



**SEACOAST UNITED FIELD HOCKEY CLUB
11th ANNUAL 7 v 7 CLUB TOURNAMENT
FEBRUARY 26, 2012**

Once again, Seacoast United is pleased to invite clubs and school teams to join us for a fun and competitive day of field hockey. This event has become popular with U14, U16 and U19 teams and this year we have been able to extend our field hours and offer the opportunity for more teams and additionally a U12 division!

As a Club we have tried to make this tournament fun and fair to all teams and will work with coaches to make sure that their teams are in the appropriate division for their age and/or their skill. While we can't set a schedule and/or specific times until we know how many teams will be participating, I am assuming we will have a start time between 7:00-8:00AM.

For teams that will need to book a hotel, please utilize the link below for a listing of area hotels:
<http://www.seacoastunited.org/Tournaments/254743.html>
Remember to mention your participation in a Seacoast United tournament!

The registration form is attached – please act quickly to reserve your spot. If you have any questions, or would like additional information please feel free to contact Katie at
kwhite@seacoastunited.org

Best,
Katie White
Program Director
Seacoast United

SEACOAST UNITED FIELD HOCKEY CLUB TOURNAMENT- February 26, 2012

DIRECTIONS

The Seacoast United Arena (311 Winnacunnet Road) is in Hampton, New Hampshire, two miles from the Atlantic Ocean in southern New Hampshire.

FROM THE SOUTH: Interstate 95 North to Exit 1 in New Hampshire. Taking a right off the exit onto Route 107- to intersection of Route 1. Take left onto Route 1 North and follow to 101 East – Hampton Beach. Take left at first traffic light (Landing Road), bear right at end onto Winnacunnet Road. The arena is ¼ mile on right.

FROM THE NORTH and WEST: Interstate 95 South to Exit 2 – Just before main toll booths. Bear left through side toll (.50) and right off exit onto 101 East. Follow 101 East approx. 5 miles to traffic lights at Landing Road, taking a left at the lights. Follow Landing Road to end, bearing right onto Winnacunnet Road. The arena is ¼ mile on right.

HOTELS

There are a number of hotels in the Portsmouth, NH area all within 5-10 minutes of arena. If your team needs hotel rooms please contact Cathy Costello (ccostello@seacoastunited.org) and she will be able to give you additional information regarding this.

FOOD

There are several “fast food”, sandwich, and pizza establishments on Route 1 in Hampton as well as some nicer restaurants. There is a snack bar at the arena that will also be open during the tournament with pizza, sandwiches and drinks.

ARENA

Seacoast United has five turf surfaces, three of which will be used for the tournament. There are seating areas available. Teams will be allowed to practice or “warm-up” on one of our small fields not in use during the tournament.

UNIFORMS

Each team must have one light and one dark uniform with coordinated socks. The first team listed on the official schedule will wear the light color.

SCHEDULE

Games will begin at 7:00am. This tournament will be on a point scale. Winners will be notified at the end of the tournament.

SEACOAST UNITED FIELD HOCKEY
TOURNAMENT RULES
7V7 Hockey

A. EQUIPMENT

1. Indoor sticks are recommended for all games, not mandatory.
2. Goalkeepers are required to wear a helmet with a face mask.
3. Mouth guards and shin guards are required for each player.
4. No jewelry will be allowed.

B. UNIFORMS

1. Each team must bring two different colored shirts with matching socks, light and dark with all team members in the same color. Pennies will be accepted.
2. Team shorts should be of a consistent color.
3. Numbers are required on the backs of uniform shirts.
4. Goalies or designated goalies must wear a completely different colored shirt from that of the colors worn by both teams.
5. The first team listed on the schedule will wear light shirts and socks, the second team listed will wear dark shirts and socks.

C. GAME TIME

1. Games will consist of one 25 minute running time game.
2. All games will start and stop with a field horn.
3. The first team listed on the schedule has the pass back.
4. Time lost due to injury will not be added to the game.

D. POINTS

Teams will receive:

1. 3 points for a win
2. 1 point for a tie
3. 0 points for a loss

E. ROSTERS

1. Rosters are limited to 12 players.
2. A player can play for only one team- If a player plays on more than one team all games that the illegal player has participated in will be forfeited.

F. ARRIVAL TIME

1. Teams arriving for a match later than 5 minutes after the starting time will forfeit that game.

G. FORFEITS

1. A forfeit will be declared if a team:
 - a. does not show up for the match;
 - b. arrives more than 5 minutes after the match start time;
 - c. does not have four players dressed in proper uniform on the court after the five minute grace period
2. If a forfeit is declared, a 3-0 win will be awarded to the opponent.

H. TIES AT THE END OF POOL PLAY

If there is a point tie among teams at the end of pool play, the following procedure will be used to break ties:

1. Head to Head
2. Goal differential (maximum 5 per game)
3. Goals Against
4. Goals For
5. Coin Toss

I. TEAM AREAS & SUBSTITUTIONS

Players and substitutes are under the jurisdiction of the umpires during the whole game, including any period of temporary or permanent suspension, and are therefore subject to their decisions under Rules of Indoor Hockey. Substitutions will be made from the side of the court where the designated team area is located and at or near to the center of the court. Players coming off the court shall also leave at the side where the designated team area is located.

J. CARDING PROCEDURE

1. All cards must be recorded on the scoresheet.
2. A participant receiving a red card will be suspended from the team's next match.
3. Two yellow cards to any one participant equal a red card.
4. Two red cards to any one participant eliminates that person from the tournament.
5. Three yellow cards to any one participant eliminates that person from the tournament.
6. Yellow cards shall be awarded for uniform violations.
7. A participant receiving a yellow card who does not complete the time of suspension prior to the end of the match will not be permitted to participate in the tie-breaking stroke-off (Championship Round)

K. RULES

1. The tournament will follow the FIH rules with the exception of some rules.
2. Raised balls – the ball height cannot exceed knee height.
3. Corners will be played as follows: defensive players must not play stacked; they must have one foot touching the back wall inside the circle. Offensive players must have all players outside

the circle – the ball must be controlled outside the circle, then entered inside the circle for a goal to count.

4. If the ball touches the tall wall on the field it results in an automatic 16 yard hit unless the defense intentionally hits the ball into the tall wall, then a penalty corner will be awarded.