



2016

Field Hockey

Manual

For Coaches & Officials



Ohio High School Athletic Association
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OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

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TO: Field Hockey Coaches & Officials
FROM: Deborah B. Moore, Associate Commissioner
DATE: June 2016
RE: *Information for the 2016 Field Hockey Season*

Please find within the manual information that will help you to prepare for the upcoming field hockey season. I hope that you find the *Field Hockey Manual* useful in explaining those items that you will need to review prior to beginning the season. This manual may also serve as a reference throughout the season, so please keep it accessible. You may choose to download and/or print the manual.

Please note that the state rules interpretation meeting IS MANDATORY for high school coaches and all officials.

Coaches, please visit with your athletic administrator to ensure that your name, as head coach, and your correct email address are posted to your school's OHSAA account site. We use this information to communicate with you throughout the season, and it is very important that the information is accurate. I will also be using my Twitter account @DMooreDeborah to provide updates throughout the season if you would like to follow me.

Note: The OHSAA will not be providing rules books for coaches this year in accordance with our current two-year rotation. Coaches may also purchase an online e-book at <http://www.nfhs.org/ebooks/> for \$5.99. A rules book will be provided again prior to the 2017 season. Rules changes are included on page 10 of this manual. Officials will continue to receive rules books.

Thanks so much, and have a terrific season.

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Officials
2016-17 NFHS Field Hockey Rules Book

INCLUDED IN YOUR PRESEASON MAILING

Note: The OHSAA is not providing rules books for coaches this year but will again in 2017. Coaches may purchase an online e-book at <http://www.nfhs.org/ebooks/> for \$5.99. Rules changes are included on page 10.

OHSAA MISSION STATEMENT

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

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

2016 FIELD HOCKEY RULES INTERPRETATION MEETINGS

By OHSAA Board of Directors regulation, any school sponsoring interscholastic contests in high school field hockey must have the head girls field hockey coach, assistant girls field hockey coach or athletic administrator **participate in the online rules interpretation meeting**. Any school failing to meet this requirement will be ineligible for any OHSAA sponsored tournament competition. **Attendance by 7-8th grade coaches is strongly encouraged.**

It will be the responsibility of the head girls coach, assistant coach or athletic administrator of each school and all field hockey officials to **complete an online meeting no later than August 31, 2016. There are no longer any face-to-face rules interpretation meetings in field hockey.**

All OHSAA field hockey officials are also required to attend **an online meeting**. Officials who fail to attend an online meeting will be suspended the following year. Attendance is also required in order to be eligible for OHSAA tournament series assignments in the current year. Those coaches or officials who do not participate in a state rules interpretation meeting by **August 31, 2016, shall be required to complete an online make-up meeting no later than September 30, 2016. The fee for this online make-up meeting is \$50.00, payable by credit card only.**

ONLINE RULES MEETING ACCESS

Officials should access their OHSAA profile account. Once in the system, there will be a link for the OFFICIALS online Rules Meeting. Simply log in, completing the required fields and complete the course. Please note that **all screens of the presentation must be viewed** for credit to be provided.

The ONLINE Rules Meeting link will be live on TUESDAY, JULY 26 at 4:00 PM

The last day for completion of the online version as a complimentary meeting is **Wednesday, August 31, 2016 by 12:00 midnight. From September 1 through September 30 at 4:00 pm a \$50.00** late fee is charged for access to the online version.

Coaches should access the online version by navigating to the OHSAA's Field Hockey webpage at:

<http://www.ohsaa.org/sports/fh/girls/default.asp> You will need your **SCHOOL ID NUMBER**, which can be provided by your school's Athletic Administrator. Please note that **all screens of the presentation must be viewed** for attendance credit to be provided.

Officials should access the online version through their OHSAA account or from the Field Hockey webpage at <http://www.ohsaa.org/sports/fh/girls/default.asp>. You will need your Officiating Permit Number to register. Please note that **all screens of the presentation must be viewed** for attendance credit to be provided.

On or about Tuesday, August 23, all field hockey schools and officials will be notified **if they have NOT completed a meeting**. Coaches will be notified through their school's Athletic Administrator. Therefore, there is **no need to double check attendance** until after this notification is sent out on August 23. Officials will have their profile page updated reflecting their attendance periodically. **PLEASE do not call the office for verification after completing the online version**; profiles are updated periodically and attendance may not be reflected until several days after completion.

2016 OHSAA FIELD HOCKEY CALENDAR

August 1	First Day of Coaching, Tryouts and Instruction
August 1-October 3	Last Period for Entering or Withdrawing from the OHSAA Tournament Without Penalty
August 2	First Preview Permitted – Ends prior to first regular season contest
August 20	First Regular Season Contest
September 19	Non-Interscholastic Competition No Longer Permitted – Any Participation on or after this date will render the student ineligible for the OHSAA FH Tournament as well as additional contest suspensions.
October 4	Penalty (\$150) required for entering or withdrawing from OHSAA tournament
October 9	Draw Meeting (Seeding to be done on-line)
October 17-29	State Qualifying Tournaments
November 4-5	State Tournament – Upper Arlington High School, Columbus
Note: Scrimmages may be competed at anytime during the season.	

OHSAA CONTACT INFORMATION

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

Name	Title	Responsibilities	E-Mail/Phone
Deborah Moore	Associate Commissioner	Oversees the sport & coordinates the tournaments; Rules Interpreter	dmoore@ohsaa.org
Beau Rugg	Assistant Commissioner	Oversees officials programs & tournament assignments	brugg@ohsaa.org
Emily Gates	Program Coordinator	Assists with the sport & coordinates the tournaments	egates@ohsaa.org
Rick Pollak	State Rules Interpreter and Director of Development for Field Hockey Officials	Interprets rules, conducts state rules meetings; coordinates officials education and development	diamondumpire@gmail.com

FIELD HOCKEY LINKS

National Federation of State High School Associations
USA Field Hockey

www.nfhs.org
www.usfieldhockey.com

COACHES

OHIO HIGH SCHOOL FIELD HOCKEY COACHES ASSOCIATION

2016 OHSFHCA Officers Directory

Kara Whitlatch	President	614-237-4309	Kara.whitlatch@bexleyschools.org
Anne Horton	Secretary	614-509-2272	anne_horton@columbusacademy.org

FIELD HOCKEY MODIFICATIONS AND INTERPRETATIONS



The rules as printed in the National Federation (NFHS) Edition 2016-2017 Field Hockey Rules Book will apply in all games involving OHSAA member schools. Exceptions are those noted below or by interpretation in future bulletins.

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

The uniform top shall have clearly visible numbers on the front and back. The numbers shall be of **a solid color** contrasting to any surrounding colors. It is **required that numbers on the front be 3 to 6 inches in height, and 6 to 8 inches height on the back**. Any number from 00 through 99 is legal. Three digit numbers and duplicate numbers are illegal, and a team may not use both 0 and 00. The goalkeeper's uniform top shall be of a color that contrasts with the color of the uniform **tops** of both teams, and have a visible number. The goalkeeper shall wear a full face/cage mask-helmet, which covers the entire head including the back of the head (cage must be rounded at all points), and a chest protector specifically manufactured for field hockey, under the shirt. **The home team shall wear solid white socks/sock guards and the visiting team shall wear contrasting solid dark-colored socks/ sock guards beginning in 2017. Please see the rules book for the complete text of these uniform and equipment rules.**

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

The penalty for failure to have one's entire team in a legal uniform is that the game shall be played, a green card shall be issued to the head coach at the pre-game conference, thus starting the game with a warning, and the head umpire shall send an email to Associate Commissioner Deborah Moore at dmoore@ohsaa.org within 48 hours of the completion of the game.

The following are the color requirements for the jersey/top:

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

Complete details of the uniform requirements can be found in Rule 1 section 5 Player Uniform of the NFHS Rulesbook or at www.nfhs.org/fieldhockey/

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

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

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

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

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

NOTE: Neon yellow field hockey balls shall be used for the State Field Hockey Tournament semifinal 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

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

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

Please note that Field Hockey Rules 12-2-PEN #1-2 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.

10. **EQUIPMENT**

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

11. **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.

12. **OFFICIATING REQUIREMENTS AND OFFICIALS' UNIFORM**

OHSAA field hockey officials must have officiated a minimum of six regular-season varsity high school field hockey games during the 2016 Ohio season in order to be eligible for an OHSAA tournament assignment.

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

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

13. **CONTEST LIMITATIONS** - A high school field hockey player may play in a maximum of two games per day up to a maximum of three halves per common opponent. The total number of contests would remain at 16, and the maximum number of halves is 42 for the season.

14. SELECTION OF TOURNAMENT FIELD HOCKEY OFFICIALS

All coaches are required to log onto their OHSAA profile and enter all varsity home contests. Then after each game, the coach must rate the officials who worked that game. We will no longer be providing a separate ballot outside of the OHSAA system. Coaches' ratings of officials as well as other criteria established by the Board of Directors shall be used to select tournament officials. Please review the document within this manual and consult with your athletic administrator.

15. INQUIRIES

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

16. MERCY RULE

The Board of Directors has approved the provision in NFHS rule 4-2-2, to permit the game clock to 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.**

REFER TO WEBSITE FOR ADDITIONAL FIELD HOCKEY REGULATIONS, STATE QUALIFYING AND STATE FIELDHOCKEY TOURNAMENT INFORMATION.

NFHS MAJOR RULES CHANGES FOR 2016-17

- 1-2 New procedure for Long Hit eliminates the need for this field marking. Long Hit Line will also be eliminated from Field Diagram.
 - 1-5-3 The home team is required to wear single solid white uniform tops front and back on the torso. The home team should only wear white socks to match the uniform top. There is no need for the home team to wear any other color sock/sock guard than white. Light-colored is ambiguous.
 - 1-5-6 When an illegally uniformed team is unable to correct the situation or cannot verify state association approval of the uniform, the game shall be played. The referee must, however, notify the state association following the game
- PENALTIES 2 - OHIO MODIFICATION – A GREEN CARD SHALL BE ISSUED TO THE HEAD COACH.**
- 1-6-5 Face masks are no longer permitted
 - 1-8-1 Goalkeeper uniform tops may be multiple colors to ensure contrasting uniforms with the field players. Effective 2017, the goalkeeper's uniform top must have visible numbers on the front and back. This will create consistency with all uniforms worn on the field.
 - 7-3-2 The implementation of the "Long Hit Procedure" created a new name that is consistent with the procedure.
 - 10-3-2 The rule change for 2015 (dealing with restarts for extended play penalty corners) eliminated the clear definitions for when a penalty corner, during regular play is considered to be completed. The exception to the rule added in 2015, (dealing with restarts for extended play penalty corners) should apply to an injury during regulation play as well as extended play.
 - 11-11-1e The rules have evolved to allow umpires to better manage this situation if it occurs. Deleted provision to award a penalty stroke when the defending team continues to deliberately cause the ball to go over the end line.

OHSAA Field Hockey Officials Rating Instructions

1. Access your OHSAA profile at <http://myohsaa.ohsaa.org> OR from the home page of the www.ohsaa.org.
2. Log in to your account using the login credentials provided by your athletic administrator. After logging in, you may be directed to set a new password and provide a security question and answer. Follow the on screen instructions for setting a new password and save your account information.
3. The home page will appear which contains all the tools and information currently available to a Head Coach. A summary of post game reports appears at the top of the home page.
 - a. **Click** on your sport in the list of post game reports. The varsity schedule will appear.
 - b. **Click "Record"** under the score column of the varsity schedule. The Report Score/Rate Officials page will appear.
 - c. **To Report The Score:**
 - **Click "Report"** in the section labeled "Score".
 - **Enter** the score for each team and click "Save".
 - d. **To Rate Officials After Each Varsity Game:**
 - **Scroll** down to the "Rate Officials" section.
 - In the box marked "Requested Officials", the names of those officials that did not accept the contract prior to the contest will appear. If these officials worked the contest, click the box in front of their name(s) and then click the "Add Official" button. This adds the official(s) to the rating form below. Note: officials that electronically accepted the contract before the contest will automatically display on the rating form.
 - If you were the away team and your opponent has not entered the officials for the contest, "**Click to Add Officials for Rating**" will allow you to enter the officials for rating after the event has occurred.
 - e. **Officials can be rated as a group or individually.**
 - *To rate officials as a group:* simply click the number of the rating.
 - *To rate officials individually:* remove the check mark from the "Rate All Officials" box by clicking on it. Each official's name will activate. Uncheck any official you do not want to rate or that did not officiate the contest. Click on the number of the rating you want to give to the official.
 - f. **CLICK the "Submit Ratings" Button.**

NOTE: for field hockey the button is labeled "Submit Scores/Ratings"
The list of rated officials will appear in the "Details" section of the page.
 - g. **To exit the page, click the "Cancel" button.** You will be directed back to your varsity schedule.
 - h. **Repeat** these steps to report the scores and rate officials of all your varsity contests (home or away). Sub-varsity contests may be rated but are not required.

Official's Ratings may also be accessed through the team's schedule page.

- i. **Access your team's schedule:** In the left column locate the drop down box labeled "Select Calendar", using the drop down select your team's calendar from the list.
- j. Once your team's schedule has appeared, **click on the double red stars** in the rating column.
- k. Repeat the steps under Number 3 above parts c through h to complete the ratings.

BE SURE TO COMPLETE YOUR RATINGS FOLLOWING EACH CONTEST.

OVERTIME PROCEDURES – REGULAR SEASON



Varsity high school teams shall play **one 10-minute sudden victory** tiebreaker during the regular season. Play shall utilize the seven player “reduced play” procedure that is part of the OHSAA tournament Overtime procedure. If the game is still tied at the end of the overtime period, the game is recorded as a tie. **No non- varsity contests (junior varsity, reserve, freshmen or grades 7-8) are authorized to use a tie-break procedure. EXCEPTION: If playing a regular season high school tournament at the non- varsity level, a 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.

OVERTIME PROCEDURES - OHSAA POST SEASON TOURNAMENTS

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

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

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

During all overtime play-

- A. All game rules apply except as specified below.
- B. Unlimited substitution shall be permitted.
- C. There shall be one team time-out per team permitted during each 10 minute SV overtime period.

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

REDUCED PLAYER 10SV-10SV - PS – SVPS

1. Play a **10-minute "Sudden Victory" (SV)** overtime period, with teams not changing goals at the end of the regular game. **Teams shall play with 6 field players and a goalkeeper. THE FIRST TEAM TO SCORE A GOAL SHALL BE THE WINNER.**
2. If a tie still exists, there shall be a **second 10-minute "Sudden Victory" (SV)** overtime period utilizing the reduced player procedure described in "1" above. Teams shall change goals to begin the second overtime period following the two-minute intermission. Players may confer with their coaches and substitutions may be made. **THE FIRST TEAM TO SCORE A GOAL SHALL BE THE WINNER.**
The team not having possession of the ball to start the first overtime period shall have possession to start the second overtime period.
3. If a tie still exists after the second 10-minute "Sudden Victory" overtime period, **one series of penalty strokes shall be taken** alternating the attackers and goalkeepers at the same goal chosen by the officials. Five different stokers from each team shall be selected **from any eligible player on the team roster.** NOTE: A player taking a penalty stroke within a series of five strokes may not repeat within that set of strokes.
Only the coaches and remaining team members may be on the field and behind the 25-yard line. Prior to the first PS set, the officials shall meet with the team captains for a coin toss. The winner of the coin toss which shall be called by the 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 stokers and/or order of the stokers may be changed for the Sudden Victory Penalty Stroke procedure.** Penalty strokes shall be terminated as soon as one team has more goals than the opponent does after an equal number of strokes have been taken up to a maximum of five for each team. If a tie still exists, after a total of five strokes for each team, another **Sudden Victory Penalty Stroke** procedure shall be commenced.
5. This **Sudden Victory Penalty Stroke procedure** shall continue until the tie is broken. The stokers and/or order of the stokers may be changed. The order of teams stroking or defending first shall alternate from the previous SVPS procedure.
6. Please note: On all penalty corners during the reduced play overtime, a maximum of four defenders shall be back completely behind the end line. This number includes the goalkeeper. The other three defenders shall be beyond the centerline.
7. If a player is disqualified during the regulation game, the team shall play short into the overtime procedure. The player is not eligible for return to the contest.
8. If a player is suspended during the regulation game (yellow card), the suspension carries over into the overtime period until served completely, and the team shall play short. If the suspension occurs in the overtime period immediately preceding the Penalty Stroke procedure and the player is unable to serve the complete time of the suspension, she is no longer eligible to participate in the remainder of the overtime procedure.

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



1. Can you define what is meant by “coaching” in terms of Sports Regulation #7, Non-Interscholastic Programs as well as Instructional Program regulations?

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

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

The coach may supervise open fields, conduct fitness programs and converse with students regarding non-interscholastic competition/training opportunities. The coach may not state or imply in any way that attendance at these permissible activities is a prerequisite for trying out for or being selected for the school squad. The coach MAY NOT: provide any type of instruction except that which is permitted by regulation 8.2.1 b), in either a group or individual setting; coach players or play on their teams in a non-interscholastic program (involvement in tryouts, practices and/or competition) during the school year. This applies to all athletes in one’s program including one’s own children. Note: May 31 denotes the end of the school year

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

This period of time from June 1-July 31 is considered the “summer” period during which coaches may have contact with student-athletes who participated in their interscholastic programs during the past school year. Members of a school field hockey coaching staff, both paid and volunteer, may have a **combined total of 10** days of coaching contact in either instructional programs or non-interscholastic competition programs. Providing instruction to no more than four players in any combination of facilities, (S.R. 8.2.1) does not count toward the 10-day limitation – See Q and A #10.

4. What is considered a “contact” day from June 1-July 31?

Instructional Programs

Any camp, clinic, workshop or other **instructional format in which more than four field hockey players** from the coach’s school are participating counts as one day of contact for that school coaching staff. Any instructional or organizational activity affiliated with the instructional program counts. Providing instruction in conjunction with S.R. 8.2.1 does not count in this 10-day total.

Non-Interscholastic Programs

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

5. May the varsity coach have 10 days of contact in addition to the JV, reserve and freshman coaches?

No. The 10-day provision refers to the combined efforts of all coaches for that school. It is not permissible for each coach to have 10 days with his/her athletes separately.

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

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

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

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

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

Not necessarily. The answer to this question depends on how the high school coaching staff's contracts are stipulated. If the high school staff has specific responsibilities for the middle school (7th-8th) field hockey program, i.e., either contractual or de facto responsibilities for oversight, training, 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.

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

The primary restriction is found in Sports Regulation 7.3. Very simply, while a student is playing for the school field hockey squad (from the time she plays in the first contest until she plays in the last contest of the season), the student may not tryout with, practice for or play in an actual contest with a non-interscholastic field hockey program. The MAXIMUM penalty for violation of this sports regulation is ineligibility for the remainder of the interscholastic field hockey season. Outside the season, that is, prior to playing in the first contest during the school year and after the school season is over, a player may participate in a non-interscholastic field hockey program *provided the 50% limitation is observed. See the answer to Question #4 to see these limitations. SENIORS OR STUDENTS WHO HAVE COMPLETED THEIR ELIGIBILITY ARE EXEMPT FROM THIS 50% LIMITATION.* The school year is identified as beginning on August 1 and ending on May 31; however, some spring sports seasons may extend past May 31.

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

Regarding instructional programs, field hockey players may attend these (camps, clinics, training sessions, school workshops, other programs not affiliated with a non-interscholastic competitive program or league) during the school year provided the 50% rule for squad membership is maintained (SR 8.2). A player may receive individual skill instruction from a non-interscholastic coach at any time during the school year provided such instruction does not violate any board, administrative or coach's policy.

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

While it is not the position of the OHSAA to encourage outside instruction during the school field hockey season, individual skill instruction may be received in field hockey by a squad member at any time in individual lessons *provided* that these individual skill 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

New 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.

11. What may the coach do in an open field or in physical fitness programs?

Supervision of open fields and the conducting of physical fitness programs are not considered as organizational or instructional contact. Thus, this type of activity is not governed by the rules that are specified as "Instructional Program" regulations or Sports Regulation 7 - Non-Interscholastic Teams. However, during an open field, either at a member school facility or a non-member facility, coaching staff members may have NO organizational or instructional contact with participants. Likewise, attendance is not mandatory, no scoring or timekeeping is permitted, and the supervisor may not participate in designating who is to play on which teams. The rules governing Physical Fitness Programs do not permit the coaching or instruction of sports techniques and skills, and the equipment used to play the sport may not be utilized. These programs cannot be mandatory or restricted to a select group of students. Note: It is not a violation for the coach or other adult supervisor to participate as a player in an open gym as long as the adult does not coach the students.

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

No. Seniors in team sports like field hockey are exempt from the 50% limitations found in Sports Regulation 7.5. Coaches are restricted from any contact with players, including seniors, during the school year prior to June 1, except during the season of their sport and except as permitted in the instructional program guidelines.

13. What type of contact may a coach have with field hockey players during a "no contact" period?

Mandatory No Contact Periods are designed to provide for a break for students in team sports either between sports or at the time when other sports seasons commence. Field hockey coaches are prohibited from having athletic or athletic-related contact with their players for 28 days after they have played their last interscholastic field hockey contest. The exception is that coaches may supervise weight training facilities during this period.

During this no-contact period, field hockey coaches may not supervise open gyms or conduct fitness programs other than weight training. There are no restrictions placed on students who may begin training with a non-interscholastic team immediately after the end of the season or continue to pursue other types of activity in field hockey. The regulation restricts field hockey coaching staff members; however, it does include the following exceptions: awards ceremonies, all-star contests, communication to facilitate college recruitment, contact as a faculty member in the regular curriculum, contact as a licensed athletic trainer involved with rehabilitation and treatment, pick up of school-issued equipment, or attendance at OHSAA field hockey tournaments.

14. Are there any restrictions on where this new four-player instruction can take place?

No. Most instruction that is offered by the interscholastic field hockey coach will most likely take place at the school facility; however, the regulation does not restrict the facility but does place a restriction on the number of students who may be in the facility, or combination of facilities, receiving instruction at any time.

15. If a field hockey coach is providing individual instruction to four players, could at the same time a volunteer or parent who has not been approved by our board of education/governing board provide instruction? If so, is there a difference between this taking place while school is in session outside the season vs. during the June 1 to July 31 period?

No. Based on the language in SR 8.6, interscholastic coaches are governed by the four player limitation per facility/facilities. It would be a violation of this rule for anyone in addition to one field hockey coach, to instruct additional players beyond the four player limitation at the facility which is being used. If any instruction takes place from June 1-July 31, the 10-day limitation is in effect as expressed in SR 7.5 and 8.2.1.

16. Can players compete in drills against one another during the instruction (i.e. two-on-two field hockey drills); etc.?

Yes. The limitation is four players. Any types of drills or instruction that can be provided with those four is permissible in the sport of field hockey.

17. May an interscholastic coach have contact with his or her students who are graduating seniors or who have exhausted their eligibility in a non-interscholastic program after the field hockey season has concluded?

Yes. A rules change now permits coaches to coach their own senior players in a non-school program after the field hockey season provided there are no other members of their field hockey squad on that non-school roster.

MEDICAL & SAFETY

REFERENCE INFORMATION

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

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

Information on Concussion Management

CONCUSSION REGULATIONS – UPDATED FOR 2014-15

DATE OF IMPLEMENTATION – APRIL 26, 2013

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

Notwithstanding the leading role that the Ohio High School Athletic Association has played in the area of developing policies concerning concussion prevention, recognition and management, in December of 2012, Ohio's Governor Kasich signed into law legislation that was passed by Ohio's 129th General Assembly which incorporated much of what the OHSAA regulations previously mandated. This law adds several aspects to previous OHSAA regulations. Therefore, in order to be fully compliant with this law as signed by our Governor, modifications have been made to OHSAA policy. These modifications are set forth in these updated Concussion Regulations.

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://ohsaa.org/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: <http://www.healthyohiprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Interscholastic%20Concussion%20Form%20-%20ODH%20Revised%202.ashx>

APPROVED ONLINE CONCUSSION EDUCATION COURSES

The following free online training courses have been approved by the Ohio Department of Health for coaches and contest officials:

[National Federation of State High School Associations Concussion in Sports - What you Need to Know:](http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000)
<http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000>

(This free online course is available through the NFHS. Click the "order here" button, and complete a brief registration form to take the course. Follow these steps to complete the course:

1. Click on the button that says "Please Login to Order." In the window that appears, click "Register Now."

2. When your registration is complete, you may "order" the free concussion course offered along the left-hand side of the page. Continue following prompts. Although it may look like you will be charged for the course, there is no cost.
3. Once you've completed "Checkout," you will be able to take the free online course.
4. When you have completed and passed the course, you have the option of printing a certificate of completion.
5. All Ohio Officials should select this option to print, retain a copy of the certificate and carry it with them to all contests.

[Centers for Disease Control and Prevention Heads Up Concussion in Youth Sports On-Line Training Program:](http://www.cdc.gov/concussion/HeadsUp/online_training.html)
http://www.cdc.gov/concussion/HeadsUp/online_training.html -

PLEASE NOTE: Both courses offer a "certificate of completion" upon successful passage. The NFHS course allows organizations to search for and [track coaches and other individuals such as contest officials who have completed the course](#), while the CDC course does not.

FREQUENTLY ASKED QUESTIONS

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

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

2. **Who is responsible for administering this rule?**
 All individuals who have responsibilities and duties in the interscholastic athletics environment are responsible: coaches, contest officials, administrators, students, parents and medical personnel.
3. **What is the role of coaches in administering this rule?**
 - Coaches are to review and know the signs and symptoms of concussion and to prohibit any athlete who displays these signs or symptoms from participating in a practice or a contest.
 - Coaches are not medical professionals and have no authority to determine whether or not a student has sustained a concussion. The coach is responsible for insuring that the student's parents are notified and the student is referred to a medical professional.
 - Coaches shall be aware that any student removed from a practice or a contest due to a suspected concussion or head injury **shall not return to participation on the same day as the removal.**
 - Coaches shall possess a current Pupil Activity Program/Coaching Permit and shall take one of the approved online concussion courses upon renewal of the permit.
4. **What is the role of contest officials in administering the rule?**
 - Officials are to review and know the signs and symptoms of concussion and to direct immediate removal of any student who displays these signs or symptoms. When informing the head coach about removal of an athlete, the official shall be accompanied by another (second) official if possible.

- An official **shall not permit the athlete who has been removed under this rule to return to competition that same day.**
- If a contest official is aware that a student has been permitted to return to competition on the same day as removal, that official shall immediately stop play and remove that student from competition and report the incident to the OHSAA.
- Note that officials are not medical professionals and have no authority to determine whether or not a student has sustained a concussion. The official is responsible for directing removal when he or she observes signs and symptoms that may indicate a student is concussed.
- All Officials shall possess either a current Pupil Activity Program/Coaching Permit or shall complete one of the online concussion courses which are valid for three years from the date of completion.
- At initial licensure or renewal of the OHSAA officiating permit, the official shall indicate that he or she has either a current Pupil Activity Program/Coaching Permit or has completed one of the approved online concussion courses.
- All officials should carry with them evidence of completion of one of these options at all times while officiating a contest.
- Officials are required to submit to the OHSAA the "OHSAA Concussion Report" within 48 hours whenever a student has been removed from a contest under this regulation.

5. What are the expectations of student-athletes in concussion management?

- **While all individuals involved in the interscholastic athletics program have a responsibility to recognize the potential for catastrophic injury and even death from concussions, it is also the responsibility of student-athletes to recognize the signs, symptoms and behaviors consistent with a concussion.**
- **Student-athletes who exhibit symptoms such as loss of consciousness, headache, dizziness, confusion or balance problems, have the responsibility to report these immediately to their coach and/or health care professional. Teammates also share the responsibility to report these symptoms when they are exhibited by a fellow student-athlete.**
- **Student-athletes shall review and sign, on an annual basis, along with their parents or legal guardians, the Ohio Department of Health's Concussion Information Sheet found on the OHSAA website and at this link**
<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Interscholastic%20Concussion%20Form%20-%20ODH%20Revised%202.ashx>

6. Who decides if an athlete has not been concussed and/or who has recovered from a concussion?

- **Only** an M.D. (Medical Doctor), D.O. (Doctor of Osteopathy), or another health care provider approved by the school's Board of Education or other governing body who 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;
 - 4) Under the supervision of a physician.

is empowered to make the on-site determination that an athlete has **not** received a concussion. **Even if that determination has been made, however, the student may not return to practice or competition on the same day he/she has been removed from a practice or competition** (see No. 7 below).

- If any one of these physicians or authorized medical providers has answered that "yes" there has been a concussion, that decision is final.

7. Can an athlete return to play on the same day as he/she has been removed from a practice or competition for a suspected concussion?

- No, under no circumstances can that athlete return to play that day.

- No coach or contest official shall allow a student to return to practice or to competition on any day after the initial removal until that student has been assessed and cleared for return with **written authorization** by a physician or licensed health care provider authorized by the school.
 - If the event continues over multiple days, then the designated event physician has ultimate authority over return to play decisions.
- 8. Once the day has concluded, who can issue authorization to return to practice/competition in the sport for a student who has diagnosed with a concussion?**
- Once a concussion has been diagnosed by a physician or other approved health care provider, only a physician or approved provider can authorize subsequent Return To Play (RTP), and such authorization shall be in writing to the administration of the school. This written **RTP authorization shall be kept at the school indefinitely** as a part of that student's permanent record. Click here <http://ohsaa.org/medicine/AuthorizationToReenter.pdf> to access the OHSAA "Medical Authorization to Return to Play" Form.
 - School administration shall then notify the coach as to the permission to return to practice or play.
- 9. What should be done after the student is cleared by an appropriate health care professional?**
- After a clearance has been issued, the student's actual return to practice and play should follow a graduated protocol.
 - The National Federation of State High School Associations has included the following graduated protocol in its Suggested Guidelines for Management of Concussion in Sports: (**Note:** This is simply a suggested protocol. The appropriate health care professional who issues the clearance may wish to establish a different graduated protocol.)

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](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 -](#)

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Return%20to%20Play%20-%20What%20Coaches%20Need%20to%20Know%20-%20School%20Sports%20-%20Final.ashx>

[Ohio's Return to Play Law: What Parent/Guardians Need to Know](#) -

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Return%20to%20Play%20-%20What%20Parents-Guardians%20Need%20to%20Know%20-%20School%20Sports%20-%20Final.ashx>

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 -

<http://www.cdc.gov/concussion/HeadsUp/schools.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



Ohio High School Athletic Association
 4080 Roselea Place, Columbus, Ohio 43214
 PH: 614-267-2502; FAX:614-267-1677
 ohsaa.org

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 of 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.



Ohio High School Athletic Association
 -4080 Roselea Place
 Columbus, Ohio 43214
 Telephone: 614-267-2502; Facsimile – 614-267-1677
ohsaa.org

OHSAA CONCUSSION REPORT

State Law, NFHS Rules and OHSAA 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 OHSAA 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 OHSAA 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 OHSAA within 48 hours.

THE PRIVIT PROFILE – DIGITAL PPE – THE NEW OHSAA STANDARD

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. The PrivIT e-PPE known as the PrivIT Profile, allows parents and students to complete a series of medical history questions online and then produces a directed report for the examining physician. This page is a copy of our website resources for this new system.

The OHSAA is strongly recommending that all high schools direct parents and students to this new system. Please feel free to access the information below which is from our website at <http://www.ohsaa.org/medicine/physicalform.htm>

- **Welcome PRIVIT® Administrator**
- **Welcome Parents and Athletes**
- **FIND MY SCHOOL**

Privit Profile (formerly Privit e-PPE)

The OHSAA has approved the use of Privit Profile as an electronic alternative to the paper pre-participation evaluation forms required from student-athletes. Each high school athletic department has its own URL for accessing the digital forms required by OHSAA for medical clearance. Parents will be responsible for going to the appropriate high school Privit Profile web site to complete the health questionnaire, and student-athletes will still be required to complete a physical exam with a medical professional. Athletic Departments are able to access their school's web link and information to introduce the new process to your student-athletes and their parents by searching for your high school at www.e-ppe.com, and leveraging the welcome packet found [here](#) within the PRIVIT Help Center.

By migrating to Privit Profile, your student-athlete's medical information will be more secure than before and accessible only to authorized personnel. PRIVIT offers training sessions to familiarize Athletic Departments with the Privit Profile functionality and benefits. Click [here](#) for Administrator Training.

For assistance, please visit the PrivIT Help Center at <http://support.privit.com>.

PRIVIT and OHSAA Video: <https://youtu.be/3muvEUXxAxc>

2016-17 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.

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- **Concussion Information and OHSAA Sport Safety**
 - **Ohio Department of Health Concussion Information Sheet**

Statement on Medical Hardware

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

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

Heat Stress and Athletic Participation

Frederick O. Mueller, Ph.D.
University of North Carolina
Chapel Hill, NC 27599

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

Under such conditions the athlete is subject to the following:

- Heat Cramps- painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.
- Heat Syncope - weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.
- Heat Exhaustion (Water Depletion) - excessive weight loss, reduced sweating, elevated skin and deep body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.
- Heat Exhaustion (Salt Depletion) - exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.
- Heat Stroke - an acute medical emergency related to thermoregulatory failure associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any of the other clinical signs. The individual is usually unconscious with a high body temperature and hot, dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

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

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

Heat Regulations

This procedure is to be used until such time as the temperature is below 84 degrees as no combination of heat and humidity at that level will result in a need to curtail activity.

Under 95 degrees Heat Index	<ul style="list-style-type: none"> ➤ Water should always be available and athletes should be able to take in as much water as they desire. ➤ Optional water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group ➤ Have towels with ice for cooling of athletes as needed ➤ Watch/monitor athletes carefully for necessary action. ➤ Re-check temperature and humidity every 30 minutes if temperature rises in order to monitor for increased Heat Index.
95 degrees to 99 degrees Heat Index	<ul style="list-style-type: none"> ➤ Water should always be available and athletes should be able to take in as much water as they desire. ➤ Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group ➤ Have towels with ice for cooling of athletes as needed ➤ Watch/monitor athletes carefully for necessary action. ➤ Helmets and other equipment should be removed when athlete not directly involved with competition, drill or practice and it is not otherwise required by rule. ❖ Reduce time of outside activity. Consider postponing practice to later in the day. ❖ Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index
100 degrees (above 99 degrees) to 104 degrees Heat Index	<ul style="list-style-type: none"> ➤ Water should always be available and athletes should be able to take in as much water as they desire. ➤ Optional water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group ➤ Have towels with ice for cooling of athletes as needed ➤ Watch/monitor athletes carefully for necessary action. ➤ Alter uniform by removing items if possible and permissible by rules ➤ Allow for changes to dry t-shirts and shorts by athletes at defined intervals. ➤ Reduce time of outside activity as well as indoor activity if air conditioning is unavailable. ➤ Postpone practice to later in day. ➤ If helmets or other protective requirement are required to be worn by rule or normal practice, suspend practice or competition immediately ❖ Re-check temperature and humidity every 30 minutes to monitor for changes in Heat Index.
Above 104 degrees Heat Index	<ul style="list-style-type: none"> ➤ Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

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

TOURNAMENT SEEDING AND DRAWING PROCEDURES

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

The 2016 draw is scheduled for **Sunday, October 9** and will be conducted by each qualifying tournament manager in his or her respective area at a site agreeable to the coaches competing in each tournament. **An on-line seeding procedure will be utilized so that the draw may be conducted as efficiently as possible.** This procedure will require you to utilize the Internet to post records and vote for seeded teams. **Your tournament manager will send more information to you regarding the**

specific details of this procedure and the draw meeting. Also information concerning the seeding and drawing procedure will be posted to the OHSAA web site at www.ohsaa.org. **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.

OFFICIALS

OFFICIATING ETHICS & CODE OF CONDUCT

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

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



OFFICIATING CODE OF ETHICS

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

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

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

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

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

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

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

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

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

PRE-SEASON PREPARATIONS

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

ADDRESS CHANGES

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

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

WEBSITE RESOURCES

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

Topics include:

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



OHSAA FIELD HOCKEY REGULATIONS

FIELD HOCKEY – GIRLS

A. GENERAL REGULATIONS

1) Interscholastic Participation

- 1.1) A player shall be permitted to play in a maximum of two games per day up to a maximum of three halves per common opponent. The maximum number of contests shall be 16 with a maximum **total of 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) PREVIEW – A preview may be scheduled and played only during the period of time beginning on August 2 and ending with the date of the first regular season game of the teams involved. A preview may not exceed one-half of a regulation contest for any one player or team and shall be played according to National Federation Field Hockey Rules.
- 1.5) 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.
- 1.6) 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.
- 1.7) The game clock shall run continuously during the second half of any regular season or OHSAA tournament game once the goal differential of five has been reached in the second half. If that goal differential becomes less than five, the game clock shall operate as per NFHS rules.
- 1.8) 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).
- 1.9) **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) 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).
- 2.2) A member of an interscholastic field hockey squad (any student who has played in a scrimmage, preview or regular season/tournament game as a substitute or starter) sponsored by the Board of Education may participate in non-interscholastic field hockey outdoors prior to and after the school season under the following conditions:
- 2.21) The number of interscholastic field hockey players from the same school on the non-interscholastic squad is limited to five on the roster of that non-interscholastic squad.

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.

- 2.22) There is no limit on the number of field hockey squad members from the same school participating on the same squad during the period June 1-July 31.
- 2.23) A player may continue to play with a non-interscholastic squad in a national qualifying tournament in excess of the five-player limitation after July 31 until the squad is eliminated but no later than Labor Day.
- 2.24) Non-interscholastic participation includes tryouts, training, practice and competition
- 2.3) Participation in indoor field hockey, under the rules of the International Rules for Indoor Field Hockey, is not a violation of OHSAA non-interscholastic team Sports Regulation 7.2 for student-athletes.
- 2.4) In accordance with Sports Regulation 7.5, interscholastic field hockey coaches are prohibited from coaching their own interscholastic squad members in indoor field hockey except for 10 days from June 1-July 31.
- 2.5) ALL STAR CONTESTS - 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 Regulation 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.
- 2.6) Individual Non-Interscholastic Competition Dates:

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

Date: **September 19, 2016**

3) Instructional Programs

See *Regulations for Instructional Programs* under Section 8 of the General Sports Regulations on the Field Hockey Page at ohsaa.org

4) No Contact Period - Coaches

See *Regulations for No Contact Period – Coaches* under Section 11 of the General Sports Regulations on the Field Hockey Page at ohsaa.org

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 \$1000 per occurrence, or such other penalty as the Commissioner may deem appropriate.

6) Transfer Bylaw

Due to the many questions regarding this bylaw and its application to students wishing to play field hockey, please go to this link <http://www.ohsaa.org/eligibility/TransferBylawGuidance.htm> to assist in understanding this bylaw. Note that students who transfer and do not meet an exception to this bylaw are ineligible for all contests (scrimmages, preview included) until regular season game #9.

7) 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 on the Field Hockey Page at ohsaa.org.

For information on Out of State Travel regulations see Bylaw 9-2 in the Bylaws on the Eligibility Page at ohsaa.org

B. SPECIFIC REGULATIONS – Grades 9-12

- 1) Coaching, tryouts and instruction may begin – **August 1, 2016**
- 2) First game – **August 20, 2016**
- 3) Deadline date for OHSAA Tournament – **October 3, 2016**
- 4) Tournament draw/seeding meeting – **October 9, 2016**
- 5) Coaching and Season end – **November 5, 2016**

- 6) Scrimmages and Previews – Maximum of four scrimmages plus one preview. **(Note: Scrimmages and previews do not count in season won-lost statistics).**
- 7) Regular season games – 16
- 8) Rules – National Federation Field Hockey
- 9) Officials – Varsity only – Two field hockey officials required. It is recommended that one of the two be an OHSAA Class 1 official. In the event that only one official is available to officiate, the game may be played provided the participating coaches agree.

C. SPECIFIC REGULATIONS – Grades 7 & 8

- 1) Coaching, tryouts and instruction may begin – August 1, 2016
- 2) First game – August 20, 2016
- 3) Coaching and Season end – November 5, 2016
- 4) Scrimmages – None permitted.
- 5) Regular Season games – 14
- 6) Rules – National Federation Field Hockey
- 7) Officials – Minimum of one OHSAA Class 1 Field Hockey Official recommended.

Field Hockey	2016	2017	2018	2019	2020	2021
Season Begins	8/1	8/1	8/1	8/1	8/1	8/2
Earliest Preview Date	8/2	8/2	8/2	8/2	8/2	8/3
Regular Season Contests Begin	8/20	8/19	8/18	8/17	8/22	8/20
Non-Interscholastic Date	9/19	9/18	9/17	9/16	9/21	9/20
State Qualifying Round	10/17-10/29	10/16-10/28	10/15-10/27	10/14-10/26	10/19-10/31	10/18-10/30
State	11/4-11/5	11/3-11/4	11/2-11/3	11/1-11/2	11/6-11/7	11/5-11/6
Season Ends	11/5	11/4	11/3	11/2	11/1	11/6
Thanksgiving	11/24	11/23	11/22	11/28	11/27	11/25

Coach – No Contact Period

Starts the first day after the last interscholastic contest; and ends 28 days later

TOURNAMENT REGULATIONS

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

OHSAA GENERAL SPORTS REGULATIONS

General Sports Regulations are available at www.ohsaa.org. Under “Sports & Tournaments” select field hockey. The General Sports Regulations are listed under 2016 Field Hockey Info on left side.



SPORTING CONDUCT

RespectSM THE GAME

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

ADMINISTRATORS

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

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

COACHES

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

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

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

OFFICIALS

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

- Know the rules and mechanics of our sport and the philosophy behind them.
- Get fit and stay fit. An official with all of the rules and mechanics knowledge and people skills in the world does no good if he or she cannot physically keep up with play.
- Maintain professional and ethical relationships with athletic administrators, especially in the area of fulfilling game contracts.
- Work cooperatively with fellow officials during games and within the officials' association to improve members' performances.
- Maintain at all times and when interacting with all participants, an attitude of civility and professionalism.

- Practice effective preventive officiating as much as possible before, during, and after a match. The quiet word, proper signals, timely verbal instructions, a simple thank-you to a player for avoiding an unsporting act, and well-thought-out pre-game conferences with the teams and other game officials will result in an improvement of sporting conduct by eliminating the chance for things to go wrong.

STUDENT-ATHLETES

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

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

CONCLUSION

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

**Note from Roxanne Price:
Chair of the OHSA Sportsmanship Ethics, and Integrity Committee:**

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

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

Speak with Courtesy
Act with Dignity
Play or Observe with Pride

NFHS SPORTSMANSHIP MISSION STATEMENT

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

ONLINE RESOURCES

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

Have a great season!

