



2026 Division I Field Hockey Rules Modifications

The following rule modification was approved by the NCAA Division I Field Hockey Oversight Committee. This modification is effective for Division I competition starting with the 2026 season. The modification will be incorporated into the NCAA Field Hockey Rules Modifications document. The NCAA follows the FIH rules along with the NCAA Field Hockey Rules Modifications document.

Rule	Modification and Rationale
Tied Games	<p>One, 15-minute overtime period, still in “Sudden Victory” format. This overtime period will begin with eleven players for each team. If the game is still tied after this overtime period, a shootout will take place.</p> <p>Rationale: This change prioritizes student athlete well-being by reducing the physiological load on student athletes in the current overtime format. It also allows the game to be decided through true team play, while preserving the excitement of a sudden victory finish.</p>