



Field Hockey

Sport Information

Regular Season Information

In-Season Activities

- In-season practice with a school coach present - in any sport - is prohibited outside the sport seasons designated in the following table. (Summers are exempt.)

Fall Season	Monday, Aug 3, 2026	Saturday, October 31, 2026

Game Limits

Field Hockey	23 contests

Out of Season Activities

- Out of season activities are allowed, but are subject to the following:
 - Dead Periods:
 - Only apply to sports not in season.
 - Out of Season activities are not allowed during the following periods:

Season	Period
Fall	Starts the first week of fall season through August 31st.
Winter	Starts 1 week prior to the first day of the winter sport season and extends 3 weeks after Nov. 1.
Spring	Starts 1 week prior to the second Monday of February and extends 3 weeks after the second Monday of February.
May	Starts on the spring seeding meeting date and extends through the final spring state championship.

Sport Rules

- National Federation of High Schools Rules (NFHS)-
 - The NCISAA is an affiliate member of the NFHS.
 - National High School Federation rules apply when NCISAA rules do not cover a particular application.
 - Visit www.nfhs.org to find sport specific rules and annual updates.
- It is important for athletic directors and coaches to annually review rules changes each season. Rule Books are also available for online purchase on the NFHS website.
- Rules-
 - Heads of schools and athletic directors are responsible for seeing that these rules and concepts are understood and followed by their coaching staff without exception.
 - Enforcement of all NCISAA rules is the responsibility of each school, each conference, the NCISAA Board of Advisors, the NCISAA Board of Trustees and the NCISAA State Office.

Mercy Rule

- If a goal differential of nine is reached by halftime or at any time in the second half, the game shall be terminated. This applies during the regular season and playoffs.

Tie Breaking Procedures

If the score remains tied after the two 10 min 7 v 7 sudden victory periods, all coaches, officials and team captains shall assemble at the halfway line to review the procedure as outlined below:

1. The head referee shall choose the goal at which all of the 1 v 1 from the penalty.
2. Each coach will select any five players to take the 1 v 1.
3. A coin toss shall be held. The team winning the toss shall have the choice of going first or second.
 - a. Teams will alternate 1 v 1 participants.
4. Following the five 1 v 1 participants for each team, the team scoring on the greatest number of these goals shall be declared the winner.
5. Add one goal to the winning team score and credit the team with a victory.
6. **If the score remains tied after each team has had five 1 vs 1's** each coach will select any five players to take the 1 v 1's in a sudden-victory situation, wherein if one team scores and the other team does not score, the game is ended without more 1 vs 1's being taken.
7. **If the score remains tied after the next round of five players**, continue the sudden-victory 1 vs 1 with the coach selecting any five players to take the next set of alternating 1 vs. 1, wherein if one team scores and the other team does not score, the game is ended without more 1 vs 1's being taken.

Postseason Information

Seeding Information:

1. Opt Out Date- September 18, 2026
2. **Seeding Meeting Dates:**
 - a. October 17, 2026
3. For state playoff seeding purposes, all conference games/matches must be completed prior to the seeding meetings.
4. All schools are considered for state playoffs unless they have opted out.
5. A team must have at least two wins against a Maxpreps recognized varsity opponent to qualify for the postseason.
6. Schools must play 2 contests against 2 separate schools within their classification/division.
7. In all playoff games, the higher seed will be the home team.
8. Brackets will be posted on the NCISAA website after seeding for each classification has been established. The athletic administrators of participating teams should then be in communication with their opponent to arrange contest details. (See NCISAA Handbook/Postseason Rules & Regulations for Host Site rules and details.)

All-State Voting

1. Meeting Date: November 2, 2026
2. Meeting Site: The format of the 2026 All-State selection meeting will be a virtual meeting held on the Monday following the State Championship..
3. Each Head Coach (or their designee) will be invited to the all-state meeting and will have **three (3)** minutes to talk about all their school's all-state candidates.
4. Statistical information must be submitted for each student-athlete being considered using the form provided by the State Office. Failure to submit information prior to the established deadline will render the student-athlete ineligible for all-state consideration.
5. There will be no all-conference list submitted to the State Office in advance of the meeting. There will be no predetermined all-state committee.
6. Voting will be done by each head coach (or their designee) who attended the all-state meeting. Voting forms will be sent out to coaches following the meeting.
7. The NCISAA State Office will mail/deliver the All-State medals to the athletic director of the All-State recipient's school.

Postseason Definitions:

1. Championships - Each sport season will conclude with a final event - State Championships. Some sports have a 1 or 2 date Championship while others have a playoff period prior to a Championship.
2. Playoff Period - The two week period of time preceding the Championships will be considered "playoffs".
3. Playoff Dates - Within the playoff period, each classification/division will compete on 3-6 dates, depending on how teams are competing. After opt-outs have been established, the playoff dates and brackets will be posted on the NCISAA website. See BRACKETS tab for sport related bracket layout.

EXAMPLE:

- Week 1 - Playoffs may be played on Tuesday, Thursday and Saturday OR Tuesday and Friday.
 - Week 2 - Playoffs may be played on Tuesday, Friday and/or Saturday.
4. Playoff Times - Weekday contests will start at 5:30pm (1pm on Saturdays) unless an alternate time is agreed upon by competing schools.
 5. Each round will be determined after the opt-out date and posted on the BRACKETS page on the NCISAA website.

a. Championship Date

Field Hockey	Finals will be on the last Saturday of October.

Championship Site

The higher seed will host.

Sport Rules

1. Unless otherwise specified, National High School Federation rules will be followed.
2. The NFHS position on protective eyewear for players has been endorsed by the NCISAA.

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Officials

1. Each playoff contest should be staffed by two NFHS officials and an alternate, if available.
2. For playoff rounds, the host site is responsible for securing officials.
3. For state championships at the higher seed, host schools will work with the NCISAA State Office in securing officials.
4. When the championship is being played at a neutral site, host schools will work with the NCISAA State Office in securing officials.

Medical Coverage

A North Carolina State Licensed Athletic Trainer or First Responder is required for all NCISAA playoff contests.

Reporting Playoff Scores

Both school administrators are responsible for reporting scores to the NCISAA State Office and posting results in MaxPreps immediately after the conclusion of the contest.

Admission

Postseason	All Rounds
Adults	\$10.00
Children (8 and under)	Free

***Students in grades 9-12 of participating schools only are admitted free.**

Awards:

Team	Div. I
Championship Trophy	1
Runner-Up Trophy	1
Gold Medals to Championship Team	26
Silver Medals to Runner-Up Team	26

Individual	Div. I
All-State Awards	17