

Section 8 Modified Field Hockey 2024

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National Federation rules are to be used. All coaches should have a Section 8 book and a rule book.

Maximum number of games is nine.

Two night's rest between contests, unless there is a rain out.

Teams and individuals need 6 practices before playing in a scrimmage or game.

Home team wears light shirts with white shin guards, away school wears dark shirts and dark shin guards.

Schools are allowed one scrimmage before the season and one during season.

As in the past, modified games will consist of two 25 minute halves or 5 period play. Halftime is a maximum of 10 minutes.

To keep in line with the varsity and JV rules, modified field hockey will play two 25 minute halves with a built in 90 second time out after the first 12 1/2 minutes of each half. Halftime is a maximum of 10 minutes.

Each coach will have one additional 90 second time out to be used at any time during the game.

If playing 5 periods, both teams must have a minimum of 22 players. Both teams must have 2 goalies fully suited up. No sharing of equipment.

Rosters should be divided equally. Roster A plays periods 1 and 3, roster B plays 2 and 4. All players are eligible to play in period 5.

Periods are 12 1/2 minutes with a built in 90 second time out after periods 1 and 3. Halftime will take place after period 2, maximum 10 minutes.

Each coach will have one additional 90 second time out to be used at any time during the game.

Players may not raise stick above the shoulder.

Handshake: it is suggested that instead of a handshake at the beginning and end of the game, players lineup and gently tap stick heads at ground level, maintaining social distance.

Five goal differential rule, when a team is beating another team by five or more goals, the clock will run after goals.

Section 8 score differential policy: when a field hockey score reaches a differential of six, the coach and players of the team with a higher score will attempt to reduce the possibility of scoring additional goals. If the score becomes a differential of seven, 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.

Noisemakers, as per NYSPHSAA, are not permitted during any game or contest.

After scoring a goal, the player who scored is to carry or dribble the ball back to the 50 yard line.

Colored mouth guards and shin guards are mandatory. If wearing shin guards and socks, the sock must come up to the knee and be a solid color. Shin guards must come up to the knee.

Goggles may be worn, no FH ASTM stamp required.

Defensive face masks are permitted. No FH ASTM stamp required.

Reminders as of 2023:

If your defense players are wearing face masks on penalty corners, make sure masks are off the field after a corner is complete.

Jewelry may be worn.

Although jewelry is permitted, umpires have the discretionary authority to make decisions regarding jewelry that may be considered hazardous to the safety and welfare of the players.

Uniform bottoms may be different styles, but must be like colors.

Teams may play with a minimum of seven players, one of which must be a properly equipped goalkeeper. Rule 1- 4-1.

Hair adornments are legal as long as long as they don't pose a dangerous situation as per officials.

Religious headdress: legal.

Sun block: may be black or school colors. Must be used as intended by the manufacturer (placed below the eye), it may not be extended down the cheeks or face.

The home team provides the official timer and scorekeeper at the table.

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.

Thunder and lightning policy. If thunder is heard or lightning is observed, all outdoor activities will be suspended immediately. Shelter should be sought in appropriate locations. Officials wait a minimum of 30 minutes after the last observable lightning strike or thunder heard.

Please review and discuss with your athletes and spectators the sportsmanship code of behavior in the section 8 handbook.

Field Hockey Rules Changes - 2024

1-8-1 2 (New) Clarifies that a goalkeeper top is part of the uniform and not required equipment.

Reminders for goalkeeper equipment, a required full face/cage mask helmet, mouth protector, wraparound throat protector, chest protector, goalie gloves, goalie pads and kickers. Additional equipment allowed i.e. padded shorts, elbow pads.

The goalkeeper is also required to wear an appropriately numbered top with a visible number on the front and back. The jersey should be of contrasting color to both teams' field player uniform. If a team fails to comply with the uniform top regulations, but meets the equipment requirements, the game will still proceed, but the official is obligated to report the situation to the state association office.



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.

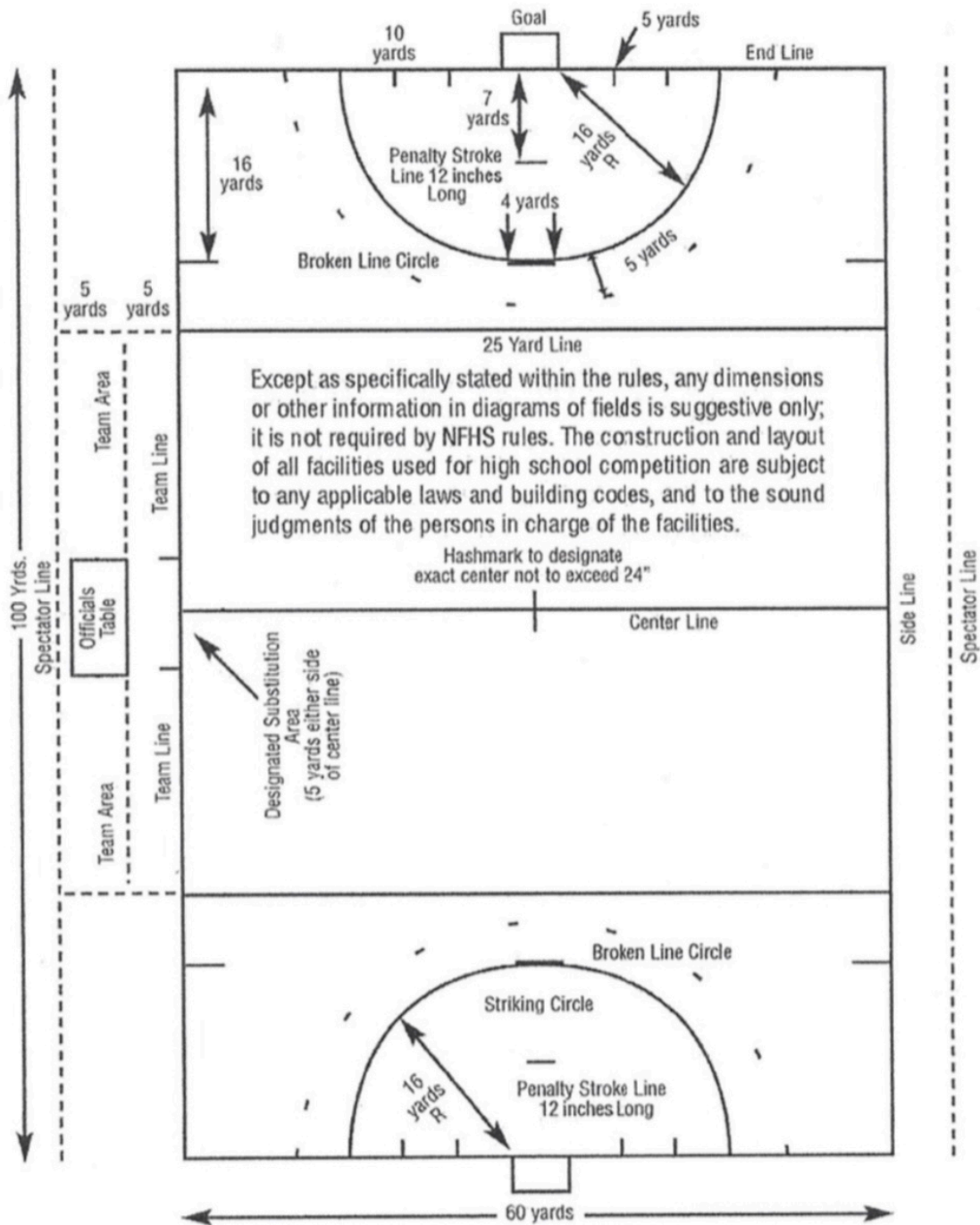
Symptoms include, but are not limited to:

- 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

Field Hockey Field Diagram



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