



2011 Field Hockey Manual

For Coaches & Officials



Ohio High School Athletic Association
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OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
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TO: Field Hockey Coaches & Officials

FROM: Deborah B. Moore, Associate Commissioner

DATE: June, 2011

RE: Information for the 2011 Field Hockey Season

Please find enclosed in this mailing information that will help you to prepare for the upcoming field hockey season. I hope that you find the *Field Hockey Preseason Manual* useful in explaining those items that you will need to review prior to beginning the season. This manual may also serve as a reference throughout the season, so please keep it accessible. The manual will be posted to the field hockey page on the OHSAA web site at www.ohsaa.org by the end of June.

Please note that the state rules interpretation meeting IS MANDATORY for high school coaches and all officials. The details and information about these meetings can be found on page 2 of the manual.

We appreciate your taking the time to carefully review this information. Page 1 lists the table of contents which includes information about competition rules for 2010, information for both coaches and officials and many other resources.

Wishing you a terrific field hockey season!



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Enclosures

For Coaches & Officials

2011-12 NFHS Field Hockey Rules Book
 “Student Athlete Eligibility Guide”

OHSAA MISSION STATEMENT

The Ohio High School Athletic Association's mission is to regulate and administer interscholastic athletic competition in a fair and equitable manner while promoting the values of participation in interscholastic athletics as an integral part of a student's educational experience. The OHSAA represents its member schools by recognizing and promoting academics, the safety of participants, good citizenship and lifelong values as the foundation of interscholastic athletics.

By OHSAA Board of Directors regulation, any school sponsoring interscholastic contests in high school field hockey must have the head girls field hockey coach, assistant girls field hockey coach or athletic administrator attend one of the meetings listed below. Any school failing to meet this requirement will be ineligible for any OHSAA sponsored tournament competition.

2011 FIELD HOCKEY RULES INTERPRETATION MEETINGS

By OHSAA Board of Directors regulation, any school sponsoring interscholastic contests in high school girls field hockey must have the head girls field hockey coach, assistant girls field hockey coach or athletic administrator attend one of the meetings listed below. Any school failing to meet this requirement will be ineligible for any OHSAA sponsored tournament competition.

Officials who fail to attend one of these meetings will be suspended the following year. Attendance is also required in order to be eligible for state tournament assignments in the current year.

It will be the responsibility of the head girls field hockey coach, assistant girls field hockey coach or athletic administrator of each school and officials to be in attendance within 10 minutes of the start of the meeting and stay until the conclusion of the meeting in order to receive credit for attendance.

| INTERPRETERS | PHONE | E-MAIL |
|------------------|-----------------------|--|
| William Gardiner | 614-861-3228 | wgard4121@sbcglobal.net |
| Deborah Moore | 614-267-2502 Ext. 115 | dmoore@ohsaa.org |

| <u>SITE #</u> | <u>DATE</u> | <u>CITY</u> | <u>PLACE</u> | <u>TIME</u> | <u>COORDINATOR</u> |
|---------------|---|-------------|---|-------------|--------------------|
| 11 | Mon., Aug. 8 | Shaker Hts. | Shaker Heights High School 15911 Aldersyde Dr., 44120 Small Auditorium | 7:15 p.m. | Don Readance |
| 12 | Tues., Aug. 9 | Kettering | Kettering Fairmont High School 3301 Shroyer Rd., 45429 Trent Arena - Hospitality Room | 7:15 p.m. | Joy Manning |
| 13 | Wed., Aug. 10 | Columbus | Bexley High School 326 S. Cassingham Rd., 43209 Library | 7:15 p.m. | Kara Hardesty |
| 14 | SCHEDULED MAKE-UP MEETING FOR COACHES AND OFFICIALS: Site and date will be determined as needed. \$50.00 REGISTRATION FEE REQUIRED FOR THIS MEETING ONLY. To schedule a special make-up meeting: Contact William Gardiner at the information listed above. | | | | |



2011 OHSAA FIELD HOCKEY CALENDAR

| | |
|------------------------|---|
| August 1 | First Day of Coaching, Tryouts and Instruction |
| September 26-October 3 | Last Period for Entering or Withdrawing from the OHSAA Tournament Without Penalty |
| August 27 | First Contest |
| September 19 | Non-Interscholastic Competition No Longer Permitted |
| October 4 | Penalty (\$150) required for entering or withdrawing from OHSAA tournament |
| October 9 | Draw Meeting (Seeding to be done on-line) |
| October 17-29 | State Qualifying Tournaments |
| November 4-5 | State Tournament – Upper Arlington High School, Columbus |

OHSAA CONTACT INFORMATION

OHSAA Office – 4080 Roselea Place, Columbus, OH 43214 ~ 614-267-2502 ~ 614-267-1677 (fax)

| Name | Title | Responsibilities | E-Mail/Phone |
|------------------|--|--|--|
| Deborah Moore | Associate Commissioner | Oversees the sport & coordinates the tournaments; Rules Interpreter | dmoore@ohsaa.org |
| Henry Zaborniak | Assistant Commissioner | Oversees officials programs & tournament assignments | hزابorniak@ohsaa.org |
| Reneé Moore | Administrative Assistant | Assists in the coordination of the sport & tournaments | rmoore@ohsaa.org |
| William Gardiner | State Rules Interpreter and Director of Development for Field Hockey Officials | Interprets rules, conducts state rules meetings; coordinates officials education and development | wgard4121@sbcglobal.net |

FIELD HOCKEY LINKS

National Federation of State High School Associations
USA Field Hockey

www.nfhs.org
www.usfieldhockey.com

COACHES

OHIO HIGH SCHOOL FIELD HOCKEY COACHES ASSOCIATION

2011 OHSFHCA Officers Directory

| | | | |
|---------------|-----------|--------------|--|
| Kara Hardesty | President | 614-237-4309 | Kara.hardesty@bexleyschools.org |
| Anne Horton | Secretary | 614-509-2272 | anne_horton@columbusacademy.org |

FIELD HOCKEY MODIFICATIONS AND INTERPRETATIONS



The rules as printed in the National Federation (NFHS) Edition 2011-2012 Field Hockey Rules Book will apply in all games involving OHSAA member schools. Exceptions are those noted below or by interpretation in future bulletins.

1. NATIONAL FEDERATION FIELD HOCKEY RULE 1-5 AND 1-7-PLAYERS UNIFORMS

The uniform top shall have clearly visible numbers on the front and back. The numbers shall be of a solid color contrasting to any surrounding colors. It is required that numbers on the front be 3 to 6 inches in height, and 6 to 8 inches height on the back. Any number from 00 through 99 is legal. Three digit numbers are illegal, and a team may not use both 0 and 00. The home team shall wear predominantly light-colored uniform tops, and the visiting team shall wear predominantly dark-colored uniform tops. Note: Some shirts may need the numbers superimposed on a solid-color block background or outlined with a contrasting color in order for the numbers to be clearly visible. The goalkeeper's uniform top shall be of a color that contrasts with the color of the uniform tops of both teams, and have a visible number. The goalkeeper shall wear a full face/cage mask-helmet, which covers the entire head including the back of the head (cage must be rounded at all points), and a chest protector specifically manufactured for field hockey, under the shirt. The home team shall wear white or light-colored socks and the visiting team shall wear contrasting dark-colored socks. Socks/sock guards shall be a solid color. Please see the rules book for the complete text of these uniform and equipment rules.

The following OHSAA sports regulation is in effect: Uniforms worn by participants in high school athletic contests must conform to the playing rules adopted by the OHSAA for that sport. Any lettering or emblems on uniforms must pertain to the school name, team nickname, individual's name, the sport, drug use prevention or sportsmanship. The Field Hockey rules stipulate that one partial/whole manufacturer's logo/trademark (no more than 2 ¼ square inches in size with no dimension exceeding 2 ¼ inches) and/or an American flag (no more than 2" x 3") may be worn on each piece of the uniform (top, bottom and socks) provided their placement does not interfere with the visibility of the numbers. All players shall wear the same color compression shorts, undershirts and/or warm-up pants. 7th-8th grade - Numbers are required on uniform tops.

Effective January 1, 2011, the following are the color requirements for the jersey/top:

a. The home team shall wear single solid white uniform tops front and back on the torso, and the visiting team shall wear single solid black or dark –color uniform tops front and back on the torso. The torso is the portion of the top from an imaginary horizontal line at the base of the neckline extending to each armhole/sleeve, down to the bottom hem of the top from the side seam to side seam.....”

Complete details of the uniform requirements can be found in Rule 1 section 5 Player Uniform of the NFHS Rule book or at www.nfhs.org/fieldhockey/ , under 2008-2009 Field Hockey Uniform Presentation.

2. NATIONAL FEDERATION FIELD HOCKEY RULES 1-2-4, 1-4-4

The rules establish a team line five yards from the sideline and require that the officials' table shall be placed slightly in front of the team line and team benches be placed behind the team line. If not seated on the bench, all team personnel must remain behind the team line. Coaches may only enter the field of play as directed by one or both of the umpires, during team time outs and at half time.

3. NATIONAL FEDERATION FIELD HOCKEY RULE 1-5-5 specifies, "Jewelry shall not be worn." This means that players in 7-8th grade and high school field hockey may not wear any type earrings, body piercing jewelry, barrettes, bobby pins or necklaces.

Religious and medical medals are permitted if they are removed from the chain and taped to the body. Medical medals shall be taped where visible. "Friendship" bracelets are considered jewelry.

4. **EJECTION FROM GAME** - Officials shall file a written report with the school and the OHSAA office whenever a coach or a student-athlete is ejected from a game or match. Use the "Special Report Form" which may be obtained by contacting the officiating department at the Association office. The offending school (coach, athletic administrator or principal) must file a written report with the OHSAA anytime a coach or student-athlete is ejected from a contest, home or away. Please refer to the reprint of the OHSAA Sports Regulations for the revised rules that govern player and coach ejections from field hockey contests. Any coach ejected from a contest shall pay a \$100 fine and be required to complete the NFHS "Teaching and Modeling Behavior" on-line within 30 days of the ejection. Go to www.nfhslearn.com to take the course.
5. **PROTESTS - BYLAW 8-3-1** of the OHSAA Handbook reads in part, "Protests arising from the decisions and interpretations of the rules by officials during the game will not be considered. Their decisions and interpretations are final." This means that correctable errors must be corrected during the game. Officials and coaches must "keep their cool" during the game so that both teams have an equal opportunity to win under the rules. It must be remembered at all times that the game is being conducted for the players. Neither officials nor coaches would be involved except for the players. A rule book and interpretations should be available at the field for use if needed.
6. **COACH COMMENTS TO NEWS MEDIA** - Each year unpleasant situations arise as a result of comments made to the News Media by coaches. Bylaw 8-2-1 in the OHSAA Handbook reads in part "Great care shall be exercised in the selection of officials, well in advance of the contest and agreed upon by schools involved." Public criticism of officials is a direct reflection upon those who were responsible for assigning the officials to the game. Officials are trained and expected to make no derogatory comments regarding players, coaches or schools. Coaches are expected to follow the same procedure. Coaches violating this rule may be asked to discuss the problem personally with the Commissioner.
7. **WON-LOST-TIED STATISTICS**
Due to the fact that a school's regular season won-lost-tied statistics are considered when tournament seeding takes place, it is very important that coaches understand how these are determined. Only the results of regular season contests (maximum of 16) may be reported as a school's record. Scrimmages and previews, although considered to be interscholastic contests, do not count in the won—lost-tied statistics for a school. Please be advised that scrimmages may be scheduled at any time during the season.
8. **OHSAA POST SEASON TOURNAMENTS**
The OHSAA hopes that the change in time and day of tournament games will help to prevent some of the past problems encountered with weather and darkness. However, please be advised that whatever the circumstances, National Federation Rule 2-1-8 always applies. This rule reads "During a game, the officials shall have discretionary power for making decisions on matters which are not specifically covered by the rules. In the event game and/or field conditions are considered hazardous to the safety and welfare of the players, the officials may terminate the game."

The OHSAA has every confidence that the persons who manage tournaments and officiate contests in the sport of field hockey will make decisions that are in the best interests of the student-athletes who participate.

In keeping with the necessity of charging admission to OHSAA tournament contests, schools are advised to consider this requirement before drawing on to the top of any bracket which designates a "host" site. If you as coach, or your administration is unwilling to fulfill this obligation of charging admission, please do not accept home tournament contests during the OHSAA qualifying tournaments.

NOTE: Orange field hockey balls shall be used for the State Field Hockey Tournament semifinal and final contests. For other qualifying tournament games, any color ball that meets NFHS rules may be used.

9. **STUDENT PARTICIPATION CONDUCT PENALTY** - Student participation in athletic contests is a privilege. Each student-athlete is expected to conduct herself in an exemplary manner while competing.

During participation in OHSAA State Qualifying or State Tournaments, any athlete who fails to abide by the decisions of officials, uses profanity, disrespectfully addresses an official, uses obscene gestures, and/or strikes an official or an opponent may be denied further participation in the OHSAA Tournament Series. Athletes responsible for such unsporting conduct will immediately be reported to the OHSAA Commissioner. After an investigation into the circumstances, the Commissioner will disqualify the athlete from further participation in that tournament series in that sport if the situation warrants it. The 'Hearing Procedure Rules' as printed in the OHSAA Handbook apply.

Please note that Field Hockey Rules 12-2-PEN #1-3 establish procedures for dealing with unruly spectators whose team affiliation is not known.

Rule 8-1-PEN 7b and c: provides for a player receiving a yellow card for misconduct to be removed from the game to the team bench area (suspension) for a minimum of five minutes of playing time, and her team shall play short during the suspension time. The umpire may impose a time of five or ten minutes depending on the type and severity of the foul, and the timer shall be made aware of the amount of time for the foul before play resumes.

c. Third offense by the same player, a yellow or red card is issued to the offender. If a yellow card is issued, the time must be ten (10) minutes. The time of the suspension shall be recorded in the Scorebook. If a red card is issued, the offender is disqualified from the game and her team shall play short. The game shall be restarted by awarding the appropriate penalty.

10. EQUIPMENT

Goalkeepers must wear a full face/cage mask-helmet, throat protectors and field hockey goalie gloves. Field players may wear soft headgear (such as Judo or Taekwondo headgear) and eye protection that meets current ASTM standards for field hockey. The field hockey game ball shall include the NFHS authenticating mark.

11. MANDATORY EYE PROTECTION – New Field Hockey rule 1-6-5 states that all field players shall wear protective eyewear that meets the current ASTM standard. The current ASTM standard is identified as ASTM F2713-09.

The protective eyewear is distinguished by two different construction styles, polycarbonate lens style and a wire frame style. Both styles are acceptable for high school competition as long as they meet the ASTM F2713-09 standard. We suggest that you contact a local retailer to inquire about the various products they carry that meet the ASTM F2713-09 standard or search on the internet for that type of protective eyewear products.

12. OFFICIATING REQUIREMENTS AND OFFICIALS' UNIFORM

OHSAA field hockey officials must have officiated a minimum of six regular-season varsity high school field hockey games during the 2010 Ohio season in order to be eligible for an OHSAA tournament assignment.

The Board of Directors passed the following uniform regulation: In accordance with the provision in Rule 2-1-2, the official's shirt may be of a solid, color contrasting with the color of both team's uniform tops. The colors chosen for OHSAA field hockey officials are fuchsia, orange or yellow. Both officials must wear the fuchsia, orange or yellow colored uniform top in the event that they agree it is necessary.

The officiating uniform for field hockey officials is a black and white vertically striped top. All officials in a game shall wear a fuschia, orange or yellow shirt if the striped shirt does not contrast with the uniforms of one or both team. Black skirt, culottes, slacks or shorts with a minimum 4" inseam shall be worn with black shoes. No watch or jewelry except a timing device, wedding band, medical I.D. or religious medal may be worn. Emblems and patches are not permitted on the officiating uniform. EXCEPTION: The authorized OHSAA registered official's patch may be worn on the left breast pocket or on the left sleeve with the top of the patch 1" from the seam.

13. CONTEST LIMITATIONS - A high school field hockey player may play in a maximum of two games per day up to a maximum of three halves per common opponent. The total number of contests would remain at 16, and the maximum number of halves is 38 for the season.

14. SELECTION OF TOURNAMENT FIELD HOCKEY OFFICIALS

NEW FOR 2011 – All coaches are required to log onto myohsaa and enter all varsity home contests. Then after each game, the coach must rate the officials who worked that game. We will no longer be providing a separate ballot outside of the myohsaa system. Coaches' ratings of officials as well as other criteria established by the Board of Directors shall be used to select tournament officials

15. INQUIRIES

Our OHSAA office is here to help as needed, but depending on the time of the year it can be difficult to reach us. However, there are other sources of assistance. Our website (www.ohsaa.org) includes a great deal of information that covers many of the inquiries we often receive. The website provides field hockey regulations, general sport regulations, tournament regulations, uniform regulations, etc. Your OHSFHCA Officers are another great resource for you as well. Their contact information is provided within this manual

16. MERCY RULE

The Board of Directors has approved the provision in NFHS rule 4-2-2, to permit the game clock to continuous run during the second half of any regular season game once the goal differential of five has been reached. Mutual agreement from both coaches is no longer required.

REFER TO WEB SITE FOR ADDITIONAL FIELD HOCKEY REGULATIONS, STATE QUALIFYING AND STATE FIELD HOCKEY TOURNAMENT INFORMATION.

OVERTIME PROCEDURES – REGULAR SEASON



Varsity high school teams shall play one 10-minute sudden victory tiebreaker during the regular season. Play shall utilize the seven player “reduced play” procedure that is part of the OHSAA tournament Overtime procedure. If the game is still tied at the end of the overtime period, the game is recorded as a tie. No non- varsity contests (junior varsity, reserve, freshmen or grades 7-8) are authorized to use a tie-break procedure. **EXCEPTION: If playing a regular season high school tournament at the non- varsity level, a Sudden Victory Penalty Stroke Procedure as described below shall be used to break the tie.** Note: This tie break provision is not approved for 7-8th grade competition.

During Regular Season Varsity Overtime:

- A.. Teams shall play with 6 field players and a goalkeeper, with teams not changing goals at the end of the regular game. The first team to score shall be the winner. If the game is still tied at the end of the overtime period, the game is recorded as a tie.
- B. All game rules apply except as specified below.
- C. Unlimited substitution shall be permitted
- D. There shall be one time-out per team during the 10 min. SV overtime period.
- E. There shall be a five minute intermission between the end of the regular game and the start of the overtime period. At this time, the contest officials shall insure that the tie-break procedures are available at the scorer’s table and shall review them thoroughly prior to the initiation of the overtime.
- F. Prior to the overtime period, the officials shall review with the head coaches the procedures for the overtime period.
- G. During the intermission between the end of the game and the start of overtime the officials shall meet with the team captains for a coin toss, the visiting team captain calling the coin in the air. The winner shall have the choice of possession.

OVERTIME PROCEDURES - OHSAA POST SEASON TOURNAMENTS

NOTE: The Board of Directors has approved the following overtime procedures to break ties for high school post season play in OHSAA tournaments.

Tie-Break Procedures: National Federation Field Hockey Rule 6-1-4

The following complete tie-break procedures shall be followed in OHSAA tournament competition only. These procedures have been approved by the Board of Directors and are NOT OPTIONAL. These procedures shall be used to break all ties in OHSAA tournament play and should be thoroughly reviewed by all tournament officials and varsity coaches prior to all contests played in the OHSAA tournament.

During all overtime play-

- A. All game rules apply except as specified below.
- B. Unlimited substitution shall be permitted.
- C. There shall be one team time-out per team permitted during each 10 minute SV overtime period.
- D. There shall be a five-minute intermission between the end of the regular game and the start of the overtime period. At this time, the contest officials shall insure that the tie-break procedures are available at the scorer's table and shall review them thoroughly prior to the initiation of the overtime.
- E. There shall be a two-minute intermission between each subsequent overtime period. (Not applicable for regular season tie-break procedures). During these intermissions, players may confer with their coaches, and substitutions may be made.
- F. Prior to each overtime procedure, officials shall review with the head coaches the procedures for that session. This shall take place prior to the initiation of each overtime procedure until the game is decided.
- G. Prior to beginning overtime, during the intermission between the end of the regular game and the start of overtime, the officials shall meet with the team captains for a coin toss, the visiting team captain calling the coin in the air. Winner shall have choice of possession.

REDUCED PLAYER 10SV-10SV - PS – SVPS

1. Play a 10-minute "Sudden Victory" (SV) overtime period, with teams not changing goals at the end of the regular game. Teams shall play with 6 field players and a goalkeeper. **THE FIRST TEAM TO SCORE A GOAL SHALL BE THE WINNER.**
2. If a tie still exists, there shall be a second 10-minute "Sudden Victory" (SV) overtime period utilizing the reduced player procedure described in "1" above. Teams shall change goals to begin the second overtime period following the two-minute intermission. Players may confer with their coaches and substitutions may be made. **THE FIRST TEAM TO SCORE A GOAL SHALL BE THE WINNER.**
The team not having possession of the ball to start the first overtime period shall have possession to start the second overtime period.
3. If a tie still exists after the second 10-minute "Sudden Victory" overtime period, one series of penalty strokes shall be taken alternating the attackers and goalkeepers at the same goal chosen by the officials. Five different stokers from each team shall be selected from any eligible player on the team roster. NOTE: A player taking a penalty stroke within a series of five strokes may not repeat within that set of strokes.
Only the coaches and remaining team members may be on the field and behind the 25-yard line. Prior to the first PS set, the officials shall meet with the team captains for a coin toss. The winner of the coin toss which shall be called by the home team captain may choose to stroke or defend the goal first. Penalty strokes shall be terminated and a game winner declared as soon as one team has more goals than the opponent does after the set of five strokes for each side has been taken or the difference is unable to be overcome by completing the series. Officials should insure that there are no spectators behind the end line behind the goal where the strokes are being taken. NOTE: This first set of Penalty Strokes is NOT a SUDDEN VICTORY SET.
4. If a tie still exists after the first set of penalty strokes, there shall be Sudden Victory (SVPS) penalty strokes taken. The team not stroking first in the first set shall start the Sudden Victory Penalty Stroke procedure. The stokers and/or order of the stokers may be changed for the Sudden Victory Penalty Stroke procedure. Penalty strokes shall be terminated as soon as one team has more goals than the opponent does after an equal number of strokes have been taken up to a maximum of five for each team. If a tie still exists, after a total of five strokes for each team, another Sudden Victory Penalty Stroke procedure shall be commenced.

5. This Sudden Victory Penalty Stroke procedure shall continue until the tie is broken. The stokers and/or order of the stokers may be changed. The order of teams stroking or defending first shall alternate from the previous SVPS procedure.
6. Please note: On all penalty corners during the reduced play overtime, a maximum of four defenders shall be back completely behind the end line. This number includes the goalkeeper. The other three defenders shall be beyond the centerline.
7. If a player is disqualified during the regulation game, the team shall play short into the overtime procedure. The player is not eligible for return to the contest.
8. If a player is suspended during the regulation game (yellow card), the suspension carries over into the overtime period until served completely, and the team shall play short. If the suspension occurs in the overtime period immediately preceding the Penalty Stroke procedure and the player is unable to serve the complete time of the suspension, she is no longer eligible to participate in the remainder of the overtime procedure.

FAQ'S (FREQUENTLY ASKED QUESTIONS PERTAINING TO NON-INTERSCHOLASTIC PARTICIPATION, INSTRUCTIONAL PROGRAMS, OPEN FIELDS, ETC



1. Can you define what is meant by “coaching” in terms of Sports Regulation 4.9 as well as Instructional Program regulations?

“Coaching” refers to any organizational or instructional contact with student-athletes in the sport for which a coaching staff member in a member school is responsible. Specific activities include but are not limited to: practice or other instructional situations in which the coach conducts specific drills, teaches skills, supervises game or competition-like activities or in any other way supports the instructional environment; game or competition situations in which the coach sits on the team bench, is in the direct vicinity of the competition in areas reserved for coaches and/or delivers instruction to athletes while they are competing. It is not a violation to be a spectator at a competition and sit in those areas reserved for spectators; however, the coach must be certain not to engage in those behaviors that are specific to the coaching task.

2. What may an interscholastic field hockey coach do with athletes from his or her program during the school year outside the season of the sport?

The coach may supervise open gyms or fields, conduct fitness programs and converse with students regarding non-interscholastic competition/training opportunities. The coach may not state nor imply in any way that attendance at these permissible activities is a prerequisite for trying out for or being selected for the school squad. The coach MAY NOT: provide any type of instruction, either group or individual, coach players in a non-interscholastic program (involvement in tryouts, practices and/or competition) including in indoor field hockey during the school year. This applies to all athletes in one’s program including one’s own children. Note: May 31 denotes the end of the school year.

3. What may an interscholastic field hockey coach do with athletes from his or her program during the summer from June 1-July 31?

This period of time from June 1-July 31 is considered the “summer” period during which coaches may have contact with student-athletes who participated in their interscholastic programs during the past school year. Members of a school field hockey coaching staff, both paid and volunteer, may have a combined total of 10 days of coaching contact in either instructional programs or non-interscholastic competition programs.

4. What is considered a “contact” day?

Instructional Programs

Any camp, clinic, workshop or other instructional format in which one or more field hockey players from the coach’s school are participating counts as one day of contact for that school coaching staff. Any instructional or organizational activity affiliated with the instructional program counts.

Non-Interscholastic Competition

Any game, tryout or practice in which more than five field hockey players from the coach’s school are participating together on the same squad counts as one day of contact for that coaching staff.

5. May the varsity coach have 10 days of contact in addition to the JV, reserve and freshman coaches?
No. The 10-day provision refers to the combined efforts of all coaches for that school. It is not permissible for each coach to have 10 days with his/her athletes separately.

6. Do volunteer coaches need to adhere to this regulation?

Yes. ALL coaches in public as well as non-public schools, whether they receive a salary or are volunteers, must be approved by their respective Boards of Education (or other governing board in a non-public school) and must meet all required coaching standards as stipulated by the State Department of Education. The only way that a person can work with student-athletes in an OHSAA member school during the interscholastic season is to have this approval and meet all standards. Thus, “volunteer” coaches are also accountable to the 10-day restriction as well as all other OHSAA bylaws and regulations governing coaches.

7. Does watching a camp program or a non-interscholastic contest count as one of the 10 contact days?

No. There are no restrictions on being a spectator for these events; however, coaches are cautioned that they must avoid any instructional or organizational contact (or the appearance thereof - see Q #1) during these events. Activities such as shagging balls, assisting with drills, functioning as a “gofer” during camps or clinics are considered to be organizational in nature and thus would count in the 10 day total for coaching staff members.

8. As a high school coaching staff member, am I prohibited from working with athletes who attend a 7th-8th grade school in the school district where I am employed?

Not necessarily. The answer to this question depends on how the high school coaching staff’s contracts are stipulated. If the high school staff has specific responsibilities for the middle school (7th-8th) field hockey program, i.e., either contractual or de facto responsibilities for oversight, training, working with coaches, etc., then the high school staff would be accountable to the OHSAA regulations in terms of their work with all field hockey players in grades 7-12. If there were no responsibilities or affiliation with any 7th-8th grade school, then high school coaching staff members would have no restrictions placed on them relative to working with 7th-8th grade field hockey players either during the school year or during the summer period. Of course Sports Regulation 4.5, which regulates the number of field hockey players on a non-interscholastic squad during the school year (maximum of five), would be in effect.

9. What restrictions are placed on field hockey players regarding what they may do both during the school year as well as during the summer period?

The primary restriction is found in Sports Regulation 6.3. Very simply, while a student is playing for the school field hockey squad (from the time she plays in her first contest until she plays in the last game of the season), she may not tryout with, practice for or play in an actual contest with a non-interscholastic field hockey squad. The MAXIMUM penalty for violation of this bylaw is ineligibility for the remainder of the interscholastic season. Outside the field hockey season, that is prior to playing in the first contest during the school year and after the school season is over, a field hockey player may participate in a non-interscholastic outdoor program *provided that no more than five players from the same school are on the roster (squad) of that non-interscholastic program.* SENIORS OR STUDENTS WHO HAVE COMPLETED THEIR ELIGIBILITY ARE EXEMPT FROM THIS FIVE-PLAYER LIMITATION. The school year is identified as beginning on August 1 and ending on May 31; however, some spring sports

seasons may extend past May 31. Note: There is no limit on the number of players from the same school that may participate together in an indoor program.

From June 1 - July 31 there is no restriction on the number of field hockey players from one school that may compete together in the same non-interscholastic program.

Regarding instruction programs, field hockey players may attend these activities (camps, clinics, school workshops, other programs not affiliated with a non-interscholastic competitive program or league) at any time during the school year outside the season of the sport provided no more than five players from the same school are in attendance at the same instructional program. From June 1-July 31, there is no restriction on the number of players from the same school participating in the instructional program.

10. What may I do in an open field or in physical fitness programs?

Supervision of open fields and the conducting of physical fitness programs are not considered as organizational or instructional contact. Thus, this type of activity is not governed by the rules that are specified as "Instructional Program" regulations or Sports Regulation #6 - Non-Interscholastic Programs. However, during an open field, either at a member school facility or a non-member facility, coaching staff members may have NO organizational or instructional contact with participants. Likewise, attendance is not mandatory, no scoring or timekeeping is permitted, and the supervisor may not participate in designating who is to play on which teams. The rules governing Physical Fitness Programs do not permit the coaching or instruction of sports techniques and skills, and the equipment used to play the sport may not be utilized. These programs cannot be mandatory or restricted to a select group of students. Note: It is not a violation for the coach or other adult supervisor to participate as a player in an open field as long as the adult does not coach the students.

11. May a player receive individual skill instruction during the school's field hockey season from a non-interscholastic agent?

While it is not the position of the OHSAA to encourage outside instruction during the school field hockey season, individual skill instruction may be received in field hockey by a squad member at any time in individual lessons *provided* that these individual skill instruction sessions do not violate any Board of Education, school administrators' or coaches' policies. Notwithstanding the foregoing provision, the coach may not conduct individual or group lessons for a squad member except during June 1 to July 31 and during the season of the sport

12. Do seniors who have finished their field hockey eligibility count in the regulations governing both student athletes and coaches?

No. See Question/Answer #9.

MEDICAL & SAFETY

REFERENCE INFORMATION

The safety of our student-athletes is of utmost concern at all times. Information regarding the following important topics can be found at www.ohsaa.org and at www.nfhs.org:

- Heat Stress and Athletic Participation
- Recommendations for Hydration to Prevent Heat Illness
- Suggested Guidelines for Management of Head Trauma/Concussion in Sports
- Communicable Disease Procedures (can also be found on page 90 of the NFHS 2009-10 Rules Book)
- Disordered Eating
- Information on Nutritional Supplements
- Links to the following sites:
 - ❑ Joint Advisory Committee on Sports Medicine
 - ❑ Ohio Athletic Trainers Association

- ❑ American Medical Society for Sports Medicine
- ❑ Ohio Parents for Drug Free Youth
- ❑ National Athletic Trainers Association (NATA)
- ❑ Gatorade Sports Science Institute News

Information on Concussion Management

IMPLEMENTATION OF NFHS PLAYING RULES CHANGES RELATED TO CONCUSSION AND CONCUSSED ATHLETES AND RETURN TO PLAY PROTOCOL

It is important for all adults involved in interscholastic athletics to recognize the potential for catastrophic injury and even death from concussions. Thus it is extremely important that each coach, administrator, contest official and medical support personnel review their responsibilities in protecting students.

In its various sports playing rules, the National Federation of High Schools (NFHS) has implemented a standard rule change in all sports dealing with concussions in student-athletes. The basic rule in all sports (which may be worded slightly differently in each rule book due to the nature of breaks in time intervals at contests in different sports) states:

Last year the OHSAA Board of Directors adopted a sports regulation which incorporated the NFHS rules change. This regulation reads:

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared with written authorization by an appropriate health care professional. In Ohio, an "appropriate health care professional" shall be a physician, as authorized under ORC Chapter 4731 and includes both doctors of medicine (M.D.) and doctors of osteopathy (D.O.) and an athletic Trainer, licensed under ORC Chapter 4755

In January, 2011, the OHSAA Board of Directors has further defined the following parameters to guide OHSAA licensed officials, medical personnel and member school representatives in implementing this change.

1. *What are the "signs, symptoms, or behaviors consistent with a concussion"?* The National Federation rule lists some of the signs, symptoms and behaviors consistent with a concussion. The U.S. Department of Human Services, Centers for Disease Control and Prevention has published the following lists of signs, symptoms and behaviors that are consistent with a concussion:

| SIGNS OBSERVED BY OTHERS | SYMPTOMS REPORTED BY ATHLETE |
|---|--|
| <ul style="list-style-type: none"> ● Appears dazed or stunned ● Is confused about assignment ● Forgets plays ● Is unsure of game, score, or opponent ● Moves clumsily ● Answers questions slowly ● Loses consciousness ● Shows behavior or personality changes ● Cannot recall events prior to hit ● Cannot recall events after hit | <ul style="list-style-type: none"> ● Headache ● Nausea ● Balance problems or dizziness ● Double or fuzzy vision ● Sensitivity to light or noise ● Feeling sluggish ● Feeling foggy or groggy ● Concentration or memory problems ● Confusion |

2. **Who is responsible for administering this new rule?**
All adults who have responsibilities and duties in the interscholastic athletics environment are responsible: coaches, contest official, administrators and medical personnel.
3. **What is the role of coaches in administering this new rule?**
 - Coaches are to review and know the signs and symptoms of concussion and to prohibit any athlete who displays these signs or symptoms from participating in a practice or a contest.
 - Coaches are not medical professionals and have no authority to determine whether or not a student has sustained a concussion. The coach is responsible for insuring that the student's parents are notified and the student is referred to a medical professional

4. What is the role of contest officials in administering the new rule?
 - Officials are to review and know the signs and symptoms of concussion and to direct immediate removal of any athlete who displays these signs or symptoms,
 - An official shall not permit the athlete who has been removed under this rule to return to competition without written medical authorization presented to the head official.
 - If a contest official is aware that a student has been permitted to return to competition without written authorization from a physician or licensed athletic trainer, that official shall immediately stop play and remove that student from competition and report the incident to the Ohio High School Athletic Association
 - Note that officials are not medical professionals and have no authority to determine whether or not student has sustained a concussion. The official is responsible for directing removal when he or she observes signs and symptoms that may indicate a student is concussed.
5. Who decides if an athlete has not been concussed (~~has had a concussion~~) and/or who has recovered from a concussion?
 - Only an MD (Medical Doctor), DO (Doctor of Osteopathy), or LAT (Licensed Athletic Trainer) is empowered to make the onsite determination that an athlete has not received a concussion.
 - If any one of these individuals has answered that “yes” there has been a concussion, that decision is final.
6. Can an athlete return to play on the same day as he/she receives a concussion?
 - No, under no circumstances can that athlete return to play that day.
 - When in doubt, hold them out.
 - If the event continues over multiple days, then the designated event physician has ultimate authority over return to play decisions.
 - However, if the health care professional (MD, DO or LAT) has evaluated the athlete, who has been removed from competition due to exhibiting the signs and symptoms of a concussion, and has determined that the athlete did not sustain a concussion, that student may return to play with the submission of the written authorization by the health care professional.
 - The written authorization shall be submitted to the school administration; however, if there is no administrator on site at the competition, the authorization may be held by the host site manager or the head coach.
7. Once the day has concluded, who can issue authorization to return to practice / competition in the sport?
 - Once a concussion has been diagnosed by one of the above listed on site providers, only an MD, DO or LAT can authorize subsequent return to play, and such authorization shall be in writing to the administration of the school. This written RTP authorization shall be kept at the school until the statute of limitations expires, which is four years from the date of the student's 18th birthday.
 - School administration shall then notify the coach as to the permission to return to practice or play.
8. What should be done after the student is cleared by an appropriate health care professional?
 - After a clearance has been issued, the student's actual return to practice and play should follow a graduated protocol.
 - The National Federation has included the following graduated protocol in its *Suggested Guidelines for Management of Concussion in Sports*: (This is simply a suggested protocol. The appropriate health care professional who issues the clearance may wish to establish a different graduated protocol.)

Medical Clearance RTP Protocol

1. No exertional activity until asymptomatic.
 2. When the athlete appears clear, begin low-impact activity such as walking, stationary bike, etc.
 3. Initiate aerobic activity fundamental to specific sport such as skating or running, and may also begin progressive strength training activities.
 4. Begin Non-contact skill drills specific to sport such as dribbling, fielding, batting, etc.
 5. Full contact in practice setting.
 6. Game play/competition
 - ATHLETE MUST REMAIN ASYMTOMATIC TO PROGRESS TO THE NEXT LEVEL. (It is often suggested that an athlete not be allowed to progress more than one level per day.)
 - IF SYMPTOMS RECUR, ATHLETE MUST RETURN TO PREVIOUS LEVEL AND SHOULD BE REEVALUATED BY AN APPROPRIATE HEALTH CARE PROFESSIONAL.
 - MEDICAL CHECK SHOULD OCCUR BEFORE CONTACT.(Final written clearance from the medical professional shall be obtained before the athlete engages in any unrestricted or full contact activity)
9. Fundamental Reminder about this change
 - It has always been the ultimate responsibility of the coaching staff, in all sports, to ensure that players are only put into practice or contests if they are physically capable of performing; however, all adults involved in the conduct of interscholastic competition have responsibilities in this endeavor.

Other resources

- The NFHS has developed a new 20-minute online coach education course – *Concussion in Sports – What You Need to Know*, the NFHS *Suggested Guidelines for Management of Concussion in Sports* brochure, the NFHS *Sports Medicine Handbook*, materials from the CDC “Heads Up” program and other materials should all be made available to officials, parents, students and schools.
- The Centers for Disease Control and Prevention has a publication entitled “Heads up to Schools: Know your Concussion ABC’s” – A Fact Sheet for Teachers, Counselors and School Professionals, available on its web site. Click onto www.cdc.gov/concussion to obtain this valuable publication that will assist teachers and other school personnel in making accommodations for students returning to school after a concussion.
- The following form may be used by schools to educate parents and students about this issue:

(INSERT SCHOOLNAME HERE)
Concussion Information Form

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

| | |
|--|---|
| <ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns | <ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment |
|--|---|

Adapted from the CDC and the 3rd International Conference in Sport

Signs observed by teammates, parents and coaches include:

| |
|---|
| <ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays poor coordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness |
|---|

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion shall be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one (second impact syndrome). This can lead to prolonged recovery, or even to severe brain swelling with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

Statement on Medical Hardware

Unless the specific rules code stipulates otherwise, athletes in sports of a collision/contact nature should not be permitted to wear devices such as insulin pumps, heart monitoring equipment and/or other diagnostic or therapeutic appliances while participating in interscholastic contests.

However, in the event that a physician requires a student-athlete to wear a therapeutic device during competition, such medical necessity shall be specified in writing and signed by the prescribing physician and the device shall be padded and securely attached to the player's body underneath the uniform. The medical statement shall be shown to the head contest official prior to the athlete's being permitted to participate.

Heat Stress and Athletic Participation

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Early fall cross country, field hockey, football, golf, soccer, tennis and even indoor volleyball practices are conducted in very hot and humid weather or non-air cooled facilities in many parts of the United States. Due to the equipment and uniform needed in football most of the heat problems have been associated with football; however, athletes in other fall sports are also vulnerable to heat related illness.

Under such conditions the athlete is subject to the following:

- Heat Cramps- painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.
- Heat Syncope - weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.
- Heat Exhaustion (Water Depletion) - excessive weight loss, reduced sweating, elevated skin and deep body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

- Heat Exhaustion (Salt Depletion) - exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.
- Heat Stroke - an acute medical emergency related to thermoregulatory failure associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any of the other clinical signs. The individual is usually unconscious with a high body temperature and hot, dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above mentioned heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (*Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, 1991*). The following practices and precautions are recommended.

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State High School Associations recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the Physical Condition of their athletes and set practice schedules accordingly.
3. Along with physical conditioning, the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat, and it is essential to provide for Gradual Acclimatization to Hot Weather Activities. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has NO SCIENTIFIC FOUNDATION. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field/court/competition site and readily available to the athlete at all times. It is recommended that a minimum 10-minute water break be scheduled for every half-hour of heavy exercise in the heat. Athletes should rest in a shaded or cool area during the break. WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES. Check and be sure athletes are drinking the water. Cold water is preferable. Taking ample water before practice or competition has also been found to aid performance in the heat.
5. Salt should be replaced daily. Modest salting of foods after practice or games will accomplish this purpose. Salt tablets are not recommended. ATTENTION MUST BE DIRECTED TO REPLACING WATER -- FLUID REPLACEMENT IS ESSENTIAL.
6. Know both the Temperature and Humidity. The greater the humidity the more difficult it is for the body to cool itself. Test the air prior to practice or competition using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

- Below 64 - Unlimited activity
- 65-72 - Moderate risk
- 74-82 - High Risk
- 82 plus - Very high risk

There is also a weather guide for activities that last 30 minutes or more (Fox and Mathews, 1981) which involves knowing the relative humidity and air temperature:

| AIR TEMP | DANGER ZONE | CRITICAL ZONE |
|----------|-------------|---------------|
| 70 F | 80% RH | 100% RH |
| 75 F | 70% RH | 100% RH |
| 80 F | 50% RH | 80% RH |
| 85 F | 40% RH | 68% RH |
| 90 F | 30% RH | 55% RH |
| 95 F | 20% RH | 40% RH |
| 100 F | 10% RH | 30% RH |

RH = RELATIVE HUMIDITY

One other method of measuring the relative humidity is the use of a sling psychrometer, which measures wet bulb temperature. The wet bulb temperature should be measured prior to practice and the intensity and duration of practice adjusted accordingly.

Recommendations are as follows:

- Under 60 F Safe but always observe athletes
- 61-65 F Observe players carefully
- 66-70 F Caution
- 71-75 F Shorter practice sessions and more frequent water and rest breaks
- 75+ F Danger level and extreme caution

7. Cooling by evaporation is proportional to the area of skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. Never Use Rubberized Clothing.

TOURNAMENT SEEDING AND DRAWING PROCEDURES

The OHSAA will utilize a seeding and drawing procedure for the purpose of placement of teams onto the qualifying tournament brackets in the four tournament sites.

The 2011 draw is scheduled for Sunday, October 9 and will be conducted by each qualifying tournament manager in his or her respective area at a site agreeable to the coaches competing in each tournament. An on-line seeding procedure will be utilized so that the draw may be conducted as efficiently as possible. This procedure will require you to utilize the Internet to post records and vote for seeded teams. Your tournament manager will send more information to you regarding the specific details of this procedure and the draw meeting. Also information concerning the seeding and drawing procedure will be posted to the OHSAA web site at www.ohsaa.org.

Due to increasing concerns about financial accountability and in keeping with the OHSAA's procedure of charging admission to OHSAA tournament contests, please consider carefully your school's willingness and capability to charge admission and submit the appropriate financial and tournament reports before you place your school on the top of the bracket during this draw procedure. The top of the bracket is the home site in the qualifying tournaments.

Remember that if you do not complete the seeding and/or attend this meeting, your school will be placed on the bracket.

OFFICIALS

OFFICIATING ETHICS & CODE OF CONDUCT

(From www.ohsaa.org and the OHSAA Handbook for Officials)

Our member schools have entrusted officials to assist them in the education and development of their youth through athletics. This requires officials to be independent, impartial, and responsible to the people they serve. In recognition of these expectations there is an established Code of Ethics and Code of Conduct for all officials. The purpose of the code is to establish guidelines for ethical standards of conduct for all officials.



OFFICIATING CODE OF ETHICS

An Official must devote time, thought and study to the rules of the game and the mechanics necessary to carry out these rules so that one may render effective and credible service in a fair and unbiased manner

An Official must work with fellow officials and the state association in a spirit of harmony and cooperation in spite of differences of opinion that may arise during debate of points or rules at issue

An Official must resist every temptation and outside pressure to use one's position as an official to benefit oneself. Under all circumstances, officials must avoid promoting the special interest of any person or group of persons other than the athletes we serve

An Official must constantly uphold the honor and dignity of the avocation in all personal conduct and relations with the student-athletes, coaches, athletic directors, school administrators, colleagues, and the public, to be a worthy example to the athletes under one's jurisdiction

An Official will be prepared both physically and mentally, dress accordingly to expectations and maintain a proper appearance that is befitting the importance of the game

An Official shall avoid the use of tobacco and related products at the contest site

An Official must remember and recognize that it is important to honor contracts regardless of possible inconvenience or financial loss

Every member of the officiating profession carries a responsibility to act in a manner becoming a professional person. The conduct of any official influences the attitude of the public toward the profession in general as well as toward the official in particular.

Sports officials bear great responsibility for engendering public confidence in sports. They are critical to the health of athletic competitions. Officials ensure games are played fairly, by the rules, within the spirit of the rules and in a safe manner. Officiating takes a great deal of preparation, continuing education and commitment of time.

PRE-SEASON PREPARATIONS

We have encouraged coaches to invite local officials to meet with their team during pre-season workouts. It allows the officials to meet the athletes and discuss new rules. It gives athletes an opportunity to ask questions and have a discussion prior to competition days. We also recommended inviting an official(s) to a pre-season meeting with team parents. Again, it provides a forum for healthy discussions and an opportunity for parents to learn more about the sport. Many of you already participate in such activities, but for those that do not, please get involved!

ADDRESS CHANGES

NOTE: Annual renewal cards are sent to the address the OHSAA has on file, failure to notify the OHSAA will result in your not receiving the renewal card.

Address changes are now to be submitted via www.myOHSAA.org . Please log-on in order to make the appropriate changes.

WEBSITE RESOURCES

Our website includes a great deal of information specifically geared for officials. Go to www.ohsaa.org and click on “officiating” on the left side of the home page. On the officiating page you will find the following information. When you have questions, this may be a great place to start!

Topics include:

- [OHSAA Officiating FAQ's](#)
- [OHSAA Rules Meetings](#) - information on local & state meetings, how to maintain your officiating permit
- [Directory of Officiating Information & Forms](#) - assigners, instructors, local & district secretaries, OHSAA staff
- [How To Become an OHSAA Official](#) - info for beginning and experienced officials, suspended and retired officials wanting to reinstate
- [How To Change The Status Of Your Officiating Permit](#) - information on upgrades, retired status, active military duty and address changes
- [How To Renew Your OHSAA Officiating Permit](#) - information on annual renewal procedures and fees
- [Game Assignments](#) - regular season and tournament selection processes and voting results
- [Officials Needed Posting](#)
- [Coach and Player Game Ejections](#) - ejection forms and procedures
- [Officiating Uniforms, Equipment and Supplies](#) - uniform regulations, authorized dealers, pins & patches
- [Officiating Ethics and Code of Conduct](#)
- [OHSAA Officiating Hall of Fame](#) - members, selection process and banquet information
- [OHSAA Officiating Clinics](#)



OHSAA FIELD HOCKEY REGULATIONS

FIELD HOCKEY – GIRLS

A. GENERAL REGULATIONS

1) Interscholastic Participation

- 1.1) A player shall be permitted to play in a maximum of two games per day up to a maximum of three halves per common opponent. The maximum number of contests shall be 16 with a maximum total of 38 halves for the season.
If a player participates in more than three halves in one day, the player shall be ejected from the game when discovered and the team shall play short for the remainder of the game. All halves played shall count as halves toward the maximum permitted.
- 1.2) Any regular season game in field hockey which is not started due to unforeseen circumstances, such as failure of team to arrive, strikes, school closings, is "No Contest." Games not played are not included in won-lost statistics.
- 1.3) Any tournament game interrupted due to events beyond the control of the responsible administrative authority shall be continued from the point of interruption.
- 1.4) PREVIEW – A preview may be scheduled and played only during the period of time beginning with the Friday before the season begins and ending with the date of the first regular season game of the teams involved. A preview may not exceed one half of a regulation contest for any one player or team and shall be played according to National Federation Field Hockey Rules.
- 1.5) The Board of Directors has approved a tie-break procedure for regular season non-varsity high school tournament competition only: If playing a regular season tournament at the non-varsity level, schools may use one set of Sudden Victory Penalty Strokes to break the tie. The winner of the coin toss, which shall be called by the visiting team, may choose to stroke or to defend the goal first. If the game is still tied after the SVPS, the game is recorded as a tie.
- 1.6) The Board of Directors has approved tie-break procedures for varsity high school postseason play in OHSAA tournaments with one exception: Varsity High School regular season games that are tied at the end of regulation shall play one 10-minute sudden victory overtime using the regulations approved by the Board of Directors for this season. Note: The Board of Directors has established Overtime procedures for OHSAA tournament play – **10SV-10SV-PS-SVPS**. If an OHSAA tournament game is tied after regulation, teams will play one 10-minute sudden victory (SV) overtime period. If the score remains tied after the first 10-minute SV period then a second 10-minute SV period will be played. If the game is still tied, the game will be determined by a regulation series of penalty strokes with each team having five opportunities to score. If the game is still tied after the first set of regulation Penalty Strokes (PS), a Sudden Victory Penalty Stroke (SVPS) procedure shall be commenced until a winner is determined. Please refer to the field hockey tournament regulations for detailed overtime procedures. Tournament regulations can be found at www.ohsaa.org
- 1.7) The game clock shall run continuously during the second half of any regular season or OHSAA tournament game once the goal differential of five has been reached in the second half.

2) Out of State Travel

A field hockey team may travel out of state to compete in contests (scrimmage, preview or other types of competition) in states or provinces in Canada that are contiguous to Ohio regardless of distance to travel. The states include Indiana, Kentucky, Michigan, Pennsylvania and West Virginia. The province includes Ontario. Additionally, a field hockey team may travel out of state one time per sport per interscholastic season to compete in states or provinces in Canada that are not contiguous to Ohio provided there is no loss of school time.

"School time" is defined as any time during any day during which the school is in session as stipulated in its Board-adopted school calendar exclusive of contingency days. Penalty for violation: The school shall be ineligible for the OHSAA postseason tournament in the sport in which the out-of-state travel was involved and could be subject to additional penalties as referenced in Bylaw 11.

EXCEPTION: If, because of missed school days due to calamity situations, an otherwise non-school day(s) becomes a school day(s) in order to make-up for the missed school day, the school may compete in a contest(s) outside the state of Ohio provided:

- 1) The school had contracted for/committed to said trip/contest(s) at least three months prior to the contest(s) in question and;
- 2) The school receives written permission from the Commissioner's office at least one week in advance of the scheduled event.

A field hockey team may not travel out of state only to practice.

3) Ejection for Unsporting Conduct

See *Ejection Policies for Players and Coaches* under Sections 12 and 13 of the General Sports Regulations.

4) Non-Interscholastic Participation

4.1) A member of an interscholastic field hockey squad (any student who has played in a scrimmage, preview or regular season/tournament game as a substitute or starter) sponsored by the Board of Education **shall not participate in a non-interscholastic program** (tryouts, practice or contest) as an individual or a member of a team in the sport of field hockey **during the school's season** (Sports Regulation 6.3).

4.2) A member of an interscholastic field hockey squad (any student who has played in a scrimmage, preview or regular season/tournament game as a substitute or starter) sponsored by the Board of Education may participate in non-interscholastic field hockey outdoors prior to and after the school season under the following conditions:

4.21) The number of interscholastic field hockey players from the same school on the non-interscholastic squad is limited to five on the roster of that non-interscholastic squad. A roster is defined as all the members of the entire squad on that non-interscholastic squad.

Note: Graduating seniors who are participating on a non-interscholastic field hockey squad after their final interscholastic contest of the season in the sport of field hockey are exempt from this limitation.

4.22) There is no limit on the number of field hockey squad members from the same school participating on the same squad during the period June 1-July 31.

4.23) A player may continue to play with a non-interscholastic squad in a national qualifying tournament in excess of the five-player limitation after July 31 until the squad is eliminated but no later than Labor Day.

4.24) Non-interscholastic participation includes tryouts, training, practice and competition

4.3) Participation in indoor field hockey, under the rules of the International Rules for Indoor Field Hockey, is not a violation of OHSAA non-interscholastic team Sports Regulation 6.3 for student-athletes.

4.4) In accordance with Sports Regulation 6.9, interscholastic field hockey coaches are prohibited from coaching their own interscholastic squad members in indoor field hockey except for 10 days from June 1-July 31.

4.5) All-Star Games – There are many directors of non-interscholastic competitions that use the term "All-Star" in describing their events. Student-athletes in team sports who wish to participate in one of these "all-star" competitions outside the interscholastic season of their sports may do so without jeopardy to eligibility provided the students maintain compliance with Sports Regulations 6.3 and 6.5.

The purpose of this special "all-Star" regulation is to provide an opportunity for the interscholastic team sport coach to coach players from his or her own school in a competition that has the following components:

- 1) Participants shall be selected from at least four schools.
- 2) All participants shall be graduating seniors or students completing their athletic eligibility at the end of the semester.
- 3) Participants shall play in no more than two All-Star games.
- 4) Participants shall not participate until after they have participated in their final contest for their school (Sports Regulation 6.3).

Penalty: For a senior, violation of this regulation may result in the loss of athletic eligibility for the balance of the school year. For all other students, the penalty may result in loss of eligibility for the ensuing season in the sport in which the student participated in the All-Star contest.

4.6) Individual Non-Interscholastic Competition Dates:

A field hockey athlete who has not participated for a school team in field hockey that season must cease non-interscholastic field hockey competition six weeks (42 days) prior to the Monday of the state tournament in field hockey in order to be eligible for OHSAA tournament competition provided applicable Bylaws and Regulations have been followed.

Date: **September 19, 2011**

5) Instructional Programs

See *Regulations for Instructional Programs* under Section 7 of the General Sports Regulations

6) No Contact Period - Coaches

See *Regulations for No Contact Period – Coaches* under Section 10 of the General Sports Regulations.

7) Penalties

7.1) The maximum penalty for violation of Sports Regulation 6.3 (participation with a non-interscholastic field hockey squad while a member of the school's interscholastic field hockey squad) or any OHSAA

regulations for any member of the school squad EXCEPT a senior is ineligibility for the remainder of the interscholastic field hockey season or the ensuing field hockey season. For a senior, the maximum penalty shall be ineligibility for the remainder of the school year.

- 7.2) The penalty for a coach for violation of Sports Regulation 6.9 (non-interscholastic teams) may include suspension, probation, public censure, fine not to exceed \$1000 per occurrence, or such other penalty as the Commissioner may deem appropriate.

B. SPECIFIC REGULATIONS – Grades 9-12

- 1) Coaching and instruction may begin – August 1, 2011
- 2) First game – August 27, 2011
- 3) Deadline date for OHSAA Tournament – October 3, 2011
- 4) Tournament draw/seeding meeting – October 9, 2011
- 5) Coaching and Season end – November 5, 2011
- 6) Scrimmages and Previews – Maximum of four scrimmages or three scrimmages and one preview. **(Note: Scrimmages and previews do not count in season won-lost statistics).**
- 7) Regular season games – 16
- 8) Rules – National Federation Field Hockey
- 9) Officials – Varsity only – Two field hockey officials required. It is recommended that one of the two be an OHSAA Class 1 official. In the event that only one official is available to officiate, the game may be played provided the participating coaches agree.

C. SPECIFIC REGULATIONS – Grades 7 & 8

- 1) Coaching and instruction may begin – August 1, 2011
- 2) First game – August 27, 2011
- 3) Coaching and Season end – November 5, 2011
- 4) Scrimmages – None permitted.
- 5) Regular Season games – 14
- 6) Rules – National Federation Field Hockey
- 7) Officials – Minimum of one OHSAA Class 1 Field Hockey Official recommended.

| Field Hockey | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 |
|--------------------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Coaching Begins | 8/1 | 8/6 | 8/5 | 8/4 | 8/3 | 8/1 |
| Earliest Preview Date | 8/26 | 8/24 | 8/23 | 8/22 | 8/28 | 8/26 |
| Season Begins | 8/27 | 8/25 | 8/24 | 8/23 | 8/29 | 8/27 |
| Non-Interscholastic Date | 9/19 | 9/17 | 9/16 | 9/15 | 9/21 | 9/19 |
| State Qualifying Round | 10/17-10/29 | 10/15-10/27 | 10/14-10/26 | 10/13-10/25 | 10/19-10/31 | 10/17-10/29 |
| State | 11/4-11/5 | 11/2-11/3 | 11/1-11/2 | 10/31-11/1 | 11/6-11/7 | 11/4-11/5 |
| Season Ends | 11/5 | 11/3 | 11/2 | 11/1 | 11/7 | 11/5 |
| Thanksgiving | 11/24 | 11/22 | 11/28 | 11/27 | 11/26 | 11/24 |

Coach – No Contact Period Starts the first day after the last Interscholastic contest; and ends 28 days later

TOURNAMENT REGULATIONS

Tournament Regulations and the state tournament draw are available at www.ohsaa.org (after approval at the June Board meeting). On the website, under “Sports & Tournaments” select field hockey. They are listed under Tournament Information on the left side of the field hockey page.

OHSAA GENERAL SPORTS REGULATIONS

General Sports Regulations are available at www.ohsaa.org. Under “Sports & Tournaments” select field hockey. The General Sports Regulations are listed under 2011 Field Hockey Info on left side.



SPORTING CONDUCT

RespectSM THE GAME

The OHSAA challenges everyone to take positive steps toward positive sporting behavior. It is the responsibility of each of us to serve as a positive role model and set high expectations for others.

ADMINISTRATORS

Athletic departments are comprehensive, pre-eminent teaching departments with a subject matter all their own: self-confidence, leadership, teamwork, discipline, perseverance, respect for others, strategic thinking, dedication, the importance of rules, and sportsmanship. These are true-life lessons, and participation in athletics provides another forum for learning.

Coaches and Officials are responsible for promoting sportsmanship and positive behavior on the field. Administrators, we need your continued assistance in promoting sportsmanship and controlling fan behavior in the stands! Let the parents and fans know what you expect!

COACHES

Your athletes will demonstrate the attitudes and behaviors they have learned from you, either through direct instruction or through observation of your actions. *Never underestimate the influence you have on your players!* You must:

- Abide by and teach the rules of the game in letter and in spirit.
- Set a good example for players and spectators to follow.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.
- Display modesty in victory and graciousness in defeat.
- Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.

It is difficult to develop a great goalkeeper, a great forward or a great defensive player. However, your greatest challenge is to develop mature young adults who will become great citizens and role models in your community.

OFFICIALS

Your job is not an easy one, but officials must be aware that they are an important component in the educational development of students. To carry out this responsibility, you must:

- Know the rules and mechanics of our sport and the philosophy behind them.
- Get fit and stay fit. An official with all of the rules and mechanics knowledge and people skills in the world does no good if he or she cannot physically keep up with play.
- Maintain professional and ethical relationships with athletic administrators, especially in the area of fulfilling game contracts.
- Work cooperatively with fellow officials during games and within the officials' association to improve members' performances.
- Maintain at all times and when interacting with all participants, an attitude of civility and professionalism.
- Practice effective preventive officiating as much as possible before, during, and after a match. The quiet word, proper signals, timely verbal instructions, a simple thank-you to a player for avoiding an unsporting act, and well-thought-out pre-game conferences with the teams and other game officials will result in an improvement of sporting conduct by eliminating the chance for things to go wrong.

STUDENT-ATHLETES

You serve as a role model for your younger siblings, young fans in the stands, your teammates, and your classmates. Set high expectations for everyone and help them follow-through! You must:

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and the community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with others. This will assist everyone in the achievement of a better understanding and appreciation of the game.
- Treat opponents as you would like to be treated.....with respect.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.

CONCLUSION

Good sportsmanship is everyone's responsibility. It is the essence of interscholastic athletics. Remember...some may question an official's call or a coach's substitution, but no one can question the value of good sportsmanship.

Note from Roxanne Price:

Chair of the OHSAA Sportsmanship Ethics, and Integrity Committee:

As we prepare for the upcoming seasons, the Ohio High School Athletic Association (OHSAA) wishes to emphasize to each of you the importance of your leadership role in the promotion of sportsmanship, ethics and integrity. The professional manner in which officials and coaches conduct themselves prior to, during and following a contest unquestionably impacts the behavior of others who may be involved.

The OHSAA has joined the National Federation of State High School Associations (NFHS) in its quest to improve sportsmanship, ethics and integrity. We are involved in an ongoing campaign in every sport to do just that. Printed below is the mission statement of the NFHS concerning sportsmanship, ethics, and integrity. Please take the time to read and digest this statement and then carefully consider your impact upon students, officials, coaches, and fans. Thank you and have a great season!

Speak with Courtesy

Act with Dignity

Play or Observe with Pride

NFHS SPORTSMANSHIP MISSION STATEMENT

Good sportsmanship is viewed by the National Federation of State High School Associations as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

ONLINE RESOURCES

On our website (www.ohsaa.org – click on “Respect the Game” on the right side of the screen) you will find Fair Play Codes for athletes, coaches, and fans, as well as additional information regarding parents’ role in interscholastic athletics. The Respect the Game site also includes information about the Harold A. Meyer Sportsmanship Award and the Archie Griffin Sportsmanship Award. Please feel free to contact us with any additional questions. A direct link can be found by clicking on <http://www.ohsaa.org/RTG/Resources/resources.htm>

Have a great season!

