

SECTION VIII

FIELD HOCKEY 2026



"Field hockey is for the mold breakers.

The convention challengers. The trail blazers.

People who think outside the box, and come alive inside the circle.

We know we're different. And we're proud of it. It's how we stand out. It's how we fit in.

There's a stick waiting to be picked up.

There's a field hockey team waiting to be called yours.

*Game on. **Dare to differ.**"*

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NOTE CHANGES – PLAYOFF DATES/TIMES MAY HAVE TO BE MADE AT ANY TIME—



2026 SECTION 8 FIELD HOCKEY COMMITTEE: Barbara Sellers: Section VIII Coordinator

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,

Shannon McEntee HSAA Rep

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

Welcome to the 2026 Fall Field Hockey season.

As players, coaches and officials gear up for the upcoming season, I would like to remind everyone that Field Hockey is a game. A game we all love, have spent and will continue to spend countless hours involved in. Wins and losses will be remembered differently for all involved, but they will be remembered. The game we won, the game we lost. The goal I made, the goal I missed. A player's best game ever. An official doing their best in a split second. Coaches knowing when to do what and redirecting players disappointments to positive energy. It's all part of our game. Section 8, NYSPHAA and NFHS continue to emphasizing Sportsmanship more than ever. I am happy to say with victories and defeats our teams have had very few incidents involving sportsmanship. Excitement yes, disappointment - definitely, but we look forward to our coaches continuing to lead by example and hopefully will continue to take control when needed. Spectators can problem, Supervisors should be at all games to address spectator conduct. Your players deserve the very best we can give them----so let's cut down the chatter and gear up the play. Let's look forward to a season full of victories (no matter how you define them): we scored, we won, championships, LIC's and STATES!!

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

Barb Sellers Section VIII Field Hockey Coordinator

FIELD HOCKEY IMPORTANT DATES: 2026

AUG 24 MONDAY SEASON STARTS

AUG 25 COACHES MEETING 7:30 pm ZOOM Reminder: ALL open dates, Saturdays and Sundays will be used for games that must be rescheduled

SEPT 5 JG PLAYDAY-----ALL VARSITY TEAMS @ PORT WASHINGTON SCHREIBER HS

SEPT 28 COACHES MEETING/PICK UP PINK SHIRTS

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

October Play4theCure Pink games --be prepared to set up dates by Aug 25th meeting

OCT 17 ALL TEAM ROSTERS FOR FINAL GAMES MUST BE SUBMITTED: Kelly Huggins

***OCT 21 COACHES SEED/AWARDS Meeting TIME/SITE; TBD

PLAYOFFS: ALL GAMES PAST THE REGULAR SEASON WILL BE PLAYED ON TURF

ALL PLAYOFF DATES, OCT 23- NOV 4 ARE SUBJECT TO CHANGE IF NECESSARY

OCT 23 FIRST ROUND CLASS A, FIRST ROUND CLASS C 2:30 or 6:00 pm high seed

OCT 24 FIRST ROUND CLASS B 2:30 or 6:00 pm high seed

OCT 26 CLASS A SEMI FINAL GAMES 2:30 or 6:00 pm high seed

OCT 27 CLASS C SEMI FINAL GAMES 2:30 or 6:00 pm high seed

OCT 28 CLASS B SEMI FINAL GAMES 2:30 or 6:00 pm high seed

OCT 30 CLASS A FINAL GAME 5:00 pm CLASS C FINAL GAME 7:00 pm
ADELPHI

OCT 31 CLASS B FINAL GAME time TBD ADELPHI

IF WE CAN NOT USE ADELPHI, FINAL GAMES WILL BE at High Schools

NOV 3 LIC CLASS A 5:00 PM ADELPHI CLASS C 7:00 PM ADELPHI

NOV 4 LIC CLASS B 5:00 PM ADELPHI

NOV 7 or 8 AT LARGE CLASS A @ SECT IV and REGIONAL AWAY vs I AND OR IX

NOV 14 & 15 NYS FIELD HOCKEY CHAMPIONSHIPS: ARLINGTON HS. (Section 1) Order B, C,
A

2026 SECTION 8 VARSITY FIELD HOCKEY COACHES AT A GLANCE

COORDINATOR Barbara Sellers

SCHOOL COACH All teams are Varsity and JV unless noted otherwise

BALDWIN Kathryn Thiel

CARLE PLACE Elissa Frein

CLARKE Allison Pettillo

COLD SPRING HARBOR Carolena Purpura

EAST MEADOW Courtney Castle

FRIENDS ACADEMY Taylor Mumley

GARDEN CITY Amanda Lee

GREAT NECK NORTH Alexandra (Bellini) Keen

GREAT NECK SHOUTH Mara Manson

LOCUST VALLEY Sandy Jozefowski

LONG BEACH *** Christine Graham *** FALL '26 Varsity only

MANHASSET Danielle Groneman

MASSAPEQUA Morgan Ortega

NEW HYDE PARK Kori Brocking

NORTH SHORE Kelley Huggins

OYSTER BAY Lauren Scripture

PORT WASHINGTON Amanda Gargiulo

SEAFORD Krista (Ancona) Arabian

SEWANHAKA

Deirdre Kelly

SOUTH SIDE ***

Angelica Garguilo

***FALL '26 both Varsity and JV

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
RECOMMENDED	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:

October 2001

Applied to regular season through NYSPHSAA Finals:

1. Thunder and lightning necessitates that contest 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 lightning is seen or when using the My Lightning Tracker App, if lightning is detected within 15 miles of the event location (Jan. 2024), 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, and 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 the last boom is heard, strike is seen or lightning has not been detected within 15 miles of the event by using the My Lightning Tracker App (Jan '24),

WAIT 30 MINUTES 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

12. ***OFFICIALS' RATING by coaches: SECTION VIII POLICY**

Officials WILL be rated by coaches – ON LINE—after a 48 hr waiting period.

Coaches are to inquire with their AD for procedure.

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

a. CLASS NUMBERS: A 915 – up B 914 – 450 C 449 – below approved by NYSPHSAA

b. CLASS A: MASS, BALD, EM, GNS, LB, PORT, SEW.

CLASS B: GC, MANH, NS, CL, SEAF, NHP, GNN, SOUTH SIDE

CLASS C: CP, CSH, LV, OB, FA

c. NYSPHSAA GOAL DIFFERENTIAL RULE-----FOR RUNNING CLOCK:

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

d. 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 if 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. 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)

e. GOALIE SHIRT: NUMBER MUST COMPLY WITH RULE BOOK

f. GOGGLES & DEFENSIVE FACE MASKS: 2020 GOGGLES MAY BE WORN no FH ASTM stamp required.

g. DEFENSIVE FACE MASK: FACE MASKS ARE PERMITTED BUT WIRED MASKS MUST BE REMOVED BEFORE THE PLAYER WITH THE BALL BRINGS THE BALL OVER THE 25 YD LINE no FH ASTM stamp required (as per NFHS)

h. JEWELRY is permitted as long as it is not considered dangerous as per official.

i. HAIR ADORNMENTS/CONTROL: legal as long as they are not dangerous as per official.

j. RELIGIOUS HEAD DRESS: LEGAL

k. SUN BLOCK: may be black OR school colors (ex blue and gold), MUST be used as intended by the manufacturer (placed below the eye), it may NOT be extended down the cheeks or on the face, it MAY DENOTE SCHOOL INITIALS OR MASCOT.

l. MAXIMUM NUMBER OF GAMES: 16

**m. SECTION 8 FIELD HOCKEY OVERTIME----FOR REGULAR SEASON
PLAY See pages 17, 18 & 19 (SAME AS 2025)**

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**

**n. 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**

o. 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.

p. TIMERS: HOME team is to provide the official timer and scorekeeper at the table. 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, the visiting team may have a scorekeeper at the table.

q. UNIFORMS/PLAYER EQUIPMENT/WAIVER:

UNIFORMS/WAIVER: All uniforms must meet 2026 NFHSFH rules. Teams with financial issues must apply for a WAIVER from NYSPHSAA PRIOR to the first game. WAIVER is REQUIRED for PINK SHIRT, PINK SHINGUARDS and PINK SOCKS during October. PINK is dark (home) color.

SHIRT COLORS: Home is DARK, AWAY is WHITE

GOLD is NOT a dark color for team shirts Ref. NYSPHSAA 1/11/0

EVERY COACH SHOULD HAVE A CURRENT RULEBOOK!!!!

NFHS FIELD HOCKEY RULE CHANGES

Field Hockey Rules Changes - 2026

February 06, 2026

1-6-1: The rule was modified to clarify that tooth and mouth protectors may not include non-functional or unsafe attachments.

Rationale: The tooth and mouth protector is intended solely to protect the teeth, mouth, and lips. Attachments or components that do not serve this purpose, or that pose a safety risk, are not permitted.

4-4-3: The rule was revised to limit substitutions prior to a penalty corner to goalkeeper safety situations. Substitution is permitted only for an ill, injured, suspended, or disqualified defending goalkeeper. That goalkeeper must be replaced by a properly equipped substitute goalkeeper.

Rationale: Limiting substitutions prior to a penalty corner addresses safety concerns while preserving the integrity and continuity of the penalty corner procedure.

10-3-3 PENALTIES: The rule was clarified to assign responsibility when an attacking player enters the circle early. For an offense of this rule by an attacker who enters the circle before the ball is played, the inserter shall be required to go beyond the center line.

Rationale: Requiring the inserter to go beyond the center line provides a clear, consistent, and easily administered penalty, simplifies enforcement, and promotes proper positioning and discipline during penalty corner setup.



**Field Hockey Overtime Procedures
2026 (SAME AS 2025)**

TEAMS ARE ALLOWED ONE TIMEOUT as per NYSPHSAA

SECTION 8 REGULAR SEASON 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.

FIELD HOCKEY OVERVIEW--ALIGNMENT FOR 2026
APPROVED

PROPOSAL

FEB 2026. APPROVED

SAME ALIGNMENT WAS USED IN 2025

Start Date: Aug 24

Maximum number of games is 16

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

20 varsity teams, of diverse skill levels, play field hockey in Section 8

The schedule is created by ability, using a combination of two conferences and four leagues (all by ability) for regular season play.

Conferences and Leagues have worked for years in Section 8 FH and is the best alignment for the sport.

All teams have a chance to make playoffs.

Points for Conference and League play will be used for ranking and count toward playoffs.

Number of games: All teams will have 13 games

Playoffs:

There are 3 classes in NYSPHSAA Field Hockey

A team in a lower League cannot be seeded above a team in a higher League.

Conference 1 teams: All teams in Conference 1 qualify for playoffs.

Conference 2 teams: the top team in Class A, B & C in Conference 2 will qualify for playoffs and fill in the brackets

Conference 2 Teams with a 500 or better record qualify for playoffs and fill in the brackets or first round games.

TIE RECORDS: IF TEAMS HAVE A TIE RECORD for playoffs

The following criteria will be reviewed:

1. Head to Head competition
2. Common opponents
3. Review why a game may have ended in a tie and the score
4. First round game will be used if needed
5. Field Hockey Committee will determine which team qualifies.
6. If necessary, a coin toss would **only** be used to determine first round home site or higher seed.

Conference and League games will be reviewed for ranking for the following year and NCFHCA Awards

Important to note, and nothing we have control over:

1. Back to Back games: In order to provide officials' coverage for games, the majority of Varsity games will be followed by Junior Varsity games at the site of the Varsity home field during the month of September.
2. It is important that the Varsity games begin no later than 5:00 as daylight will become a factor for the JV games. Late starts will present problems. Please assign buses accordingly.

3. REGIONAL GAMES---AT LARGE:

Section VIII Field Hockey will be playing in the **Sub Regional (LIC)** for Class A, B & C

Hosted in Section VIII

The Class A, B & C winners of the **Sub Regional (LIC)** will play the winners of the 1/9 Regional games.

Hosted in Sections 1 and or 9

Projected date is Sat Nov 7th. TBD. (We have requested to play on Nov 8th)

Section VIII Field Hockey will be sending the **At Large Class A** team to the Regional hosted in Section IV.

On Saturday Nov 7th. (date is confirmed)

NOTE: Nov 7th is an SAT testing date.

It is suggested that schools who believe they have any chance to play in either of these Regional games, inform their players and parents *now* of the *possible* date conflict.

4. A minimum of 7 players can play in a game, (one must be a goalie) at Modified, JV and Varsity levels as per NYSPHSAA/NFHS rules

In an effort to sustain teams and programs, and at coach’s discretion, teams will match up players, when appropriate, to allow the game or program to continue, as permitted by NFHS FH and NYSPHSAA FH rules.

This concept was reconfirmed at the NYSPHSAA annual Field Hockey meeting Jan ’26.

NYSPHSAA CLASSIFICATION NUMBERS. 2026

CLASS A 915 AND UP		CLASS B 450-914		CLASS C 449 AND BELOW	
CLASS A		CLASS B		CLASS C	
MASS	1338	GNN	906	LV	420
PORT	1273	NHP	884	CSH	353
EM	1085	GC	795	OB	316
BALD	1034	MANH	752	CP	285
GNS	955	SOUTH SIDE		FA	272
LB	951	CLARKE	662		
SEWAN	combined	NS	554		
		SEAF	471		

LEAGUE 1	LEAGUE 2	LEAGUE 3	LEAGUE 4
1. GARDEN CITY	6. COLD SPRING	11. EAST MEADOW	16. GN NORTH
2. MASSAPEQUA	7. LOCUST VALLEY	12. NORTH SHORE	17. FRIENDS
3. CARLE PLACE	8. PORT	13. NEW HYDE PARK	18. SEWANHAKA
4. MANHASSET	9. SEAFORD	14. OYSTER BAY	19. LONG BEACH
5. CLARKE	10. BALDWIN	15. SOUTH SIDE	20. GN SOUTH

JV SCHEDULE:

NOTE: JV GAMES WILL BE PLAYED AT SAME SITE following Varsity games –thru Sept 27.

During the past years, several programs have had to drop the JV team once preseason has started.

The NYSPHSAA State Field Hockey Committee has asked coordinators to remind Athletic Directors that NFHS rules allow games to be played with as few as 7v7. Please keep this in mind, and consider the growth of the game, when looking at Modified and JV Field Hockey programs.

- ☞ A player who does not play in the Varsity game **is eligible** to play in the JV game the same day.

(Saved as: FH overview 2024*)

16. SECTION 8 FIELD HOCKEY GENERAL GUIDELINES

**a. GAMES CHANGED for weather etc, MUST be rescheduled on the next date that officials are available.
SUNDAYS ARE APPROVED DAYS FOR RESCHEDULING GAMES**

b. GAME RESULTS: THIS IS VERY IMPORTANT

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

To: SECTION WEBSITE, Sandy, Conf 1 Christine, Conf 2 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.

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

PROCEDURE: COACHES have to sign up for an account on our website called... [sportscentral.Newsday.com](https://sportscentral.newsday.com). "They will be able to input their scores and highlights themselves."

Newsday Contact: 631 843 2820

d. OFFICIALS' RATING CARDS: USE NEW PROCEDURE FOR 2025/26

e. 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.

8 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

g. PLAYER ELIGIBILITY/GAME DAY: if a player does not play in a varsity game they may play in the JV game that day.

h. 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.

i. SCHEDULES: are posted on the BOCES website with officials assigned

j. 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: For uniforms or equipment that do not conform to the rules

To receive a waiver the AD must request a special equipment waiver from Todd Nelsen NYSPHSAA 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.
- Pink game shirts/shinguards/socks must have a waiver from NYSPHSAA

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

TEAM AREA: The NYSPHSAA Field Hockey extends the team area to allow for **LARGE** squads.

COACHES: MUST REMAIN IN THE NFHS DEFINED AREA shown in the field diagram.

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.

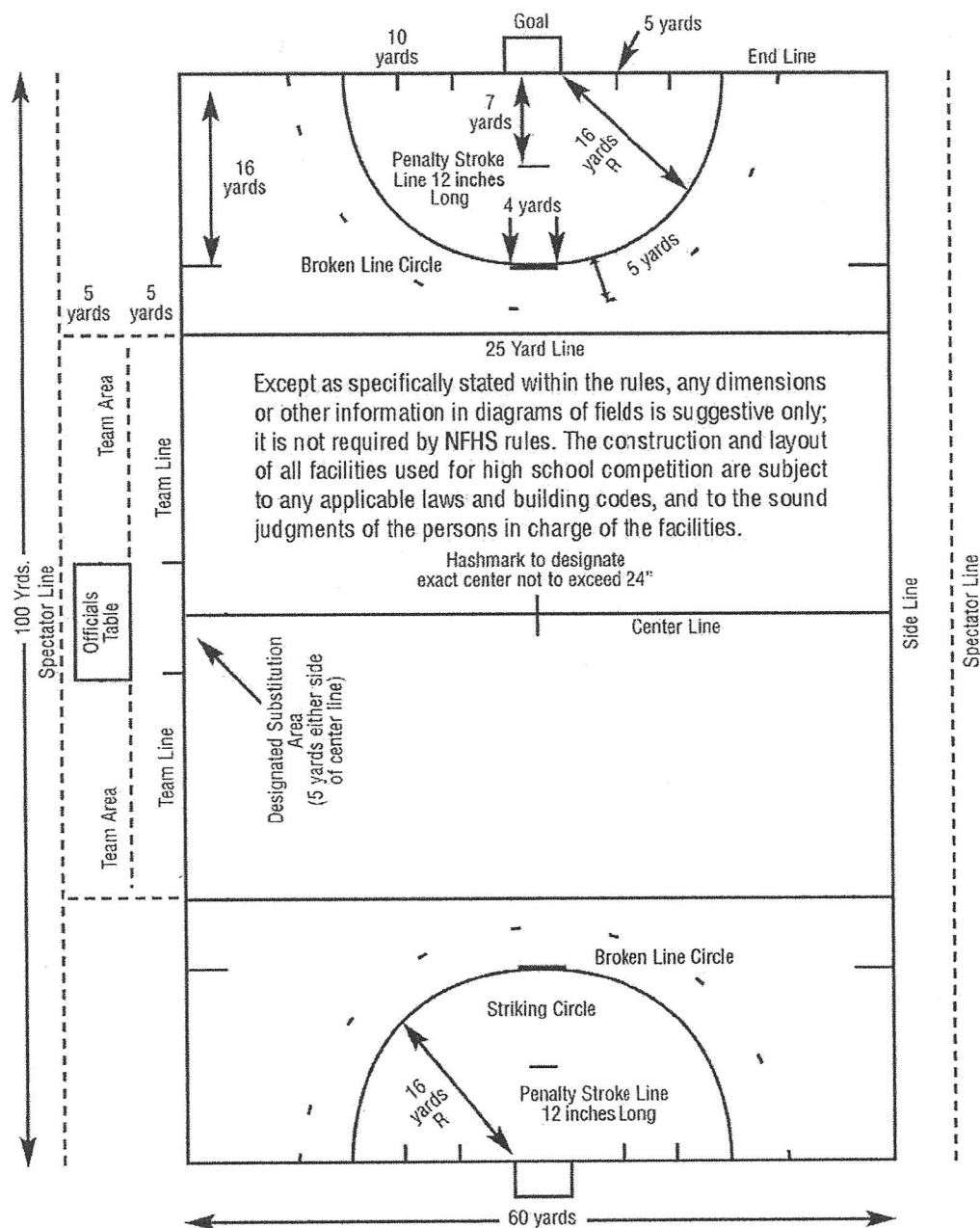
Player and team equipment bags should be behind the back line of the team area.

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

COACHES CARDS:REMINDER: cards issued to an assistant coach, trainer or any team personnel are also 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 WILL be carded for substitution violations

Field Hockey Field Diagram



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

SECTION 8 FIELD HOCKEY PLAYOFF GUIDE

2025

NOISE MAKERS ARE NOT PERMITTED



PLAYOFF INFORMATION WILL BE UPDATED THROUGHOUT THE SEASON

FIELD HOCKEY PLAYOFF INFORMATION 2026

ADELPHI TURF FIELD: Adelphi will be used for all 3 Final Games and the LIC games....if there is a conflict, schools will be asked to host. If neutral schools are not available, high seed will host (this will be a last resort)

OFFICIALS FOR PLAYOFFS: prior to the end of the season, Section 8 will send each school an OFFICIALS' RANKING SHEET: THIS FORM MUST TO BE RETURNED TO THE SECTION OFFICE AND BARB SELLERS. This information will be used to assign officials to playoff games, LIC and States.

ALL TEAMS FROM CONF 1 ARE IN THE PLAYOFFS

Class A: 4 teams are eligible for Semi finals/Finals

Class B: 4 teams are eligible for Semi finals/Finals

Class C: 4 teams are eligible for Semi final/Finals

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/ MOUTHGUARD/THROAT PROTECTOR:

HELMET MUST be **Field Hockey** approved: double check to make sure it is not a lacrosse helmet. MUST have a mouthguard and wrap around throat protector.

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 during playoffs.** Every attempt will be made to use the same site and the same officials if a game has to continue on the next day.

PROTESTS: A protest must be filed immediately, as per Section 8 rules. (A protest cannot be filed once the game play continues or 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 immediately 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. 20, 21 & 22

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

SCHOOL SUPERVISORS are required. See pg 34 **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

SEE PAGE 5, 36, 37, 38 & 39 OF THIS HANDBOOK FOR PLAYOFF DATES

***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. **DO NOT CHANGE A GAME TIME WITHOUT CONSULTING THE SECTION OFFICE AND THE COORDINATOR.**

OFFICIALS will be assigned by the times posted.

The **HIGH SEED** will wear DARK shirts and shin guards

AND PROVIDE: scorekeeper and timer for the official table

The **LOWER SEED** will wear WHITE shirts and shin guards

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

LIC: Nov 3, Class A 4:00 pm. Class C 6:00 pm Nov 4, Class B 5:00 pm. (Sub Regional)
ADELPHI

REGIONAL: Winners of LIC vs Winners of 1/9 Nov 7 @ 1/9

SECTION VIII IN WHITE UNIFORMS FOR AT LARGE GAME & I/IX GAME

SECTION VIII FINAL GAME INFORMATION:

BEGINNING OF THE GAME: Both teams will line up on their sideline, walk out to the center of the field for introduction and National Anthem

END OF THE GAME: Both teams will be on the field 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

Only the winner 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 away from the field.

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: no practice fields are designated at this time

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 FIELD/BENCH UNTIL instructed to do so.

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

Handicapped parking is available close to the Stadium.

PHOTOGRAPHERS: SEE PAGE 38. Only official newspaper photographers and official school photographers will be allowed on the field (IF POSSIBLE) and must identify themselves before entering the field.

Athletic Directors, it is your responsibility to give school photographer the instructions on pg 38

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. 31

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. **FINAL GAMES:** Section cannot guarantee a trainer.

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 2026 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)

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.
- HOME teams MAY wear PINK SHIRTS & SHIN GUARDS/SOCKS but MUST apply for a wavier from Todd Nelsen at NYSPHSAA.

SHOOT OUT SHEET	pg.34
PLAYOFF BRACKETS	pg. 35-37
NYSPHSAA TORNADO POLICY	pg. 39
NYSPHSAA AT LARGE (adopted July 2025)	pg 22
Involves Section VIII Class A for 2026	
Section VIII is in the “Sub Regional”	pg 22
(which is the LIC)	

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

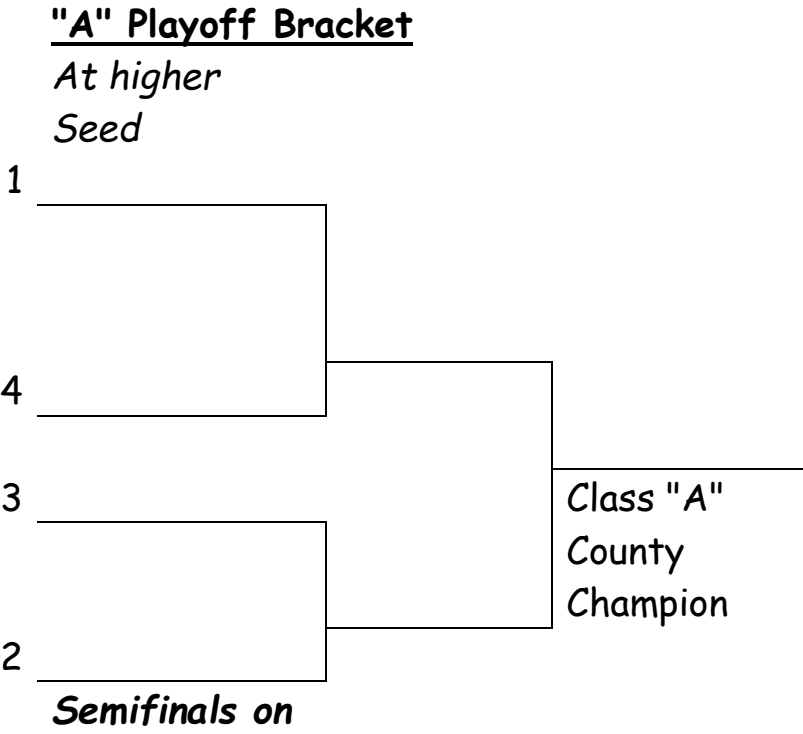
Final: _____

Final: _____

SHOOT-OUT WINNER: _____

FH 2026

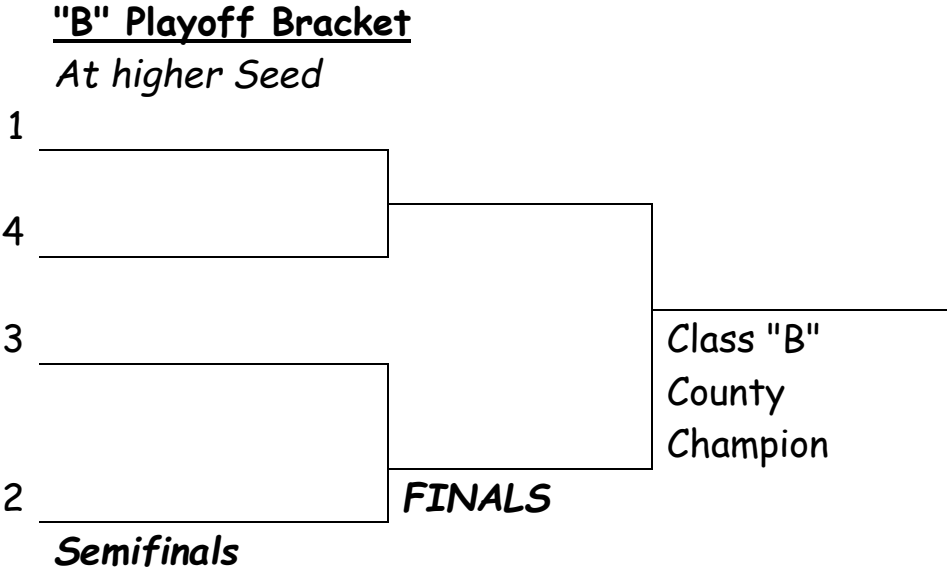
Play in
game if
needed



GAME TIMES AND DATES SUPJECT TO CHANGE

FH 2026

Play in game
If needed



GAME TIMES AND DATES SUPJECT TO CHANGE

FH 2026

Play in game
If needed

"C" Playoff Bracket

At higher Seed

1

4

3

2

Semifinals

FINALS

Class "C"
County
Champion

GAME TIMES AND DATES SUPJECT TO CHANGE

SECTION 8 FIELD HOCKEY FINAL GAMES

INSTRUCTIONS TO ALL PHOTOGRAPHERS:

1. YOU MUST PRODUCE CREDENTIALS, FROM YOUR SCHOOL OR ORGANIZATION TO GAIN ACCESS TO THE FIELD.
2. PHOTOGRAPHERS MAY BE DENIED ACCESS TO THE FIELD
3. ALL CAMERA BAGS, TRIPODS ETC, MUST BE WITH THE PHOTOGRAPHER AT ALL TIMES.
4. NO ONE IS ALLOWED TO STAND BEHIND THE GOAL/ENDLINE
5. PHOTOGRAPHERS MUST stand 5 yards behind the team area and not hind either team/players
6. **ON THE NON TABLE SIDE AND AREAS TO THE RIGHT AND LEFT OF THE TEAMS:**
PHOTOGRAPHERS MUST BE OFF THE TURF AND MAY NOT BE CLOSER THAN THE 2ND LANE OF THE TRACK, -----by the rules of the game, players and officials have the right to move out of bounds during play.

WE UNDERSTAND YOU WANT THE BEST PICTURES POSSIBLE, HOWEVER OUR CONCERN IS FOR THE SAFETY OF THE PLAYERS AND OFFICIALS WHILE ADHEARING TO THE RULES OF THE GAME.

NYSPHSAA TORNADO POLICY

- Tornado Watch- indicates tornados are possible. Event staff must continue to monitor the situation.
- Tornado Warning- Tornado siren sounds signaling tornado sighted or tornado indicated by radar. (absence of siren, follow weather service)

GUIDELINES/PROCEDURES

- If a tornado warning is initiated, immediate event delay shall be implemented, and all participants, spectators and athletic staff shall seek shelter immediately. Once inside a secure location, tune to local weather alert radio to be informed of the storm location, path and duration of tornado warning.
- Warning may be extended, or a new warning issued at any time, so continue to monitor.
- Safe shelter from tornado inside lowest building level, away from exterior walls/windows, with windows closed.

All Clear- tornado warning will expire after duration specified by the National Weather Service and the site director will notify all involved that the warning has ended, and the event may resume.

July 2022

NYSPHSAA FIELD HOCKEY DUTIES OF THE TABLE OFFICIAL

Duties of table official are as also:

1. Prior to start of the game:
 - a. Review responsibilities of the timer and scorer. The table umpire will be responsible for timing team time outs. If there is a discrepancy on the game clock (visible clock) the table umpire will determine what the proper time will be to set on the clock. Tell the lead official and scoreboard operator the correction to be made on the visible clock.
 - b. If there are ball people for the game, assist in giving instructions.
2. Oversee the teams' bench areas:
 - a. Ensure coaches and players remain behind the five-yard restraining line.
 - b. Card coaches or bench personnel if necessary.
3. Time and monitor players who receive green and/or yellow cards.
4. Ensure that substitutions are properly executed.
5. Time outs: If needed, tell the field umpire a team is requesting a time out. If unable to contact the field umpire, then the table umpire may use a whistle to call the time out when appropriate.
6. Personal Communication devices: If available, the table umpire may use a communication device to contact the on-field umpires with the following information:
 - a. Team requesting a time out.
 - b. Information needed about carding situations.
 - c. Make sure of the correct card information to be written in the scorebook.
7. Rules Interpreter: During the game, the table umpire should not act as a rules interpreter for the coaches.
8. 1 v 1 Overtime period: During the 1 v 1 procedure, the table umpire is responsible to time the 10 seconds and sound a device when the time is ended.

AS A MEMBER OF THE OFFICIATING CREW, THE TABLE OFFICIAL SHALL DRESS IN APPROPRIATE OFFICIATING ATTIRE, COLOR COORDINATING SHIRTS AND OUTER GEAR.

THE TABLE OFFICIAL SHOULD BE PREPARED TO OFFICIATE IN THE EVENT THEY ARE CALLED ON TO REPLACE A FIELD OFFICIAL.

Field Hockey Points of Emphasis - 2026

BY NFHS ON FEBRUARY 25, 2026 | FIELD HOCKEY, RULES

Penalty Corner- Retaken vs. Subsequent Corners

It is important to distinguish between a **retaken penalty corner** and a **subsequent penalty corner**. A retaken penalty corner results from a foul occurring during the initial penalty corner before completion, and the original penalty corner is retaken. A subsequent penalty corner is awarded when a new foul by the defending team occurs after the original penalty corner has been completed, resulting in a new penalty corner being awarded. A subsequently taken penalty corner may be defended by up to five players. (10-3-1)

Penalty Corners - Early Entry

Any attacker who enters the circle before the ball is played has committed a violation. When this occurs the inserter shall be required to go beyond the center line regardless of which attacking player commits the early entry.

Any defender who enters the circle before the ball is played has committed a violation. When this occurs that player shall be required to go beyond the center line and shall not be replaced. The team will continue to play down on any retaken penalty corner, and the team may go back to full on a subsequent penalty corner.

Any player (attack or defense) who has been required to go beyond the center line because of an infraction may not return for a retaken penalty corner. If a subsequent penalty corner is called, all player are eligible and a defending team can have up to five players.

Officials should emphasize proactive positioning, clear communication, and consistent enforcement to prevent early entry violations. Applying the penalty consistently, sending the inserter beyond the center line, promotes continuity across all levels of play, reduces repeated violations, and reinforces proper penalty corner mechanics for players, coaches, and officials alike. (10-3-3, 10-2-11, 10-3 PENALTIES)

Substitution During a Penalty Corner

NFHS rules prohibit entry of any player from the time the penalty corner is awarded until after it has been completed. This includes players returning from suspension.

No substitutions are permitted during a penalty corner for any reason, including illness or injury of a field player. All players shall follow substitution rules and procedures, and substitutions may only occur after the penalty corner is completed. The defending goalkeeper is the only exception to this restriction in the case of illness, injury, suspension or disqualification. In the case of suspension or disqualification, the goalkeeper must be replaced by a properly equipped

substitute goalkeeper, and the team must reduce the number of field players by one.

Officials and coaches should be vigilant in monitoring substitutions during penalty corner situations to ensure consistent enforcement. Strict adherence to this rule preserves fairness and maintains the integrity of the penalty corner as a critical scoring opportunity. (4-4-3, 10-3-1).

Wire-Caged Face Masks Outside the 25-Yard Line

Player safety remains a primary focus of NFHS Field Hockey, particularly regarding protective equipment worn during penalty corners. The use of a smooth, rounded wire-caged face mask while defending a penalty corner is permitted.

However, players are expected to remove the wire-caged mask immediately upon completion of the penalty corner. If there is no suitable opportunity exists to safely remove the mask, the player may continue to wear it only while remaining within the 25-yard area.

If a player crosses the 25-yard line while still wearing a wire-caged face mask, this constitutes a violation. In this situation, if the offending player is involved in play, officials may stop play immediately, award a free hit to the opponent at the 25-yard line, and issue a misconduct. All standard free-hit parameters within the 25-yard area apply. If not involved in play, officials should wait for the next natural stoppage of play to issue the misconduct and a free hit is not awarded for the violation.

Prompt recognition and enforcement of this rule promote consistency, reinforce proper equipment usage, and help protect all players during live play. (1-6-5

PENALTIES 1, 8-2-1 PENALTIES 1)

Player Equipment – Tooth and Mouth Protectors

Tooth and mouth protectors must be appropriately designed and worn as intended. While custom-fitted or properly molded protectors are required, officials should ensure that any protector used does not include attachments or features that do not directly serve a protective function. Items added for decorative, convenience, or non-protective purposes are not permitted, as they may compromise safety or create additional risk to the wearer or other players.

New York State Public High School Athletic Association

FIELD HOCKEY – A Pilot Program for Modified and Junior Varsity Teams

Plan:

A two-year pilot program to allow 9 vs 9 players (or less) at the JV and/or Modified level using a regulation field with adjusted rules.

Some adjustments would be:

1. Narrowing the width of a regulation field. This can be done by using existing lines when playing on a multi lined field such as a football field or placing flat disc cones 5 yards in the field from the existing sidelines.
2. Play 12-minute quarters instead of 15 minutes with substitution on the fly.
3. Play penalty corners with a full defensive team available.
4. All players at the **Modified level** are 5 yards away on **ALL** free hits.
5. Both teams will play with an equal number of players on the field during games.
6. No overtime with teams with less than 11 v 11 games.

Effective Start Date:

Fall 2026 to Fall 2028

Rationale:

The field hockey committee has reported the sport is struggling with Modified and JV programs. Modified and JV teams who do not have 11 players on their teams are having their games canceled. A two-year, 9v9 pilot program would help keep programs alive and competing while also reinstating programs that were previously dropped due to low participation. Modified and JV sports focus on player development, and programs should not be eliminated simply because they lack a full roster of 11 players.

According to the NFHS rulebook, **Rule 1-4-1 states that “Each team shall consist of not more than 11 players, one of whom is the goalkeeper. A team may compete with a minimum of seven players. When a team plays with fewer than 11 players, a goalkeeper shall be one of the players.”**

Bev Hooper, NYSPHSAA Field Hockey State Coordinator