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# UMPIRE Information Package

March 21-22, 2026



## Umpire Education and Rules Meeting

**MANDATORY**

Tournament format, rules and procedures session conducted by Pam Hixon.

**Monday March 16<sup>th</sup> @ 8:00pm.** The TEAMS link will be emailed before the 17<sup>th</sup>!

## Schedule

Schedule will come out the week of the event

## Check – IN

**MANDATORY**

All Umpires must check- in 45 minutes before your first game at the designated Umpire area. Please touch base with Pam HIXON

## Paperwork

**MANDATORY**

All umpires “NEW” to Shooting Star will be emailed links for: W9, ACH, ICA Background checks, Abuse Prevention Training and our UMPIRE Contract.

**We will contact you if we need it!**

## Uniform

PSE will provide each HI-VIS UMPIRE with a t-shirt that must be worn for all games. You can wear your own gear under, if needed. Long pants, shorts and kilts are acceptable.

## Umpire Hospitality

**DAILY!**

Please join us in the Hospitality Area for food, snacks & drinks offered throughout the tournament.

Breakfast (Sat, Sun)

8am – 10am

Lunch (Sat, Sun)

11:30am-1:30pm

Dinner (Sat)

5pm-7pm \*\*Sun – order will be placed based on needs

- Snacks and Drinks available ALL DAY



## PRE- ARRIVAL INFORMATION

### Central Horn

PSE Staff will be running a central horn

Please adhere to this for the start/stop of games and half-times

Format: 20/5/20

### Travel Information



#### Hampshire Dome

*GPS address*  
34 Emerson Rd  
Milford NH 03055

#### HOTEL Details

Double Tree Nashua  
2 Somerset Pkwy  
Nashua, NH 03063

#### Hampshire Dome Concessions:

Drinks, Snacks and Food!  
Sat: 8am-10pm Sun: 8am-6pm

#### The Hills Restaurant:

Sit in or Take out!  
Saturday: 4pm-9pm

### AREA Info

For more information about the region and making the most of your visit!

Please visit our website for great local suggestions!



## PRE- ARRIVAL INFORMATION

### TOURNEY MACHINE – SCHEDULE

All players, parents & coaches should install this App for up to date scores, standings and schedule.

- Search the Tourney Machine App
- Search for FH event/NH
- Choose Shooting Star Lucky 7's

### Tournament Structure

Team Games Guaranteed: 5 games

- 45-minute games (2 x 20 min halves)
- 5-minute half time

**Team listed 1<sup>st</sup> are the HOME team will wear DARK shirt and socks and sit on the bench to the right facing the court.**

**Team listed 2<sup>nd</sup> are the AWAY team will wear LIGHT shirt and socks and will sit on the bench to the left facing the court.**

FIELD SPECIFICATIONS: Please be sure to check the field size out prior to your first game!

- 1) The CIRCLE meets the sidelines – so any balls over the sideline in the circle will be pulled out to the hashed line.
- 2) Corners – 4 players and GK back on corners, others must go to defensive circle.



## TOURNAMENT INFORMATION

### The Shooting Star Staff

**Pam Hixon**

CBDO, Performance Sport Events

**Umpire Coordinator**

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**Ainslee Lamb**

CEO, Performance Sport Events

**College Coach Contact**

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**Sam Carlino**

COO, Director of National Events and Showcase, Performance Sport Events

**Club Team Contact, Team Registration, Rosters, & Special Events**

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**Meg Cuthbertson (Bozek)**

CSO, Vice President of Finance, Performance Sport Events

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914.539.2747

### Social Media



@perfsportevents



@perfsportevents



Performance Sport Events



## TOURNAMENT INFORMATION

### Policies, Rules & Regulations – SUMMARY

#### Rule Modifications

Field players of the same team have the choice of shorts or kilt/skirt as long as the shorts/kilt/skirt are of the same color and similar design/trim and cut.

Rules Governing Games: FIH RULES AND REGULATIONS that are in effect for play as of 2026

#### **General 7v7 Rules:**

45-minute games: 2 x 20-minute halves/5-minute half-time

#### **6 field players & 1 goalie at all times**

Maximum of 12 athletes/2 coaches per team

No extra field player for the GK is allowed

Teams are permitted to wear reversible pinnies, #'s are encouraged but not mandated

Comers Played: Comers defended with 4 field players + the goalie – remaining players line up at opponent's circle edge.

#### **Playing Format**

The following criteria will be used for standings

Win = 3 points

Tie = 1 point

Loss = 0 points \*Forfeited games result in a 3-0 Loss

Tie breaker criteria for Placement Games ONLY if necessary:

- Total Points

- Head-to-head

- Goal differential = Goals for – Goals Allowed:

**No more than an 8 goals difference will count towards differential** Example: 12 – 0 actual score would mean goal difference = max 8 goals

- Goals Allowed

- If still tied – whichever team has a higher goal differential versus the next highest ranked team will win tie breaker

- Continue above procedure sequentially until a no more teams are available to compare within the Pool

- If still tied – COCHAMPIONS

#### **Shoot Outs:**

Pool games – no shoot out, Tie = 1 point

Crossover and placement games –

• Shootout will happen directly following the end of game

• FIH Rules

• SUDDEN VICTORY –

• each team will select 1 player to take the shootout

• We will continue with sudden victory until there is a winner

# Rules & Regulations



**Rules Governing Games:** FIH RULES AND REGULATIONS that are in effect for play will apply.

## Shooting Star Rules Modifications:

- 1) Field players of the same team have the choice of shorts or kilt/skirt if the shorts/kilt/skirt are of the same color and similar design/trim and cut.
- 2) Game Timing: General time structure below. Please see specific Tournament Timing.
  - Halves: 2 x 25 minutes running time, half-time will be 4 minutes.
  - Quarters: 4 x 10-minute quarters, 2 minute between 1st/2nd and 3rd/4th, half-time will be 4 minutes
- 3) Goalkeeper – RECOMMENDED Throat Protector and Mouth Guard
- 4) Field Player – REQUIRED Shin Guards and Mouth Guard
- 5) Cage Goggle – Permitted. All other face protection for extenuating circumstances must be cleared with Tournament Director.

## General Rules: 11v11 Format

Central Horn & Umpire whistle used as master tournament timer.

Video Line up is required 2 minutes before the start time of games.

## General Rules: 7v7 Format

6 field players & 1 goalie at all times, no extra field player for the GK is allowed

Teams are permitted to wear reversible pinnies, #'s are encouraged but not mandated

Corners Played: Corners defended with 4 field players + the goalie.

## Roster Size:

11 vs 11 Max of 18 players/2 coaches

7 vs 7 Max of 12 players/2 coaches

\*\* coaches may rotate who is on the bench area but a max of 2 at a time \*\*

## Rules Governing Team/Player Eligibility: \*\*AGE AS OF AUGUST 1, 2025 @ 12:01am

Only registered players for the SHOOTING STAR field hockey tournament and who agree to the following, may participate in tournament games:

- Players may play “up” in age division but may NOT play “down.”
  - No player may compete for, or be on a roster for, more than one team during the tournament.
    - Exception: Goalkeepers are allowed to double roster. Must be pre-communicated prior to game time in writing to director
- Any team with a player in violation of these rules will forfeit the game that this player is known to have competed in without expressed written consent from the Shooting Star Staff.

## Team Color, Bench and Substitutions:

Team listed as the HOME team will wear DARK shirt and socks and will sit at the bench and defend the goal to the RIGHT of their bench as per facing the field.

Team listed as the AWAY team will wear LIGHT shirt and socks and will sit at the bench and defend the goal to the LEFT of their bench as per facing the field.

Up to two coaches per team are allowed in the team's area.

No equipment or unauthorized persons may be in the team area.

All players who are not on the pitch are substitutes on the team's bench. Substitutions on and off the pitch must be made from the side of the pitch where the team benches are located within 3 meters of the center of the pitch.

Suspended coaches are strictly prohibited from being in the team areas and cannot participate in any kind of coaching activities until their suspension has been served.

## Release and Waiver of Liability

Waivers were done automatically during registration or through team invitations on our registration site.

## Rules Governing Scoring and Point System:

Points awarded: 3 = Win    1 = Tie    0 = Loss    \*\* Any game forfeited during the tournament results in a 0-3 loss

Tie breaker criteria for placing if necessary:

- Total Points
- Head-to-head
- Goal differential = Goals for – Goals Allowed: **No more than a 10 goals difference will count towards differential Example: 12 – 0 actual score would mean goal difference = max 10 goals**
- Goals Allowed
- If still tied – whichever team has a higher goal differential versus the next highest ranked team will win tie breaker.
- Continue above procedure sequentially until a no more teams are available to compare within the Pool.
- If still tied – CO-Champions



### Scoring & Score Reporting

Each field will be assigned a Field Marshal. They will record the final score and record any issued cards on a scorecard

At the end of each game **both umpires and team coaches will sign** final score and any issued cards

Any challenges must be made immediately following the game with the Umpires, opposing Coach and Field Marshal at that field.

**Once the scorecard is confirmed and signed by all parties, the score is considered final.**

### Forfeits

If a game is forfeited, the opposing team earns a 3-0 win.

A team will forfeit a game under the following circumstances:

A team does not show up for a match

A team declares forfeit

A team arrives more than 5 minutes after the start of the match time

A team does not have proper uniform qualifications and refuses/is unprepared to change

A team has less than 9 players dressed in proper uniform after 5 minutes grace period (11v11)

A team has less than 4 players dressed in proper uniform after 5 minutes grace period (7v7)

An ineligible player participates in the game

A suspended coach does not leave the game area within 1 minute of being suspended

A suspended coach does not report to the tournament table within 5 minutes after the game and does not stop all team contact during the remainder of the game in which the suspension occurred

A team refuses to play or removes their team from the field of play for any reason

### Appeals Procedure for Score Reporting Protests

Teams are granted one challenge per tournament for the sole purpose of requesting a review of a posted score.

If the score is posted wrongly, the results will be updated correctly and the team keeps their one challenge to be used later in the tournament, if needed.

If the score posted reflects the score on the official scorecard that the team is challenging, and that score is confirmed, the team will lose its challenge and is not able to challenge results for the remainder of the tournament

Both teams will be consulted prior to any updates or changes

For challenge questions or concerns, contact tournament director. Ainslee Lamb at [ainslee.lamb@performancesportevent.com](mailto:ainslee.lamb@performancesportevent.com) or Sam Carlino at [sam.carlino@performancesportevents.com](mailto:sam.carlino@performancesportevents.com).

### Rules Governing Misconduct:

#### **Removal from the Game, Site or Tournament**

Any disrespectful behavior toward umpire or other tournament personnel, will result in expulsion for the remainder of the tournament. Spectators will need to show respect to all Umpires, Players, Coaches & Staff. Bad behavior will not be tolerated.

Should umpires, umpire managers, or tournament directors deem that a spectator, player, or coach needs to be removed from the tournament site(s), **it will be the responsibility of the COACH from the offender's team to remove the offender from the site.**

Delayed departure from the game, site or tournament will result in a game forfeit for the team that the spectator, player or coach is affiliated with

### **Game Cards**

Green and Yellow cards will be administered per the Rules of Hockey with no modification.

Coaches/team personnel can earn a Green or Red Card, the team will not play short for cards given the coaches/team personnel.

### **Player Green or Yellow Card**

- Suspended layers must report to the technical bench and sit for the suspension duration and the team plays short for the duration of the card
- If no technical person is available to monitor the suspension, the team coach is responsible for the player serving the full suspension. Allocated time will be communicated by the field umpires

### **Player Red Card**

Suspended player sits on their designated bench for the remainder of the match and the team must play short

Suspended player is also suspended from the team's next game in that division, the team does not play short in that subsequent game

If the player receives 2 red cards during the tournament, they are suspended from all play for the remainder of the tournament



## **Coach Red Card**

Coach must leave the playing area within 1 minute of receiving the red card and cannot have any contact with the team for the remainder of the match. A replacement coach is allowed.

The team does not play short for a coach suspension

The coach is suspended from the team's next game in that division

If the coach is on staff for multiple teams, the suspension is specific to the team that the coach received the suspension with

If the coach receives 2 red cards during the tournament, they are suspended from all play for the remainder of the tournament

## **Red Card Administrative Procedures**

Suspended players and coaches must report to the tournament table within 5 minutes of the end of the game in which they were suspended and return their player or coach wristband

If applicable, a replacement coach can receive a temporary wristband for the team's next game

Suspended players and coaches can return to the tournament table after the team has completed its next game to receive a new tournament wristband.

Umpires will notify the Umpire Managers of any issued red cards immediately after the game in which they were given and all cards are recorded on the official scorecard

## **Appeals Procedure for Misconduct Protests**

Players and Coaches have an opportunity to challenge red cards only. Any appeal must be received in writing 10 days after the completion of the tournament, submitted to PSE: Ainslee Lamb and Sam Carlino at [ainslee.lamb@performancesportevents.com](mailto:ainslee.lamb@performancesportevents.com) and [sam.carlino@performancesportevents.com](mailto:sam.carlino@performancesportevents.com)

All cards issued during the tournament will be reviewed by the Review Committee after 10 days. The Review committee will be comprised of PSE staff and a Shooting Star Umpire Manager. Players and coaches can be exonerated from the issued red cards after review.

Players and coaches can be administered further suspensions based on review including suspension of attending future PSE events

## **Refund Policy**

Specific refund Policies for each event are posted on the website.

No refunds will be issued if the tournament is shortened in part for any reason, including inclement weather or any other "Act of God."

No refund for any team that is removed from the tournament by the tournament director for using illegal players or behavior that requires the team to be removed from the tournament.

Shooting Star or its staff will not be responsible for any expenses incurred by any team, club or organization if the tournament is canceled in whole or in part.

## **Weather Policy**

In the event of adverse weather or unplayable field conditions, the tournament director reserves the right to:

- Reduce game times in order to catch up with schedule.
- Finish games before inclement weather arrives, or to preserve field conditions. Reschedule games, if possible.
- Every attempt will be made to update cancellations on the website. However, weather conditions can change rapidly and all teams should be prepared to play as soon as weather and fields are playable. Updates will be announced on social media.
- No refunds will be granted if these actions are necessary.

## **Thunder/Lightning Policy**

If thunder or lightning is observed play will be suspended immediately and players and fans will be asked to leave the field to return to cars & seek shelter. Play will be allowed to resume 30 minutes after the last sound of thunder or sighting of lightning is observed which the tournament medical staff will determine. Every attempt will be made to begin subsequent games on time. For up to date schedule changes please check twitter @shootingstarfh.

## **Transgender Athletes Policy**

**\*\* Shooting Star will adopt and implement the USAFH Policies**

Please see LINK to USAFH Policies for Transgender Athletes: <https://collegeconnectionathletics.com/wp-content/uploads/2024/10/Current-USA-Field-Hockey-Transgender-Policy-December-2022.pdf>



## EVENT CODE OF CONDUCT

Participation in Performance Sport Events (PSE) is a privilege that carries responsibilities for umpires, coaches, parents, and players. The safety and well-being of youth athletes are our top priority. By taking part in PSE, you agree to abide by PSE's Athlete Safety & Prohibited Conduct Policy ([link to policy](#)) and the accompanying Code of Conduct. Failure to comply with these policies may result in consequences, including removal from the event.

Players, coaches, umpires, and parents are expected to "Honor the Game" by showing respect to all participants, including players, coaches, umpires, parents, spectators. Membership in the field hockey community comes with responsibilities to uphold the integrity of the game and its participants. Key principles of this "Code of Conduct" include **honesty** and **integrity**. Individuals who embody these values will bring credit to the sport, their team, and themselves. Such conduct is vital to maintaining the sport's positive reputation and ensuring its meaningful contribution to amateur athletics.

The following principles of the "Code of Conduct" are essential and must be upheld:

- Sportsmanship, fair play, and skill development are fundamental to the game and should be prioritized over winning. These values must be taught at all levels and reinforced both at home and on the field during practices and games.
- Coaches must recognize the significant influence they have on their players and strive to be positive role models for both young people and adults. They should consistently demonstrate and reinforce positive behaviors, encouraging players to show respect for teammates, opponents, umpires, parents, and spectators.
- Players should consistently exhibit positive behavior and show respect to teammates, opponents, coaches, umpires, parents, and spectators.
- The possession and consumption of alcoholic beverages, tobacco products, and vapor products are strictly prohibited at all PSE programs, including events, showcases, leagues, camps, and clinics. Additionally, athletes are forbidden from the illegal use of performance-enhancing or recreational drugs.
- Coaches, players, parents, and spectators are expected to show the highest level of respect toward umpires. Coaches have a responsibility to educate their players about the vital role of field hockey umpires and emphasize the importance of respecting them.



## **EVENT CODE OF CONDUCT (continued)**

- Any grievances or misunderstandings between coaches, umpires, or other parties involved in the sport should be addressed through the appropriate channels and procedures, never on or near the field of play in front of spectators or participants. Tournament Directors and its designee are always available to assist.
- Umpires are professionals and are expected to conduct themselves with impartiality, courtesy, and fairness, demonstrating these qualities to all parties involved.
- Spectators involved in the game are not permitted to openly or maliciously criticize, badger, harass, or threaten an umpire, coach, player, or opponent.
- Coaches must possess a strong knowledge of field hockey rules, policies, and procedures, adhering to both the letter and spirit of the game. Any attempts to manipulate the rules for unfair advantage or to encourage unsportsmanlike conduct are unacceptable and contrary to the values of the sport.
- Eligibility requirements must be adhered to at all levels of the game. Rules regarding age, roster sizes for players and coaches, and levels of participation are in place to encourage and maximize participation, ensure fair play, and promote safety.

If any of these policies are violated, the Event Operator, Tournament Director, or their designee has the authority to remove the offending participant from the current program and revoke their privilege to participate in future programs.

## The Hampshire Dome: General Rules

- At the Hampshire Dome, we take pride in our facility. Please help us by respecting the area and placing trash in proper receptacles.
- For safety, please keep the Track clear when in use by Runners.

### **General Rules:**

1. The Hampshire Dome is a public facility. There are no Dome memberships; we offer special privileges to Hampshire Hills Athletic Club (HHAC) members, including use of track, and walk on field time at no charge and a daily free large bucket of golf balls.
2. People **enter and leave through the revolving doors** at the front of the Dome at all times, except during an emergency. We have 7 emergency exit doors located along the side of the building and 3 emergency exit doors in the front lobby area.
3. Opening an exit door in the absence of a life emergency situation is strictly prohibited.
4. **USE REVOLVING DOORS SLOWLY AND CAREFULLY – for personal safety do not allow children to play with revolving doors.**
5. If someone is bringing in a stroller, or other device they may use the **handicap airlock**, but must make sure that one door is closed before the other is open.
6. Please, **NO FOOD** beyond the safety wall between the lobby and the track.
7. Beer and Wine must remain at the Bar or in the designated Adult Only Area.
8. Please be respectful of the building and pick up after yourself.
9. As a spectator, you may bring in your own chairs to view games. There are no bleachers.

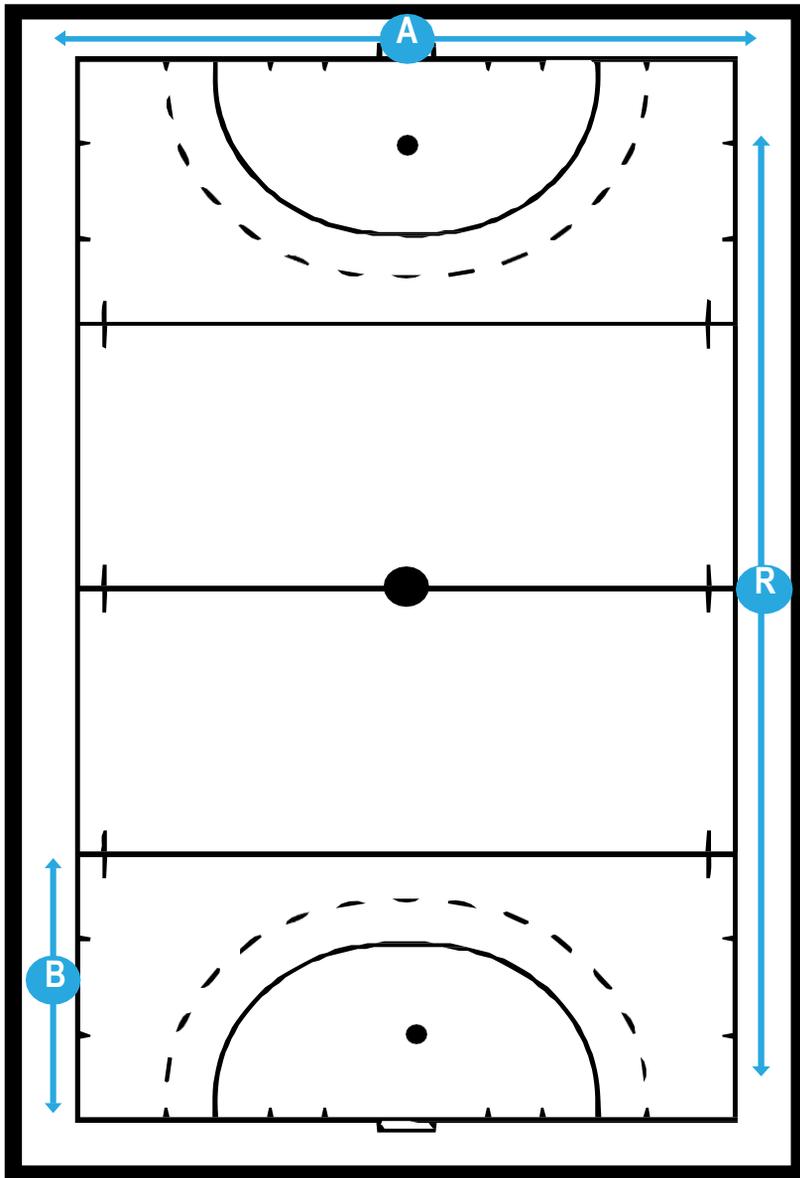
### **Field Rules:**

1. **No spitting or gum chewing** while using the fields or the track.
2. **Field changes** are on the hour or half-hour. **5 minutes prior to the end of your rental period**, groups on fields should begin preparing to exit so they are completely off on time. Accordingly an hour rental means 55 minutes of use and 5 minutes to exit.
3. Please be respectful when other organizations are renting field space. Proceeding to/from Fields 2 or 3, please **walk around the outside of the Track**.
4. **No Duct Tape** on the field turf – it destroys the turf when removed.
5. At end of your session **return any goals** you moved back to where you found them.
6. **No ball playing** in the lobby, track, or rollaway. For safety, no hanging on goals or nets.
7. Softball teams **MUST** use the **designated mats for pitchers** to avoid damaging turf.

### **Track Rules:**

1. Fees are \$6.00 for the public and free for HHAC members.
2. Except for schools with exclusive time, **All Runners Must Wear a Dome Bracelet**.
3. Five laps around the track equals approximately one-mile.
4. Specific rules for runners and walkers are posted at the track entrance.
5. Parents/guardians who have a child in a sports practice, clinic, or league on the Field may **fitness walk** the track at no charge while their child is on a field. **All Runners** will still need to check in, pay the appropriate fee, and be issued a bracelet.
6. Check [www.hampshiredome.com](http://www.hampshiredome.com) Hours/Schedules link for hours the Venue:Track is "OPEN to All". Any times not listed for Venue:Track it is closed.

# FIELD HOCKEY HALF FIELDS----7vs7



A=45 yd WIDTH of field  
B=25 yd  
R=60 yd= LENGTH of field

## Defensive Penalty Corners

- FULL Defensive PC #'s
- Remaining 2 players are at the opposite circle edge

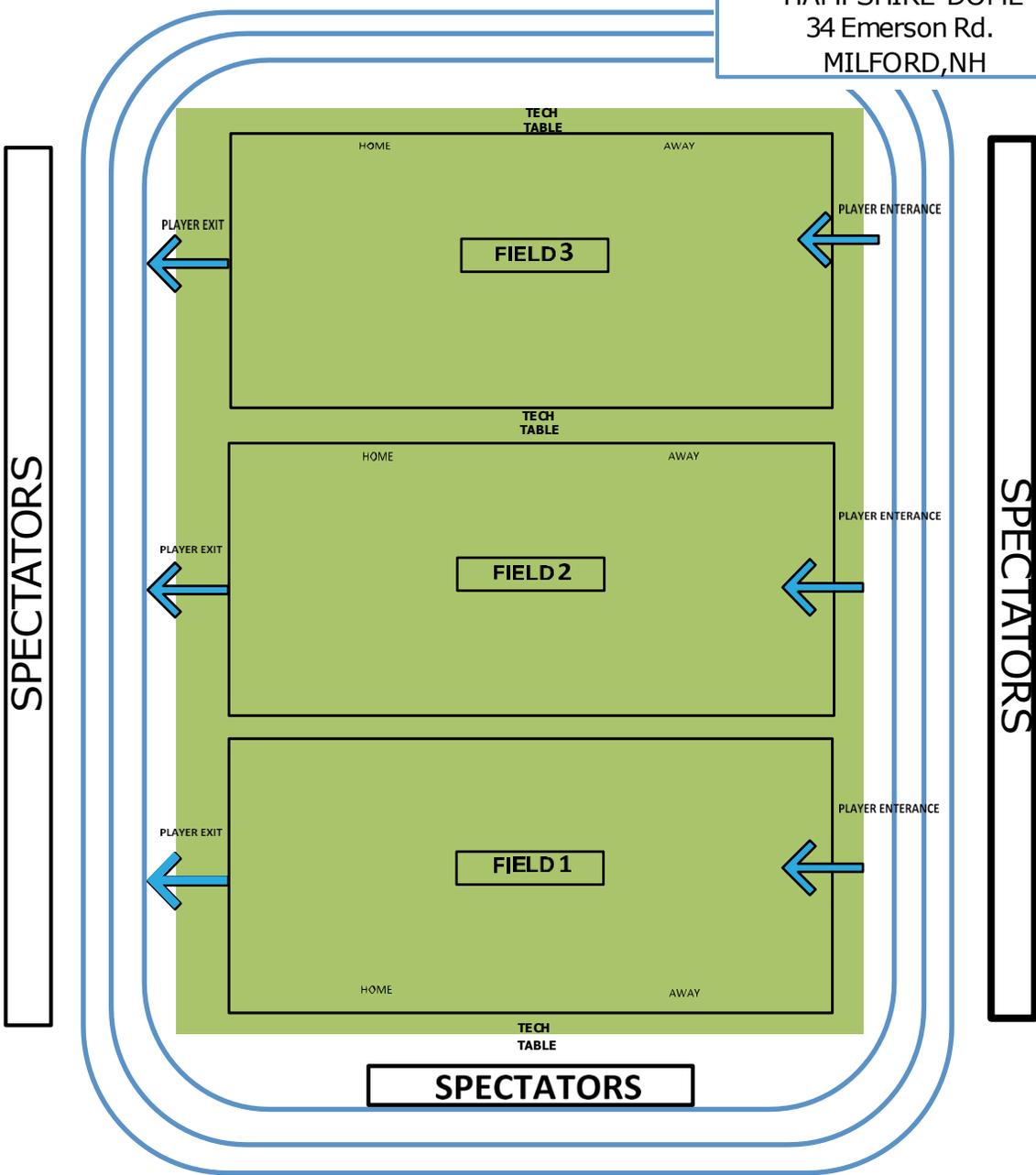


# Facility Map

\*SPECTATORS SHOULD BRING CHAIRS\*

SPECTATORS

HAMPSHIRE DOME  
34 Emerson Rd.  
MILFORD, NH



SPECTATORS

SPECTATORS

UMPIRE, COLLEGE & CLUB COACH  
HOSPITALITY

## VENDOR VILLAGE

Presenting Sponsor - APPROACH

Shooting Star Information Table

CONCESSION/  
BATHROOMS

ENTRANCE

\*SPECTATORS SHOULD BRING CHAIRS\*