

# WELCOME

Welcome to the  
2016 DIAA - NFHS

Online Field  
Hockey Rules  
Clinic



# Instructions

Please read through all of the slides in this presentation. Take notes if you wish. There will be a ten (10) question quiz at the end of the presentation as part of the 'course'.

You must take and score at least 80% to receive credit for Clinic attendance.

Thank You



# **DIAA STAFF**

- **Thomas E. Neubauer, CMAA**  
**Executive Director**
- **Terre Taylor**  
**Coordinator of Interscholastic Athletics**
- **Tina M. Bates**  
**Secretary**

**302-857-3365**



# NFHS RULES BOOK AS E-BOOKS

## GET NFHS RULES ON YOUR MOBILE DEVICE

Have you been without your printed rules book and needed to find an obscure rule quickly, make a note or highlight a rule?

### E-books Features:

- Searchable
- Highlight Areas of Interest
- Make Notes
- Desktop/Laptop Availability
- Easy Navigation
- Adjustable Viewing Size
- Immediate Availability



[www.nfhs.org/ebooks](http://www.nfhs.org/ebooks)

**NFHS Rules** and **Case e-books** for **\$5.99** each

Download from iTunes or Amazon

- E-books features:
  - Searchable
  - Highlight areas of interest
  - Make notes
  - Desktop laptop availability
  - Easy navigation
  - Adjustable viewing size
  - Immediate availability



**DIAA: Delaware**  
**Interscholastic Athletic Association**

Very Important Websites

#1 = DIAA

<http://www.doe.k12.de.us/diaa>

Your starting point for **ALL** DIAA  
information and related Links



# NFHS.ORG [website]

THE website  
for all  
NFHS  
related  
questions:  
Rules,  
Uniforms,  
Field Diagrams,  
ETC...

The screenshot shows the top navigation bar of the NFHS.org website. It includes the NFHS logo, the text 'NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS', and navigation links for 'Activities & Sports', 'NFHS For You', 'We Are High School™', and 'Resources'. There are also links for 'NFHS.org', 'NFHSLearn.com', and 'NFHSNetwork.com', along with 'Sign In' and 'Register' options. Below the navigation is a large banner image of a coach pointing at a tablet with a field diagram, with the text 'The Importance of Multi-sport Participation' and a 'Read More' button.



## NFHS News

[View All](#)



New NFHS Officers, Board Members Elected for 2016-17

## Around The Nation

[View All](#)



Carney to retire from SDHSAA



Track & Field/Cross Country Rules Changes Include



DIAA/DOA Names Neubauer as New DIAA

**DIAA: Delaware**  
**Interscholastic Athletic Association**

Very Important Websites:

***Arbiter Sports***

**<https://www.arbitersports.com>**

***The starting point for all Officials'  
Information and Testing***



**DIAA: Delaware**  
**Interscholastic Athletic Association**

**Very Important Websites:**  
***Your School Site***

**[WebSites4Sports.com](http://WebSites4Sports.com)**

***The most important site for***  
***Coaches and A.D.s* ***to keep***  
***updated and accurate information*****





**DIAA: Delaware**  
**Interscholastic Athletic Association**

Very Important Websites:

***NFHS Learning Center***

***NFHS Learning Center***

***The essential site for ALL NFHS***  
***Course work***



# NFHS FREE Courses

## [www.nfhslearn.com](http://www.nfhslearn.com)

- **Concussion in Sports** **REQUIRED**
- Coaching Pole Vault
- NCAA Eligibility
- Positive Sport Parenting
- **Sportsmanship**
- **Sports Nutrition**
- **Heat Illness Prevention**  
**Recommended**
- Introduction to Music Adjudication
- Introduction to Pitch Smart
- **CONCUSSION in Sports for Students**
- Learning Pro – Suite of 4 courses
- Coaching Unified Sports
- **Creating a Safe and Respectful Environment**
- Engaging Effectively with Parents
- **Sudden Cardiac Arrest**  
**Recommended**
- **Captains Course**
- **Interscholastic Officiating**



**National Coach Certification Program**



# “NEW” COURSE

## Course Details



### Concussion for Students

Concussion for Students, developed in Partnership with the Barrow Neurological Institute, has been designed specifically for students to inform them on how to identify, react to, and prevent concussions. This free course is presented as a social media conversation, showing how four different students learn about concussion in different ways. It includes high school students and medical professionals discussing concussion. The key goal is for students to be able to identify signs and symptoms of a concussion so that they can get immediate help before any further injury can occur.



# DIAA Concussion Protocol

- 1- Shows Signs or Symptoms =
  - a- Remove from play - **Official or Coach**
  - b- Evaluated by a Qualified Healthcare Professional [QHCP]
  
- 2- Qualified Healthcare Professional [QHCP] =  
MD, DO, School Nurse, Nurse Practitioner,  
Physician's Assistant or Athletic Trainer [ATC]
  
- 3- IF CLEARED BY QHCP THEY MAY RETURN TO  
PLAY



# **DIAA Concussion Protocol**

4- If NOT cleared by QHCP

**CANNOT RETURN ON THE SAME DAY**

Then they must have

“Written Clearance from a QUALIFIED Physician  
to return to practice or play.

5- Failure to comply = **INELIGIBLE** athlete

6- Parents and Athletes must read and sign  
PPE Concussion information sheet

7- ALL Coaches and Officials must take the  
NFHS Concussion Education Course



# NFHS SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

National Federation of State  
High School Associations



## Suggested Guidelines for Management of Concussion in Sports

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to have suffered a direct blow to the head or lose consciousness (be "knocked out") to have suffered a concussion.

### Common Signs and Symptoms of Concussion Include:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall
- Headaches or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

### Suggested Concussion Management:

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms at rest, while doing school work or with physical activity.

For further details please see the "NFHS Suggested Guidelines for Management of Concussion in Sports" at [www.nfhs.org](http://www.nfhs.org).

Revised and Approved October 2013

**In the Appendix  
of the  
2016-17 NFHS  
Rules Book  
p. 90**



# Sudden Cardiac Arrest [SCA]

Free Course  
from  
NFHS Learn

The screenshot shows a web browser window displaying the NFHS Learn website. The browser's address bar shows 'http://nfhslearn.com/'. The website header includes the NFHS logo and 'LEARNING CENTER'. Navigation links include 'COURSES', 'NFHS Learn FOR YOU', 'USER LOOKUP', and 'HELP'. A 'Sign In' button and a 'Register' link are also present. The main content area features a 'New Course' section for 'Sudden Cardiac Arrest'. The text reads: 'Learn and recognize the warning signs and symptoms of Sudden Cardiac Arrest with this new, free course.' Below this text is a blue 'Learn More' button. To the right of the text is a graphic of a heart rate monitor with a red 'ALERT' sign and a red arrow pointing to a sharp spike in the waveform. Below the course section, the website states 'National Leader in Interscholastic Education'. Three statistics are listed: '51 Member State Associations' (with a US map icon), 'Over 19,000 High Schools' (with a school building icon), and 'Over 11 million Students' (with a group of people icon). At the bottom, it says '3,144,680 Courses Delivered and Counting...'. The browser's taskbar at the bottom shows the time as 11:29 AM on 7/20/2015.



SCA is the leading cause of death for high school athletes

# School Responsibility for SCA

The Gracie Firestone Act recognizes the threat SCA poses to high school athletes.

What does your School [& YOU] need to do?

Please ensure that...

- All students must have annual PPE & answer the 12 AHA approved heart history questions.
- All Students **MUST** sign the SCA Fact Sheet [on PPE form]

What is DIAA doing?

- DIAA provides annual SCA awareness for Coaches.
- DIAA has SCA information on our website.
- ALL** Coaches must hold valid CPR certification.





# Emergency Action Plan [EAP]

## Coaches/A.D.

-Have an ACTION PLAN and PRACTICE it

1. Call 911
2. Start chest compressions [CPR]
3. Get an Automated External Defibrillator (AED)
4. Turn it on and follow the voice prompts

-Sample Plan on [DIAA website](#)

ANYONE CAN SAVE A LIFE

Plan Books were distributed to  
ALL member schools



# Practice Policies

## DIAA Regulation 1008/1009-4.2



These are in effect for ALL practice days

(school day and non-school day):

-One day of no activity per seven day period

-A minimum of 21 calendar days of practice

prior to the first competition date [9-9-16]

-Student must practice at least 7 calendar days

prior to participating in a contest

- School day practices limited to two [2] hours



# Practice Policies

## DIAA Regulation 1008/1009-4.2 [Practices]



These are in effect for NON-SCHOOL days

- A limit of no more than 2 practices with physical activity
- No practice can be longer than THREE (3) hours in length
- A Grand Total of FIVE (5) hours of physical activity daily
- When having 2 practice session in a day;  
there MUST be a one hour minimum cooling period  
between the two practice sessions
- Heat Index requirement must be adhered to\*\*



# PPE – Medical Card [page 4]

**COACHES:**  
You **MUST** carry every  
athletes'  
Medical Card **with you at**  
**ALL times.**  
**PRACTICES & GAMES**  
This is page 4 from their  
Physical Forms  
[DIAA PPE]



## SCHOOL ATHLETE MEDICAL CARD

(Parent/Guardian: please print and complete Sections 1, 2 & 3)

### Section 1: CONTACT/PERSONAL INFORMATION

NAME: \_\_\_\_\_ SPORT(S): \_\_\_\_\_  
AGE: \_\_\_\_\_ GRADE: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_ GUARDIAN NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
PHONE: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_ (P) \_\_\_\_\_  
Other authorized person to contact in case of emergency:  
NAME: \_\_\_\_\_ PHONE(s): \_\_\_\_\_  
NAME: \_\_\_\_\_ PHONE(s): \_\_\_\_\_  
Preference of Physician (and permission to contact if needed):  
NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_  
HOSPITAL PREFERENCE: \_\_\_\_\_ INSURANCE: \_\_\_\_\_  
POLICY #: \_\_\_\_\_ GROUP: \_\_\_\_\_ PHONE: \_\_\_\_\_

### Section 2: MEDICAL INFORMATION

MEDICAL ILLNESSES: \_\_\_\_\_  
LAST TETANUS (mo/yr): \_\_\_\_\_ ALLERGIES: \_\_\_\_\_  
MEDICATIONS: \_\_\_\_\_  
(any medications that may be taken during competition require a physician's note)  
PREVIOUS HEAD/NECK/BACK INJURY: \_\_\_\_\_  
HEAT DISORDER OR SICKLE CELL TRAIT: \_\_\_\_\_  
PREVIOUS SIGNIFICANT INJURIES: \_\_\_\_\_  
ANY OTHER IMPORTANT MEDICAL INFORMATION: \_\_\_\_\_

### Section 3: Consent for Athletic Conditioning, Training and Health Care Procedures

I hereby give consent for my child to participate in the school's athletic conditioning and training program, and to receive any necessary healthcare treatment including first aid, diagnostic procedures, and medical treatment, that may be provided by the treating physicians, nurses, athletic trainers, or other healthcare providers employed directly or through a contract by the school, or the opposing team's school. The healthcare providers have my permission to release my child's medical information to other healthcare practitioners and school officials. In the event I cannot be reached in an emergency I give permission for my child to be transported to receive necessary treatment. I understand that Delaware Interscholastic Athletic Association or its associates may request information regarding the athlete's health status, and I hereby give my permission for the release of this information as long as the information does not personally identify my child.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Section 4: Clearance for Participation

Cleared without restrictions  Cleared with the following restrictions:

Health Care Provider's Signature: \_\_\_\_\_ MD/DO, PA, NP Date: \_\_\_\_\_

**For office use only:** This card is valid from April 1, 20\_\_\_\_ through June 30, 20\_\_\_\_  
Note: If any changes occur, a new card should be completed by the parent/guardian. The original card should be kept on file in the school athletic director's or athletic trainer's office. A copy should be kept in the sports' athletic kits. This card contains personal medical information and should be treated as confidential by the school, its employees, agents, and contractors.

Name of School: \_\_\_\_\_ Name of ATC: \_\_\_\_\_

# DIAA POLICIES & PROCEDURES

## GAME EJECTION PROCEDURE - INCIDENT REPORT FORM

Found on either Website, **MUST** be sent to  
Incident Chair by next morning **[ASAP]**

If you Eject someone the DIAA Office/Incident Chair  
**MUST be notified by noon** of the next day!!!  
So the School A.D. can be notified too.



# **DIAA POLICIES & PROCEDURES**

**All documents can be found in the  
RESOURCE Section**

**When sending Ejection Reports by email,  
Please use abbreviations or punctuations  
marks for profane words.**

**Most firewalls [especially the state's] will  
block emails containing spelled out  
profanity.**

**E.G – S\$%T, F#\$K etc .**



# DIAA POLICIES & PROCEDURES

## APPEAL OF GAME EJECTION

For NON-SPORTSMANSHIP

related removals or disqualifications.

This is only to be used when

TECHNICAL violations occur,

[there are not many of these]

not Sportsmanship related incidents.



# **DIAA POLICIES & PROCEDURES**

## **BENCH PERSONNEL RULE**

- Players DO NOT leave the Bench (or playing area) to enter playing area to get involved in a confrontation. (PRACTICE what to do)

## **HEAD COACH ENTERING PLAYING AREA DURING ALTERCATION**

- Only the **HEAD COACH** may enter unsolicited to break up an altercation.





# **DIAA POLICIES & PROCEDURES**

## **Coaches' Cumulative Unsportsmanlike Conduct Policy/Policy**

**Field Hockey –**

**Three (3) yellow cards**

**or any combination of**

**five (5) green & yellow cards**



# **DIAA POLICIES & PROCEDURES**

## **Lightning Policy [p. 93]**

**- Have an Emergency Plan ready**

**- Get under cover, wait 30 minutes to resume.**

**NO HEROICS – If you see it, If you hear it**

**STOP &  
Get  
Under  
cover !!!**



# **DIAA POLICIES & PROCEDURES**

## **PROHIBITION AGAINST USE OF TOBACCO**

**PRODUCTS -Very Simple – DON'T SMOKE,**

**DON'T CHEW**

**DON'T DIP**

## **Special Accommodations Requests**

- Medical, Religious, Other follow procedure

## **NFHS Marked VARSITY Game Balls**

- Must have NFHS branded logo



# **DIAA POLICIES & PROCEDURES**

## **\* MOUTH GUARD RULE \***



**Must be worn by ALL who  
have METAL braces.  
Must cover top brace and  
separate biting surfaces.  
Must extend to shield  
lower Braces.  
Not completely WHITE or  
CLEAR**

# **DIAA POLICIES & PROCEDURES**

## **Recommended Contest Assignment Guidelines**

- **Read the Code of Ethics**
- **Read and Follow the Hand Out Guidelines**
- **Do NOT put yourself in a situation where your Integrity, Ethics and Character are questioned –  
Avoid them.**

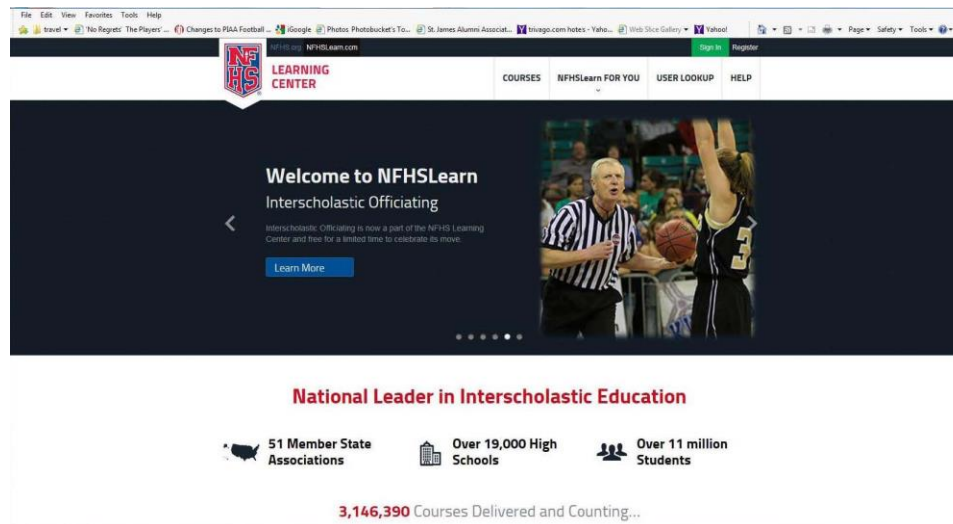


# NFHS-DIAA Relationship

DIAA is a 100% compliant member of  
the:

National Federation of High School  
Associations

[NFHS]



File Edit View Favorites Tools Help  
bavet No-Regret! The Player... Changes to NCAA Football Google Photos PhotoBucket's To... St. James Alumni Associ... Inigo.com notes - Yaho... Web Site Gallery Yahoo  
NFHS Learning Center  
COURSES NFHS Learn FOR YOU USER LOOKUP HELP  
Welcome to NFHS Learn  
Interscholastic Officiating  
Interscholastic Officiating is now a part of the NFHS Learning Center and free for a limited time to celebrate its move.  
Learn More  
National Leader in Interscholastic Education  
51 Member State Associations Over 19,000 High Schools Over 11 million Students  
3,146,390 Courses Delivered and Counting...



# **DIAA Rules**

## **Adoptions/Modifications of NFHS Rules**

***Refer to the DIAA website***

**Sports link,**

- ***DIAA Approved Polices  
and Procedures***



# Adoptions/Modifications of NFHS Rules

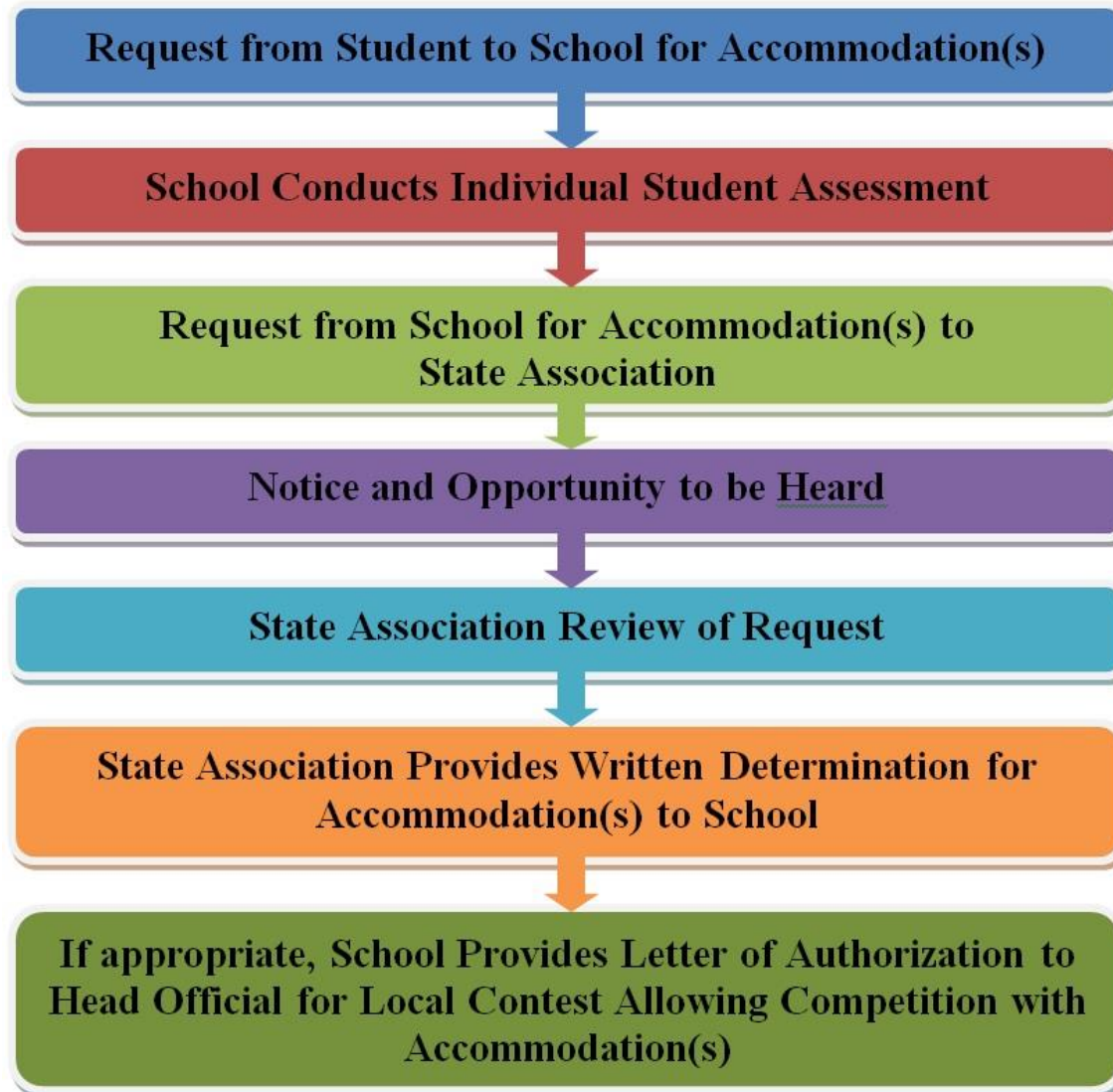
Each state association may, in keeping with applicable laws, may authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete or others or place opponents at a disadvantage. The school must request a review of the proposed rule accommodation by contacting the DIAA office or that sport's rules interpreter. DIAA will rule on the legality of the accommodation, if approved the school needs to keep the approval letter on file and the Coach needs to take a copy of the approval letter with them to EVERY contest and surrender a copy of

the letter to the Game Officials.





# Guidelines for Schools and State Associations for consideration of accommodations



# NFHS Network

**“Live”  
Web streaming  
Of DIAA  
Events  
\$9.95  
per month**

The screenshot shows a web browser displaying the NFHS Network website. The address bar shows the URL <http://www.nfhsnetwork.com/associations/diaa>. The page header includes the NFHS Network logo, a search bar, and navigation links for "Buy DVDs", "Sign In", and "JOIN NOW". The main content area is titled "Delaware Interscholastic Athletic Association" with a "DIAA FOLLOW" button. A central video player shows a live event with the text "0 EVENTS LIVE NOW" and a "SUBSCRIBE TO WATCH YOUR HIGH SCHOOL EVENTS" prompt. To the right, an "UPCOMING GAMES" section lists several championships with dates and times. A sidebar on the left contains navigation options like "WHAT TO WATCH", "FOLLOWING", and "EXPLORE". A "Produce and Broadcast" banner is visible at the bottom right of the page content.

**Delaware Interscholastic Athletic Association**

**0 EVENTS LIVE NOW**

**UPCOMING GAMES**

- 2014 DIAA CROSS COUNTRY CHAMPIONSHIP  
NOV 08, 1:00 PM EST
- 2014 DIAA VOLLEYBALL CHAMPIONSHIP  
NOV 10, 12:00 AM EST
- 2014 DIAA FIELD HOCKEY CHAMPIONSHIP  
NOV 15, 12:00 AM EST
- 2014 DIAA DIVISION 1 BOYS SOCCER CHAMPIONSHIP  
NOV 15, 5:00 PM EST

**Here...**

**Produce and Broadcast**

**SUBSCRIBE TO WATCH YOUR HIGH SCHOOL EVENTS**  
Sign up today to watch your favorite high school sporting events live, on demand and on the go here on the NFHS Network!



# Student Broadcast Program

The School Broadcast Program is available to high schools nationwide. The program allows schools to leverage PlayOn! Sports extensive and proprietary technology, services and support to build their school's digital network on the NFHS Network.

Schools can produce and distribute high quality events throughout the year including regular season sports, graduation, band, cheer events, as well as other school activities. Broadcasting these events is a great way for a school to showcase their students and activities while strengthening the connection with parents, coaches, players, boosters and the community. Fans can watch all the events on the school's branded portal on the NFHS Network.

The School Broadcast Program has several options for participation to fit a school's needs. Schools can participate in the License Fee Model, providing free fan access to streamed events, or join one of the new no-cost options (Subscription or Franchise Model) and partner with the NFHS Network to optimize ad sales and viewer subscriptions to support school programs.



For more information on the program and to find out which option best matches your school's needs, please contact the School Broadcast Program at [sbp@nfhsnetwork.com](mailto:sbp@nfhsnetwork.com) or visit [www.nfhsnetwork.com/sbp](http://www.nfhsnetwork.com/sbp)



# QUESTIONS?

Please Support our Officiating Sponsor:

**Kevin Hawkins**  
19 Crown Circle Dover,  
Delaware 19901 Phone (302)588-4877  
[SOUINC@Comcast.net](mailto:SOUINC@Comcast.net)



# 2016 DIAA STATE FIELD HOCKEY TOURNAMENT INFORMATION

SHARYN WINGATE, CHAIR  
STATE TOURNAMENT COMMITTEE



# TOURNAMENT COMMITTEE

**Sharyn Wingate, Chair**

**Roe Bianchini**

**Jodi Hollamon**

**Amanda Frampton**

**Ruth LaJoie**

**Pam Love**

**Vicki Rhodes**

**Joan Samonisky**

**Susan Spilecki**

**Stefany Tiberi**

**Dorinda Toney**

**Nancy Tribbitt**

**Debbie Windett**

**Retired/Concord**

**Retired/William Penn**

**Delmar**

**Milford**

**Officials' Coordinator**

**Wilmington Christian**

**SDFHOA**

**Sanford**

**Retired/Wilmington Charter**

**Middletown**

**DFHUA**

**Retired/Sussex Tech**

**Cape Henlopen**



# CONFERENCE REPS

**Blue Hen A and B: Stefany Tiberi**  
**stefany.tiberi@appo.k12.de.us**

**Henlopen S: Jodi Hollamon**  
**jodi.hollamon@delmar.k12.de.us**

**Henlopen N: Amanda Frampton**  
**aframpton@msd.k12.de.us**

**Independent: Joan Samonisky**  
**samoniskyjoan@sanfordschool.org**

**Catholic: Sharyn Wingate**  
**rel23saw@comcast.net**

**Diamond State & Non-Conf: Pam Love**  
**plove@wilmingtonchristian.org**



# TOURNAMENT FIELD

- > The conference champion **MUST** possess an overall record of .500 or better to earn the guaranteed berth.
- > The conference champion **MUST** be in the top 50% of the eligible teams in the state to earn the guaranteed berth.

**NOTE:** If a conference champion does not satisfy these requirements, the champion will be eligible for an At-Large berth.





# REMINDERS...

- Play a minimum of 12 varsity games to be eligible
- Your opponents must play a minimum of 12 varsity games in order for you to count the game in your statistics



# SCHEDULING CRITERIA

- ❖ Your “TEAM INDEX” / PERCENTAGE will be based on the number of games on your schedule as of the first allowable date of competition. (2016 = September 09)
- ❖ If a game is scheduled for the last day of competition (2016 = November 3) is canceled due to weather related, unplayable conditions and/or conditions beyond the school’s control, the team’s percentage will be based on one less game.
- ❖ In these circumstances, the Chair must be notified for verification. (Chair: Sharyn Wingate @ 302-369-5898)



# SCHEDULING CRITERIA – SPECIAL CIRCUMSTANCES

Any special circumstances that may arise during the season that will affect the scheduling criteria requirements, requires approval of the Chairperson of the Committee and the Executive Director of DIAA.



# TOURNAMENT SITES

- **First & Second** round games will be hosted by the higher seeded team. If their field is unsuitable or weather conditions have made their field unplayable, **the Committee will choose an alternate site.**



# TOURNAMENT SITES

- **NOTE:** If the HOST team's field is unsuitable, the school may contact the Chair to recommend an alternate field as the HOST site. The higher-seeded school will be responsible for game administration at the alternate site.
- *The Chair and Committee will make the final decision on sites.*



# TOURNAMENT SITES

- THE SEMI-FINAL AND FINAL GAMES WILL BE PLAYED AT TURF SITES AS DETERMINED BY THE TOURNAMENT COMMITTEE



# OVERTIME PROCEDURES

## *REGULAR SEASON*

- > Varsity high school ONLY
- > If game ends in a tie at the end of regulation, **ONE 7-RPSV\* / 15-minute sudden victory overtime *MUST* be played**
- > Includes out-of-state teams playing in Delaware
- > Please report tie game results as OT (Example: 3-2OT)

**\*RPSV = REDUCED PLAYER SUDDEN VICTORY** >

# REMINDERS ...

- Update team records in WebSites4Sports [www.websites4sports.com](http://www.websites4sports.com) on a regular basis especially for **OUT-OF-STATE** games
- Contact your tournament representative at the end of the season to verify your record listed on **WEBSITES is correct**. (Whether 15-0 OR 0-15)





# DATES TO REMEMBER

- Team Picture & Rosters –  
**October 28**  
**to WEBSITES4SPORTS.COM**
- Deadline for correct team records -  
**October 31**  
**to CONFERENCE REPS**
- Cut-Off Date for Games –  
**November 3 by 6:00pm**



# FIRST ROUND

- WILL be played over 2/3 days
  - > **Tuesday, November 8**
  - > **Wednesday, November 9**
  - > **Thursday, November 10**
- The Committee will determine the starting time for all games.
- ***“MERCY RULE”*** will be in effect during the First Round Games Only

**TOURNAMENT  
DATES**



# TOURNAMENT DATES

## Second Round

> Saturday, November 12

## Semi-Finals -- TBA

> Tuesday, November 15

> OR

> Wednesday, November 16

## Finals – TBA

Friday Evening, November 18

OR

> Saturday, November 19



**THANK YOU**

*FOR YOUR CONTINUED  
COOPERATION IN HELPING  
TO MAKE THE STATE  
TOURNAMENT A SUCCESS!*

*GOOD LUCK...*

**ANY QUESTIONS ... PLEASE CONTACT  
SHARYN WINGATE  
REL23SAW@COMCAST.NET**



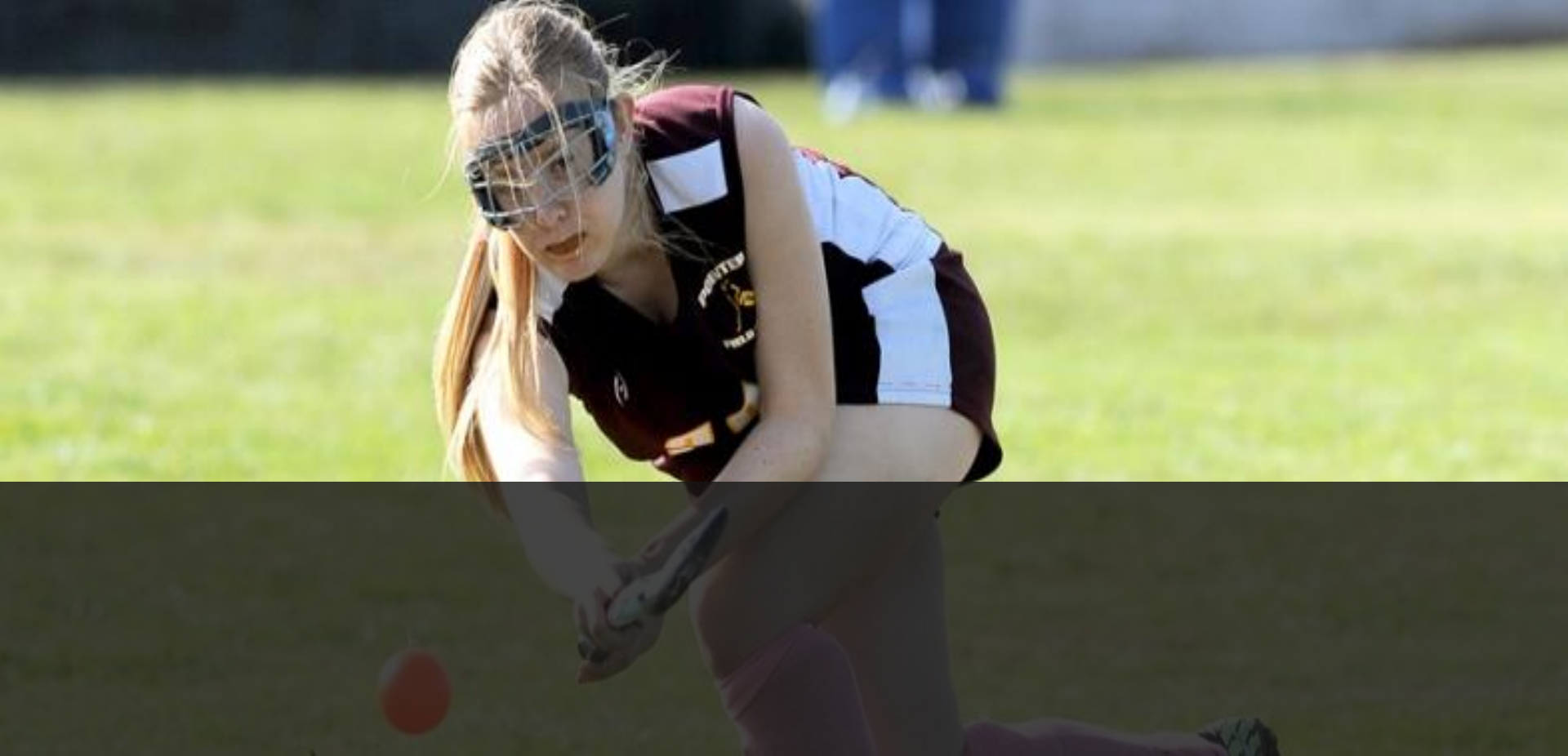


# 2016 NFHS FIELD HOCKEY RULES POWERPOINT

National Federation of State  
High School Associations



Take Part. Get Set For Life.™



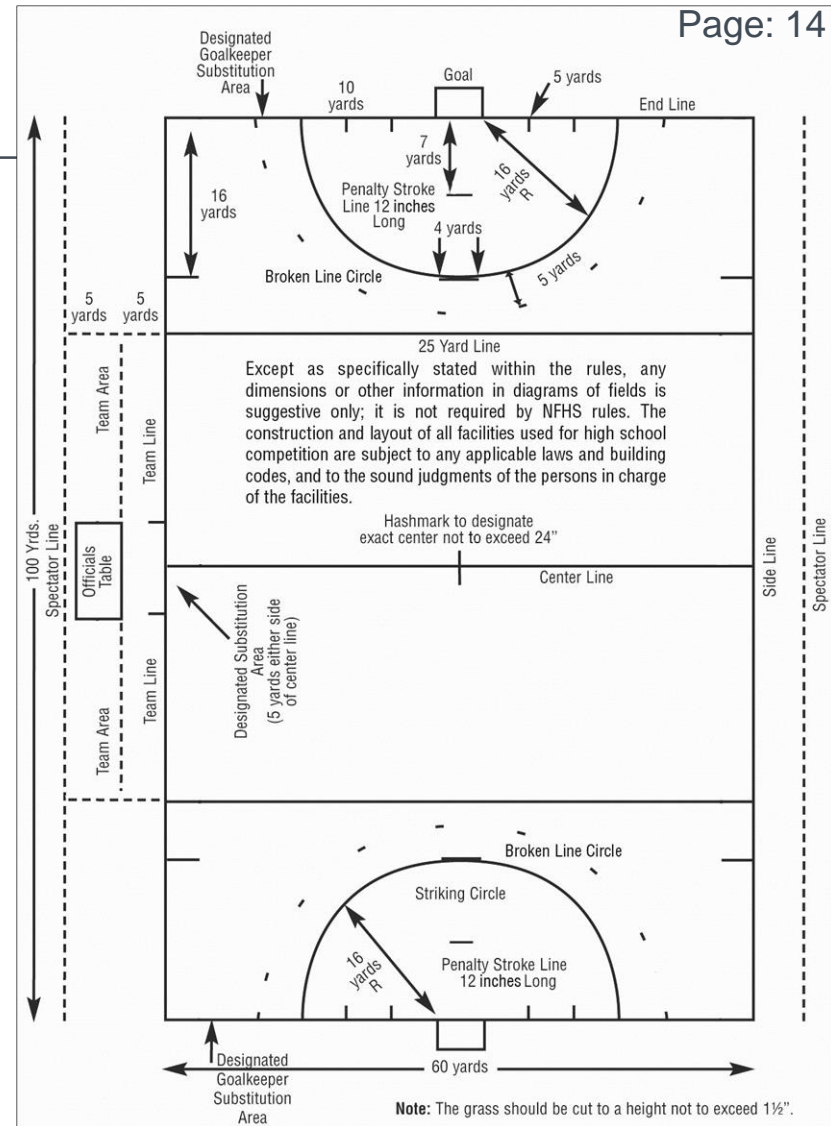
# 2016 NFHS FIELD HOCKEY RULES CHANGES

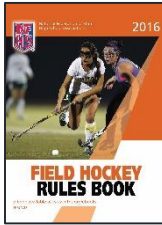


# THE FIELD AND MARKINGS

## RULE 1-2

- New procedure for Long Hit eliminates the need for this field marking. Long Hit Line will also be eliminated from Field Diagram.





## PLAYER UNIFORM RULE 1-5-3

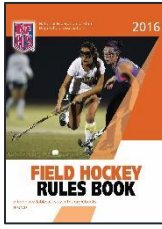
- The home team is required to wear single solid white uniform tops front and back on the torso. The home team should only wear white socks to match the uniform top. There is no need for the home team to wear any other color sock/sock guard than white. Light-colored is ambiguous.
- **EFFECTIVE WITH THE 2017 SEASON**





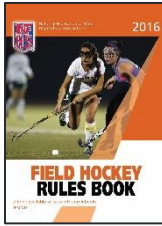


# PLAYER UNIFORM RULE 1-5-6 PENALTIES 2 (NEW)



- When an illegally uniformed team is unable to correct the situation or cannot verify state association approval of the uniform, the game shall be played. The referee must, however, notify the state association following the game.



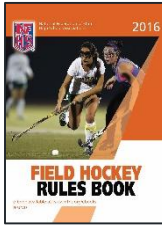


# PLAYER EQUIPMENT RULE 1-6-5

- Face masks are no longer permitted
- NOTE: Effective January 1, 2019, all eye protection shall be permanently labeled with the current ASTM 2713 standard for field hockey.



# GOALKEEPER EQUIPMENT RULE 1-8-1A

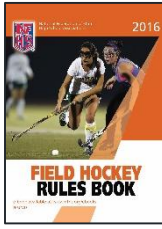


- Goalkeeper uniform tops may be multiple colors to ensure contrasting uniforms with field players.
- **Effective 2017, the goalkeeper's uniform top must have visible numbers on the front and back. This will create consistency with all uniforms worn on the field.**





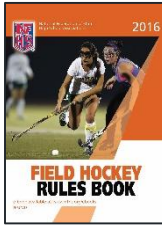
# END LINE RULE 7-3-2



- The implementation of the new “Long Hit Procedure” created a new name that is consistent with the new procedure.

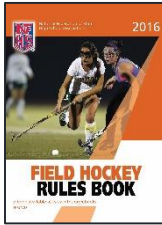


# PENALTY CORNER – REGULATION OR EXTENDED PLAY RULE 10-3-2



- The rule change for 2015 (dealing with restarts for extended play penalty corners) eliminated the clear definitions for when a penalty corner, during regular play, is considered to be completed. The exception to the rule added in 2015 (dealing with restarts for extended play penalty corners) should apply to an injury during regulation play as well as extended play.
- NOTE: See g.





## WHEN AWARDED RULE 11-1-1E

- The rules have evolved to allow umpires to better manage this situation if it occurs. Deleted provision to award a penalty stroke when the defending team continues to deliberately cause the ball to go over the end line.
- **NOTE:** Umpires can now award a stroke when a defending team continues to deliberately cause the ball to go over the end line.





**THERE ARE MANY EDITS  
AND WORD CHANGES  
DUE TO THE NEW LONG  
HIT PROCEDURE**





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

All P.15	All references to long hit shall be changed to <u>25-yard free hit</u> .
All	All references to <u>drive</u> shall be changed to <u>hit</u> .
Rule 1 Title	The Game, Field, Players, <u>Coach</u> and Equipment





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

1-5-1l P. 18

Members of each team shall be dressed uniformly, except the goalkeeper. The uniform top shall have clearly visible numbers on the front and back. The numbers shall be of a solid color contrasting to any surrounding colors.

Numbers on the front shall be 3 to 6 inches in height, and 6 to 8 inches in height on the back. Any number from 00 through 99 is legal. A team may not use both numbers 0 and 00. Three-digit numbers and duplicate numbers on players of the same team are not permitted.

The following are the color requirements for the jersey/top:

I. The style/design of the side insert may be of any color or design. Side inserts must be the same width for all team jerseys. 4" (2" on each side of seam)





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>P. 21</b>	
<b>1-6-10</b>	Players are not allowed to use personal wireless communication devices during the game.
<b>1-7</b>	Entire Rule has been re-written <b><u>(Goalkeeper)</u></b>
<b>1-7-3c</b>	When the ball is inside the circle, the goalkeeper: c. May stop an aerial ball with her body, hand or stick at any height;
<b>1-7-3g (new)</b>	When the ball is inside the circle, the goalkeeper: g. The goalkeeper shall not play in a manner which endangers other players (e.g. diving headfirst at an opponent, kicking wildly at the ball, an opponent or an opponent's stick, etc.)





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

1-8 P. 22	Entire rule has been re-written
1-9 (new) P.23	HEAD COACH RESPONSIBILITIES





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

P. 32	<u>NEW PROCEDURE</u>
3-2-4	<p>25-yard free hit is a method for an attacker to put the ball in play if a defender unintentionally causes the ball to go across the end line or if the ball glances off the stick/person of a defender in this area and goes across the end line. The attacking team shall be awarded a 25-yard free hit. Play is re-started with the ball on the 25-yard line that is in line with where it crossed the end line. All procedures for taking a free hit apply. All players shall be 5 yards away from the ball. The ball may not be played into the circle until it has amassed a dribbling distance of 5 yards or is touched by a player of either team other than the player taking the 25-yard free hit.</p>





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>p. 36</b>	<b><u>REMINDER</u></b>
<b>4.2.4 SITUATION</b>	The White Team certified athletic trainer goes onto the field to attend to an injured goalkeeper. The trainer determines that the goalkeeper is able to continue, so no substitution is made. <b>RULING:</b> Correct procedure.



# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<p><b>4.4.6 SITUATION B P. 36</b></p>	<p>After completing her suspension time, a player enters the game as her team is setting up for a penalty corner. The umpire signals time-out, removes the player from the field and applies card progression to the coach. <b>RULING:</b> Correct procedure. <b>COMMENT:</b> A suspended player returning to the game must follow the substitution rules. Substitution violations are treated as a coach's misconduct. <b>REMINDER CARD GOES TO COACH</b></p>
<p><b>4.4.6 SITUATION C</b></p>	<p>Delete P. 37</p>
<p><b>5-1-1</b></p>	<p>Delete P. 37</p>
<p><b>5.1.1 SITUATION P. 38</b></p>	<p>A Red Team player taking the center pass taps the ball to a teammate on her right. The ball only travels 6 inches to the teammate. <b>RULING:</b> Legal.</p>
<p><b>5.1.2 SITUATION</b></p>	<p>At the start of the game, players from both teams cross the center line on the official's whistle. <b>RULING:</b> Illegal.</p>





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

**6.1.3**  
**SITUATION C**  
**P. 39**

The Red Team scores a goal. Prior to the center pass it is discovered that the scorer did not have a mouthguard. The official allows the goal and issues the appropriate card to the coach. **RULING:** Correct procedure. **COMMENT:** The scoring player is eligible and her actions are treated as coaches misconduct. **CARD GOES TO COACH**





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>Rule 7 Title</b> <b>P. 40</b>	Out-of-Bounds: Side-In, 25-Yard <b>Free Hit</b> and 16-yard Hit <b>Added to Title</b>
<b>7-3-4</b> <b>PENALTY</b> <b>P. 41</b>	PENALTY: For fouls by the team taking the 25-yard free hit, a free hit is awarded to the opponents. For deliberate fouls by the defending team, a penalty corner shall be awarded.
<b>7.3.2</b> <b>SITUATION B</b> <b>P. 42</b>	Delete







# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>Rules 8 P. 42</b>	Entire rule has been re-written
<b>8.1.1 SITUATION D P. 46</b>	Delete
<b>8.1.1 SITUATION J</b>	Delete



# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

P. 47

8.2.1 SITUATION C . . . . . Delete





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

P. 49

9.2.1 SITUATION A . . . . . Delete

9.2.1 SITUATION B . . . . . Delete





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

**P. 53**

10.2.3 SITUATION E . . . . . Delete  
10.2.3 SITUATION F . . . . . Delete  
10.2.6 SITUATION A . . . . . Delete





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

**10.2.7**  
**SITUATION A**  
**P. 54**

On a penalty corner, the first shot on goal is made with long sweeping motion and the ball enters the net just below the crossbar. The official awards a goal. **RULING:** Incorrect procedure. **COMMENT:** Hitting the ball involving a long sweeping movement with the stick before making contact with the ball is regarded as a hit, and, therefore, the 18-inch rule applies.



# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>P. 56 57</b>	<b>11.1.1 SITUATION A . . . . . Delete</b> <b>11.1.1 SITUATION B . . . . . Delete</b> <b>11.2.5 SITUATION A . . . . . Delete</b>





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>P. 57</b>	<b>11.2.9 SITUATION A . . . . . Delete</b>
<b>12-3-1 (new) P. 59</b>	<b>SECTION 3- COACHES FIELD EQUIPMENT</b> 1. Use of video monitoring, replay equipment or personal wireless communication devices during the game by coaches is permitted outside the team area.
<b>12.1.1 SITUATION A P. 59</b>	Delete





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>P. 59</b>	
<b>12.1.2 SITUATION B</b>	Delete



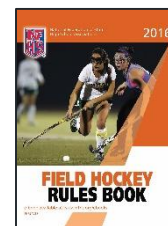


# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>P. 87</b>	
<b>Official Field Hockey Signals &amp; Description</b>	Long Hit signal (#3) is eliminated.
<b>Official Field Hockey Signals &amp; Description</b>	“and 25-Yard Free Hit” has been added under Free Hit signal.
<b>Official Field Hockey Signals &amp; Description</b>	“Add Ten” signal (#7) is eliminated.
<b>Officials</b>	MAKE SURE YOU ARE REVIEWING THE OFFICIALS GUIDE
	AND ALSO THE OFFICIAL’S CODE OF ETHICS



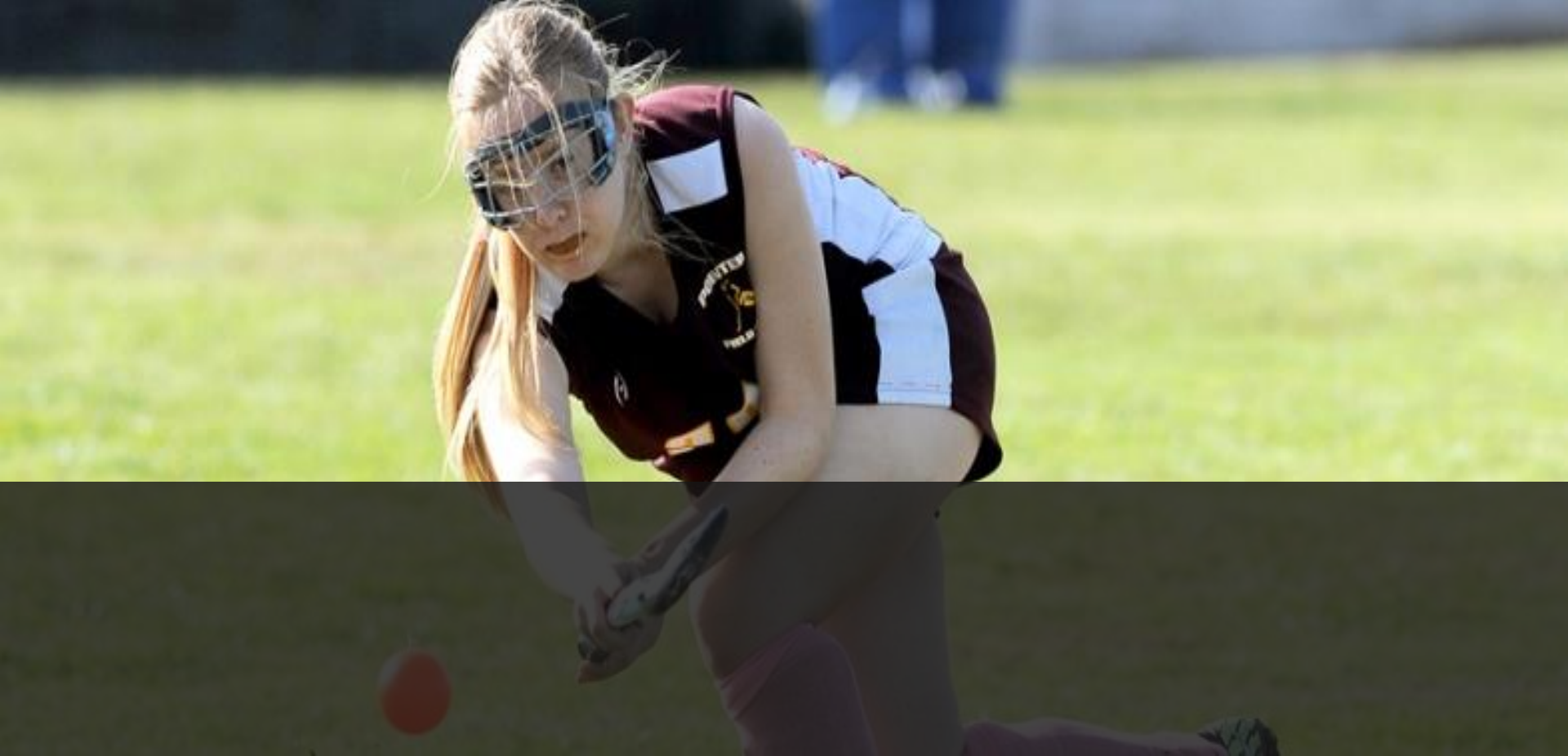
# OFFICIAL NFHS FIELD HOCKEY SIGNALS



1  FREE HIT AND 25-YARD FREE HIT	2  16-YARD HIT	3  PENALTY CORNER	4  PENALTY STROKE
5  SIDE-IN	6  STICK INTERFERENCE	7  ADVANCING	8  DANGEROUS USE OF STICK
9  OBSTRUCTION	10  THIRD PARTY OBSTRUCTION	11  DANGEROUS PLAY	12  TIME-OUT
13  GOAL SCORED	14  BULLY	15  ADVANTAGE	16  RAISED BALL
17  NO GOAL	18  PLAY WITH WRONG SIDE OF STICK	19  PUSHING	20  5-YARD DISTANCE

- Free Hit and 25-Yard Free Hit** – Arm held to the side, slightly above horizontal with the palm forward toward the field.
- 16-Yard Hit** – Umpire's back is to the end line with arms held to the side, slightly above horizontal, palms forward, pointing towards the center of the field.
- Penalty Corner** – Extend both arms horizontally toward the goal.
- Penalty Stroke** – First signal time-out (arms crossed at the wrist above the head), then extend the right arm overhead and the left arm toward the penalty stroke line.
- Side-In** – For direction, arm extended to the side, slightly above horizontal, palm forward toward the field with other arm down at the side.
- Stick Interference** – Hit forearm of one arm with other hand (chopping action).
- Advancing** – Slightly raise one leg and touch it with the hand.
- Dangerous Use of Stick** – Raise bent arm forward and upward over the head.
- Obstruction** – Arms crossed in front of chest with palms inward.
- Third Party Obstruction** – Arms crossed in front of chest, palms inward, then move forearms in and out one time.
- Dangerous Play** – Place one forearm diagonally across the chest.
- Time-out** – Arms extended overhead, crossed at the wrist, palms forward towards the field.
- Goal Scored** – One arm extended overhead, palm forward, then turn and extend both arms horizontally towards the center of the field.
- Bully** – Move hands alternately up and down in front of body with palms facing each other.
- Advantage** – Extend an arm high from the shoulder in the direction in which the benefiting team is playing.
- Raised Ball** – Arms extended in front of body approximately 18 inches apart, with palms held facing each other.
- No Goal** – Extend and cross arms in front of body with palms down.
- Wrong Side of Stick** – One arm extended in front of body, touch back of hand with palm of free hand.
- Pushing** – Hands out in front of body with a pushing motion.
- 5-Yard Distance** – Extend one arm straight up in the air showing an open hand with all fingers extended.

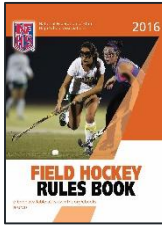




# 2016 NFHS FIELD HOCKEY POINTS OF EMPHASIS



# 2016 NFHS FIELD HOCKEY POINTS OF EMPHASIS

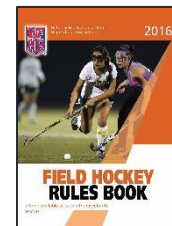


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1. PROPERLY MARKED PROTECTIVE EYEWEAR
2. ELIMINATION OF FACEMASK USE AS A PROTECTIVE DEVICE
3. 25-YARD FREE HIT
4. SELF-PASS AND DELAY OF GAME
5. ROUGH AND DANGEROUS PLAY
6. GOOD SPORTING BEHAVIOR



# 2016 NFHS FIELD HOCKEY POINTS OF EMPHASIS



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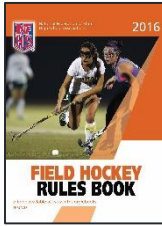
## 1. PROPERLY MARKED PROTECTIVE EYEWEAR

With the ASTM standards 2713-09, 2713-14 being in place since 2009 and 2014, respectively, the standardization of the performance of protective eyewear is more important now than ever before. It is incumbent upon the coaches and players to use the properly marked protective eyewear as it was manufactured. Combining various protective devices is potentially harmful and immediately voids any manufacturer's warranty. By rule, required equipment shall not be modified and shall be worn as intended by the manufacturer. Manufacturers spend hundreds of hours researching and testing products before they are released to the public. They ensure that their products will perform at the highest level possible if it is worn properly. The NFHS makes a significant investment in time and resources to identify appropriate equipment for field hockey, for the sole purpose of minimizing risk. That is why there is a new rule requiring that all protective eyewear that meets the current ASTM standard be permanently labeled

effective January 1, 2019.



# 2016 NFHS FIELD HOCKEY POINTS OF EMPHASIS



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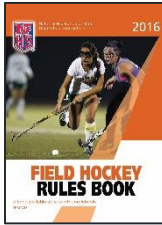
## 2. ELIMINATION OF FACEMASK USE AS A PROTECTIVE DEVICE

The masks do not meet any safety standard for ball or stick impact, nor do they offer any shatter resistance





# 2016 NFHS FIELD HOCKEY POINTS OF EMPHASIS



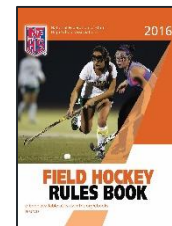
## 3. 25-YARD FREE HIT

The 25-yard free hit is a new rule change previously handled as a long hit. In an effort to improve the flow of play and standard of the game this rule has been implemented with emphasis on:

- Any 25-yard hit must follow the rules as outlined for any free hit within the 25-yard line.
- It is similar to taking a 16-yard hit, however, the attack has possession and places the ball on the 25-yard line, in line with where the ball went over the end line.
- All players shall be 5 yards away from the ball when the ball is put into play.



# 2016 NFHS FIELD HOCKEY POINTS OF EMPHASIS



## 4. SELF-PASS AND DELAY OF GAME

The self-pass has been incorporated to improve the flow of the game.

Delaying the game by any player should be avoided and coaches/officials should reinforce the following:

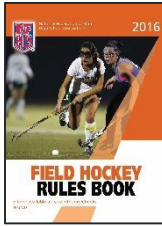
- Coaches should provide specific instruction regarding the 5-yard rule and how to defend it appropriately without inhibiting the flow of the game.
- Umpires should establish and communicate the 5-yard standard early in the game to support proper play and conduct of the players.
- A defender influencing or interfering with the self-pass before adhering to the 5-yard rule is a delay of game and should be penalized with the appropriate card progression to manage the game.







# 2016 NFHS FIELD HOCKEY POINTS OF EMPHASIS



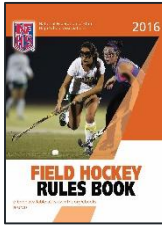
Page: 61-63

## 5. ROUGH AND DANGEROUS PLAY

Overly aggressive play and lack of regard for everyone's safety is unacceptable in the sport of field hockey. In both practice and game play, coaches need to teach the safe use of the stick and good body control. Rough and dangerous play, such as deliberately/blindly hitting the ball into players who have been properly instructed and in good position to play defense, should be addressed by both coaches and officials. Players need to accept the possibility they could inflict serious injury. Officials must be able to recognize dangerous play and penalize it appropriately. Although it is recognized that the possibility of injury is inherent in field hockey, all participants have the obligation to minimize risk whenever possible.



# 2016 NFHS FIELD HOCKEY POINTS OF EMPHASIS



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## 6. GOOD SPORTING BEHAVIOR

Officials and coaches need to work together. Each contest is another opportunity for coaches and officials to teach not only field hockey, but also model good sporting behavior. The positive values that are learned will serve the players long after their field hockey experience has concluded. Game situations typically provide a coach the opportunity to identify a teachable moment to reinforce good sporting behavior.



# Online Test for Clinic Credit

Answer the following ten questions by emailing your answers to; [diaareply@yahoo.com](mailto:diaareply@yahoo.com).

In the message space for the email write; Field Hockey Clinic

In the body of the message start with Your name and School Name, then list the answers numbered 1 through 10. A sample -

Joe Coach

My High School

1-B, 2-C, 3-D, 4-A, 5-C, 6-B, 7-D, 8-A, 9-C, 10-B

You must get at least 8 out of 10 correct for credit.



# Test Questions

- 1) Which website would you use to find the best information regarding playing rules, uniform information and field or court diagrams?
  - A – DIAA.org
  - B - NFHSLEARN.COM
  - C - NFHSLEARN.ORG
  - D - NFHS.ORG



# Test Questions

2) Which website would you use to find the all of the free online courses from the National Federation?

A – [DIAA.org](http://DIAA.org)

B - [NFHSLEARN.COM](http://NFHSLEARN.COM)

C - [NFHSLEARN.ORG](http://NFHSLEARN.ORG)

D - [NFHS.ORG](http://NFHS.ORG)



# Test Questions

3) What brand new course has the Federation introduced designed especially for student-athletes?

A – Cardiac Arrest for Students

B – Concussions for Students

C – EAPs for Students

D – Learning Enrichment for Students



# Test Questions

4) Which athletes have to wear a mouth piece that covers all of the upper teeth and shield the lower teeth?

A – Goalies

B – Those with a prescription

C – Defenders

D – Players with metal braces



# Test Questions

5) Who is allowed to go onto the field during a fight, without being beckoned by the umpire?

A – The Head Coaches

B – Student Managers

C – The Team Captains

D – Students who passed the Concussion Education class





# Test Questions

6. Field players must wear eye protection that meets the current ASTM 2713 standards for field hockey, and are permitted to wear:

- A. A face mask made of fiberglass or plastic, which is molded to the face.
- B. A knee brace as sold by the manufacturer.
- C. Soft headgear.
- D. Both b and c.

# Test Questions

7. A self-pass:

A. Must travel 1 foot before a teammate can play the ball.

B. Must have a clear separation between the initial touch and any subsequent play on the ball.

C. Can be used on a penalty stroke.

D. May be used to restart play except on a penalty corner.

# Test Questions

8. Umpires can now award a \_\_\_\_?\_\_\_\_ when a defending team continues to deliberately cause the ball to go over the end line.

A – Penalty Corner

B – Stroke

C – Long Hit

D – Penalty Card



# Test Questions

9. Which of the following was NOT a Point of Emphasis this year?

A - SELF-PASS AND DELAY OF GAME

B – UNIFORM REQUIRMENTS FOR THE GOALIE’S JERSEY

C - ROUGH AND DANGEROUS PLAY

D -GOOD SPORTING BEHAVIOR



# Test Questions

10. – The Umpires discover that the Home Team is wearing illegal uniforms and they are not able to correct the mistake before game time, what must the Umpires do ?

A –Forfeit the game

B – Play the game.

C - Notify the state association

D – B & C





**THANK YOU,  
HAVE A SAFE SEASON**

