



SECTION VIII

FIELD HOCKEY

2023

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NOTE CHANGES MAY HAVE TO BE MADE AT ANY TIME



2023 SECTION 8 FIELD HOCKEY COMMITTEE:

Barbara Sellers: Section Coordinator, H 631 2615243, C 516 521 4247

Sandy Jozefowski: President NCFHCA, Locust Valley HS

Leslie Murray: Modified FH Coordinator,

Kori Brocking: New Hyde Park HS,

Deirdre Kelly: Sewanhaka District,

Christine Botti: Friends Academy,

Carol Nesdill

Diane Chapman

Shannon McEntee HSAA Rep

Karianne Terino: President NCFHOA (nonvoting member) she or appointee acts as rules advisor to the committee)

Welcome to the 2023 Fall Field Hockey season.

A message from Steve Horgan as he retired from his USA Field Hockey Umpiring position:

To the Coaches: We all have passion for the game from different perspectives. Remember the same as umpires, you are only part of the show. Decisions on the field and in the moment may not always be perceived as correct, but this is sport, everyone is human and perceived mistakes will happen. Any distraction from the field of play that impacts or influences the game only takes away from the positive environment created by our game and the enjoyment of the game for our players. Players and parents feed off of you as you are seen as their authority on the game. You all do great work in teaching our players not only about hockey but life skills as well. Please continue to promote the positive aspects of our game to everyone you come in contact with.

Please keep this in mind especially as you and your team REMAIN IN THE TEAM AREA during play!
Remember, YOU set the example.

Jewelry: Keep it safe!

Have a great season! Hope to see you on the pitch!

Barb Sellers

FIELD HOCKEY IMPORTANT DATES: 2023

AUG 28 Monday Season starts

AUG 29 COACHES MEETING 7:30 pm ZOOM

SEPT 9 JG PLAYDAY----ALL VARSITY TEAMS @ GREAT NECK FIELD

SEPT 27 COACHES MEETING/PICK UP PINK SHIRTS

October Play4theCure Pink games --be prepared to set up dates

OCT 20 ALL TEAM ROSTERS MUST BE SUBMITTED: SANDY JOZEFOWSKI for teams with potential for finals, changes can be made later.

***OCT 26 COACHES SEED/AWARDS Meeting TIME/SITE: TBD

PLAYOFFS: ALL PLAYOFF DATES ARE SUBJECT TO CHANGE AS THE SEASON PROGRESSES

ALL DATES FROM OCT 27 thru NOV 5 are possible dates for playoff games

OCT 27 CLASS C SEMI FINAL GAMES high seed

OCT 28 $\frac{1}{4}$ FINALS CLASS B high seed

OCT 30 CLASS A SEMI FINAL GAMES high seed

OCT 31 CLASS B SEMI FINAL GAMES high seed

NOV 1 CLASS C FINAL GAME 5 PM BERNER TEAMS/SPECTATORS MAY ENTER @ 4:00 PM

NOV 1 CLASS A FINAL GAME 7 PM BERNER. TEAMS/SPECTATORS MAY ENTER @ 4:00 PM

NOV 2 CLASS B FINAL GAME 6 PM BERNER TEAMS/SPECTATORS MAY ENTER @ 5:00 PM

LI CHAMPIONSHIPS: NOV 5 at Northport HS (times and order TBD)

NYS FIELD HOCKEY CHAMPIONSHIPS: NOV 11 & 12 @ CENTEREACH HS

QUESTIONS: Contact Barbara Sellers Section VIII Field Hockey Coordinator
tugite@aol.com home phone 631 261 5243 cell 516 521 4247

Reminder: Saturdays and Sundays will be used for games that must be rescheduled

TEAM ROSTERS AND PHOTOS ARE TO BE SUBMITTED TO NYSPHSAA FOR STATES IN SEPT !!

2023 SECTION 8 VARSITY FIELD HOCKEY COACHES AT A GLANCE

COORDINATOR Barbara Sellers tugite@aol.com H 631 261 5243 C 516 421 4247

| SCHOOL | COACH |
|-----------------------|-------------------|
| BALDWIN | Mike Hoover |
| CARLE PLACE | Elissa Frein |
| CLARKE | Brittany Dougher |
| COLD SPRING HARBOR | Jamie Ackerman |
| EAST MEADOW | Courtney Castle |
| FRIENDS ACADEMY | Christine Botti |
| GARDEN CITY | Lauren Lavelle |
| GREAT NECK NORTH | Alexandra Bellini |
| GREAT NECK SHOUTH | Tara Rosenthal |
| LOCUST VALLEY | Sandy Jozefowski |
| LONG BEACH (VAR only) | Christine Graham |
| MANHASSET | Danielle Groneman |
| MASSAPEQUA | Morgan Ortega |
| NEW HYDE PARK | Kori Brocking |
| NORTH SHORE | Ariel O'Shea |
| OYSTER BAY | Lauren Scripture |
| PORT WASHINGTON | Amanda Gargiulo |
| SEAFORD | Elizabeth May |
| SEWANHAKA | Deirdre Kelly |

NFHS Coaches Code Of Ethics

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect, and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

- The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- The coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
- The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.
- The coach shall avoid the use of alcohol and tobacco products when in contact with players.
- The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
- The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.
- The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.
- The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.
- The coach shall not exert pressure on faculty members to give student special consideration.
- The coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

INFORMATION FROM NYSPHSAA AND SECTION 8:

To: Athletic Directors, Executive Directors, Sport Coordinators, Safety Committee, Executive Committee
From: Todd Nelson, Assistant Director NYSPHSAA
Date: May 25, 2010
Re: AccuWeather Website – Heat Index/Wind Chill

Clarification for determining Heat Index/ Wind Chill in your zip code:

1. Log onto **AccuWeather.com** by using the association website, www.nysphsaa.org, we recommend saving this site to your computer or phone.
2. Once you have entered the zip code for your practice or contest site you will see the home page for the local forecast. DO NOT USE THE TEMPERATURE on this page.
3. Click onto **Hourly Forecast**, and you will be linked to a chart similar to the one below. Please use the current hour RealFeel temperature for your zip code to take the appropriate action for your practice or contest.

| | Tue 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | Tue 10pm |
|------------|------------|-----------------|-----------------|----------|---------|---------|----------|-------------|
| | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | 10pm |
| Forecast | Sunny | Partly Sunny | Partly Sunny | Sunny | Sunny | Sunny | Clear | Clear |
| Temp (°F) | 84° | 87° | 87° | 87° | 86° | 81° | 77° | 74° |
| RealFeel® | 89° | 89° | 86° | 85° | 85° | 80° | 75° | 74° |
| Wind (mph) | 6 WSW | 6 WSW | 7 WSW | 6 WSW | 5 SW | 5 SW | 4 SSW | 3 SSE |
| Humidity | 46% | 43% | 42% | 44% | 47% | 53% | 60% | 67% |
| Dewpoint | 61 | 62 | 61 | 62 | 64 | 62 | 62 | 63 |

If you have any questions or comments please feel free to contact the association office.
We thank you for all that you do for our student athletes.



WIND CHILL PROCEDURES

Administration of Wind Chill Procedures:

- Wind Chill will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- The athletic trainer, athletic director, or school designee will use the accuweather.com website to determine the heat index for the area of the contest/practice. The accuweather.com website can be reached through the NYSPHSAA website. Once a person is on the accuweather.com website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the RealFeel temperature (wind chill).
- If the RealFeel temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the RealFeel (wind chill) at halftime or midway point of the contest. If the RealFeel (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

| | | |
|--|---|---|
| | RealFeel (wind chill) above 40 degrees | Full activity. No restrictions |
| R E C O M M E N D E D | Wind Chill Caution: RealFeel (wind chill) 36 degrees to 20 degrees | Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. |
| | Wind Chill Watch: RealFeel (wind chill) 19 degrees to 10 degrees | Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. |
| | Wind Chill Warning: RealFeel (wind chill) 9 degrees to -10 degrees | Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when RealFeel temp is much higher. Consider reducing the amount of time for an outdoor practice session. |
| REQUIRED | Wind Chill Alert: RealFeel (wind chill) -11 degrees or lower | No outside activity, practice or contest, should be held. |

Special Note: Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.

Approved May 1, 2010

NYSPHSAA
THUNDER & LIGHTNING POLICY

(Effective 10/25/04)
(Revised October 20, 2008)

Applies to regular season through NYSPHSAA Finals:

1) Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.

a) With your site administrator, set up a plan for shelter prior to the start of any contest.

2) When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:

a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).

b) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.

c) After thunder and/or lightning have left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.

EMERGENCY ACTION PLAN: Required by NYSPHSAA and Section 8 for injuries or unforeseen emergencies. All FH coaches are to check with their AD and familiarize themselves with the plan/s. Plans will be in place for Final games.



Concussions: The Invisible Injury

Student and Parent Information Sheet

CONCUSSION DEFINITION

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

FACTS ABOUT CONCUSSIONS ACCORDING TO THE CENTER FOR DISEASE CONTROL (CDC)

- An estimated 4 million people under age 19 sustain a head injury annually. Of these approximately 52,000 die and 275,000 are hospitalized.
- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion.

In New York State in 2009, approximately 50,500 children under the age of 19 visited the emergency room for a traumatic brain injury and of those approximately 3,000 were hospitalized.

REQUIREMENTS OF SCHOOL DISTRICTS

Education:

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.
 - * School coaches and physical education teachers must complete the CDC course.
(www.cdc.gov/concussion/HeadsUp/online_training.html)
 - * School nurses and certified athletic trainers must complete the concussion course. (<http://preventingconcussions.org>)

Information:

- Provide concussion management information and sign off with any parental permission form.
- The concussion management and awareness information or the State Education Department's web site must be made available on the school web site, if one exists.

Removal from athletics:

- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.
 - * Such authorization must be kept in the pupil's permanent health record.
 - * Schools shall follow directives issued by the pupil's treating physician.

SYMPTOMS

Symptoms of a concussion are the result of a temporary change in the brain's function. In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g. recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

Symptoms include, but are not limited to:

- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting and/or loss of appetite
- Irritability, sadness or other changes in personality
- Feeling sluggish, foggy or light-headed
- Concentration or focusing problems
- Drowsiness
- Fatigue and/or sleep issues – sleeping more or less than usual

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room.

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from the nose



SPORTSMANSHIP

The Association recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post schedule play.

a. Coach:

1. Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct, including taunting, is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest at the same level (e.g. junior varsity, varsity, etc.) has been completed. In individual sports a multi-day contest is considered to be a contest. Disqualification from one season carries over to the next season of participation. The coach may not be present at the game site nor communicate in any manner during the contest with any person present at the site.

NOTE: "Not being physically present at the site" means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet. (see Taunting, p. 90, Next Previously Scheduled Contest, p. 89) Any coach that does not serve the penalty for violating the Sportsmanship Standard will be ineligible to participate in the next two regularly scheduled contests. If the coach continues to not serve the penalty, the matter will be referred to the Section for further action. If the coach is involved in the NYSPHSAA play-offs, the matter will be referred to the Executive Director of the NYSPHSAA.

Any coach:

1. Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest;
2. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
3. Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season. If the disqualification penalty takes place in the last contest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.

2. A coach who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate another person (e.g. official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

b. Player:

1. Any member of a squad disqualified by a sport official for unsportsmanlike conduct, including taunting, or for a flagrant foul shall not participate in that sport in the next previously scheduled contest with a member school or in NYSPHSAA tournament play. In individual sports a multi-day contest is considered to be a contest. The contest in which the athlete was disqualified must count in the total maximum number of contests permitted. Disqualifications from one season carry over to the next season of participation. (see Taunting, p. 90, Next Previously Scheduled Contest, p. 89)

Any player:

1. Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest;
2. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
3. Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.

2. Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate an official shall be expelled from the game immediately and banned from further participation in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense. **NOTE:** Member of the squad includes player, manager, score keepers, timers, and statisticians.

c. Official:

1. Unprofessional conduct on the part of the official such as, but not limited to, taunting, baiting, use of profanity, shall be reported by a school administrator from the aggrieved school to the section executive director. A request will be made to the appropriate sport officials chapter to investigate the incidence and to report their action to the section in a timely manner.

July 2010

OFFICIALS' RATING by coaches: SECITON VIII HAS A NEW WEBSITE

Officials will NOT be rated by coaches at the end of each game.

Coaches should inquire with their Athletic Director for up to date information

RULE CLARIFICATIONS/MODIFICATIONS that NYSPHSAA Field Hockey Committee has made over the years:

CLASS NUMBERS: A 915 – up B 914 – 450 C 449 – below approved by NYSPHSAA
A:MASS, BALD, EM, LB, PORT, SEW. B: GC, MANH, LV, NS, CL, FA, SEAF, NHP,GNN, GNS. C: CP, CSH, OB, FA



Yellow card:

- **Corner:** a player who has sat out for the 5 minute penalty may enter on corner as long as she does not delay play. She is not considered a substitute and can reenter the field anytime.
- **Overtime:** If a yellow card penalty extends into overtime, the carded players name may be one of the 7 in the book and the team plays short. Once her penalty is served, she can go on to the field. If the yellow carded player is not involved in the overtime, the coach determines which player will sit out for the penalty and the team plays short until the penalty is completed *Ref NYSPHSAA FIELD HOCKEY MEETING Nov 21 2009*

EMERGENCY ACTION PLAN: Required by NYSPHSAA and Section 8 for injuries or unforeseen emergencies. All FH coaches are to check with their AD and familiarize themselves with the plan/s. Plans will be in place for Final games.

UNIFORMS/PLAYER EQUIPMENT:

*******JEWELRY see pg 16 in this Handbook**

Uniforms: All uniforms must meet 2023 NFHSFH rules. Teams with financial issues must apply for a waiver from NYSPHSAA PRIOR to the first game.

*******GOALIE SHIRT: NUMBER MUST COMPLY WITH RULE see pg 16 in this Handbook**

SHIRT COLORS: GOLD is NOT considered a dark color for team shirts *Ref. NYSPHSAA FIELD HOCKEY MEETING January 11, 2008 Rule interpretation from 11/07 meeting (check current rule book for uniform requirements)*

RELIGIOUS HEAD DRESS: a school may apply for a waiver to NYSPHSAA FOR SPECIAL ACCOMODATION a copy of this waiver is to be carried with the team, need to show only if asked

➔GOOGLES & DEFENSIVE FACE MASKS: 2020

GOGGLES MAY BE WORN no FH ASTM stamp required

DEFENSIVE FACE MASK: FACE MASKS ARE PERMITTED no FH ASTM stamp required

HAND SHAKE: for minimal contact, it is suggested that instead of a handshake at the beginning and end of a game, players line up and **GENTLY** tap stick heads at ground level, maintaining social distance.

SCRIMMAGE DEFINITION

NYSPHSAA as of January 2010

THESE GUIDELINES MUST BE USED FOR ALL NYSPHSAA FIELD HOCKEY SCRIMMAGES

The following is definition of a Field Hockey scrimmage has been approved and will appear in the 2010-2012 NYSPHSAA Handbook.

FIELD HOCKEY: A field hockey scrimmage must start with a sideline or 16 yard hit and includes ***one or more*** of the following:

1. A running clock and/or modified periods
2. Incorporate all or part of the Overtime Procedure into the scrimmage
3. Each team will take 5 offensive corners, playing until either a goal is scored; ball goes out of bounds or crosses the 25yd line.

5 GOAL DIFFERENTIAL RULE:

NYSPHAA FH policy: When a team is beating another team by 5 or more goals, **THE CLOCK WILL RUN AFTER GOALS.**

NOISEMAKERS: as per NYSPHSAA, noisemakers are not permitted at during any game or contest.

PRACTICE DAYS: 6 days of PRACTICES PRIOR TO GAME OR SCRIMMAGE

TEAMS MAY NOT PRACTICE OR PLAY 7 DAYS IN A ROW—during regular season

SECTION 8 MAXIMUM NUMBER OF GAMES: 16

AFTER SCORING A GOAL: it is suggested that the player who scored is to carry or **DRIBBLE** the ball back to the 50 yd. line.

SECTION 8 FIELD HOCKEY OVERTIME----FOR REGULAR SEASON PLAY

(SAME AS 2022)

FOLLOW ALL OF THE NYS FH OT Pg. 17, 18 & 19---**EXCEPT: OMIT III (no second 10 min 7v7)**

- ☞ **ONLY USE 1 TEN MINUTE 7V7 OVERTIME PERIOD**
- ☞ **IF A TIE STILL REMAINS after 1 ten minute 7v7: GO DIRECTLY TO 1V1 SHOOTOUT**
- ☞ **ONE TIMEOUT IS ALLOWED DURING OVERTIME AS PER NYSPHSAA FH**

ALL OTHER NYSPHSAA FH OT RULES ARE IN EFFECT

SECTION VIII SCORE DIFFERENTIAL POLICY: When a field hockey score reaches a differential of 6, the coach and players of the team with the higher score will attempt to reduce the possibility of scoring additional goals. If the score becomes a differential of 7, the team should know it is time to work with the ball instead of shooting at the goal. Coaches must have a signal or plan ready to implement since there are no timeouts except for halftime. Game final score with a differential of 8 or more are to be reported to the coordinator and the Exec. Dir. (Each differential is sport specific)

TIMERS: When the official timer is in the booth, ***ANOTHER PERSON HAS TO TIME THE PENALTIES FROM THE TABLE.*** If the school does not have another person, TIME must be kept at the table.

HOME team is to provide the official timer and scorekeeper at the table.

If there is enough room at the table for social distancing, the visiting team may have a scorekeeper at the table.

EMERGENCY ACTION PLAN: Required by NYSPHSAA and Section 8 for injuries or unforeseen emergencies. All FH coaches are to check with their AD and familiarize themselves with the plan/s. Plans will be in place for Final games.

Field Hockey Rules Changes – 2023

By NFHS on February 21, 2023 [field hockey](#)

1-5-5 REMOVED: The change allows players to wear jewelry to aid officials in consistent enforcement.

Rationale: Allows wearing of jewelry keeping with current trends in other rules codes for consistency of officiating and coaching.

1-8-1a: Defines the size requirements for goalkeeper uniform numbers.

Rationale: Brings the goalkeeper's uniform requirements for a number in line with the player's uniform number

1-8-1h: Updates terminology regarding goalkeeper shoes.

Rationale: Equipment has evolved and goalkeepers wear kickers over their shoes. Kickers should cover the shoes completely. Spikes and metal cleats are illegal.

4-1-3: Permits the playing captain to call a time-out.

Rationale: When a time-out was added to the rules, the playing captain was omitted. If no playing captain is on the field of play, then only the coach may call a time-out.

8-1-1w (NEW): Provides consistency when officiating loose equipment in the field of play.

8-2-1k (NEW): Clarifies that a misconduct penalty should be issued when equipment is thrown in a dangerous or unsportsmanlike manner.

Rationale: The rule change defines loose equipment in the field of play as a foul and clarifies that throwing of equipment is a misconduct penalty. The rules clarify for officials on how to handle the penalty in the field of play or the circle.

8-2-1 PENALTIES (NEW): Defines the penalty application regarding player re-entry during suspension time.

Rationale: Clarifies the application of existing rules and offers guidance to officials on how to handle players entering before serving the full suspension time.

2023 Points of Emphasis

1. Card Progression
2. Proper Field Markings and Grass Length
3. Play Inside the Circle - Corner vs Stroke
4. Delay of Game



**Field Hockey Overtime Procedures
2023 (SAME AS 2022)**

TEAMS ARE ALLOWED ONE TIMEOUT as per NYSPHSAA

SECTION 8 REGULAR SEASSON OT DOES NOT USE III BELOW if a tie exists after II, go directly to IV

- I. At the end of the regulation game, there will be a coaching intermission that will last up to 5 minutes.
The Officials will:
- Meet with Captains and Coach.
 - Toss of coin: the **Visiting team** calls the toss. The winner of the toss gets choice of possession OR end of field.
 - The tableside official remains the head official for all segments of the overtime procedures.
- II. **Ten minute OT 7 V 7 sudden victory OT period:**
- Rolling substitutions are permitted.
 - Each team is permitted one time out during the 10-minute overtime period
 - Defensive corners during 7 v 7:
 - Defense will be reduced to 4 players (3 plus goalie) behind end line
 - The remaining defensive player goes behind the 50 yd line with the rest of the team.
 - The attack remains the same.
- III. ONLY USE III IN PLAYOFFS If a tie still exists after the first 10 minute overtime, the teams will play a second 10 minute 7 V 7 Sudden Victory overtime period.**
- A coaching intermission, lasting 5 minutes, will be allowed prior to the start of the second OT period.
 - Teams will change ends of the field, the team not having possession at the start of the first OT shall have possession to start the second OT.
 - each team is allowed one time out.
 - Rolling substitution are permitted.
 - Defensive corners same as above.
 - The attack remains the same.
- IV. **If the score remains tied at the end of the second 10 minute overtime period; a Shoot-out will take place.**
- A set of 5 alternating shoot outs take place in each series. A full set of 5 is played.**
- Players from each team take a 1v1 shoot-out, alternately against the goalkeeper of the other team.
 - Five (5) players per team will take the shoot-out in the sequence nominated and communicated by the team to the umpires on duty before the start of the shoot-out competition. The order of shoot-out must be indicated to the umpires at the coin toss.
 - The umpires, in conjunction with the tournament committee will choose the goal to be used.
 - Toss of coin: The **Visiting team** calls the toss. The team which wins the toss has the choice to take or defend the first shoot-out.

1. The team scoring or awarded the most goals is the winner and the competition ceases once an outright winner is determined. Winner is declared: when there is a clear winner and play is not necessary to finish the group of 5. ex: during the 1st group of five 1v1 scenarios, the score is 4-1, there is no need to play out the last two players.

PLAYERS AND COACHES—

- When not involved in play, the Goalkeeper may stand on the end line on the side of the goal closest to her team OR may stand behind the 25 yd line with the 5 players involved in the shootout.
 - Team members, and coaches not involved in the shootout, may stand on the field, behind the 30 yd. line, 5-10 yards from the sideline. One team on each side of the field.
 - PLAYERS should be ready for the next shootout, but not raced into the set up.
 - If the goalie is a shooter, she is considered a field player.
- A player who has been excluded permanently (red card) from the field of play during that same match, cannot take part in any shoot-out competition.
 - A team with a player who was carded during the shootout, must play short in the shootout period.

V. Shootout:

OFFICIALS:

- Lead and Trail officials will call the shootout.
- Lead official during regulation time will continue to be lead regardless of which goal is chosen.
- Table official will keep time.
- If Sectional games have a Certified *Table official*, the *Table official* will keep the time. If a Certified Official is not assigned to the table during Sectional games, the timer will turn her/his back to the field and start the 10 seconds with the official's whistle. The official time will be kept on the field.
- Officials should not feel they have to move the 1v1 along. Officials should scan both benches, allowing players and coaches a reasonable amount of time to set up for each shootout.

PROCEDURE:

- The goalkeeper starts on or behind the goal line between the posts.
- The ball is placed on the nearest 25 yd line opposite the center of the goal.
- The attacker stands outside the 25 yd line near the ball.
- The umpire blows the whistle to signal the start of the shootout; the attacker and the goalkeeper may then move in any direction.
- The shoot-out is completed under the following conditions:
 - **10** seconds has elapsed.
 - The attacker scores a goal.
 - The attacker commits a foul.
 - The goalkeeper commits an unintentional foul in which case the shoot-out is re-taken.
 - The goalkeeper commits an intentional foul, in which case a penalty stroke is awarded.
 - The ball goes out of play over the back-line or side-line; this includes the goalkeeper intentionally playing the ball over the back-line (not a foul). The ball simply going outside the circle a second time does not constitute the end of a shoot-out.

Replacement situations

- If a penalty stroke is awarded as specified above, it is taken by the two players involved in the shoot-out concerned, unless either of them is incapacitated or suspended. This penalty stroke will take place before the next available shoot-out takes place.
- If the replacement goalkeeper is a field player, that player is allowed reasonable time to put on protective equipment.
- If during a shoot-out competition, a defending goalkeeper is incapacitated, that goalkeeper may be replaced by

another goalkeeper.

- If during the shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player from the team unless suspended by the umpire prior to or during the shoot-out competition.

VI. **If a tie still exists after the first series of 5 shoot-out, a second series of 5 shoot-outs** will take place.

- Coaches may change the order and/or players before the start of the second shootout.
- A coaching intermission lasting 2 minutes, will be allowed prior to the start of the second shoot-out period.
- The coach must inform the umpires as to the order in which the nominated players take the shoot-out.
- The team who had taken the first shoot-out of the first series must defend the second series.

****If a tie still exists after a second series of 5 shootouts, Sudden Victory of 5 additional shoot-outs are taken. (Follow the same process criteria as above.)**

VII. **Misconduct:**

1. Each team will begin the first 7v7 overtime with seven players, one of which must be a Goalkeeper, (unless players were disqualified or have not completed a suspension during any previous playing period. Teams will play short during this time.)
2. Any player who has been disqualified (Red Carded) during regulation play is not eligible for the overtime period and the team will play short for the entire overtime.
3. A player suspended (Green/Yellow Carded) during regulation play, would be eligible at the completion of the suspension timeframe of the 7v7 periods. The team plays short until the suspension is completed.
4. At the beginning of the first round of 1v1shootout, a suspended player with time that is carried over into the 1v1 shootout round will be unable to participate in any future shootout rounds. **Teams will start the 1 v1 shootout with 5 players.**
5. If an Attack player is Green / Yellow carded **during** the shootout, that player may be replaced with an eligible shooter to participate in any future shoot outs. However the player carded will be unable to participate in any future shootout rounds. Any further player who is carded during the shootout will follow the same procedure.
6. If an Attack player is Red carded **during** the shootout, their team will only have 4 shooters participate in any future shootouts. The player carded will be unable to participate in any future shootout rounds. Any future shoot-out the player was entitled to take counts as no goal. The spot of the no goal in future shootouts will be determined by the carded player's coach.
7. If a goalie is carded **during** the shootout, she is replaced and is unable to participate in any future rounds. The replacement goalkeeper is allowed reasonable time to put on protective equipment. If the goalie is Red carded, she will be replaced and is unable to participate in any future rounds. An Attack player will be removed from the shootout series and her spot in future shootouts will count as a no goal. The spot of the no goal in future shootouts will be determined by the carded player's coach.
8. It is expected that the players and coaches will not enter the field of play until the official has signaled the end of the game or overtime. Failure to comply will be treated as misconduct.

SECTION VIII 2023 FIELD HOCKEY ALIGNMENT PROPOSAL

The schedule format will follow the same concept as used in 2022

Teams getting into playoffs has been slightly modified to meet the needs of the sport for 2023, reverting back to the system used successfully prior to 2018

This proposal is in the best interest of Section 8 Field Hockey for 2023

Varsity Coaches voted in favor of this alignment 17-0

Start date: Aug 28

Maximum number of games: 16

Number of practice days prior to a scrimmage or game: 6

The schedule is ability based

All teams in Conference 1 get into playoffs

All teams have a chance to get into playoffs

Teams from Conference 2 will fill in the respective open class playoff brackets based on how teams finished, by class, within the conference. This will compare apples to apples.

All games have value

The schedule is a combination of Conference and League games.

There will be a conference winner and a league winner, for each respective group, determined by the best win lose record within each group

All teams in Conf 1 will play each other once

All teams in Conf 2 will play each other once

Conference games will be used to determine which team are in playoffs

All teams in L1, L2, L3 and L4, respectively, will play each other once for League Champion

Conference and League games will all count toward ranking for the following year and coaches awards

If there is a tie:

Common opponents

League games will be used to help break a tie, if needed, for playoff seeding

Play in game if needed for Conf 2

Field Hockey Committee will determine

Section VIII Field Hockey Fall 2023 team Rankings

| CONF 1 | | CONF 2 | |
|----------|----------|----------|-----------|
| | 1. GC | | 11. NHP |
| | 2. MANH | | 12. SEAF |
| LEAGUE 1 | 3. CP | LEAGUE 3 | 13. OB |
| | 4. MASS | | 14. FA |
| | 5. CSH | | |
| | 6. LV | | 15. SEWAN |
| LEAGUE 2 | 7. CL | LEAGUE 4 | 16. EM |
| | 8. NS | | 17. GNS |
| | 9. BALD | | 18. GNN |
| | 10. PORT | | 19. LB |

Rankings were determined using coaches' choice, final ranking from 2022

2022-2023 NYSPHSAA SECTION VIII FIELD HOCKEY

CLASSIFICATION NUMBERS

| CLASS A 915 + | | CLASS B 450-914 | | CLASS C 449--- | |
|------------------|-------|-------------------|-----|-----------------|-----|
| Massapequa | 1427 | Great Neck South | 879 | Cold Spring | 407 |
| Paul D Schreiber | 1218 | New Hyde Park | 863 | Oyster Bay | 321 |
| East Meadow | 1091 | Great Neck North | 858 | Friends Academy | 297 |
| Baldwin | 1146 | Garden City | 810 | Carle Place | 275 |
| Sewanhaka Dist | 1,370 | Manhasset | 746 | | |
| Long Beach | | W. Tresper Clarke | 597 | # in playoffs | |
| | | North Shore | 579 | 4 teams | |
| Class A | | Seaford | 483 | | |
| # in playoffs | | Locust Valley | 453 | | |
| 4 teams | | | | | |
| | | Class B | | | |
| | | # in playoffs | | | |
| | | 6 teams | | | |

FH alignment proposal Jan 25, 2023

SECTION 8 FIELD HOCKEY GENERAL GUIDELINES

GAME RESULTS: THIS IS VERY IMPORTANT

Report your game results every week: **SUBMIT RESULTS AFTER EACH GAME.**

To: SECTION WEBSITE, ? Sandy or Chris and Newsday

Conference I, Sandy Jozefowski

Conference II, Christine Botti

IF a game was rescheduled, indicate the date of the original game and new date that the game was actually played.

NEWSDAY: THE WINNING COACH CONTACTS NEWSDAY the day of each game
For a tie game, the home coach calls Newsday.

NEW PROCEDURE: COACHES have to sign up for an account on our website called... sportscentral.Newsday.com. "They will be able to input their scores and highlights themselves."


Newsday Contact: Peter Kerish Jr. Peter.Kersich@newsday.com 631 843 2820

OFFICIALS' RATING CARDS: THERE ARE NO RATING CARDS

OVERTIME PROCEDURE - *Used in Varsity games only during the regular season*

- If the score is tie at the end of regulation time, one 10 minute sudden victory OT will be played
- If the score is still tied, one on one with the goalie will be played out (see NYSPHSAA OT Procedure)
- It is the responsibility of all Coaches to understand the Overtime Procedure.

OVERTIME FOR ALL POST SEASON GAMES WILL FOLLOW THE *ENTIRE* NYSPHSAA OVERTIME PROCEDURE.

 **PLAY4THECURE:** Every year the NCFHCA supports Play4theCure during the month of October. Check early to see if PINK Game balls can be ordered through Longstreth. 100% of funds raised goes directly to Cancer organizations. COACHES WILL DISCUSS tee shirt design and game dates

PROTEST PROCEDURE: A protest CANNOT BE filed on a judgment call, only the application of the rules. Schools filing a protest in Field Hockey MUST contact the FH Coordinator by 9 PM the day of the game. Protests should be resolved on the field if possible. See Section 8 Directory for entire procedure. Protests must be written in the score books and signed by both coaches and officials IMMEDIATELY FOLLOWING THE CALL INVOLVED, BEFORE THE NEXT PLAY. This is to acknowledge that a protest has been made.

SCHEDULES: are posted on the BOCES website with officials assigned

GAMES CHANGED for weather etc, **MUST** be rescheduled on the next date that officials are available.

SUNDAYS ARE APPROVED DAYS FOR RESCHEDULING GAMES

SUSPENDED GAME: As per the rules of the game: If a game, during the regular season is suspended during the first half, the game shall resume from the point of interruption. If the game is interrupted after the completion of the first half, the game is completed. **For Playoffs**, all games will be played in two full halves---when possible.

WAIVERS: To receive a waiver just have your AD request a special equipment waiver and carry it with you always. You only have to show it if you are questioned. You will need waiver:

- If you have players who wear head dresses for religious reason.

COACHES and all team personnel CANNOT STAND CLOSER TO THE FIELD THAN THE 5 YD TEAM AREA. MUST STAY IN THE TEAM AREA.

COVID RESTRICTIONS: (if they are in place for fall 2023)

TEAM AREA: The NYSPHSAA Field Hockey Covid sheet (page 40 of FH Handbook) extends the team area to allow for LARGE squads.

COACHES: MUST REMAIN IN THE NFHS DEFINED AREA

It is suggested that players be instructed to stand/sit at the back line of the team area so the coaches will have space to move within the team area.

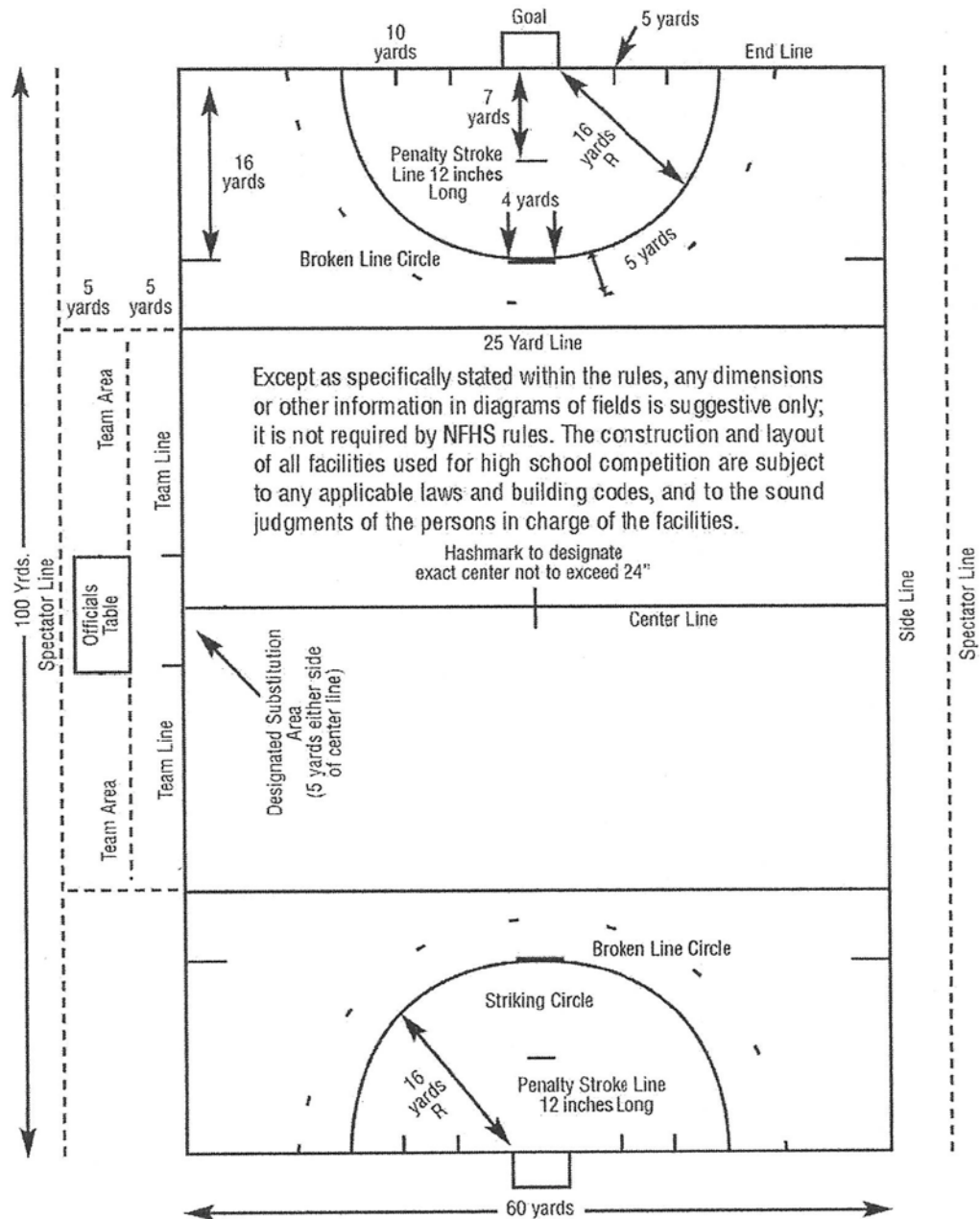
Player and team equipment bags should be behind the back line of the team area.

Possibly put team bench on the track, when possible, to create space?

REMINDER: cards issued to an assistant coach, trainer or any team personnel are given to the HEAD COACH. These cards MAY be given in progression of green, yellow and red, OR go directly to a red card.

The head coach can be carded for substitution violations pg 39 Rule 8, penalty note 5&6.

Field Hockey Field Diagram



Note: The grass should be cut to a height not to exceed 1½".

SECTION 8 FIELD HOCKEY PLAYOFF GUIDE

2023

NOISE MAKERS ARE NOT PERMITTED

AS PER NYSPHSAA

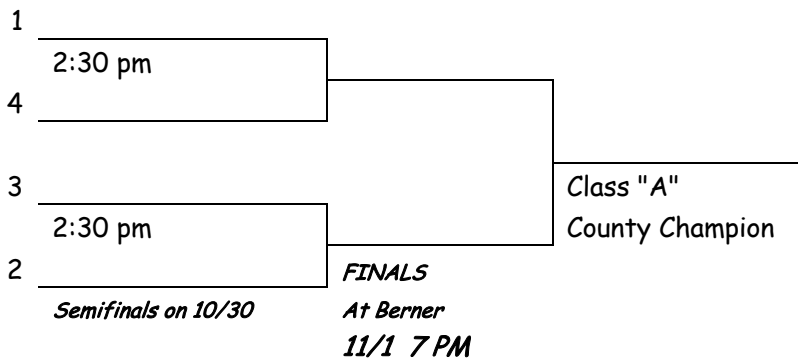


PLAYOFF INFORMATION WILL BE UPDATED THROUGHOUT THE SEASON

REQUEST TO CHANGE PLAYOFF TIMES MUST BE MADE TO COORDINATOR AND SECTION

"A" Playoff Bracket

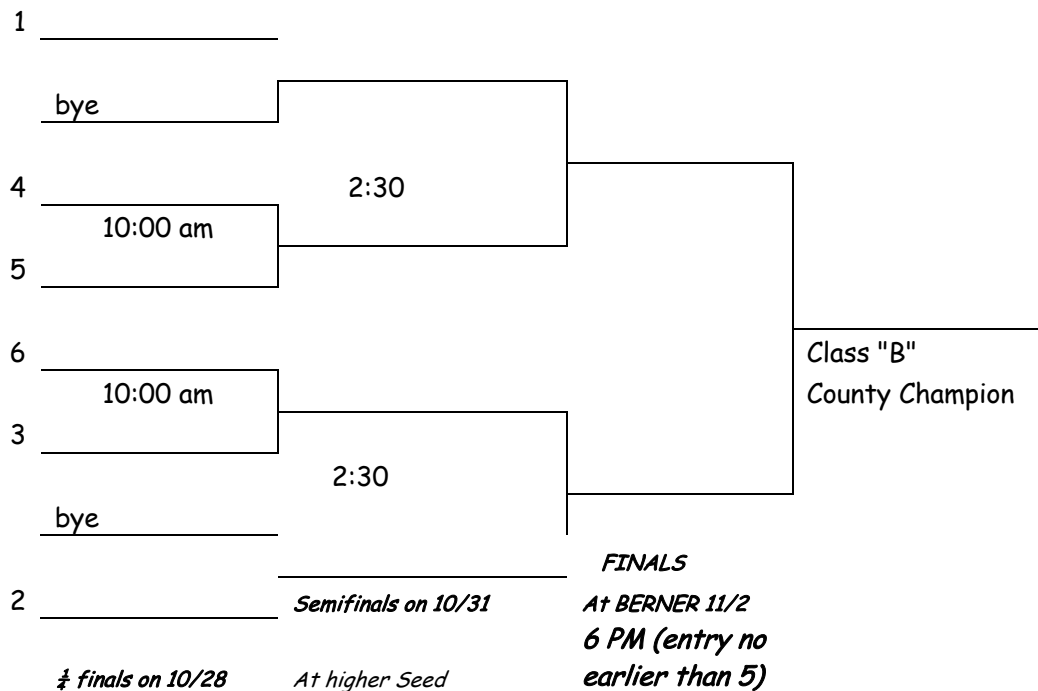
At higher Seed



"B" Playoff Bracket

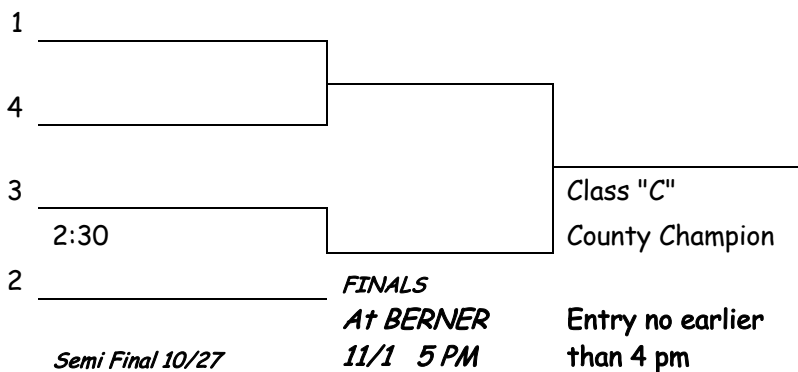
At higher Seed

At high seed



"C" Playoff Bracket

At high seed



ALL NYSPHSAA COVID RULES WILL APPLY (IF ACTIVATED BY NYS)

FIELD HOCKEY PLAYOFF INFORMATION 2023

ALL TEAMS FROM CONF 1 ARE IN THE PLAYOFFS those teams are typed in bold below

Class A: 4 teams are eligible for playoffs

(Baldwin, East Meadow, **Massapequa**, New Hyde Park, Port Washington, Sewanhaka Long Beach)

Class B: 6 teams are eligible for playoffs,

(Clarke, Friends Academy, **Garden City**, Great Neck North, Great Neck South, Manhasset, North Shore, Locust Valley, Seaford)

Class C: 4 teams are eligible for playoffs (all 4 C teams are in playoffs)

(Carle Place, Cold Spring Harbor, Friends Academy, Oyster Bay)

GAME CLOCK: *Coaches, please educate your spectators to avoid confusion*

GAME RULES: All regular game rules will apply

REMINDER: all shin guards must be as close to knee high as possible and all team members **MUST** have the same color (appropriate to team uniform)

UNIFORMS: if it is cold, make sure that your team is legal.

If your players are wearing long sleeves under their game shirts, ***only the home team can wear white long sleeves*** the away team must wear black or dark colored sleeves, the team members must all be in the same color.

GOALIE HELMETS:

MUST be Field Hockey approved: double check to make sure it is not a lacrosse helmet.

INTERRUPTED GAMES:

Once a game has started, the officials are in charge of the game. They will make every attempt to see that the game continues. If the game has to be stopped, due to weather, the game will be continued from the point of interruption. **Playoff games are not complete after the first half.** Every attempt will be made to use the same site and the same officials.

NOISEMAKERS:

As per NYSPHSAA rules, the use of noisemakers is prohibited.

All schools are to inform their spectators.

SCHOOL SUPERVISORS are required.

PROTESTS: A protest must be filed immediately, as per Section 8 rules. (A protest cannot be filed once the game is over).

If it is not possible to resolve the protest at that time, the game will continue after the protest has been documented by both coaches and both officials. (Signing a protest statement by the opposing coach or officials does not mean that those people agree with the protest) At the end of the game, the protesting team must declare their intention to continue or drop the protest. The Section Coordinator must be notified immediately following the game.

FINAL GAMES: A protest will be resolved immediately by the onsite protest committee.

ROSTERS:

Section 8 Rosters are to be emailed to Sandy Jozefowski by 10/20/23 for all POTENTIAL teams in Sectional playoff games.

THERE **MAY** BE A PRINTED PROGRAM FOR FINAL GAMES but a program will be available from the NCFHCA. PROGRAM INFORMATION MAY BE OBTAINED BY CONTACTING SANDY

SEEDING CRITERIA: see approved proposal in Handbook pg. 21, 22 & 23

SITES: The HIGH SEED will be the home site for Semi Finals and follow all normal procedures for a home game.

SUPERVISORS: IF SPECTATORS ALLOWED WITH COVID

All teams MUST provide at least 2 supervisors

SUPERVISORS must be visible and prepared to control spectators as necessary
SEE ATTACHED RESPONSIBILITY SHEET pg. 34

TIE BREAKING/OVERTIME:

The **ENTIRE OVERTIME PROCEDURE** will be used for post season play as needed

Make sure you understand the procedure before the game.

OCT 28. , 10:00 AM FIRST ROUND CLASS B also CLASS A IF NEEDED coin toss for field

SEMI FINAL GAMES: Class C and A **MAY** have to adjust semifinal game to SUNDAY 10/29

Will be played at the high seed unless otherwise determined

OCT 30 CLASS C SEMI FINAL GAMES high seed 2:30 pm unless HOME has lights

OCT 30 CLASS A SEMI FINAL GAMES high seed 2:30 PM. unless HOME has lights

OCT 31 CLASS B SEMI FINAL GAMES high seed 2:30 PM unless HOME has ights

SECTION 8 FINAL GAMES:

NOV 1 CLASS C FINAL GAME 5:00 PM BERNER enter no earlier than 4:00

NOV 1 CLASS A FINAL GAME 7:00 PM BERNER

NOV 2 CLASS B FINAL GAME 6:00 PM BERNER. Enter no earlier than 5:00

***Due to field conflicts etc., times may have to be determined by the schools involved. Check with BOCES and Coordinator for availability of officials-- if you are

REQUESTING a change in the starting time. OFFICIALS will be assigned by the times posted.

The HIGH SEED will wear white shirts and shin guards

AND PROVIDE: scorekeeper and timer for the official table

The LOWER SEED will wear dark shirts and shin guards

SCOREKEEPER AT THE TABLE from the visiting team-as per the rules, IF space allows

LI CHAMPIONSHIPS: AT NORTHPORT HS TIMES/ORDER OF GAMES TBD

NYS FIELD HOCKEY CHAMPIONSHIPS: NOV 11 & 12 @ CENTEREACH HS

SECTION VIII IN DARK UNIFORMS FOR LIC

SECTION VIII FINAL GAME INFORMATION:

BEGINNING OF THE GAME: Both teams will line up on their sideline for introduction and National anthem

END OF THE GAME: Both teams will stand on the sideline for awards presentation

AED: Both teams are to bring an AED

ADMISSION: TBD

AWARDS: Players on THE WINNING team will receive 28 individual awards and the appropriate team award. Additional awards may be purchased from Section 8,

Both teams will remain on the field for awards presentation

Both teams will receive a plaque

BALL PEOPLE: if possible, bring at least 2 ball person to stand on the far side

BUSES: will drop off the team and will be sent to an adjacent parking area.

Buses **CANNOT** remain by the stadium, they are to move toward the school building.

CODE OF CONDUCT required (by Section 8) for Regional games

GATE LIST: Submit to Section VIII office

LOCKER ROOMS: no locker rooms available

OFFICIAL TIMER: will be an official at the table or on the field, unless otherwise noted

PRACTICE FIELD: At Berner, the practice field adjacent to the stadium **MAY** be available

PRACTICE TIME ON GAME FIELD: TBD

If using a separate practice field for warm ups, teams will be allowed a minimum of 10 minutes on the game field.

(this will be determined by the coordinator or her designee on a game per game basis)

5 MINUTES PRIOR TO GAME TIME, OFFICIALS MEET WITH 1 CAPTAIN AND 1 COACH

DO NOT APPROACH THE BENCH UNTIL instructed to do so.

PARKING: All cars may park in the parking lot near the stadium.

Handicapped parking is available adjacent to the Stadium.

PHOTOGRAPHERS: Only official newspaper photographers and official school photographers will be allowed on the field and must identify themselves before entering the field.

PHOTOGRAPHERS MUST stand 5 yards behind the team areas, 5 yards back from the opposite side line. (as per the rules of the game)

No one is allowed behind the goal cage or end lines (rules of the game) Please inform your school photographers.

PROTEST COMMITTEES FINAL GAMES: Will be on site. Protest will be resolved before play continues.

RESTROOMS: Restrooms will be open in the building behind the Concession Stand.

SCOREBOOK: Each team provides a scorekeeper. **The home team scorekeeper** will sit at the official table.

SPECTATORS: Spectators must be in the bleachers on the opposite side from the team benches.

SUPERVISORS: All teams **MUST** provide at least 2 supervisors

SUPERVISORS must be visible and prepared to control spectators as necessary
SEE RESPONSIBILITY [SHEET pg. 33](#)

TEAM AREAS: (looking at the field from the table) **HOME** team has the bench to the right of the table. Visiting team has the bench to the left of the table. Only coaches, players, manager, score keepers and trainers will be allowed in the team area. ***NO EXTRA PERSONNEL WILL BE ALLOWED ON THE FIELD.***

Athletic Directors who would like to be on the field must be **behind the designated team area** which is: 5 yards from the sideline, between the 45 and 25 yd lines.

No one may stand below the 25 yd line.

TRAINER: TEAMS do their own taping. A trainer will be on site for injuries.

TRACK: Except for teams, **NO ONE IS ALLOWED ON THE TRACK AT BERNER**

VIDEOTAPING: Only from the bleachers or outside the fenced area. There is **NO** access to the press box or it's roof.

Videotaping is allowed from anywhere in the bleachers as long as it does not block the view of paying spectators. Top rows are suggested.

WATER AND ICE: Teams are to bring their own water, cups and ice to the field for all playoff games, including Finals and Regionals..

FIELD HOCKEY 2023 SUPERVISOR RESPONSIBILITIES

FOR ALL PLAYOFF GAMES

All schools are required to supply at least 2 supervisors to all post season games.

Supervisors are to be visible, IN THE BLEACHERS with their school's spectators, and wearing distinguishing attire.

Supervisors are to make sure all spectators are in the bleachers.

No one is allowed on the field or track except team personnel

Supervisors are required to make sure that the spectators are using appropriate encouragement of their team and not making derogatory comments.

The Supervisors will remove any spectator from the field/ stadium if such a request is made from the officials




If a game goes to Overtime 1 vs. goalie: All Spectators **MUST**: be kept away from the field **AND** stand on the sideline between the 25 & 50 yd. lines

(Keep them away from the goal end of the field)

Enforce the NYSPHSAA rule: NO NOISEMAKERS

NO TAILGATING: Supervisors must stay with the group and make sure that they leave in a timely fashion.

APPENDIX I

-  PLAY 4 THE CURE In memory of Jane Maher
-  During the month of October, all teams participate in a “PINK” Home game. Fund raising contributions are sent to NCRF or other cancer organizations dedicated to individual cancer research.
-  Coaches will decide if/how to handle this event for Fall 2021

SHOOT OUT SHEET

NYS PHSAA RECORD REPORTING FORM

NFHS FIELD HOCKEY EYEWEAR RELEASE 2020

NYS PHSAA COVID RESTRICTIONS-----if implemented by NYS

HIGH SCHOOL OVERTIME SHOOT-OUT RECORDING SHEET

Visiting team calls coin toss to determine which team will attack or defend first.
Each player gets **10 seconds** to score.

Team: _____

Team _____

#1 _____ Score? Y N
#2 _____ Score? Y N
#3 _____ Score? Y N
#4 _____ Score? Y N
#5 _____ Score? Y N

#1 _____ Score? Y N
#2 _____ Score? Y N
#3 _____ Score? Y N
#4 _____ Score? Y N
#5 _____ Score? Y N

Final: _____

Final: _____

Coaches may change the order and/or players before the start of the second shootout.
Teams switch the order in which they attacked/defended.

THE SHOOT-OUTS WILL CONTINUE WITH FULL SETS OF FIVE PLAYERS.

#1 _____ Score? Y N
#2 _____ Score? Y N
#3 _____ Score? Y N
#4 _____ Score? Y N
#5 _____ Score? Y N

#1 _____ Score? Y N
#2 _____ Score? Y N
#3 _____ Score? Y N
#4 _____ Score? Y N
#5 _____ Score? Y N

Final: _____

Final: _____

Teams switch the order in which they attacked/defended.

#1 _____ Score? Y N
#2 _____ Score? Y N
#3 _____ Score? Y N
#4 _____ Score? Y N
#5 _____ Score? Y N

#1 _____ Score? Y N
#2 _____ Score? Y N
#3 _____ Score? Y N
#4 _____ Score? Y N
#5 _____ Score? Y N

Final: _____

Final: _____

Teams switch the order in which they attacked/defended.

#1 _____ Score? Y N
#2 _____ Score? Y N
#3 _____ Score? Y N
#4 _____ Score? Y N
#5 _____ Score? Y N

#1 _____ Score? Y N
#2 _____ Score? Y N
#3 _____ Score? Y N
#4 _____ Score? Y N
#5 _____ Score? Y N

Final: _____

Final: _____

SHOOT-OUT WINNER: _____

New York State Public High School Athletic Association, Inc.
NYSPHSAA High School
Sport Record Reporting Form



A records database for all sports conducted by the NYSPHSAA has been compiled and is held in the NYSPHSAA office. It has been updated by input from State and Section sport coordinators. If there is a correction to this database or if there is a new record please complete this form and submit to:

NYSPHSAA Sports Record Database
8 Airport Park Blvd.
Latham NY 12110
518-690-0771 FAX 518-690-0775
www.nysphsaa.org

•Sport _____
(ie: Baseball, Boys Track, Girls Lacrosse)

•Record Category _____
(ie: Career Points / Event-1600m relay / Coaching Wins 200+)

•Athlete or Coach or Team NAME _____

•Athlete or Coach or Team SCHOOL _____

•Record _____
(ie: career, season, game strike outs / career, season, game points / # coaching wins)

•Status (date of record - or for coaching wins: active/retired) _____

•Name of Person Submitting Record (print) _____

•Phone Number of Person Submitting Record _____

•Comments / Additional Information _____

•Date Submitted _____

•Signature of Coach _____
(signature) (print name)

•Signature of Athletic Director _____
(signature) (print name)

NYSPHSAA 2/10

| |
|--|
| NYSPHSAA Staff Approval _____ initials _____ date _____ |
|--|



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

NEWS RELEASE

High School Field Hockey Eyewear Rule Altered for 2020 Season

FOR IMMEDIATE RELEASE

Contact: Julie Cochran

INDIANAPOLIS, IN (July 27, 2023) — In response to longstanding concerns regarding the wearing of goggles in high school field hockey, the NFHS Board of Directors approved a change in the eyewear rule that will take effect with the upcoming 2020 season.

Rule 1-6-5 in the NFHS Field Hockey Rules Book, which currently states that “All field players shall wear eye protection that met the ASTM standard for field hockey (2713) at the time of manufacture,” will now state that “Goggles may be worn by all field hockey players.”

In addition to the current rule, an additional note was due to take effect in 2020 as follows: “Beginning in the 2020 fall season, all eye protection shall be permanently labeled with the ASTM 2713 standard for field hockey at the time of manufacture.”

Since goggles were mandated by the NFHS Board of Directors in 2011 with the intent to lessen the risk of catastrophic eye injuries, there have been a number of concerns that led to the current rule modification.

While there is a required ASTM standard for field hockey goggles, there is no NOCSAE standard, which is preferred as NOCSAE’s aim is to protect against worst case

High School Field Hockey Eyewear Rule Altered for 2020 Season

injury. The ASTM 2713 standard is not protective against a direct ball to the eye in testing. NOCSAE will not certify any facial/eye protection unless it is integrated into a helmet.

One of the ongoing concerns has been that ASTM-certified goggles are not available for all field players, notably those who wear corrective lenses. Since the current rule cannot be met by individuals with glasses, state associations have been issuing waivers for students with corrective lenses to allow participation.

Also, in addition to lack of available product to meet the rule, no significant research data has indicated that goggles have reduced the number of eye injuries, particularly those of a catastrophic nature.

Finally, while the mandatory eyewear rule was put into effect as a guard against eye injury, the wearing of goggles has created a higher risk concern regarding the penalty corner. Under the current eyewear rule, players cannot remove their goggles to wear full facemasks on penalty corners, which is the most dangerous play in the sport. Now, players can elect to wear corner masks.

The NFHS Sports Medicine Advisory Committee, which was in support of the action by the Board of Directors, noted that the ASTM standard that has been required does not eliminate the risk of injury for which the rule was established (loss of an eye).

“Given the fact that the previous rule that required goggles did not completely lessen the risk of catastrophic eye injuries, and that the product does not exist for players with corrective lenses, and that there is no NOCSAE standard for field hockey goggles, and that the wearing of goggles prevents players from wearing corner masks on penalty corners, the Board believed it was time to make the rule permissive in nature rather than mandatory,” said Julie Cochran, director of sports and liaison to the Field Hockey Rules Committee.

Although the rule has been changed to state that goggles **may** be worn, state associations, schools and parents can still elect to require the use of goggles.

FIELD HOCKEY PRESEASON GUIDE 2023

Compete version found on NFHS website

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05 FIELD HOCKEY INJURY SURVEILLANCE STUDY **06** COACHING AND OFFICIATING EDUCATION

HIGHLIGHTS

01 02 03 04

Jewelry

The change allows players to wear jewelry to aid officials in consistent enforcement.

Time-out

Permits the playing captain to call a time-out.

Loose Equipment

The rule change defines loose equipment in the field of play as a foul and clarifies that throwing of equipment is a misconduct penalty.

Player Re-entry

Defines the penalty application regarding player re-entry during suspension time.

WELCOME TO THE 2023 PRESEASON GUIDE FOR HIGH SCHOOL COACHES AND OFFICIALS

As we look forward to the fall field hockey season, the NFHS wants to thank the high school coaches, administrators and officials who dedicate their time and professionalism to the students involved in the sport of field hockey. The purpose of this preseason guide is to highlight the rules changes for the year and to offer tools and tips for coaches and officials.

The NFHS and USA Field Hockey have partnered to help support, sustain and grow high school field hockey across the nation. The community surrounding the sport is positive, supportive, and enthusiastic and we hope to build on that support to continue to grow the sport at the high school level.



01 POINTS OF EMPHASIS

Card Progression

Card progression is an important tool for officials in game management as a method of de-escalation, fairness and reducing risk of injury during the game. A verbal caution to both teams may serve to ward off a potentially volatile situation. However, when one player or team commits repetitive fouls, it is not appropriate game management to include both teams in the card progression. Both teams have their own card progression.

Proper Field Markings and Grass Length

It is imperative that fields are properly marked, including all side markings for team area, team line, substitution area and spectator line. These ensure the safety of players, coaches, spectators and officials. The tableside official must have a clear line of sight. If there is no line 5 yards from the sideline designating the team area, or if this line is ignored, coaches or players who are within 5 yards of the sideline

are blocking that official's view and creating a potentially dangerous situation to the officials, coaches or players.

Additionally, for grass fields, to minimize risk for all participants and ensure a more consistent and uniform playing surface, the grass should be cut to a maximum height of 1 1/2 inches.

Play Inside the Circle – Corner vs. Stroke

It is vital that officials recognize that breakdown fouls by the defense in the circle that interfere with the opponent's possession of the ball or their opportunity to score require more than the awarding of a penalty corner. If the official deems the foul to be deliberate, the foul must be penalized by awarding a penalty stroke to the opponent [Rule 11-1-1b]. Additionally, for an egregious foul, a misconduct penalty may be awarded using the card progression.

Delay of Game

Managing the flow of the game without hurrying a team is a necessary skill for all officials. For repetitive, non-dangerous fouls, the appropriate card should be issued. Some examples of delay include but are not limited to: hitting the ball away after the whistle; not moving 5 yards away in order to slow the restart of play; or prolonged huddling by a team prior to a penalty corner.

Officials are encouraged to practice preventive officiating to help limit delays in the game and maintain the spirit, flow and safety of the game. Coaches and players should also understand the importance of their role in maintaining the flow of the game.

02 BE A CHAMPION

By Sally Goggin, USA Field Hockey National Development Director

If you are reading this, chances are that you are a leader in your field hockey community. On behalf of USA Field Hockey and the NFHS, thank you for all you do for your student-

athletes and the great sport of field hockey. High school sports can't exist without dedicated coaches, umpires, administrators and leaders like you.

As preparations for the 2023 season are underway, we recognize that not everyone can be a state champion. However, we can all be champions of field hockey and its stakeholders

03

BUILDING A RELATIONSHIP BETWEEN COACHES AND UMPIRES

By Amada Combs Warford

As the sport of field hockey continues to grow, so does the need for critical roles that can help foster this growth of the sport we all love. The two roles that are needed to make the field hockey world go round are coaches and umpires. Coaches are the leaders of the team, teaching not only their wealth of field hockey knowledge to their players, but also teaching important life skills that athletes can take with them into their futures. The commonly forgotten but critically important role of umpires is also needed for the growth

of our sport. Without umpires, games cannot be played or played in a fair and safe environment for our athletes. Both of these positions are in dire need of increasing numbers in order for areas throughout the United States to continue to grow field hockey, like so many other sports experienced!

Every area is different in how it recruits coaches and inspires people to join and learn how to umpire field hockey, but one thing in common with both roles is their desire to give back to their communities and foster an environment for athletes to thrive. These young kids and young adults are why we

do what we do! We want them to have opportunities to be outside, be active, and learn about hard work, perseverance, grit, sportsmanship and teamwork. Coaches and umpires, when it comes down to it, want very similar things and these commonalities need to be remembered as we interact on game days.

As with every work environment, there are different personalities that a person will interact with day to day. There are big personalities that are loud and make their presence known. There are quieter personalities that might do things

a different way but are just as effective. There are flexible personalities and there are stubborn personalities. All of these personalities can be present in the coaching and umpiring side of field hockey. What is important to understand, just

like in everyday life off the field, is that there is a way to communicate and interact with others to have the most successful outcome. At the end of the day, coaches want from umpires what they want from their players, 100% effort and consistency in the game. Umpires want coaches to respect their calls and understand they are doing the best they can

while making split-second decisions. But like all humans, no one is perfect. No umpire will get 100% of calls correct and no coach will have their team play a game to absolute perfection.

It's important to understand that both sides need to have a critical line of communication and respect given to both parties. If we want field hockey to grow, we need the recruitment and retainment of umpires to grow. We cannot allow them to be berated by players and spectators, and especially coaches. Coaches are the ones person on the field that everyone looks to as a role model. The coach's attitude can determine the attitude of their players and what they allow or disallow can set the tone of the teams and spectators.

It's also important for umpires to give respect to coaches. Coaches may understand the game in ways that differ from umpires. It's vital that there can be a line of communication between the two parties that allows each party to listen and feel heard. Without both of those aspects, the line of communication is closed and frustrations on both sides can increase.

We've all been there on game day: the coach and umpire don't see eye to eye, the line of communication is closed, and frustrations build. It could be a situation where a passionate coach wants to be heard and the umpire won't listen. Or an umpire speaks and gives their reasoning, but the coach doesn't respect what's said and continues vocalizing their frustrations for all to see and hear. We need to learn from these experiences and understand that it all comes down to communicating. It's impossible to build a relationship without communication. To foster the relationship between coaches and umpires, there first needs to be a level of respect. We are not enemies; we need to remember that

both parties love field hockey at the end of the day.

There are different approaches for each umpire, but most of the time, umpires need to be the calm, cool and collected party. While they should hear out the coach and diffuse situations, that does not mean umpires should take the brunt of the yelling and frustrations of the coach. A coach

2023 PRESEASON GUIDE

should be able to, at the proper time, talk with the umpires and let them know what they are seeing and feeling. Umpires should listen so the coach feels heard, and then the umpire can process and decide how to work through this going forward in the game. Most of the time, in any type of disagreement, whether it is on or off the field, a person just wants to be heard and validated. The other party can decide how to move forward and choose what they want to take into consideration. We need to continue to respect each other

as humans and understand that each person has their own personality traits that differ from others. The best coaches and

the best umpires are good communicators and can effectively interact with different personalities day to day.

As this article emphasizes, in order to build relationships between coaches and umpires, we need to realize we have more in common than our differences and if we can properly communicate with one

another, only good things will happen which will help our sport continue to grow and thrive. Because that's what we all want, right? Field hockey, the sport we all love, to grow and be a place for athletes to thrive!

04

TACKLING – THE GOOD, BAD AND UGLY

By Sean Rapaport, USA Field Hockey Director of Umpiring

There is no wrong side to tackle from. There is no wrong side to tackle from. There is no wrong side to tackle from.

While we process that statement and leave Bart Simpson to write it out another 97 times for further emphasis, let's add some context and color to the idea.

The rules of field hockey include the following provisions:

- Players are expected to act responsibly at all times;
- Players on the field must hold their stick and not use it in

a dangerous way;

- Players must not lift their stick over the heads of other

players;

- Players must not touch, handle or interfere with other

players or their sticks or clothing;

- Players must not intimidate or impede another player;

- Players must not play the ball with the back of the stick; • Players may play the ball in a controlled manner in any part of the field when the ball is at any height including

above the shoulder unless this is dangerous or leads to

danger;

- Players must not play the ball dangerously or in a way

which leads to dangerous play;

- Players obstruct if they physically interfere with the stick

or body of an opponent;

- Players must not tackle unless in a position to play the

ball without body contact;

- Reckless play, such as sliding tackles and other overly

physical challenges by field players, which take an opponent to ground and which have the potential to cause injury, should attract appropriate match and personal penalties;

- Goalkeepers are not permitted to conduct themselves in a manner which is dangerous to other players by taking advantage of the protective equipment they wear.

It's worth highlighting just how much there is to process and how many boxes must be clicked or crossed in the minds

of umpires with every tackle situation that a game presents. Hundreds of events in every match, each needing to be observed, considered and ruled on with split-second timing.

But there is nothing saying that you can't tackle from the left. Nada about the right being off limits. Not a peep about tackling from behind. So where is this fable there that one supposedly can't tackle from? It simply doesn't exist.

The good

It's not about where a tackle is made from, it's all about how it is made. Hours, seasons and years are spent coaching tackling techniques and best practices. Front-on tackling, jab tackles from the side, shave tackles from behind – options exist to tackle an opponent from any and every angle. A player executing a tackle in such a way that they don't violate any of the rules of hockey referred to above, is a player executing a good tackle.

The bad

A tackle that breaks any of the above rules is the yin to the yang of a good tackle. It's as simple as that, if it's not a good tackle, then it's a poor tackle. One or the other. Never both.

The ugly

These are the tackles that go further than a simple 'technical' breach of the rules. They are dangerous. They are deliberate. They intentionally break down play. They are reckless. They are overly physical. They take an opponent to the ground. They have the potential to cause injury. Judge them for what they are, not where they originate. Umpires must deal with them appropriately, sending a clear message, protecting players and ensuring that the game is played safely and fairly.

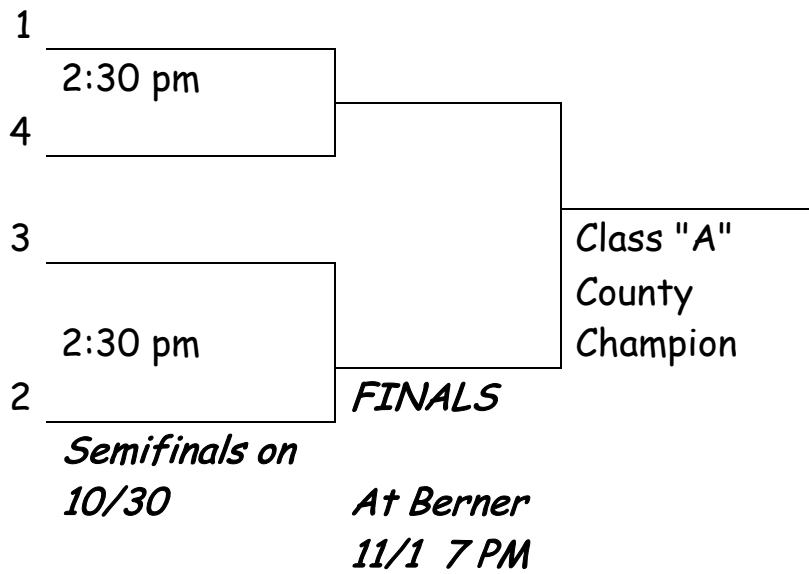
There is no wrong side to tackle from...only wrong ways to tackle.

Best of luck to all players, coaches and officials for the 2023 season!

FH
2023

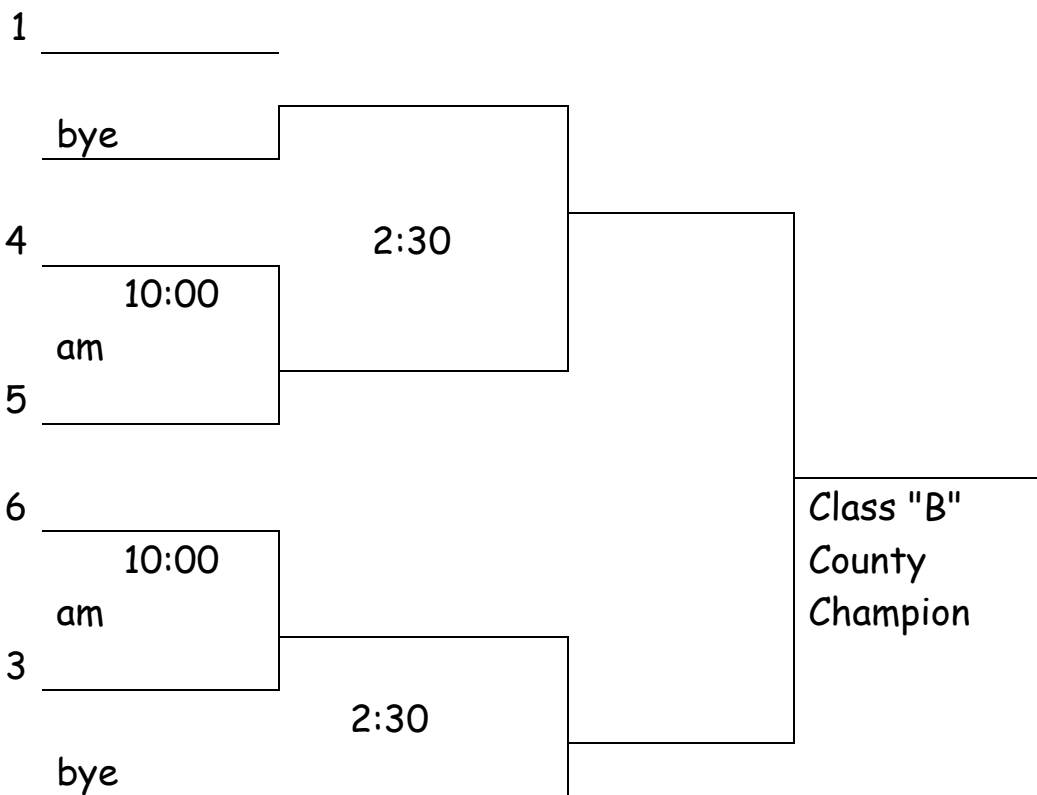
"A" Playoff Bracket

*At higher
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**FIELD
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2023
B PLAYOFF
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*At higher
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FINALS

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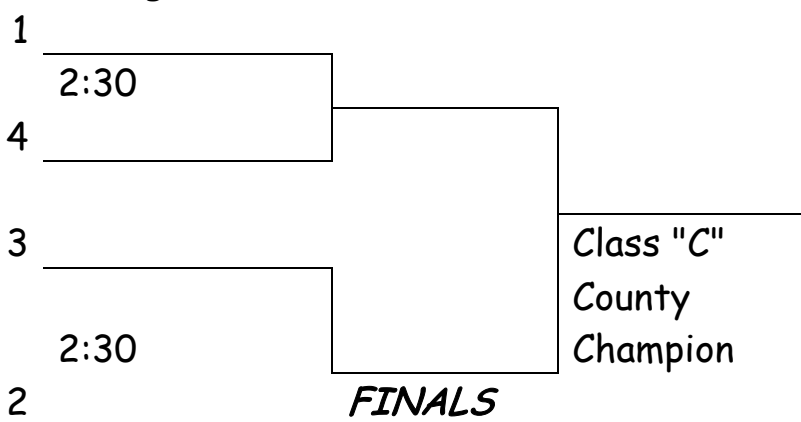
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***FIELD
HOCKEY 2023***

"C" Playoff Bracket

At high seed



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