hockey Rules Modifications

The following rules modifications were approved by the NCAA Field Hockey Rules Subcommittee and the NCAA Playing Rules Oversight Panel. All modifications are effective with the 2024 season. These modifications will be incorporated into the NCAA Field Hockey Rules Modification Document.

Rule Modification	Rules Modification and Rationale
3.1.e (Uniforms)	<p>e. The game shirt worn by the designated home team must be predominantly dark and in contrast to the away team. The game shirt worn by the designated away team must be predominantly light. In the event that the colors are not of contrasting colors, the home team will be required to change.</p> <p>h. The color of the socks and/or shin guards must be consistent with team uniform colors and of a contrasting color of the opposing team. All colors must be in contrast to the opposing team's sock colors. It is the responsibility of the home team to wear socks and/or shin guards in clear contrast to those worn by the visiting team. In the event that the colors are not of contrasting colors, the home team will be required to change. Example: If the home team is wearing socks that are blue and white striped (50/50 colors) and the visitors are wearing white socks, the home team must change to comply with the rule.</p> <p>i. When possible, teams should consult with each other on uniform colors before arriving at the field (e.g., by phone/email, at the meeting the night before a tournament, an agreeable time at the NCAA championships) and let the umpires know of the decision prior to the game. In the event of a conflict, the final decision of uniform colors, including uniform top, kilt, socks/shin guards and goalkeeper jerseys, will be at the discretion of the umpires.</p> <p>Rationale: To provide additional clarity to the requirements for uniforms and to allow the game to be effectively umpired. This is also intended to improve the video referral process.</p>
8.1.b (Equipment)	<p>8.1.b has been removed from the NCAA Field Hockey Rules Modification Document. Field players are permitted to wear, throughout a game, only a smooth, preferably transparent or white but otherwise dark plain colored face mask that fits flush with the face, soft protective head covering or eye protection in the form of plastic goggles (i.e., goggles with a soft covered frame and plastic lenses). A caged face mask is permitted only inside of the 23-meter area of the field. A player wearing</p>

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	<p>a caged mask must pass the ball prior to exiting the 23-meter area. Additionally, a player wearing a caged mask may not engage an opponent with the ball outside of the 23-meter area.</p> <p>Rationale: Removing this modification aligns the NCAA with the FIH and USFHA. The USFHA removed this in the fall of 2023. FIH 4.2 – are permitted to wear throughout a match for medical reasons only a smooth, preferably transparent or single-colored face mask which closely fits the face, soft protective head- covering or eye protection in the form of plastic goggles (i.e. goggles with a soft- 18 covered frame and plastic lenses); the medical reasons must be assessed by an appropriate authority and the player concerned must understand the possible implications of playing with the medical condition.</p>
<p>New Modification Division III Only (Video Referral)</p>	<p>Each team is permitted the use of two (2) video referrals during the game (Division III games only).</p> <p>Rationale: This proposal is intended to provide the opportunity for teams to utilize video referral without the risk of one-and-done. It intends to remove the pressure & hesitation from players to follow the guidelines of asking “immediately” for the referral and encourages players to ask for the referral when applicable.</p>