We strongly encourage you, before you pick up the phone and dial up the OHSAA or send an email for a question to be answered, to do three things:

1. Consult the subject areas in this manual
2. Consult with your school’s Athletic Director. He/She most likely knows the answer or has the resource to answer it. For officials, consult with your interpreter or the Director of Officiating Development, Travis Burwell.
3. Go to the Field Hockey webpage at www.ohsaa.org. Various items are located on this site to assist you.

This is a reminder that our State Rules Meetings remain mandatory for Varsity head coaches, which can be accessed on your myOHSAA profile. This is addressed in the early pages of this manual.

All rules governing OHSAA Field Hockey stem from the National Federation (NFHS) and the OHSAA. The NFHS Rules are specific to the playing rules while OHSAA Sports Regulations (and Bylaws) govern administrative rules specific to Ohio. No coach, administrator, or official has the authority to modify or set aside these rules.

This is wishing each of you a successful Field Hockey season. I commend you for your time and effort working with the student-athletes in Ohio.

Emily Gates
Director of Sport Management

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.
**Important Field Hockey Dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 1</td>
<td>Coaching &amp; Tryouts Begin</td>
</tr>
<tr>
<td>August 16</td>
<td>First Game Permitted</td>
</tr>
<tr>
<td>September 30</td>
<td>Non-Interscholastic Date</td>
</tr>
<tr>
<td>October 6</td>
<td>Tournament Seed/Draw Date</td>
</tr>
<tr>
<td>October 14 – 26</td>
<td>State Qualifying Rounds</td>
</tr>
<tr>
<td>October 26</td>
<td>District Finals</td>
</tr>
<tr>
<td>October 31 &amp; Nov 2</td>
<td>State Semi-Finals &amp; Finals</td>
</tr>
<tr>
<td>November 2</td>
<td>Last date for Games</td>
</tr>
</tbody>
</table>

**Field Hockey Web Resources**

- National Federation of State High School Associations [www.nfhs.org](http://www.nfhs.org)
- USA Field Hockey [www.usfieldhockey.com](http://www.usfieldhockey.com)

**Ohio High School Field Hockey Coaches Association**

- Kara Whitlatch, President [kara.whitlatch@bexleyschools.org](mailto:kara.whitlatch@bexleyschools.org)
- Anne Horton, Secretary [anne_horton@columbusacademy.org](mailto:anne_horton@columbusacademy.org)

**OHSAA Field Hockey Contact Information**

- Emily Gates, Director of Sport Management [egates@ohsaa.org](mailto:egates@ohsaa.org)
  Administrates the sport of Field Hockey and oversees tournament, writes Sports’ Regulations, Tournament Regulations

- Travis Burwell, Officials’ Development Coordinator [tburwell27@yahoo.com](mailto:tburwell27@yahoo.com)
  Responsible for overseeing Field Hockey officials in Ohio. Serves as liaison with NFHS and oversees the education and recruitment of officials in Ohio.

**Rules Interpretation Meetings**

This year all Rules Interpretation Meetings for coaches and officials will be required ONLINE. This is explained on the following page. Rules meetings go live on Wednesday, July 31, 2019 at 11:00 am on the myOHSAA State Rules Meeting page. The deadline to view the rules meeting without penalty is Thursday, August 15 at 11:59 pm. On Friday, August 16 at 12:00 am, there will be a $50 late fee to view the rules meeting. The final deadline will be Tuesday, October 1 at 11:59 pm. On October 2 at 12:00 am, the Field Hockey Rules Meeting will no longer be available and penalties will be assessed if not viewed by this date.

**Important NON-Interscholastic Note**

The OHSAA feels that student-athletes that have committed themselves to the school’s Field Hockey team should keep that commitment and be free of distractions and potential dissenting coaching opinions through the school Field hockey season. Therein lies the basis for the “Non-Interscholastic Rule”. This General Sports Regulation basically prohibits a member of the school team from trying out, practicing or competing with any non-interscholastic team while a member of the school team. Remind your players...continually. And, this includes any college tryouts/workouts. Anything outside the high school practice, workouts or games (including college tryouts/workouts) is considered non-interscholastic.

**The Non-Interscholastic Date**

The “Non-Interscholastic Date” is a date that is set 28 days prior to the State Field Hockey Tournament. Though participation in ANY form of non-interscholastic Field hockey while a member of a school team is prohibited, any participation in a non-interscholastic contest on or after this date results in the individual being INELIGIBLE for the OHSAA tournament in addition to any other suspensions issued.

For the 2019 Field Hockey season, this date is: September 30, 2019

Please put this date on your calendar and remind the players on your team!

**Communicating with the OHSAA**

It is understandable with 831 schools in Ohio and the number of teams in Ohio from Junior High to High School, the volume of calls and emails coming into the office is quite high and nearly impossible to answer at peak times. Most questions can and should be answered by the Athletic Director at your school. To make our communication as efficient as possible, we ask school administrators (including your Athletic Director) to communicate directly with us; therefore our policy of not answering calls by parents and community members. One can only imagine the impossibility of that.

Additionally, every effort is being made to provide useful information via our website. I encourage you to check the website (both the main page and field hockey specific page) and additional information is provided in this manual regarding weekly informational items.
Rules Interpretation Meetings are mandatory for all head coaches and officials. For the 2019 field hockey season, all rules interpretation meetings for coaches and officials will be conducted online through their myOHSAA account. If you are a coach and have an OHSAA field hockey officiating permit, please note that there are separate online rules meetings for coaches and officials—you will be required to complete both rules meetings, as they contain separate material.

NFHS rule and editorial changes and NFHS points of emphasis are covered in detail, along with OHSAA Field Hockey Sports Regulations, General Sport Regulations and Bylaws as they pertain to coaches and players. Though the main purpose is to provide knowledge and advice on the various NFHS and OHSAA regulations, this is the educational mechanism to insure compliance with the various rules and regulations.

How to Complete the Rules Interpretation Meeting Online
All coaches and officials will access the State Rules Meeting through their myOHSAA account. Once you have logged in (full directions below) and have accessed the Rules Meeting, please follow the prompts to complete the meeting to receive meeting credit.

Coaches should login to their myOHSAA account and use the Rules Meeting icon to access the list of meetings. Coaches should contact their athletic administrator if they do not have an account*. Please see further directions below if you are a coach and do not have a myOHSAA account. Please note that all screens of the presentation must be viewed for attendance credit to be provided.

Officials should login to their myOHSAA account and use the Rules Meeting icon to access the list of meetings. Please note that all screens of the presentation must be viewed for attendance credit to be provided.

TO ACCESS ONLINE RULES MEETINGS
1. Login to your myOHSAA account (http://officials.myohsaa.org/Logon)
2. Click on the “Rules Meeting” icon
3. Click on “Find a State Rules Meeting”
4. Search for the Field Hockey meeting using the ‘Sports’ and ‘Meeting Type’ drop-down menus
5. Click on the ‘View Meeting’ button once the State Rules Meeting has gone live on July 24 at 9:00 am
6. Once directed to the Rules Meeting, please follow all prompts to complete the meeting and receive credit.

*IF YOU ARE A COACH AND DO NOT HAVE A MYOHSAA ACCOUNT
1. Contact your Athletic Administrator immediately to add you to the school’s Staff Management in myOHSAA
2. This will generate an email invitation from info@myohsaa.org to the coach—please look for this email in your inbox, junk or spam folders
3. Once the email is received, click on the link in the email and follow the prompts to create an account and clear any dashboard items. (verify email address and complete your contact information)

Please do not use a Chromebook device to view the Rules Meetings—this device does not support the capabilities of our presentations. Please know that this is not the same as the Chrome web browser.

The Field Hockey Rules Meeting link will be live on WEDNESDAY, JULY 31 at 11:00 AM

The deadline for completion of Rules Meeting is Thursday, August 15 at 11:59 pm or a $50.00 late fee is charged for access to the Rules Meeting. The deadline with the $50.00 penalty will be Tuesday, October 1st at 11:59 pm. If coaches do not complete the rules meeting by October 1, 2019, your school will be removed from the post-season tournament in 2019 and officials will be ineligible for the 2020 State Tournament Series.

AFTER COMPLETION:
1. Your myOHSAA profile will be updated to reflect your attendance.
2. Please do not call the OHSAA office for verification. Attendance will be reflected in your profile.
Pre-season meetings with parents are MANDATED by OHSAA Bylaws and will most likely occur at your school along with other fall sport teams. This is determined by each school’s Athletic Administrator and must be held no later than 2 weeks after the start of the season (August 1 – August 14, 2019). This is the time to cover such things as eligibility requirements, individual school policies, individual sport policies, sportsmanship issues and expectations, travel plans for away contests, etc. I encourage coaches to use this time to their advantage and provide as much education as possible to parents. There are great resources available for coaches to use at these meetings at the Locker Room, an NFHS online education center. You can access this directly at: http://www.nfhslearn.com/LockerRoom.aspx

As outlined in Ohio Administrative Code, all Coaches of Middle School/Jr. High and High School teams MUST possess a “Pupil Activity Validation Certificate” to coach in Ohio. This includes paid coaches AND volunteer coaches. School administrators are responsible for maintaining records on compliance and most schools provide opportunities for their coaches to obtain the necessary coursework. The actual regulations AND the certificate can be downloaded from the OHSAA’s Sports’ Medicine page or directly at: http://www.ohsaa.org/medicine. To obtain the required certificate through the ODE, one must:

- Have completed a Sports’ First Aid Course
- Possess a valid CPR Card
- Have been approved by their local Board of Education or similar governing body
- Complete the NFHS Fundamentals of Coaching course
- Complete one of two approved Concussion Recognition courses
- Complete the Sudden Cardiac Arrest video & information bulletin – Lindsay’s Law - http://www.odh.ohio.gov/landing/Lindsays-Law.aspx

You can look up all requirements in detail on the ODE’s website at:
http://www.ode.state.oh.us/GD/Templates/Pages/ODE/ODEPrimary.aspx?page=2&TopicRelationID=1328

Schools are required to submit coaches’ names along with valid permit numbers on the Official OHSAA Tournament Entry Form. Entry forms are audited on a random basis at the conclusion of each season.

Concussion Legislation as it relates to Coaching Requirements

Though the entire law is explained later, all coaches today MUST complete one of two (2) approved Concussion Education programs online upon renewal of their Pupil Activity Permit anytime after April 26, 2013. Individual student-athletes removed from contests with a suspected concussion are no longer permitted to return to play on the same day of the contest – regardless of the diagnoses. If they are removed by one of the individuals given this authority, they simply cannot return to play the same day. Written authorization IS required to return anytime thereafter and must be kept on file with the school Athletic Administrator.
Lindsay’s Law – Sudden Cardiac Arrest

ODE Website: http://www.odh.ohio.gov/landing/Lindsays-Law.aspx

Lindsay’s Law, Ohio Revised Code 3313.5310, 3707.58 and 3707.59 becomes effective on August 1, 2017. In accordance with this law, the Ohio Department of Health, the Ohio Department of Education, the Ohio High School Athletic Association, the Ohio Chapter of the American College of Cardiology and other stakeholders jointly developed guidelines and other relevant materials to inform and educate students and youth athletes participating in or desiring to participate in an athletic activity, their parents, and their coaches about the nature and warning signs of sudden cardiac arrest.

The following resources were developed to implement Lindsay’s Law:
For parents/guardians and student-athletes in grades 7-12 in Ohio schools

- Required video
- Required SCA Informational Handout
- Required Signature Form

For coaches:
If you are a coach for an interscholastic sport and are licensed by the Ohio Department of Education (all paid and volunteer coaches in Ohio), please visit their website for information about their training requirements around Lindsay’s Law http://www.odh.ohio.gov/landing/Lindsays-Law.aspx. The required video, informational handout and a post assessment test will be available shortly through the ODE’s website. We will inform you when that component is available. If, however, you want to have your coaches view the video and review the information immediately, you may access those items below. Please be advised that as a school district, your superintendent must be able to verify that coaches have seen this video and read the informational handout if you choose to implement this requirement before it is available through ODE’s LMS.

  - Required video
  - Required SCA Informational Handout

These educational materials are all free of charge and are the only materials authorized for compliance with this new state law. No other course or training material is acceptable.
All OHSAA schools shall follow the 2019 NFHS Field Hockey Rules

1-5-1b: Provides consistent NFHS Rules Book language regarding uniforms.
Rationale: The language provides consistency with other NFHS Rules Books

1-6-5: Clarifies the date when eye protection must be permanently labeled with the ASTM 2713 standard for field hockey at the time of manufacture.
Rationale: The adjusted date is in response to limited supply of permanently labeled goggles in the market and the timeline production of these goggles for the manufacturer.

9-1-1: Clarifies the location of a free hit.
Rationale: Improves consistency for reset of the free hit when play is stopped.

9-2-1f: Clarifies the procedure for taking a free hit.
Rationale: Clarifies that the ball must travel 5 yards before being played into the circle by the attacking team.

10-3-1, 2: Clarifies the criteria for the completion of a penalty corner.
Rationale: Clarifies the criteria for the completion of a penalty corner in regulation and extended play and aligns the rule with other rule codes.

2019 MAJOR EDITORIAL CHANGES
1-6-6: Reorganization of player equipment.
Rationale: Consistency with wording in the rules book.

Please see CORRECTION to 2019 NFHS Rules Book:
7-3-2: If a defender unintentionally causes the ball to go across the end line or if the ball glances off the stick/person of a defender and goes across the end line, the attacking team shall be awarded a 25-yard free hit. Play is restarted with the ball on the 25-yard line that is in line with where it crossed the end line. All procedures for taking a free hit apply. All players shall be 5 yards away from the ball. The ball may not be played into the circle until it has amassed a dribbling distance of 5 yards or is touched by a player of either team other than the player taking the 25-yard free hit has been touch by a defender. The player taking the free hit may play the ball any number of times, but the ball must travel at least 5 yards before the attacking team plays the ball into the circle.
Rationale: Correction that should have been made in the 2019 printed NFHS Field Hockey Rules Book as another rule affected when Rule 9-2-1f was changed.

2019 Editorial Changes
1-6-5 SITUATION A; 2-1-2b; 2-1-2h; OFFICIALS GUIDE V.A.4; OFFICIALS GUIDE VIII D.2; Field Diagram
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 Taekwando headgear) and eye protection that meets current ATSM standards for field hockey. **The field hockey game ball shall include the NFHS authenticating mark.**

MANDATORY EYE PROTECTION
Field Hockey rule 1-6-5 states that all field players shall wear protective eyewear that meets the current ASTM standard for field hockey. **Note:** Effective January 1, 2019, all eye protection shall be permanently labeled with the current ASTM F2713-09 standard for field hockey. 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. Other protective masks are not permitted.

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 42 for the season.

MERCY RULE
The Board of Directors has approved the provision in NFHS rule 4-2-2, to permit the game clock to continuously run during the second half of any regular season game once the goal differential of five has been reached. If, however, the goal differential becomes less than five, the game clock shall be stopped as per rule. **Mutual agreement from both coaches is no longer required.**
TOURNAMENT REGULATIONS

Tournament Regulations and the state tournament draw are available at www.ohsaa.org (after approval at the August 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


STATE TOURNAMENT SCHEDULE CHANGE

The State Tournament schedule has changed from the previous Friday/Saturday format with semi-finals on Friday mid-day and the finals on Saturday, to a Thursday/Saturday format with the semi-finals on Thursday in the late afternoon/early evening with the finals on Saturday. This change was made to allow for longer rest and recovery for the student-athletes in between the semi-final and final State Tournament games.

Semi-Final game times TBD, with the Finals remaining on Saturday, November 2 at 1:00 pm.

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 42 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) Varsity high school regular season games that are tied at the end of regulation shall play one 10-minute sudden victory overtime. Please refer to the regulations found at ohsaa.org for a detailed description of this overtime procedure. If the game is tied at the end of the SV 10-minute overtime, the game shall be recorded as a tie.

1.5) Non-varsity high school regular season tournament competition only may play 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.

1.6) 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. If that goal differential becomes less than five, the game clock shall operate as per NFHS rules.

1.7) Filming or videotaping of field hockey tournament games by one or both of the schools playing the game is permitted provided prior arrangements are made with the tournament manager, it is done at the expense of the school involved, and a maximum of one individual per school is permitted to film or videotape. Filming or videotaping of a potential opponent’s tournament match is prohibited.

It is permissible for a school or a school representative to videotape or photograph regular season contests in which the school team is participating, but such videotapes or photographs may NOT be used for coaching purposes until after the contest is completed. It is NOT permissible for a school or a school representative to videotape or photograph
scrimmages, previews or regular season contests of other school teams without the written consent of all schools participating in the contest(s).

1.8) A team/individual that exceeds the regular season participation limitation (maximum number of contests permitted) or participates in regular season contest(s) prior to the designated start date for contests shall be removed from the OHSAA tournament.

2) Non-Interscholastic Participation

2.1) Field Hockey Players Who Have Not Competed for Their School This Season:

A sports regulation identified as the Individual Non-Interscholastic Competition Date stipulates that a field hockey athlete who has not participated for the school in field hockey that season must cease non-interscholastic field hockey four weeks prior to the Monday of the week of the state tournament in field hockey in order to be eligible for OHSAA tournament competition.

In addition, an athlete who has participated for the school in field hockey who violates this non-interscholastic competition date by participating in a non-interscholastic contest in field hockey shall be ineligible for OHSAA tournament competition in field hockey in addition to any other penalties that may be prescribed.

Date: September 30, 2019 - No non-interscholastic competition permitted on or after this date

2.2) 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 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 7.2).

2.3) 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:

2.31) 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.

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.

2.32) 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.

2.33) 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.

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

2.4) 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 7.2 for student-athletes.

2.5) In accordance with Sports Regulation 7.5, interscholastic field hockey coaches are permitted to coach their own interscholastic squad members in indoor or outdoor field hockey provided the 50% limitation (no more than five players on the roster) is observed and provided the contact does not take place during the mandatory no-contact period.

2.6) All-Star Games — Interscholastic team coaches may coach players from his or her school in special “All-Star” contests. Coaches are permitted to coach in “All-Star” contests if they meet all the following provisions:

a.) Participants shall be selected from at least four schools.

b.) All participants shall be graduating seniors or students completing their athletic eligibility at the end of the semester.

c.) Participants shall not participate until after they have participated in their final contest for their school.

Note on “All-Star” Games: “All-Star” games are non-interscholastic events by rule. Student-athletes in team sports who wish to participate in one of these “all-star” competitions outside the school season may do so without jeopardy to eligibility provided the students maintain compliance with General Sports Regulations 7.3.

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.

3) Instructional Programs

See Regulations for Instructional Programs under Section 8 of the General Sports Regulations.

4) No Contact Period — Coaches

See Regulations for No Contact Period — Coaches under Section 11 of the General Sports Regulations.

5) Penalties

5.1) The maximum penalty for violation of Sports Regulation 7.2 (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.
5.2) The penalty for a coach for violation of Sports Regulation 7.5 (non-interscholastic teams) may include suspension, probation, public censure, fine not to exceed $1,000 per occurrence, or such other penalty as the Commissioner may deem appropriate.

6) Other Bylaws and Regulations
For information on Ejection for Unsporting Conduct, see *Ejection Policies for Coaches and Players* under Section 13 and 14 of the General Sports Regulations and in the Field Hockey Manual that is posted in the “Field Hockey” section of the OHSAA website (www.ohsaa.org). For information on Out of State Travel regulations, see Bylaw 9-2 at and the Field Hockey Manual that is posted in the “Field Hockey” section of the OHSAA website (www.ohsaa.org). For information about the transfer bylaw, please go to the “Eligibility” section of the OHSAA website (www.ohsaa.org).

**Transfer Bylaw**

While all questions regarding the transfer bylaw should be addressed to the appropriate school administrator, information regarding the transfer bylaw can be found on the OHSAA website at this link, http://www.ohsaa.org/Eligibility/Transfer. Note that students who transfer and do not meet an exception to the transfer bylaw, and who participated in high school field hockey within 12 months of the transfer date, are ineligible for all regular season contests, scrimmages, and the OHSAA postseason tournament beginning with regular season contest #9.

B. SPECIFIC REGULATIONS — Grades 9-12

1) Coaching, tryouts and instruction may begin — August 1, 2019.
2) First game — August 16, 2019.
4) Tournament draw/seeding meeting — October 6, 2019.
5) Coaching and Season end — November 2, 2019.
6) Scrimmages and Previews — Maximum of five scrimmages.
7) Regular season games — 16.
8) Rules — National Federation Field Hockey.
9) Officials — Varsity only — Two field hockey officials required. 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, tryouts and instruction may begin — August 1, 2019.
2) First game — August 16, 2019.
3) Coaching and Season end — November 2, 2019.
4) Scrimmages — One permitted.
5) Regular Season games — 14.
6) Rules — National Federation Field Hockey.
7) Officials — Minimum of one OHSAA Class 1 Field Hockey Official recommended.

<table>
<thead>
<tr>
<th>Field Hockey</th>
<th>2019</th>
<th>2020</th>
<th>2021</th>
<th>2022</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coaching and Tryouts Begin</td>
<td>8/1</td>
<td>8/1</td>
<td>8/2</td>
<td>8/1</td>
</tr>
<tr>
<td>Regular Season Contests Begin</td>
<td>8/16</td>
<td>8/21</td>
<td>8/20</td>
<td>8/19</td>
</tr>
<tr>
<td>Non-Interscholastic Date</td>
<td>9/30</td>
<td>10/5</td>
<td>10/4</td>
<td>10/3</td>
</tr>
<tr>
<td>State Qualifying Round</td>
<td>10/14-10/26</td>
<td>10/19-10/31</td>
<td>10/18-10/30</td>
<td>10/17-10/29</td>
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<td>11/5 &amp; 11/7</td>
<td>11/4 &amp; 11/6</td>
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<td>11/2</td>
<td>11/7</td>
<td>11/6</td>
<td>11/5</td>
</tr>
<tr>
<td>Thanksgiving</td>
<td>11/28</td>
<td>11/26</td>
<td>11/25</td>
<td>11/24</td>
</tr>
</tbody>
</table>

Coach — No Contact Period Starts the first day after the last interscholastic contest and ends 28 days later.
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 SINGLE Sudden Victory Penalty Stroke Procedure as described below shall be used to break the tie. Note: This tiebreak 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.

Post-Season

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 strokers 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 visiting 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 strokers and/or order of the strokers 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 strokers and/or order of the strokers 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.
How do the OHSAA’s Sports Regulations Affect Coaches and Players

Regulations governing the sport of field hockey are divided into two basic categories: GENERAL Sports’ Regulations and FIELD HOCKEY Regulations (sport specific). These are reviewed annually and approved by the OHSAA’s Board of Directors.

**OHSAA GENERAL SPORT REGULATIONS**

These regulations can be accessed and address regulations that affect all sports governed by the OHSAA. They include, but are not limited to, such things as Instructional Programs outside the window of the season, Physical Fitness (Conditioning) Programs, Open Gym/Field Regulations, No Contact Periods, Player and Coach Ejection Policies. These are important and most areas of concern can be addressed simply by reading through these Regulations or contacting your Athletic Administrator. They are easily accessed via the web by navigating to the Field Hockey webpage and clicking on “General Sports’ Regulations” on the left hand side or directly going to [http://www.ohsaa.org/sports/rglts/GeneralSportsRegulations.pdf](http://www.ohsaa.org/sports/rglts/GeneralSportsRegulations.pdf). I strongly encourage you to take the time to read these to familiarize yourself and your staff with the various rules approved by our Board of Directors that govern all sports.

Though there are far too many to list in this guide, a few of the more common ones that affect coaches and teams are:

**Open Gyms/Facilities/Fields at Member Schools**

Open Gyms (or facilities) are clearly defined in the OHSAA’s General Sports Regulation #10. An abbreviated version states:

- A school may open its athletic facilities for unstructured free play provided the activity is supervised by a school employee who may remove participants or spectators for disciplinary reasons.
- The school may designate the sport or sports that will be played during the free play period but may not limit participation to a select group of students from within the school. Participation may be limited to students enrolled in that specific school.
- There can be no designation of who will play on which team or who will play whom. Only those students participating may be involved in the selection of teams.
- Regulation timing of games is not permitted.
- Written scorekeeping is not permitted.
- No individual invitations, written or oral, are permitted.
- A coach, paid or volunteer, violates the provision of these regulations when the coach requires, suggests or in any way implies that a student’s chance to be selected for an interscholastic squad is contingent upon participation at an open gymnasium or facilities program.
- Mandatory attendance at open gyms/facilities is not permitted.
- Transporting athletes to a school or non-school open gym/facility is a violation for any member of the coaching staff, paid or volunteer.
- Coaches may participate in the unstructured free play in the open gym/facilities.

**Sports Regulation – “Out of Season Individual Instruction”**

Please see the end of this section for complete details on the revised General Sports Regulations that will permit school coaches to provide individual instruction outside the season of play.

**OHSAA FIELD HOCKEY SPORT REGULATIONS**

Each spring, regulations for the upcoming school year are approved by the Board of Directors for every sport the OHSAA sponsors. These address areas such as (but not limited to) non-Interscholastic competition, number of contests (game, scrimmage or preview) that are permitted, season start and end dates, out of state travel, etc. All coaches should familiarize themselves with these regulations. Coaches should familiarize their entire staff with the importance of these Regulations as they directly affect the eligibility of student-athletes. Upon approval, they are submitted for printing to the annual OHSAA Handbook (which every administrator has been provided). These are also available through the field hockey web page at: [http://www.ohsaa.org/sports/fh](http://www.ohsaa.org/sports/fh) field hockey specific AND the General Sports’ Regulations are found on the left side of the page. A few of the Sports’ Regulation highlights are listed but you are encouraged to read the entire regulations at the above listed website.
GAME & SCRIMMAGE LIMITATIONS (Grades 9-12)

Maximum number of games permitted: 16 Games
Scrimmages/Previews: Maximum of 5 scrimmages.

Scrimmage Note: Scrimmages MAY be held at any time during pre-season, post-season or during the season, but MUST count as the same for both competing teams. In other words, Team A cannot count it as a ‘scrimmage’ while Team B counts the competition as a ‘game’. This is especially noteworthy during post-season.

Alumni games: These have gained popularity and may be played...but they MUST be counted as a scrimmage.

Practicing with Other Schools: This also has become popular and may occur but again, any such practice MUST be counted as one of the team’s 5 permitted scrimmages.

Note Regarding Individual Participation: Though there is no limitation on the number of HALVES an individual may participate in for scrimmages, Individual players are not permitted to participate in more than 5 scrimmages.

INDIVIDUAL CONTEST & HALVES LIMITATIONS (Grades 9-12)

Scrimmages Permitted: No Individual may participate in more than 5 scrimmages
Halves Permitted: No individual may participate in more than 3 halves in any one day OR 42 halves on the season.

GAME & SCRIMMAGE LIMITATIONS (Grades 7-8)

Maximum number of games permitted: 14 and 1 Post-Season tournament not to exceed 4 games
Scrimmages: Maximum of 1 scrimmage.

Scrimmage Note: Scrimmages MAY be held at any time during the season but MUST count as the same for both competing teams. In other words, Team A cannot count it as a ‘scrimmage’ while Team B counts the competition as a ‘game’.

Note Regarding Individual Participation: Though there is no limitation on the number of HALVES an individual may participate in for scrimmages, Individual players are not permitted to participate in more than 1 scrimmage.

INDIVIDUAL CONTEST & HALVES LIMITATIONS (Grades 7-8)

Scrimmages Permitted: No Individual may participate in more than 1 scrimmage.
Halves Permitted: No individual may participate in more than 3 halves in any one day OR 28 halves on the season (any post season tournament would be permitted up to 8 halves)

No Contact Period (“Dead Period”)

There has been considerable misunderstanding about the No Contact period outlined in General Sports Regulation 11. Any coach, paid or volunteer, is prohibited from athletic or athletic-related contact with squad members in the same sport for the period of time starting with the first day after the school's last interscholastic contest and ending 28 days later. This includes any contact in tryouts in or out of school, physical fitness, weight training, open gyms, etc. It also includes verbal contact which encourages discusses or promotes any activity related to field hockey. Exceptions to this are all-star contests, awards ceremonies, contact with seniors to facilitate college recruiting and contact as a faculty member assigned to teach in the regular curriculum, pick up school-issued equipment and attendance at OHSAA tournaments.

Out of State Travel

A field hockey team may travel out of state to compete in contest scrimmages, previews and games in states OR provinces in Canada that are contiguous to Ohio regardless of distance. This would include the states of Indiana, Kentucky, Michigan, Pennsylvania and West Virginia and the province of Ontario in Canada. A team may travel out of state one time to state or province NOT contiguous to Ohio but only if there is no loss of school time. Teams may not travel out of state only to practice.

Videotaping Regulations

The improvement of various electronic devices, especially cell phones, has drawn much attention to the rules regarding recording field hockey contests. Complete regulations available within the OHSAA Handbook or through the General Sports Regulations on the web at http://www.ohsaa.org/sports/rglts/GeneralSportsRegulations.pdf under Section “A” of the Media Regulations. A few highlights of this include but are not limited to:

• It is permissible for a school to videotape or photograph regular season contests in which the school team is participating, but such tapes or photographs may not be used for coaching purposes until after the contest is completed. In other words, it is not possible to use photographs or any recorded information in between sets of a match.
• It is not permissible for a school or school representative to videotape or photograph previews, scrimmages, regular season OR tournament contests of other schools without the written consent of the schools participating in the contest.

Scoreboard-Video Replay Board Regulations
As more and more schools erect video replay boards at their shared facilities with football, there has been much concern about their use. First, replays on scoreboards are not considered any form of coaching device and therefore are permissible for use. It is cautioned; however, replays of controversial plays are NOT to be run on replay boards. This is consistent with football regulations and discussion should take place with those individuals operating those boards.

Officials

Varsity: Two field hockey officials required. In the event that only one official is available to officiate, the game may be player provided the participating coaches agree.
Junior Varsity & Freshman: Minimum of TWO OHSAA officials are recommended. Note: If only one OHSAA official is present to officiate a contest, the game may be played if participating coaches agree.
7th and 8th Grade: Minimum of one OHSAA Class 1 Field Hockey Official recommended.

Protests Are Not Part of High School Field Hockey and Will NOT be Considered
Bylaw 8, Section 3(1) of the OHSAA Constitution and Bylaws reads in part, “Protests arising from the decisions of 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 and within the time established by playing rules.

Ejections from Scrimmages
Any ejection that takes place during a scrimmage will be reported on the Officials’ Report and will require all players to be suspended in accordance with the OHSAA’s Ejection Policy.
Important Note on Ejections: Any ejection that takes place out of state or when not followed by the required paperwork that is to be submitted by the official must still follow all ejection protocol. Consequences of an ejection are required to be followed whether appropriate paperwork is filed by the official or not.

What is Coaching?
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.

Non-Interscholastic Coaching
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 instructions 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.

Coaching Own Student-Athletes on Non-School Teams
Any school coach in the sport of field hockey may coach students from their school teams for a maximum of 10 days from June 1 through July 31. This 10-day limitation applies to all members of the coaching staff. As long as there are 5 or less players (the 50% limitation), a school coach may coach their student athletes at any time, with the exception of the no-contact period.
Individual Instruction
The individual instruction program regulations now permit the school’s field hockey coach to have instructional contact with no more than four players at a time in any one facility provided such instruction does not take place during the mandatory no contact period. This means that a coach may continue to have individual instruction with no more than four players from June 1-July 31 without such contact counting toward the 10 permissible days for team competition and instruction.
The OHSAA’s General Sports Regulations define what coaches may do outside the season of play. These regulations must be understood by all coaches. A few simple facts:

- Coaches are expected to know, understand and abide by all General Sports Regulations
- Member schools agree to abide and self-enforce the General Sports Regulations
- All Coaches, whether paid or volunteer, are bound by all General Sports Regulations

It is the responsibility of the OHSAA to help with the education of these regulations and the schools and coaches to self-enforce them. It is generally easiest to break these regulations affecting coaches into four general categories:

- Summer Rules (June 1 – July 31)
- During the Season
- The No-Contact Period
- Outside the Season (except during June/July)

Between June 1 and July 31, the out-of-season and non-interscholastic regulations change considerably. The regulations governing school programs are often known as “Summer Rules”. OHSAA Regulations in place during this time period have an impact on both coaches and players. Below is an overview of how the period between June 1 and July 31 affect each:

**COACHES**

1. Coaches may provide individual or team instruction anytime between June 1 and July 31. **Individual instruction** is defined as ‘one on one’ anytime 5 individuals or less that played for the school team the previous season are present. **TEAM INSTRUCTION** is defined as any instruction – team or individual – that takes place when more than 4 individuals that played for the school team the previous season are present.

2. There is a limit of 10 total days that an entire coaching staff combined may provide any team instruction (more than 4 present).

3. There is a separation of the team instruction days permitted for 7-8 grade and 9-12 grade. In other words, there are 10 total days of instruction permitted for 7-8 graders and 10 total days permitted for 9-12 graders.

4. General Sports’ Regulation 8.3 is in effect during June and July, as it is in other times of the year. This simply means that anytime ALL the conditions of this regulation are met, the regulation may be used independently of the 10 days permitted for TEAM instruction.

   **EXAMPLE:** If a JV coach is providing instruction to one player or several players, and the head coach is providing instruction to one player or several players at another location on the same day – it counts as one of the 10 days permitted.

5. Volunteer coaches and Paid coaches are treated the same – they are under the same OHSAA Regulations.

6. All Volunteer coaches and Paid coaches are identified by where they coached the previous season.

   **EXAMPLE:** If a volunteer coach that coached during the most recent season indicates he/she will not return to coach at the school the next season, they are STILL regulated by the OHSAA ‘out of season’ coaching regulations.

7. New coaches to a school district are not provided exceptions – they are not given more days nor are they permitted any extension of the 10 days past July 31.

8. A new coach to a school district is considered a coach at that school and immediately under the out of season coaching regulations as soon as the school names him/her as the coach of that school – regardless of when that person signs a contract.

9. When school coaches coach a team comprised of members of the previous year’s team’s in team play (important), anytime there are more than 5 individuals that played for the school’s 9-12 teams the previous season present on the team (whether on the court/field or as substitutes) the day of coaching is counted as 1 of the 10 days permitted. Anytime there are 5 or less IN TEAM PLAY, the day would not count as one of the 10 permitted.

10. Attendance at “Team Play” or “Individual Instruction” **CANNOT** be mandated to individuals or be part of any implied decision for team selection during the regular season.

11. School Administrators are expected and required to monitor compliance as a condition of membership in the OHSAA.
PLAYERS
1. Players are identified as those that played for the 9-12 school sponsored team the previous season and those that played for 7-8 school sponsored team the previous season.
   EXAMPLE: All players that played for a freshmen, JV or Varsity team the previous season ‘count together’. All players that played for a 7-8 team the previous season are counted together but separately from 9-12.
2. Individuals that did not play for a school sponsored team the previous season do not count in any of the out-of-season regulations affecting players.
3. Individuals that indicate they are not going to play season still count in the out-of-season regulations if they played the previous season.
4. There is no limit to the number of players from the previous year’s school sponsored teams that may play together between June 1 and July 31.
5. There is no restriction anytime outside the season of play (including June and July) that would prohibit 8th graders from playing with 9-12 graders. The restriction only exists during the defined sports season.
6. Players are considered in their current grade until August 1, 2019.
7. During the June 1 – July 31 period of time, there is no regulation that prohibits a player from “School A” playing on a team with members of “School B”. Anyone may play with anyone during the June/July period of time.

Field Hockey “Camps”
The above often leads to questions regarding “Camps” and “individual Instruction”.

Camps: Many different types of instruction often fall under the general term of “camps”. Camps can be conducted by school coaches but must fall under all previously mentioned OHSAA regulations regarding out of season instruction. A camp conducted during June and July would be permissible and would count toward the 10 days of instruction permitted anytime there are more than 5 individuals present that played for the school teams the previous season. And again, these could only be conducted during June and July.

The following “Q and A’s” are designed to give additional help:

Q: Can I charge for athletes to attend a camp that I conduct as a coach?
A: A very complex question. Though not an area the OHSAA regulates, it is an issue ethically and legally between you and the school district. Essentially, it depends a little on whether YOU are conducting the camp (you would therefore be a private business individual) or the school district is conducting the camp (you would then be considered an employee of the school). I strongly recommend you sit down and discuss all legal and ethical ramifications with your school administration prior to holding a camp in which a fee is charged.

Q: Am I permitted to bring a private instructor in to conduct a camp?
A: Yes, you could. Keeping all the above mentioned items in mind, if YOU organize it as the coach, it would still be considered one of the 10 days of instruction permitted. If you have absolutely nothing to do with the organization of the camp, it still could only be done during June/July but would not be part of the 10 days. Again, if you had absolutely nothing to do with the organization of the camp.

Q: Does watching a camp program or a non-interscholastic contest count as one of the 10 contact days?
A: 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.
During the Season

This is probably the easiest to understand (and certainly explain on our part). You and all Board approved coaches may COACH your team. Coach them up! A few common Q and A’s here:

Q: When can we begin practice?
A: August 1, 2019.

Q: Though practice does begin on August 1, when are we permitted to have tryouts?
A: Tryouts and practice are one in the same, and you may begin those on Thursday, August 1, 2019 also.

Q: How many days do I have to give before making ‘cuts’ or ‘team selections’?
A: The OHSAA does not regulate this. But, common sense is always urged and I recommend you ask this question to your Athletic Director prior to making any ‘cuts’ or team selections (JV-A, JV-B, etc.)

Q: Can we practice on Sunday?
A: That is entirely up to your school. The OHSAA has no restriction prohibiting Sunday practice, like many regulations, we leave it up to the individual school district.

Q: Can kids from a middle school travel team practice or train with us?
A: No. OHSAA Regulations do not permit 7-8 graders to practice or train with 9-12 graders anytime during the defined field hockey season (August 1 – until the last game).

Q: Can we practice along with a neighboring school?
A: You may, but it must count as a scrimmage. Anytime two different schools practice together, it must be counted as a scrimmage.

Q: Can I, as the school coach, coach a travel team during my school season?
A: Yes. There are no regulations that prohibit this. I always remind coaches doing this they are NOT exempt from any “Recruiting Bylaws” within the OHSAA’s Bylaws.

Q: During the season, a player is invited by a college to workout for them to determine if they might get athletic grant-in-aid money. Is this permissible for the player?
A: NO. This is a growing concern and any participation violates the Non-Interscholastic Regulations and will result in ineligibility for the player.

Q: There continues to be a reference to “non-interscholastic” field hockey. What is considered non-interscholastic field hockey?
A: ANYTHING that is not the school sponsored team. This includes but is not limited to club, travel, rec leagues, church leagues, collegiate tryouts/workouts, and includes any training, practicing, competing or even ‘trying out’.

Q: Does a volunteer helping just 1 day a week need a Pupil Activity Permit?
A: YES. Ohio Administrative Code requires ALL coaches, whether paid OR volunteer, to possess the “PAP” before doing any coaching.
The No-Contact period for Field hockey runs from the end of each team’s last contest for 28 consecutive days. The No-Contact period is designed to provide student-athletes an opportunity to participate in winter sports without undue influence to start training right away for the next Field hockey season. All team sports have a 28 day no-contact period at the end of their season. A few common Q and A’s regarding this period of time:

Q: Can players meet to turn in equipment and be provided an evaluation of the previous season?
A: Yes. That is permitted as long as it is done during the equipment turn-in time. You can provide them information for your season-ending awards program, etc.

Q: Can players attend Awards Banquets during this time?
A: Yes.

Q: Are players permitted to meet regarding college plans or with a college recruiter that may come?
A: Yes.

Q: Can players lift weights in the school’s weight room during the no-contact period?
A: Yes, but the supervision cannot be from a Board approved Field hockey Coach. Your weight room must be supervised by another individual other than a board approved field hockey coach. Many schools have supplemental contracts for a separate strength coach for this very reason.

Q: Does the No-Contact Period apply to someone that was just a volunteer on my staff?
A: Yes. All coaches, whether paid or volunteer must be approved by your board of education, must have an ODE issued Pupil Activity Permit and are under all regulations of the OHSAA just as the paid coaches are.

For explanation purposes, the Out-of-Season period is defined as the period:
- Outside the defined season of play (official start date to team’s last contest)
- Outside the “No-Contact Period”
- Outside of June 1 – July 31

COACHES
1. All OHSAA sponsored sports have a defined Start Date and End Date for each sport season.
2. Sports Regulation 7 defines all activities that can be conducted by coaches and participated in by players during out-of-season time.
   COMMENT: All Sports Regulations are approved annually by the OHSAA’s elected Board of Directors that represent the schools that voluntarily join the OHSAA. Their voluntary membership (which is free) is also an agreement to monitor, comply and administer the OHSAA’s Sport Regulations.
3. During the out-of-season period, school field hockey coaches for grades 9-12 are not permitted to coach individuals in grades 9-12 that played for their school team the previous season in team play at any time. They may utilize the permissions in General Sports Regulation 8.2 (Individual Instruction Regulation).
   COMMENT: A school 7-8 coach may coach an individual in grades 9-12 in team play during the out-of-season period.
4. During the out-of-season period, school field hockey coaches in grades 7-8 are permitted to coach individuals in grades 7-8 that played for their school team in team play at any time. They may utilize the permissions in General Sports Regulation 8.2 (Individual Instruction Regulation).
   COMMENT: A school 9-12 coach may coach an individual in grades 7-8 in team play during the Out-of-Season period.
5. Effective 2017-18, all school coaches may coach players in grades 7-8 and 9-12 in team play outside the season, as long as the 50% limitation rule is followed, and it does not occur during the No Contact Periods.
COMMENT: Keep in mind 2 things; first, the 50% limitation (5 in field hockey) is still in effect outside the season for players. So, though a coach may coach players in team play from his/her own school, there may still only be 5 players from the school team on the non-school team. Secondly, this is permitted for players in Junior High ONLY – NOT High School (9-12). Since there is not a significant number of 7-8 grade field hockey programs in the state, this will not have a significant effect on previous rules.

6. Players grade is considered to be the current grade they played in the previous season until August 1 of the next school year.

EXAMPLE: An 8th grader that played field hockey for Spiro T. Agnew Junior High during the previous season remains considered an 8th grader for this regulation until August 1 of the next school year.

7. Volunteer coaches and Paid coaches must comply with all regulations.

COMMENT: All individuals in the state of Ohio that work with student-athletes as part of a school program whether paid or volunteer, are required to be approved by their respective Boards of Education (or governing body). Therefore, there is no distinction regarding off-season regulations whether a coach is paid or not and must comply. ALL must comply.

8. Coaches that indicate they will not return to coach the team the next season are still under the Out-of-Season Regulations for the school they coached at the previous season.

9. There is no regulation that would prohibit a school coach from coaching individuals in team play from other schools.

10. There is no regulation that would prohibit a school coach from coaching individuals in team play that played for a non-member school.

COMMENT: Many middle schools/junior highs are members of the Catholic Youth Organization (CYO) and not the OHSAA. Individuals that play in the CYO programs are not under OHSAA regulations and therefore there is no regulation prohibiting school coaches from coaching them.

11. A school coach (paid OR volunteer) that is also a parent of a player that plays for the same school is not provided an exception that would permit him/her to coach his/her son/daughter on an out-of-season team.

EXAMPLE: Mary Doe is a volunteer assistant coach for Will Ferrell High School’s girls’ field hockey team. Mary has a daughter that played freshmen field hockey during the previous season for WFHS. Mary is NOT permitted to coach a ‘travel/club’ team outside the season of play that her daughter is on - except during June and July.

12. School Administrators are expected and required to monitor compliance as a condition of membership in the OHSAA.

13. Attendance at any out-of-season activity cannot be made mandatory nor considered to be criteria for team selection in the coming year.

PLAYERS

1. Individuals that played for a school sponsored team the previous season are governed by the out-of-season regulations.

2. Individuals that played for a school sponsored team the previous season are permitted to receive INDIVIDUAL INSTRUCTION anytime during the season or out-of-season. They may receive this instruction individually OR in a group BUT the instruction must be INDIVIDUAL instruction.

COMMENT: Individuals are not permitted to receive TEAM instruction. This prohibits a group of players that played for a school team the previous season from getting together and being coached in team concepts outside the season.

A few common Q and A’s regarding coaching OUT-OF-SEASON:

Q: Can I coach athletes from my school’s team in the off-season?
A: Yes. Current regulations allow you to coach 3 or less individuals from your school in team or individual instruction anytime outside the season of play, except for the No Contact Period. The only time you are allowed to coach more than 3 players in the off-season, is during June 1 – July 31, and you must count those days towards your allotted 10 coaching days during this time.

Q: Can I coach athletes from other schools in the off-season?
A: Yes. There is no regulation that would prohibit you from coaching athletes at any level from another school. In fact, we would encourage it.

Q: How many players from our school are permitted to be on the same NON-school team (such as club or travel)?
A: No more than 5 players that played for the 9-12 school team(s) are permitted to be on the same NON-school team anytime outside the season of play except during June and July.
Q: When are players from our school team permitted to play for their 'club' or 'travel' team (non-interscholastic team)?
A: As soon as their season is complete.

Q: If a player is a JV player only, do they have to wait until the Varsity team is out of the OHSAA Tournament before playing in club or travel field hockey?
A: No, however, once a player DOES play in club or travel field hockey (non-interscholastic), they are not eligible to dress or compete on the tournament roster.

Q: Are players from our school team permitted to play “Futsal” in excess of the 50% limitation?
A: Yes. Since Futsal is played on a ‘unique’ surface AND a different ball is used, it does not fall under normal OHSAA Field hockey Regulations.

Q: 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?
A: 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, direct contact with those players during school season, 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 7.5, which regulates the number of field hockey players on a non-interscholastic squad during the school year (maximum of five), would be in effect.

The newly adopted Out-of-Season Individual Instruction Regulations became effective in 2015. These regulations were adopted by the OHSAA’s Board of Directors to provide an opportunity to school coaches for them to provide fundamental skill instruction to individuals. They were not designed to increase or add any additional time for team instruction.

Effective with the implementation of this regulation, coaches approved by a school’s Board of Education (or other governing body) will be permitted to provide INDIVIDUAL SKILL INSTRUCTION to individuals that participated on their school team(s) the previous season. A few of the parameters:

- Mandatory attendance at any Individual Instruction is not permitted.
- Individual instruction may NOT take place during currently defined no-contact periods. The 28 day no-contact period at the conclusion of a team’s season does not change.
- There will be a limit of 4 (four) individuals in all combined facilities where the instruction is taking place. There is no designation of whether any of the 4 played for the school team or not. In other words, there is a limit of 4 individuals whether they played the sport the previous season or not. FOUR individuals, period. There cannot be 4 offensive players and 4 defensive players. There will be a limit of FOUR total in all combined facilities. Four means four.
- 10 days of instruction will continue to exist during June and July. Any part of a day during June and July in which more than 4 individuals are present permitting Individual instruction will count toward one of the 10 days permitted.
- It is the responsibility of each school to understand, comply and enforce the parameters of this General Sports Regulation.
The OHSAA’s Board of Directors approved the revisions to the OHSAA’s General Sports Regulation #8.6 that will permit school coaches to provide INDIVIDUAL instruction outside the season of play to players that were part of their school teams the previous season.

Q: Now that a school coach is permitted to provide individual instruction outside the season of play, what is the intent of this regulation?
A: First, the regulation intends to permit education-based (school) coaches to be on the same level as non-school based coaches. School coaches are trained as education-based coaches and the feeling is to provide the same opportunity for these coaches that non-school coaches currently have.

Q: So, how do you define individual instruction?
A: The coach may provide individual instruction (utilizing the definition of ‘coaching’) for no more than four players in all combined facilities where the instruction is taking place.

Q: What if I have 1 player present, is that okay?
A: Yes, because the limit is 4.

Q: What if I have 4 players present, is that okay?
A: Yes, because the LIMIT is 4.

Q: What if I have 4 players present and 4 of my coaches present, is that okay?
A: Yes, because the limit is 4 INDIVIDUALS receiving instruction present.

Q: What if I am working with 4 players and a volunteer assistant coach is working with 4 others on the other end of the field, is that okay?
A: No, because the limit is 4 in all combined facilities where the instruction is taking place.

Q: What if we simply ‘drop a curtain’ in the gym so 4 players are being instructed on one end of a field while 4 others are being instructed on the other. Is this okay?
A: No, because the limit is 4 in all combined facilities where the instruction is taking place.

Q: If there are other individuals on the field but the coach(es) are only working with 4 individuals at a time, is this okay?
A: No, because the limit is 4 in all combined facilities where the instruction is taking place.

Q: Can I have 2 current 11th graders and 2 current 8th graders present to make the total number 4 receiving instruction?
A: Yes, because the limit is 4 and the restriction on 9-12 players with 7-8 players is not in effect outside the season of play.

Q: But, based upon the above, I thought 7-8th graders could not participate/play with 9-12th graders.
A: That regulation is true during the season of play and not in effect outside the season. Local school policy may determine whether you are permitted to do this or not. Ask your school Athletic Director.

Q: May a player receive individual skill instruction during the school’s sport season from a non-interscholastic (club, travel, etc.) coach?
A: While it is not the position of the OHSAA to encourage outside instruction during the school season, individual skill instruction MAY be received by a squad member at any time in individual lessons provided that these individual skill instructions do not violate any Board of Education, school administrators’ or coaches’ policies.
A member of an interscholastic field hockey squad (grades 7-12) sponsored by the Board of Education cannot participate in a non-interscholastic field hockey program, which includes tryouts, practice and contests as an individual OR a member of a team in the sport of Field hockey anytime during the school team’s season. This is explained in OHSAA Bylaw 10-3-1. A student-athlete becomes a member of the school team when he/she participates in a scrimmage, preview OR regular season our tournament game as a substitute OR as a starter.

Recently, there are a growing number of colleges/universities inviting students to tryouts or workouts during the high school field hockey season. These are considered non-interscholastic in nature and are NOT PERMITTED. You are encouraged to review this with your team members!

A member of an interscholastic field hockey team sponsored by the Board of Education may participate in non-interscholastic field hockey (such as club or travel) PRIOR TO and AFTER the school season under the following conditions:

• The number of interscholastic field hockey players from the same school on a non-interscholastic team is limited to FIVE on the roster of that non-interscholastic team. This number includes all players that played on the school team in the previous season from grades 9-11*.
• A player may continue to play with a non-interscholastic squad in a national qualifying tournament only in excess of the five-player limit until the squad is eliminated but no later than Labor Day. You MUST get approval IN ADVANCE from the OHSAA for this to be permitted.
• A player may play in non-interscholastic field hockey ONLY WHEN the student’s team has completed its season. *Graduating seniors are exempt from this 5-player limitation.

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 7.2 for student-athletes. The OHSAA has adopted the understanding and subsequent policy that “Indoor Field hockey” is permitted in excess of the 50% limitation of players (5 from a school).
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 2019 draw is scheduled for **Sunday, October 6** 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](http://www.ohsaa.org).

**NOTE:** Failure to seed online shall require a $150 fine, and the school or schools shall be placed on the bracket after all other teams are placed.

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.

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:** Neon yellow field hockey balls shall be used for the State Field Hockey Tournament Semi-Final and Final contests. Solid colored field hockey balls shall be permitted for the all other tournament contests, as permitted by NFHS rules. The field hockey game ball shall include the NFHS authenticating mark.
It’s free, easy and required!

Make certain your contests AND officials’ names are entered in the Arbiter data management system!

Heard at all tournament contests: “the tournament officials have been selected by a process approved by the Board of Directors”. That ‘process’ is an important one for both coaches AND officials and is the basis for officials’ assignments to OHSAA Tournaments.

The OHSAA’s General Sports Regulation 3 requires head coaches and Athletic Directors to Rate/Vote for officials. Failure to participate in the rating/voting process results in a fine.

To make this process work it requires Coaches and Athletic Directors to do their part. Officials take this process seriously and it is in everyone’s best interest to have the correct input for the assignment of officials. A few important things to note:

1. Coaches RATE Officials, 3 other categories of approved individuals VOTE for Officials. Those categories are: athletic administrators, each local Officials’ Association and a group considered Leaders of Officiating. The Leaders of Officiating category include local Officials Association secretaries and interpreters, instructors currently teaching a class, OHSAA Directors of Officiating Development, OHSAA Administrators, and select OHSAA assigned tournament observers and others as determined by the Assistant Commissioner. A person serving in more than one of the leaders of officiating category may only vote from one of them. Officials can gain a maximum of 15 votes per voting category.

2. Ratings are done at the conclusion of a game; voting is done at the end of the season. As mentioned above, ratings are done by COACHES at the conclusion of a game. Officials are NOT able to see how a coach rated.

3. “Pools” of officials are created as a result of ratings and votes. These pools are arranged into a “State Pool”, “Regional Pool” and “Sectional/District Pool”. Each pool has more officials than are needed at that level. Pools are created by mathematically calculating the following:
   1. Coaches rate officials on a 1-5 scale for each Varsity game. If an official receives fewer than 15 ratings, the official receives a rating of 2.5 for each rating fewer than 15. The official’s highest three and lowest five ratings are deleted and the officials remaining ratings are used to determine the mean, median and mode of the official's ratings. Those three are totaled for a possible maximum score of 15
   2. The coaches rating is added to votes from the 3 categories for a maximum score of 60 per official.

4. District Athletic Boards utilize the various pools to assign officials to sectional and district tournaments in their respective Athletic Districts. The process of assignment from approved pools is at the discretion of each District Athletic Board.
   Note: The total score is not made available to those making assignments; merely the ‘pool’ itself is made available to them.

5. The OHSAA Office utilizes the pools to assign officials to the Regional and State Tournament.

6. All Rating and athletic administrator Voting is done through the myOHSAA Data Management System. Therefore, the data MUST be entered (official’s name and event) in Arbiter in order to populate the myOHSAA system and receive ratings and/or votes to be included in a pool.

Complete Information found at: http://www.ohsaa.org/Portals/0/Officiating/OHSAAOfficialsHandbook.pdf#page=26
From the NFHS Field Hockey Rules Book

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 promote the entire interscholastic program of the school and direct the 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 students 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.
The safety of our student-athletes is of utmost concern at all times. Information regarding the following important topics can be found at the OHSAA’s “Healthy Lifestyles and Sports Medicine” webpage at http://www.ohsaa.org/medicine. Additional information relative to various equipment and rules relative to medical issues can be found throughout this manual as well.

- Heat Stress and Athletic Participation
- Recommendations for Hydration to Prevent Heat Illness
- Suggested Guidelines for Management of Head Trauma in Sports
- Communicable Disease Procedures (can also be found on at the end of the NFHS 2019-20 Rules Book)
- 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

**Concussion Management**

**Implementation of State Law and NFHS Playing Rules Related to Concussion and Concussed Athletes and Return to Play Protocol**

It is important for all individuals 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. Further both students and parents have responsibilities in this area as well.

**Note:** It has always been the ultimate responsibility of the coaching staff, in all sports, to ensure that students are only put into practice or contests if they are physically capable of performing. However, all individuals involved in the conduct of interscholastic competition have responsibilities in this endeavor.

In January 2011, the OHSAA Board of Directors adopted a sports regulation which incorporated the National Federation of State High School Associations (NFHS) playing rules related to concussion recognition and management. On April 26, 2013, legislation adopted by Ohio’s General Assembly on concussion and head injuries in youth sports became effective. On February 14, 2013, the OHSAA Board of Directors mandated that these regulations become effective on April 26, 2013, for the remainder of the spring sports season and thereafter. This OHSAA regulation, as amended to incorporate this recent legislation, now reads:

Any student, while practicing for or competing in an interscholastic contest, who exhibits signs, symptoms or behaviors consistent with having sustained a concussion or head injury (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the practice or contest by either of the following:

1) The individual who is serving as the student’s coach during that practice or competition.
2) An individual who is serving as a contest official or referee during that practice or competition.

**RETURN TO PLAY PROTOCOL**

If a student is removed from practice or competition due to a suspected concussion or head injury, the coach or referee who removes the student shall not permit the student, **ON THE SAME DAY THE STUDENT IS REMOVED**, to return to that practice or competition or to participate in any other practice or competition for which the coach or contest official is responsible. Thereafter, which means no earlier than the next day, the coach or contest officials shall not permit the student to return to practice or competition until both of the following conditions are satisfied:

1) The student’s condition is assessed by either of the following:
   a. A physician, who is a person authorized under Chapter 4731 of the Ohio Revised Code (OCR) to practice medicine and surgery or osteopathic medicine or surgery (M.D. or D.O.)
b. Any other licensed health care provider that the school district board of education or other governing authority of a chartered or non-chartered nonpublic school, authorizes to assess the student who has been removed from practice or competition.

2) The student receives written authorization that it is safe for the student to return to practice or competition from a physician or other licensed health care provider authorized to grant the clearance. Click here http://www.ohsaa.org/Portals/0/Sports-Medicine/AuthorizationToReenter.pdf to retrieve the OHSAA’s Medical Authorization to Return To Play (RTP) form.

A school district board of education or governing authority of a chartered or non-chartered nonpublic school may authorize a licensed health care provider who is NOT a PHYSICIAN to make an assessment and grant authorization for a student to return to participation ONLY if the provider is acting in accordance with one of the following as applicable to the provider’s authority to practice in Ohio:

1) In consultation with a physician;
2) Pursuant to the referral of a physician;
3) In collaboration with a physician, or
4) Under the supervision of a physician.

Note: A physician or other licensed health care provider who makes an assessment or grants clearance for a student to return to participation may be a volunteer.

COACHES REQUIREMENTS

All coaches, paid and volunteer, must possess a current Department of Education-issued Pupil Activity Program/Coaching Permit. When renewing this permit, the coach will be required to complete an online concussion education course as stipulated in the section entitled Approved Online Concussion Education Course. This course is valid for three years and expires at the time the Pupil Activity Program/Coaching Permit expires.

CONTEST OFFICIALS REQUIREMENTS

New legislation signed into law by the Governor provides that no school “shall permit” an individual to referee interscholastic athletic contests unless the individual holds a Pupil Activity Program/Coaching Permit or has successfully completed within the last three years a training program in concussion recognition. Therefore, all OHSAA licensed officials shall possess either a current Department of Education-issued Pupil Activity Program/Coaching Permit or show evidence of completing an approved online concussion education course as stipulated in the section entitled Approved Online Concussion Education Courses. This course is valid for three years from the date of completion.

STUDENT AND PARENT REQUIREMENTS

All students and their parents or legal guardians shall review and sign the “Concussion Information Sheet” which has been developed by the Ohio Department of Health and which shall be distributed by OHSAA member schools to all students and their parents prior to each sports season. Students and parents shall review and sign this form each year and should keep a copy of the form. In addition, parents and students are encouraged to complete an approved concussion education course. The Concussion Information Sheet can be found here:

NFHS SUGGESTED MEDICAL CLEARANCE RETURN TO PLAY 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 running or skating, 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 asymptomatic 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.)

QUICK LINKS FROM THE OHIO DEPARTMENT OF HEALTH

Ohio Department of Health Concussion Information Sheet
http://www.healthyohioprogram.org/~/media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Interscholastic%20Concussion%20Form%20-%20ODH%20Revised%202.ashx

Online Concussion Management Training
http://www.healthyohioprogram.org/concussion.aspx#Training

Ohio’s Return to Play Law: Frequently Asked Questions
http://www.healthyohioprogram.org/~/media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Frequently%20Asked%20Questions%20Updated%202513.ashx

Ohio’s Return to Play Law: What Coaches and Referees Need to Know

Ohio’s Return to Play Law: What Parent/Guardians Need to Know

ADDITIONAL CONCUSSION RESOURCES

Ohio Department of Health, Violence and Injury Prevention Program - Sports/Recreation Traumatic Brain Injuries
http://www.healthyohioprogram.org/vipp/child/tbi.aspx

CDC Heads Up: Concussion in Youth Sports
Nationwide Children’s Hospital – Concussion Information Toolkit http://www.nationwidechildrens.org/concussion-toolkit

CDC Materials on Returning to School for Parents, School Nurses and Educators
https://www.cdc.gov/headsup/schools/index.html

Ohio Legislative Service Commissioner HB 143 Bill Analysis
http://www.lsc.state.oh.us/analyses129/12-hb143-129.pdf

Brain Injury Association of Ohio
www.biaoh.org
State Law, NFHS Rules and OHSA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from a contest and not permitted to reenter competition that same day. This form shall serve to document that a student has been removed from a contest in accordance with State Law, NFHS and OHSA rules due to exhibiting signs, symptoms and/or behaviors consistent with a concussion. The contest official must complete this form and forward it to the OHSA within 48 hours after the conclusion of the contest. It is recommended that the official keep a copy of this report. In addition, if required by NFHS rule, an appropriate entry shall be made in the scorebook or other document as prescribed.

**Student’s Name________________________________________ Date________**

**School Name________________________________________________________________**

**Sport ______________________________**

**Level of Contest (Circle One)     7th    8th    9th    JV    Varsity**

**Official’s Name _____________________________ OHSAA Permit # ______**

**Comments: ____________________________________________**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Please forward to Andrea Heiberger at the OHSA within 48 hours.
MEDICAL AUTHORIZATION TO RETURN TO PLAY WHEN A STUDENT HAS BEEN REMOVED DUE TO A SUSPECTED CONCUSSION – MANDATORY FORM

Ohio State Law as well as NFHS rules and OHSAA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from and/or prevented from participating or continuing to participate in any practice or contest (sports activity) and not permitted to participate in or reenter practice or competition on the same day as the removal. After these symptoms are identified, written medical authorization from a physician (M.D. or D.O.) or another qualified licensed medical provider, who works in consultation with, collaboration with or under the supervision of an M.D. or D.O. or who is working pursuant to the referral by an M.D. or D.O., AND is authorized by the Board or Education or other governing board, is required to grant clearance for the student to return to participation. This form shall serve as the authorization that the physician or licensed medical professional has examined the student, and has cleared the student to return to participation. The physician or licensed medical professional must complete this form and submit to a school administrator prior to the student’s resumption of participation in practice and/or a contest. To reiterate, this student is not permitted to reenter practice or competition on the same day as the removal.

I, ______________________________________________________, M.D., D.O. or _______(other qualified licensed medical provider) have examined the following
(Print name of MD, DO or Other)

(student, __________________________________ from ____________________________ High School/7-8th grade school
(Name of Student),

who was removed from and/or prevented from participating or continuing to participate in a ____________(sport) contest at the _______level (V, JV, 9th, 7-8th) due to exhibition of signs/symptoms/behaviors consistent with a concussion or who is known to have suffered a concussion. I have examined this student, and determined that the student is cleared to resume participation upon the completion of the directions provided below.

PLEASE INDICATE YOUR DIRECTIONS BELOW

___Return to play protocol for concussion as outlined in Zurich Consensus Statement 2012 or as attached.
___Return to play protocol for concussion required under direction of Licensed Athletic Trainer or other qualified licensed medical provider as approved in above directive
___Return to play protocol for concussion not required, and the student may return to participation in practice and competition on this date____________
___Other: (explain):

VALID ONLY WITH ALL INFORMATION COMPLETED

Signature of Medical Professional

(MD, DO or other qualified Licensed Medical Provider as Approved in the Above Directive)

Date: _____________________

Contact Information:

(Print or Stamp) Address:

Phone:
Return to play is also subject to clarification of this document, as deemed necessary, by Licensed Athletic Trainer, other qualified Licensed medical providers authorized by Board of Education or other governing body, or school district administration. Return to play decisions are also subject to recognized principles of conditioning, skill development, mental preparedness, etc.

Parent(s)/Guardian and student are reminded that the initial signature document of awareness of signs and symptoms of concussion and need/requirement to report are still in effect. Parent(s)/Guardian and student have a responsibility to report any further signs or symptoms of a concussion or head injury to coaches, administrators and the student-athlete’s doctor. Information regarding signs and symptoms are available from school district personnel or OHSAA website.

**PRESENT THIS FORM TO THE SCHOOL ADMINISTRATOR**

Note: The school must retain this mandatory form indefinitely as a part of the student’s permanent record. Medical Providers should retain a copy for their own records.

**Communicable Disease Procedures**

Though most schools have a Certified Athletic Trainer present at Varsity contests and all coaches are required to maintain a valid Pupil Activity Certificate through the Ohio Department of Education that includes a Sports’ First Aid component, it is important to keep up to date on the remote risk that blood borne infectious diseases can be transmitted during basketball practice and contests. For example, Hepatitis B can be present in blood as well as other bodily fluids. Procedures for reducing the potential transmission of these infectious diseases should include, but should not be limited to the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate.

2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood and other body fluids is anticipated.

3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.

4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.

5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.

6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.

7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.

8. Contaminated towels should be properly disposed of/disinfected.

9. Follow acceptable guidelines in the immediate control of bleeding and when handling dressings, mouthguards and other articles containing body fluids.

You are encouraged to log on to the OHSAA’s website at [www.ohsaa.org](http://www.ohsaa.org) and refer to the Sports’ Medicine dropdown menu for additional information.
The OHSAA’s Board of Directors approved the following policy with advice from the Ohio Department of Health and shall observe this policy at tournament time in the event of an H1N1 Influenza outbreak.

1. The Ohio Department of Health has advised that it will be the decision of each local health authority in Ohio as to whether or not to close a school or university due to an influenza outbreak; however, at this time the Centers for Disease Control are not recommending closures except in extreme circumstances.

2. In the event schools remain open, competitors and teams shall be expected to play tournament contests on the dates scheduled.

3. In the event schools are closed, the OHSAA, in conjunction with our District Athletic Boards and tournament personnel, shall reschedule the tournament contest for the schools thus affected.

4. Please watch the OHSAA web site home page at www.ohsaa.org and the specific sport page on the web site for more information.

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(Ohio State Sports Regulation)

Please review these carefully. Though all officials received these procedures in pre-season communication, it would be wise to review with them prior to the game. The Lightning and Inclement Weather Policy is relative to ALL OHSAA Sports and is contained within Lightning and Inclement Weather Policy.

WEATHER

**Recognition:**

Coach, athletic trainers, athletes, administrators and contest officials should be educated regarding the signs indicating thunderstorm development. Since the average distance between successive lightning flashes is approximately two to three miles **ANYTIME** that lightning can be seen or heard, the risk is already present. Weather can be monitored using the following methods:

- **Monitor Weather Patterns** – Be aware of potential thunderstorms by monitoring local weather forecasts the day before and morning of the competition, and by scanning the sky for signs of potential thunderstorm activity.

- **National Weather Service** – Weather can also be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions. Any thunderstorm poses a risk of injury or death even if it does not meet the criteria for severe weather. Therefore, anytime thunderstorms are in the forecast (even if it is only a 20 percent chance), event organizers should be at a heightened level of awareness to the potential danger of lightning.

**Management:**

- **Evacuation** - If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators shall evacuate to available safe structures or shelters. A list of the closest safe structures should be announced and displayed on placards at all athletic venues.

- **Thirty-minute rule** - Competition or practice shall be suspended once lightning has been recognized or thunder is heard. It is required to wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard prior to resuming practice or competition. Given the average rates of thunderstorm travel, the storm should move 10-12 miles away from the area. This significantly reduces the risk of local lightning flashes.

*NOTE: At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.
Any subsequent lightning or thunder after the beginning of the 30-minute count shall reset the clock, and another count shall begin.

**Heat Stress & Athletic Participation**

The following information should be reviewed with coaching and sports medicine staff prior to any interscholastic practice where there is a risk of exertional heat illness. Please remember that there are four OHSAA sports which have a required acclimatization period prior to the commencing of any contests or physical contact, in the case of football. The sports of boys and girls cross country and 7-8th grade track and field require a minimum of 10 days of interscholastic practice prior to any competition for a student. The following is the regulation that addresses the mandatory five day period in football.

**Five Days of Acclimatization Required** — Acclimatization is a period when players can become accustomed to the heat and humidity. Health professionals recommend at least a five-day period. **All football candidates must participate in five days of pre-season non-contact acclimatization prior to any physical contact. No pads may be worn on the first two days. Shorts, helmets, shoes may be worn. Shoulder pads may be added on day three and four, but no contact is permitted. Full equipment may be worn on the fifth day, but contact is prohibited. Candidates reporting late must participate in five days of non-contact acclimatization. This rule applies to all school teams grade 7-12.**

All coaching and medical staff personnel shall observe the following precautions for **all sports competed outdoors and/or in a hot, humid environment.**

- **Stress to participants the importance of properly hydrating** during the day leading up to the contest/training, and to drink 8-to-12 ounces of water or sport drinks 20 minutes prior to the contest or any training session. This procedure can help prevent problems during practice and contests.

- **Schools shall have unlimited amounts of water** and sport drinks on hand during practices and contests, and coaches in team sports should be prepared to play a lot of players rather than just the starters.

- **Contest officials are permitted to establish predetermined breaks** during contests, such as halfway through each period. At that time, players can drink water and remove their equipment, which should also take place at halftime (the more skin that is exposed, the more cooling that can take place). **This provision also applies to all sports.**

- **NFHS football playing rules allow the referee to shorten periods** per mutual agreement by the opposing coaches. In addition, by mutual agreement a game may be terminated at any time.

- **Contest managers are advised to monitor conditions** for others affiliated with the contest, like cheerleaders, band members, coaches, officials and especially spectators.

- **In football, if schools decide NOT to play a contest, it becomes an open date for both.** If one school desires to play but the other does not, there are no forfeits involved. Again, it would become an open date for both schools. However, schools do have the option to reschedule contests, and OHSAA regulations do permit schools to play more than one contest per week. There also are no OHSAA regulations that prohibit games from being played on Sundays. The same concepts apply to all other OHSAA sports.

- **Please review the OHSAA policy on inclement weather and lightning.** In short, upon the first indication that thunderstorm development is within 15 miles of the game site, the activity shall be suspended until 30 minutes after the storm has left this 15-mile zone. Individuals should move to a safe area until the storm has moved away.

- **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 a game 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 and is the recommended standard of care for assessing risk of exertional heat illness. 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  

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  

*The OHSAA advises careful monitoring of the weather and plans to modify training and competition including:*  
1) **Modification of equipment, if applicable to the sport**  
2) **Allowance for more frequent rest breaks and the use of shaded areas for those breaks**  
3) **Modification of practice time**  
4) **Availability of water always**  
5) **Availability of cold water immersion tubs for onsite cooling**  
6) **If exertional heat stroke is suspected, immediate onsite cooling using cold water immersion before transport by EMS**  
7) **Review and practice of the OHSAA’s recommended Emergency Action Plan, “Anyone Can a Save A Life,” or similar plan for all sports teams with special emphasis on the heat illness section.**
In April of 2014, the OHSAA Board of Directors upon the recommendation of the Joint Advisory Committee of Sports Medicine adopted a digital Pre-Participation system in order to more effectively minimize risk for student athletes.

2017-18 Pre-Participation Physical Exam and Consent Form

This paper form may be used for students in grades 7 and 8. However, please be advised that the paper form is no longer the Ohio High School Athletic Association standard for high school students. We strongly recommend that based on the goal of risk minimization and best-practice medical standards, that all high schools use the Digital Pre-Participation Evaluation system as described above for clearing students for participation in interscholastic athletics.

- Concussion Information and OHSAA Sport Safety
- Ohio Department of Health Concussion Information Sheet
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 2019 Ohio season in order to be eligible for an OHSAA tournament assignment as well as officiate at least five high school varsity contests during the 2018 season.

Officials residing in a geographic area where an OHSAA Field Hockey Officials Association exists must attend 1 state and 4 local rules meetings. Officials in other geographic regions (both in and out of state) must attend one state rules meeting and successfully complete a rules exam.

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 fuchsia, orange or yellow shirt if the striped shirt does not contrast with the uniforms of one or both teams. 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. NFHS Rules require that all Field Hockey officials wear or carry a timing device. 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.

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:** Please keep your myOHSAA profile up to date with your most current address and contact information. Please log-on to make the appropriate changes and contact the OHSAA office with any questions.

**WEBSITE RESOURCES**

Our website includes a great deal of information specifically geared for officials. Go to [www.ohsaa.org](http://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
No later than noon of the first SCHOOL day following an ejection, the officials are required to make contact with the Athletic Director or Principal of the violator’s school to advise the administration of the ejection. Also, upon an ejection, the official files a report ONLINE in the myOHSAA system with the OHSAA. Since the procedures listed below are all triggered by the submission of the Officials’ Report online, officials are penalized in accordance with OHSAA adopted policies in the event they do not submit the report. After this written report that includes narrative is submitted:

- The report is automatically sent electronically to the OHSAA and copies to the school’s Athletic Director.
- The school’s Athletic Director is required to submit a reply that includes the school and coach/player side of the events/ejection
- In the submitted reply from the school’s Athletic Director, he/she is required to submit the coach’s email address
- Upon the Athletic Director’s submission of the “Response Form”, an email is sent to the ejected coach explaining the consequences (below) of the ejection:
  - An ejected coach is suspended from ALL GAMES for the remainder of the day of the ejection PLUS ALL GAMES UNTIL 2 AT THE LEVEL OF THE EJECTION ARE COMPLETED. Thus, a JV coach ejected from a JV contest cannot coach a JV OR Varsity contest until 2 JV contests have been played.
  - Ejected coaches must also pay a $100.00 fine and complete the National Federation of State High School Association’s (NFHS) “Teaching and Modeling Behavior” course within 30 days of the ejection. The payment of the fine is completed with an online payment per the instructions provided to the coach on the email he/she receives that is triggered by submission of the School Response Form.
  - Consequences of ejections are to be enforced by the school administration and served by coaches/players even if the above protocol is not completed.

**ALL PLAYER & COACH EJECTIONS ARE FINAL & NOT PERMITTED TO BE APPEALED per the OHSAA Board of Directors.**

- Per OHSAA Bylaw 4.5.4, any student ejected or disqualified from a match must immediately be placed under direct supervision of a school official or coach. This may be on the bench or in the team area but the player is NOT to be removed from the site. Coaches ARE required to leave the facility immediately upon ejection. In the event there is no coach remaining to coach/supervise the team, the game is completed at that point.

- All Double Yellow/Subsequent Cautions and Ejections occurring during scrimmages must be reported via the online submission of the Officials’ Report.

- Though ejected players are suspended for all contests the remainder of the day AND the ALL CONTESTS until 2 at the level of the ejection are completed,

- Any Player OR COACH ejected from a scrimmage held prior to the start of the regular season are suspended from the first regular season contest. If the ejection occurs from a scrimmage held DURING the season, the player is suspended from the next regular season contest or OHSAA Tournament contest.

- Other pertinent Ejection Information:
  - During the suspension period, the player MAY practice with the team
  - During the suspension period, the player MAY be in the bench area and in the locker room before during and after the contest
  - During the suspension period, the player MAY travel with the team to an away contest
  - During the suspension period, the player is not permitted in uniform at any time before during or after the contest and may not be on the field for warm-up or to assist with warm-ups
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 #1-2 establish procedures for dealing with unruly spectators whose team affiliation is not known.

Rule 8-2-1-PEN 1b 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 (considered an ejection under OHSAA regulations) from the game and her team shall play short. The game shall be restarted by awarding the appropriate penalty.

Sporting Conduct

NFHS Sporting Conduct Mission Statement
Good sportsmanship is viewed by the National Federation of State High School Associations (NFHS) 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.

The Official’s Role in Sporting Conduct
In 2004 the National Association of Sports Officials (NASO) conducted a survey of 550 sports officials and asked “what is the number-one problem in our games today?” Not too surprising, the number one response was “Poor Sportsmanship”. As a result, the NASObrought together some of the best and brightest in youth, high school, collegiate and pro sports to examine the issue and explore the official’s role in promoting positive on-field behavior. The results were published in the book at the right and identified 3 critical ideas:

1. What is at Stake
2. What is Expected, and,
3. What steps to Take

As a result, the following are important results of this study and publication:

1. 65% of respondents indicated their respective associations do not do enough to help improve sportsmanship.
2. 89% of officials responding consider themselves PARTNERS with players, coaches and administrators in improving sportsmanship.
3. 54% of officials responding indicated they felt the DO have the training, authority and knowledge to make an impact.

The conclusion:
Sportsmanship is EVERYONE’S job and we are all partners in this endeavor.
Special Field Hockey Coaches’ Note on Sporting Conduct

Expectations need to be placed on team members relative to sporting behavior. High School field hockey continues to grow and improve each and every year. I urge coaches to be at the forefront of setting examples of behavior and translating that into expectations for their student-athletes. It is good for the game and will allow the continued growth of field hockey. During my years administering sports, I have ‘heard it all’ and the most common response from ejected coaches is “I was only sticking up for my players”. I can assure you that NO official has ever set out to degrade or disrespect the game of field hockey and we ALL need to remember that the game is ‘for the players’. I continue to urge you to keep that at the forefront of the leadership and guidance you are entrusted with. Two areas of concern that have arisen in the past few years that coaches can assist:

**Warm Up at Conclusion of JV Game**
During the first game of a ‘doubleheader’ night (JV game playing prior to the second game), teams will often begin their warm-up prior to the conclusion of the first game. This often leads to a team ‘circling the field’ prior to the first game ending. We are discouraging this as nearly 30 minutes are provided as ample time for warm-up when the game concludes. Additionally, there are growing sportsmanship issues with players unsupervised as they cross paths with opponents’ team areas. This is an area that COACHES can assist with.

**Running over to Fans at the Conclusion of a Game**
Yes, it may be an ‘accepted’ thing…a ‘field hockey thing’; a team runs across the field together to the opposite touch line at the conclusion of a game to share the joy of victory with other students. We are encountering more and more acts of unsporting behavior that occurs when fans of the OTHER team are in that same area. Please utilize your leadership role and prevent issues before they occur. Address this frequently with team members.
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!

The Ohio High School Athletic Association challenges all of us in the field hockey community to take positive steps toward the goal of attaining the high ideal of good sportsmanship. It is the responsibility of each of us to serve as a positive role model and set high expectations for others.

Roxanne Price
Director

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 finisher, a great centerback or a great goalkeeper. That is true. 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 the official 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 referees’ 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 sportsmanship 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.

**Sporting Conduct Online Resources**

On the OHSAA’s “Respect the Game” pages you will find Fair Play Codes for athletes, coaches, and fans, as well as additional information regarding parents’ role in interscholastic athletics. The sportsmanship page 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. Please take time to visit this from the OHSAA’s website along with MANY helpful items previously mentioned on the NFHSlearn website at www.nfhslearn.com.

**Comments by Coaches to News Media**

Emotions run high at the end of a contest and coaches are often tempted to make inappropriate comments to the news media covering a game. The OHSAA Constitution and Bylaws 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 the players, coaches, or schools. Coaches are expected to follow the same procedure in regard to the officials. Coaches violating this rule may be asked to discuss the problem personally with the Commissioner. (See Sports Regulations “Media Regulations”, Section B, OHSAA Handbook).

**ONLINE RESOURCES**

On our website, 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!