

# ***2022 MS Field Hockey*** ***Coaches Handbook***



  
**FIELD HOCKEY**  
**CHAMPIONSHIPS**  
**2022**

CENTEREACH HS | SECTION XI

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Debra A. Ferry, CAA  
Director of Athletics  
Section XI Field Hockey Chairperson  
Half Hollow Hills School District



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To: Suffolk County MS Field Hockey Coaches  
Subject: 2022 Section XI Field Hockey Handbook  
Date: 2022-2023

Welcome to the 2022 field hockey season! It is my pleasure to serve you as the Section XI Field Hockey Chairperson and I look forward to another successful season while working with the SCFHCA. I want to thank the SCFHC

A and the SCFHOA for your outstanding support and willingness to help run, organize and assist with the NYS Field Hockey Tournament last November.

Moving into a new year and a new beginning I am super excited to help host the State Tournament for the next two years. As we know from experience, to have a successful State Tournament we will need the communication between the SCFHCA and Section XI to be the best it has ever been, and I have no doubt it will be.

As many of you know, it is my role to serve as a liaison between your coaches' association and NYS Public High School Athletic Association and Section XI athletics. Please do not hesitate to call me, text me or e-mail me with any questions or concerns involving Section XI athletics.

Sincerely,

**Debra A. Ferry**

Debra A. Ferry  
Section XI Field Hockey Chairperson

## MODIFIED FIELD HOCKEY HANDBOOK

### Section XI Field Hockey:

Deb Ferry: Section Coordinator for Field Hockey

E-mail: [dferry@hhh.k12.ny.us](mailto:dferry@hhh.k12.ny.us)

Phone #s: work: 631-592-3065 Cell: 631-334-9422

### Suffolk County Field Hockey Coaches Association:

[Scfhca@gmail.com](mailto:Scfhca@gmail.com)

- Tina Moon: President
- Lauren Desiderio: Vice President
- Mary Drago: Treasurer
- Gina Walling: Secretary
- website: [www.scfhca.org](http://www.scfhca.org)

### Suffolk County Field Hockey Umpires' Association:

- Maureen Earl: President
- [Moe731@gmail.com](mailto:Moe731@gmail.com)
- Cheryl Hack: Rules Interpreter
- (631) 484-9342
- [cherylhack06@gmail.com](mailto:cherylhack06@gmail.com)

**SECTION XI NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION**

1 INDEPENDENCE HILL SUITE 201 FARMINGVILLE, NY 11738

631-366-0700

THOMAS COMBS  
**EXECUTIVE DIRECTOR**

PETE BLIEBERG  
**ASSISTANT DIRECTOR**

**TO:** Sports Chairpersons/COACHES

**From:** Tom Combs

**Date:** 2022-2023

**RE:** Mandatory Coaches Meetings - **SPORTSMANSHIP**

The New York State Public High School Athletic Association and Section XI would like to ask for your cooperation in the promoting of the importance of proper sportsmanship at all of its athletic contests.

Trash talking, inappropriate comments and general poor sportsmanship have become an increasing problem and we would ask that you communicate the following guidelines with the coaches at your Mandatory Coaches Meeting.

**1. There will be zero tolerance for harassing statements related to gender, race, ethnicity, disabilities, sexual orientation or religion by players, coaches, fans or officials. It is our goal to reinforce our expectations of proper sportsmanship at all times. Incidents or violations will be handled through the regulations outlined in the NYS and Section XI procedures with the appropriate penalties administered.**

**2. We have asked the officials to deal with this type of behavior with immediate and strict enforcement.**

**3. Officials are not to be involved directly with the spectators. Officials will report this type of behavior with fans directly to the home school and follow proper procedures. Home school game administration will be responsible for the conduct at the game site.**

**4. Serious incidents or violations shall be reported to Section XI on the next Business day.**

5. Coaches are asked to reinforce proper sportsmanship with their players on a regular basis and model good sportsmanship themselves.

**AYT**

6. Athletic Directors are asked to please review with their coaches the NYSPHSAA expectations and monitor their athletes **and staff**.

Thank you for your cooperation and assistance in creating a positive, enjoyable and healthy athletic experience for all.

cc: Rita Redko

**SECTION XI NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION 1**  
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THOMAS COMBS  
**EXECUTIVE DIRECTOR**

PETE BLIEBERG  
**ASSISTANT DIRECTOR**

**TO:** Sports Chairpersons/COACHES  
**From:** Tom Combs  
**Date:** 2022-2023  
**RE:** Automatic External Defibrillators

**THE FOLLOWING POLICIES ARE IN PLACE AND MUST BE FOLLOWED RELATED TO**  
**AEDS AND EMERGENCY PROTOCOLS**

Coaches are reminded that Section 136.4 of the Regulations of the Commissioner of Education (9/2002) requires that schools provide and maintain sufficient automated external defibrillator equipment be available to ensure ready and appropriate access for use during emergencies as well as trained personnel to administer.

In order to provide an efficient and consistent handling of emergency situations the following steps MUST be followed:

**1. The Home School is to be responsible** for providing AED-trained personnel and a sufficient number of AED's at all interscholastic contests such that an AED can be effectively administered within 2-3 minutes to a stricken student-athlete, coach or spectator. 2. Prior to each contest, the home school coaching staff is to advise the visiting coaching staff and officials of the location of the AED and the personnel designated to utilize it. 3. All medical or AED-trained personnel that are present at the contest are to be identified prior to the contest. 4. All athletic emergencies **are to be reported to** the Athletic Directors of the respective districts immediately following the contest. 5. No contest will take place without an AED available and able to be administered **as per #1 above.**

Thank you for your cooperation and best of luck this **season.**

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PETE BLIEBERG  
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**TO:** Sports Chairpersons/COACHES  
**From:** Tom Combs  
**Date:** 2022-2023  
**RE:** Mandatory Coaches Meetings - **Rating Officials**

Section XI provides a vehicle for coaches to evaluate the performance of game officials. It is our feeling that **the system we use is the most** comprehensive and effective method possible. We ask for your cooperation in this effort.

Some specifics we wish to reiterate:

1. We are committed to protecting the right of each and every coach to rate officials. We believe it to be an obligation of each and every coach to evaluate, though fully understand that your main focus is appropriately your coaching task.
2. Officials DO NOT have access to the sources of their ratings. Confidentiality is a major priority. Even Section Sport Chairs are precluded from having this information. Though we work closely with the Presidents of officials groups, they will verify the confidentiality of your ratings. Only the Section office staff has knowledge of rating sources.
3. The success of the rating system is totally dependent on your cooperation.
4. When evaluating each official, carefully consider the keys to each category:
  - a. **Excellent (5)** Should be reserved for the truly outstanding performance, a performance you would want on a championship contest. Over the course of a season, there should be very few 5's given.
  - b. **Good (4)** Means just that - a good performance, not outstanding, but better than acceptable - no complaints. Generally, we would expect to see more 4's than any other rating.
  - c. **Acceptable (3)** Should speak for itself. We would expect a fair number of these.
  - d. **Poor - (2)** Definite flaws; contest was seriously affected. Hopefully, you will not need to give many during a season.
  - e. **Inadequate (1)** Absolutely unacceptable throughout the contest. Hopefully, your need to use this will be rare.

Each individual rating chosen (on **each category**) is a separate computer entry. The computer "computes" for each official by adding the total points and dividing by 5. This is the overall game rating for the official. This results in overall ratings such as 4.2, 3.4, 3.6, or 3.8 in addition to the whole numbers.

## **SECTION XI MODIFIED FIELD HOCKEY**

### **Game Conditions**

1. A minimum of two nights rest between contests
2. The maximum number of contests shall be ten
3. Six practices are required before the first scrimmage or game

### **Game Rules**

1. NFHS Rules with the exception that sticks will be called whenever a stick is raised above the shoulder.
2. All periods shall be 12 1/2 minutes each
3. Time-outs: A time-out may be called by a team when the ball is dead. Play is restarted as though time-out had not been called. Duration of the time-out is two minutes. **Three time-outs** may be called by each coach.
4. Equipment: Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. All field players must wear shin guards and mouth guards. Goalies must wear: Full face/cage mask-mask-helmet as clarified by NFHS rules (no hard visor), goalie pads, kickers, chest protector, goalie gloves, wraparound throat protector goalie pads , and mouth protector (not white or clear), which may be attached to the helmet. The goalie may wear field hockey shoulder pads and elbow pads.

### **Section XI Rules**

#### **B Level Program - Five Period Format**

A five period format is MANDATED for all B level teams in field hockey except for those teams which have opted to be scheduled in regulation contest devices. The extra period format for extra participation is NOT AN OPTION for the B level programs in Section XI. The following are conditions of this program:

1. Only B level teams may participate.
2. Teams shall be divided into two squads of equal numbers and equal ability.
3. Coaches must exchange rosters prior to every contest.
4. One squad will play the first and third periods and the other squad will play the second and fourth periods. All players are eligible for the fifth period.
5. All goals scored count.
6. Teams having the minimum numbers of 24 players are obligated to play five periods provided their opponents also meet the minimum number of 24.
7. If teams have fewer than the minimum number of players but still can field two full teams, those teams may opt to play five periods. (If substitutes are used, note #8.)
8. NO PLAYER MAY PLAY IN MORE THAN THREE PERIODS IN A FIVE PERIOD CONTEST.
9. There is no half-time intermission when five periods are played. There will be a 2:00 minute rest in between all periods.

10. Extra compensation forms presented by the officials must be signed by the home coach.
11. Each coach is requested to make a notation on the rating card verifying the extra compensation for the officials.

### **B Level Program - Four Periods/Regulation Contest**

When a regulation contest is played at the B level, the following conditions are applicable:

1. Both teams must utilize an A/B format.
2. There will be a 2:00 minute rest in between the 1st and 2nd periods; 3rd and 4th periods. There will be a 5:00 minute rest in between the 2nd and 3rd periods.
3. Extra periods may NOT be played.

**REV. 7/20**



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**TO:** Sports Chairpersons/COACHES

**From:** Tom Combs

**Date:** 2022-2023

**RE:** Mandatory Coaches Meetings - **EXTRA PARTICIPATION** - APPROVED OCTOBER 30, 1996 REVISED 6/99, 2/00, 5/00, 10/05.  
5/07, 12/07, 3/10, 7/16

**REGULATIONS FOR B LEVEL PROGRAMS**

**Five-Period Format** The five-period format is mandated for all B level teams in basketball, field hockey, football, lacrosse, soccer and volleyball. *The regulation format has been eliminated (approved 5/22/07).* Playing an extra quarter (extra game in volleyball) is NOT AN OPTION for the B level program in any sport.

Following are the conditions of this program:

1. Only B level teams may participate.
2. Teams shall be divided into two squads of equal numbers and equal ability. In football, boys' lacrosse, girls' lacrosse, boys' soccer and girls' soccer, the two squads shall be of unequal ability.
3. Coaches must exchange rosters prior to every contest.
4. One squad will play the first and third periods and the other squad the second and fourth periods. All players are eligible for the fifth period.
5. All points scored count.
6. Teams having the minimum numbers of athletes as listed below are obligated to play five periods (unless on austerity) provided their opponents also meet the minimum numbers: Basketball-12, Field Hockey-24, Football-26, Lacrosse-26, Soccer-24, and Volleyball-14.
7. If one team has fewer than the minimum number of players (Basketball - 12; **Field Hockey - 24**; Football - 26; Lacrosse - 26; Soccer - 24; and Volleyball – 14), both teams will play the *four*-period format, with the A squad playing periods one and three and the B squad playing periods two and four.  
\*No athlete may play in more than three periods when numbers dictate (revised 5/22/07).
  - a. \*However, the five period format may be played if agreed prior to the start of the contest (revised 12/07).
8. NO ATHLETE MAY PLAY IN MORE THAN THREE PERIODS OF A FIVE-PERIOD CONTEST
9. There is no half time intermission when five periods are played.
10. Extra compensation forms presented by the officials must be signed by the home coach. Officials are compensated an additional 20% of the game fee with the exception of volleyball which is a set fee.
11. Each coach is requested to make a notation on the rating card verifying the extra compensation for the officials.

**Rev: 7/16**

**SECTION XI**  
**FIVE-PERIOD FORMAT**  
**TEAM ROSTERS**

|              |             |
|--------------|-------------|
| Home School: | Home Coach  |
| Away School: | Away Coach: |
| Date:        |             |

**A SQUAD ROSTER**

**B SQUAD ROSTER**

|    | NAME | UNIFORM # |    | NAME | UNIFORM # |
|----|------|-----------|----|------|-----------|
| 1  |      |           | 1  |      |           |
| 2  |      |           | 2  |      |           |
| 3  |      |           | 3  |      |           |
| 4  |      |           | 4  |      |           |
| 5  |      |           | 5  |      |           |
| 6  |      |           | 6  |      |           |
| 7  |      |           | 7  |      |           |
| 8  |      |           | 8  |      |           |
| 9  |      |           | 9  |      |           |
| 10 |      |           | 10 |      |           |
| 11 |      |           | 11 |      |           |
| 12 |      |           | 12 |      |           |
| 13 |      |           | 13 |      |           |
| 14 |      |           | 14 |      |           |
| 15 |      |           | 15 |      |           |

**INSTRUCTIONS:**

1. The team shall be divided into two squads (A & B) of equal numbers and equal ability. In football, boys' lacrosse and girls' lacrosse, the two squads shall be of unequal ability. The A squad will play the first and third periods, the B squad the second and fourth. Anyone may play in the fifth period and in overtime. All points scored count.
2. Fill out the above form by listing the athletes' complete names and numbers (PLEASE TYPE OR PRINT NAMES).
3. Any problems must be resolved prior to the contest.

## Agenda Items:

### 1. \*\*\* NYSPHSAA RULE\*\*\* 6 practices before 1<sup>st</sup> scrimmage or game

### 2. NFHS Field Hockey Rules Changes – 2022

**1-5-6:** The change clarifies that hair adornments, such as beads, may be worn in the hair if they are secured and do not present a risk of injury to the player, teammates or opponents.

**Rationale:** Clarifies that hair adornments can be worn in the hair if they do not endanger other players? As well as being more inclusive of participants' cultural and religious beliefs.

**1-5, 1-6, 1-8 Penalties:** Applies penalty to the athlete for illegal equipment after the game has begun.

**Rationale:** Once a coach has certified/verified that players are properly and legally equipped, the athletes should be held responsible for their uniform and equipment and therefore, the penalty should fall on the athlete, not the coach.

**3-2-4:** Uses consistent language with using the term "free hit" only as a consequence of a foul.

**Rationale:** Clarifies the 25-yard hit is not a free hit as a consequence of a foul, even though it is taken just like a free hit.

**3-3-11:** Clarifies the definition of a sweep.

**Rationale:** Simplifies language to allow for use of either edge or the flat side of the stick on both the forehand and backhand when using the sweep.? Guidelines of rule 8 already exist to address improper striking of the ball while utilizing the sweep.

**4-1-3, 4-2-2e:** Allows one, 90-second timeout to each team during the game.

**Rationale:** Time-out permits coaches to deliver a quick pep talk, refocus players, or change strategy.

**10-Penalties 5:** Clarifies the penalty language for the inserter not properly inserting the ball with at least one foot behind the endline.

**Rationale:** Provides procedures for the officials and penalty specifics when the inserter has both feet in the field of play.

**11-2-3:** Clarifies where players on either team not involved in the penalty stroke stand during the taking of the stroke  
**Rationale:** Clarifies that players not involved in a penalty stroke need to be out of the sight line of the goalkeeper.

### 3. 2022 Points of Emphasis

- Intentional Fouls Inside the 25-Yard Line
- Tackling
- Aerial Dribbling
- Enforcing Prompt Re-start of Play
- Sportsmanship

#### 4. **GOGGLES AND WEARING MASKS:**

- Eye protection is NOT REQUIRED
- Masks are permissible for Corners

#### 5. **NYSPHSAA & NFHS RULE for Hair Adornments**

- Rule 1-5-6

The rule has been modified to indicate "Hair control devices and other adornments in the hair that are securely fastened to the head and do not present a risk to the player and opponents are allowed. The rationale for this change is to enhance participation among players who would otherwise be penalized for wearing hair adornments based on their cultural or religious beliefs.

#### 6. **OVERTIME PROCEDURE - *THERE IS NO OVER TIME FOR MIDDLE SCHOOL***

#### 7. **Team Schedules:** are posted on the SECTION XI website

#### 8. **SECTION XI and NYSPHSAA THUNDER AND LIGHTNING POLICY** - approved 3/14/06

- o Whenever weather or other conditions cause the official(s) to interrupt a contest, the official(s) shall make every reasonable effort to resume and complete the contest, with full consideration of the weather and site conditions (as they affect safety and playing conditions). The official(s) shall wait a minimum of 30 minutes from the time of the interruption before considering the cessation of play.
- o When thunder is identified at the site of an outdoor contest, the official(s) will suspend play immediately and wait a minimum of 30 minutes from the time of the interruption before considering the cessation of play. The official(s) will then make a decision whether to cease play for that day or resume the contest.
- o If lightning is observed at the site of an outdoor contest by the official(s) 15 or fewer minutes prior to the scheduled start of that contest, the official(s) and the responsible school authorities shall not permit that contest to be played on that date.
- o If lightning is observed at the site of an outdoor contest by the official(s) during the playing of the contest, the official(s) shall immediately cease play for the day. The rules of the particular sport shall determine whether the contest is "official" or must be resumed at a later date.

#### 9. **Required number of players to play a legal game**

- The rule in the book is a team may play with a minimum of 7 players as long as one of those players is a goalkeeper. If they don't have a properly equipped goalkeeper the game shall be forfeited.
- If teams are playing down – this MUST be discussed before the games begin

#### 10. Other noteworthy items:

- Only the coach can request a Time out. That request can be asked directly to the Table side umpire OR the coach can ask the Score Keeper, sitting at the score keeper's table that is on the field, to notify the near side Umpire. The rule currently does NOT permit a time out request from a team captain. 4-1-Art. 3
- PENALTY: Failure of a team to be ready to play after a goal...or any other stoppage of the game clock...misconduct by the coach...
  - i. This now includes not being ready to play after Time outs. 4.1.3 Situation.
- Each team always needs to have a properly equipped goalie on the field. If teams are playing with low numbers of players, one of those players on the field must be a properly equipped goalie. If a goalie is carded and the team only has "one goalie", if the team wants to continue, they must properly equip someone to play goalie. Umpires will allow the new goalie to put on the proper gear. 8.2 PENALTIES SITUATION D.



# Concussions: The Invisible Injury

## Student and Parent Information Sheet

### CONCUSSION DEFINITION

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

### FACTS ABOUT CONCUSSIONS ACCORDING TO THE CENTER FOR DISEASE CONTROL (CDC)

- An estimated 4 million people under age 19 sustain a head injury annually. Of these approximately 52,000 die and 275,000 are hospitalized.
- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion.

In New York State in 2009, approximately 50,500 children under the age of 19 visited the emergency room for a traumatic brain injury and of those approximately 3,000 were hospitalized.

### REQUIREMENTS OF SCHOOL DISTRICTS

#### Education:

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.
  - \* School coaches and physical education teachers must complete the CDC course. ([www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html))
  - \* School nurses and certified athletic trainers must complete the concussion course. (<http://preventingconcussions.org>)

#### Information:

- Provide concussion management information and sign off with any parental permission form.
- The concussion management and awareness information or the State Education Department's web site must be made available on the school web site, if one exists.

#### Removal from athletics:

- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.
  - \* Such authorization must be kept in the pupil's permanent health record.
  - \* Schools shall follow directives issued by the pupil's treating physician.

### SYMPTOMS

**Symptoms of a concussion are the result of a temporary change in the brain's function.** In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g. recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

Symptoms include, but are not limited to:

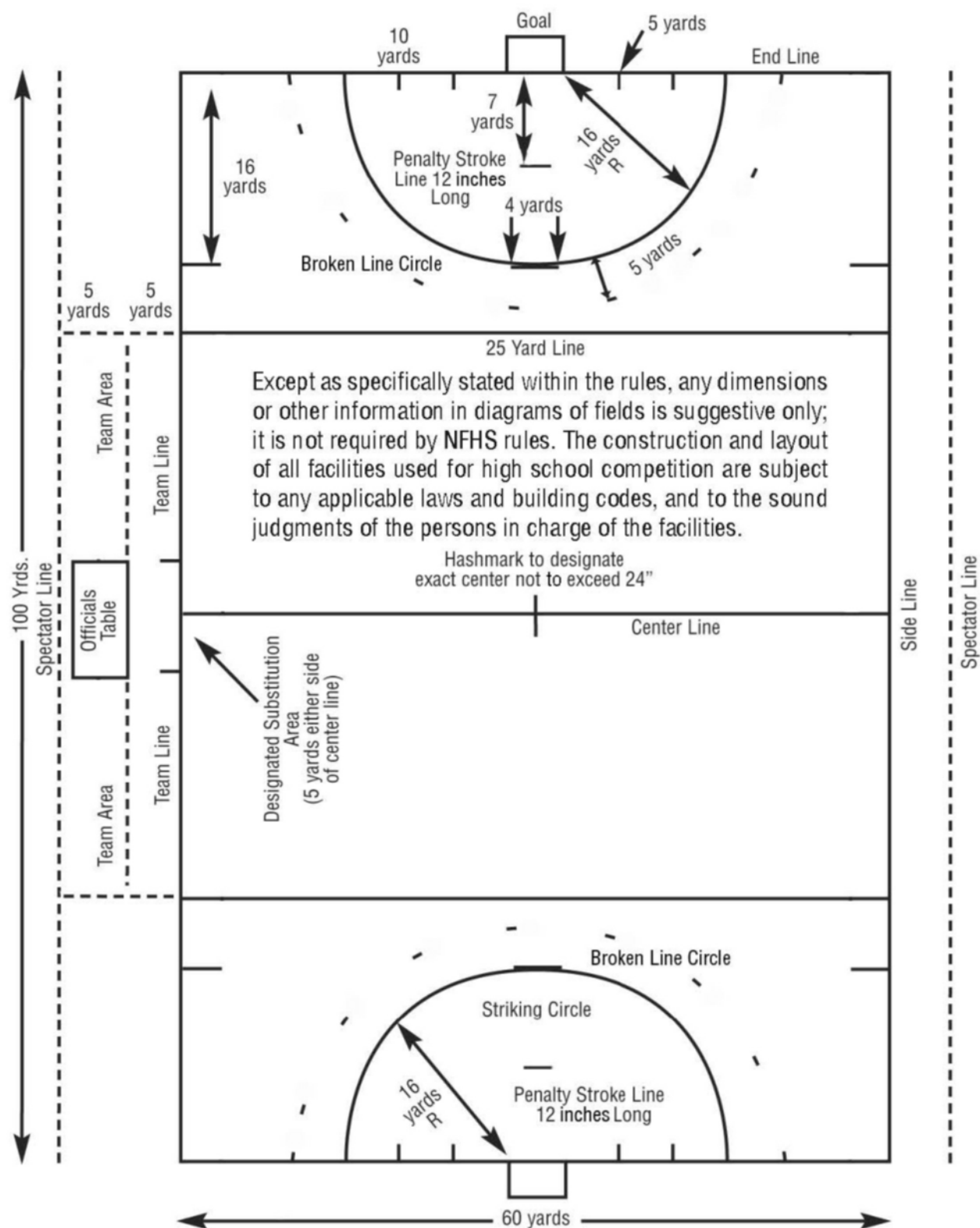
- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting and/or loss of appetite
- Irritability, sadness or other changes in personality
- Feeling sluggish, foggy or light-headed
- Concentration or focusing problems
- Drowsiness
- Fatigue and/or sleep issues – sleeping more or less than usual

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room.

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from the nose



# Field Hockey Field Diagram



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