

2021 NFHS Field Hockey Rules: A Comprehensive Guide

Field hockey has always been an exhilarating sport, but with the of the 2021 NFHS (National Federation of State High School Associations) Field Hockey Rules, the game has become even more exciting. These new rules bring a fresh perspective to the game, ensuring fairness, safety, and a level playing field for all participants. In this comprehensive guide, we will explore the key changes in the 2021 rules, providing you with a deeper understanding of the game and its intricacies.

1. The Self-Start Rule

One significant change in the 2021 NFHS Field Hockey Rules is the of the self-start rule. Unlike previous years, players are now allowed to restart play after a penalty or out-of-bounds situation without waiting for the whistle. This change enhances the flow of the game, keeping the action alive while maintaining fairness and preventing opponents from gaining an advantage. Not only does this new rule add pace and excitement to the game, but it also encourages players to think quickly and make strategic decisions on the spot.

2. The Mandatory Use of Protective Eyewear

Safety always comes first in any sport, and field hockey is no exception. The 2021 NFHS Field Hockey Rules now mandate the use of protective eyewear for all players. This new rule aims to prevent eye injuries and enhance player safety during gameplay. From beginners to seasoned athletes, everyone must adhere to this safety measure, ensuring a secure and protected environment on the field.



2021 NFHS Field Hockey Rules Book

by Caleb Roehrig (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 1321 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 125 pages

Lending : Enabled



3. The Three-Yard Rule

The three-yard rule is another significant change introduced in the 2021 NFHS Field Hockey Rules. It requires defending players to be at least three yards away from the free-hitting player. This change ensures that players have enough space to execute a free-hit successfully without being obstructed or interfered with by the defenders. With this rule in place, the attacking team gains better control and opportunities to create scoring chances, giving the game a more dynamic and strategic approach.

4. The 25-Yard Restart Rule

Prior to the 2021 rule changes, when the ball went out of bounds over the end line, it was restarted from the 16-yard line. However, with the new rules, the game is restarted from the 25-yard line. This alteration provides more space for the attacking team and allows them to build up their pace and tactics. It also encourages players to be more creative in their approaches towards taking advantage of scoring opportunities. The 25-yard restart rule adds an extra level of excitement and unpredictability to the game.

5. The Green Card Penalty System

The of the green card penalty system in the 2021 NFHS Field Hockey Rules aims to address unsporting behavior and ensure fair play. Similar to yellow and red cards in other sports, the green card serves as a temporary suspension for players exhibiting unsportsmanlike conduct. This new penalty system helps maintain discipline on the field and encourages players to compete in a respectful and fair manner.

The 2021 NFHS Field Hockey Rules have brought exciting changes to the game, enriching the overall playing experience. The self-start rule, mandatory use of protective eyewear, three-yard rule, 25-yard restart rule, and the green card penalty system all contribute to a safer, fairer, and more thrilling sport. Whether you are an avid field hockey enthusiast or just starting out, understanding these rules will undoubtedly enhance your appreciation for the game. Embrace the new rules and witness the exhilarating evolution of field hockey in 2021.



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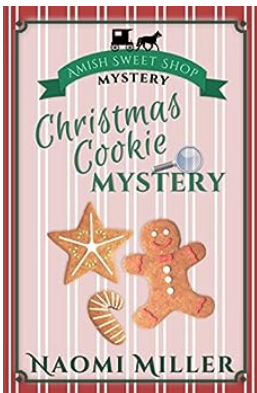


Contains the official rules for field hockey and are designed to explain all aspects of the sport.



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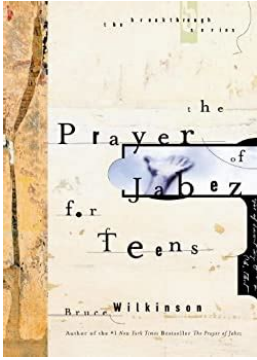
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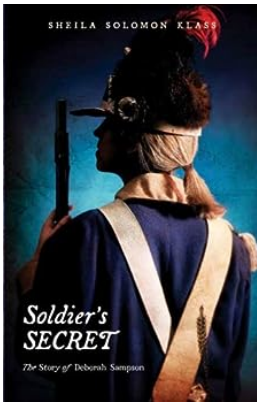
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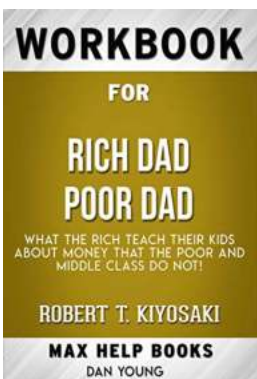
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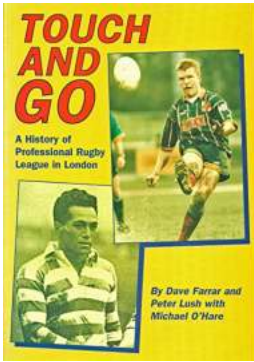
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