

Eastern Athletic League Field Hockey

Tie-Breaking Procedures and Rules

Updated with 2025 NFHS rules and League Options

Overview: When a game ends in a tie in regulation, a combination of leagued-adopted **procedures** and NFHS **rules** are applied. They are listed here for convenience for coaches and officials.

League-adopted tie-breaking procedures.

Changes must be adopted the prior season by a majority of schools. Procedures are selected from those offered via the NFHS rule book as options.

NFHS rules. NFHS issues an updated rule set each year. They may change tie-breaking options and/or tie-breaking rules. If a tie-breaking option or rule conflicts with a league-adopted option, then the league will need to vote for a new set of procedures that doesn't conflict. If NFHS issues a new or changed rule, that rule will take effect for the same season as the rulebook and does not need to be voted on.

Tie breaking procedure:

Adopted: Play is 7 v 7: 6 field players plus a goalie. For short corners, it's 3 defenders + goalie rather than 4.

1. Per **rule:** Substitutions are allowed, just as in regulation time.
2. Per NFHS rule: If a team still has their time-out available, it continues into overtime.

Adopted: Frosh/Soph. Play a 5 minute overtime period. Varsity: Play a 10 minute overtime period. Both levels: play until **first goal is scored (instant win)** or time has elapsed.

Varsity: If game is still tied after the overtime period, then proceed to 1 v 1: 5 players take turns, and it's best of 5. If still tied after 5 rounds then proceed in pairs until tie is broken.

Frosh/Soph: If game tied after five minutes, 1 round (5 players) of 1 v 1. JV game can end in a tie if no winner after round of 5 pairs.

Officials decide which goal is used for 1v1's. The winner of another coin toss chooses whether to go first.

Per **rule:** any eligible player may take part in 1v1's, whether or not they were on the field prior to the 1v1's. A player still out on a card at the end of overtime is ineligible for the 1v1's. The coach designates the first 5 players to take the 1v1.

Per **rule:** The 1 v 1 starts on the 25, with teams behind the 25 (clarification: and teammates are outside the football field hashmarks - about 10 yards - so as to not interfere with the goalie's vision).

Adopted: The offensive player has 10 seconds to score before the play is dead. (unadopted option is 8 seconds). Recommendation if timing help is needed: The scorer be near the goal line umpire and off the field, turn their back to the play, listen for the start whistle, start a timer, and count out loud to 10 seconds. It is an umpire's responsibility to blow whistle to end the 10 seconds.

Adopted: Rebounds may be played. (See Rule book for specifics of the process) Frosh/Soph. and Varsity: Each team alternates 5 tries, with a coin toss winner choosing to try first or second in the pairing. If the Frosh/Soph. 1 v 1 5 pairs does not produce a winner, the game ends in a tie.

Varsity: If the game is still tied after the first 5 attempts, the coach will present a second set of five players who are designated to the official as the next set of 5 1 v 1 players. The players and/or order of the players **may** be changed for the second set. Teams need not choose a completely different set of 5 for any subsequent group of 5 players. The same group could go again, or swap one player out, for example. 1 v 1 continues at this point with sudden victory possible after each pairing.

The team going first for the 1st five tries, goes 2nd for the next five. If needed, this is alternated through subsequent groups of five.

Per **rule**: a foul or violation by the offensive player results in no-goal. An intentional foul by the goalie results in a stroke which may be taken by **any** eligible player. An unintentional foul by the goalie results in the one-on-one to be re-taken.