

2022 SECTION XI
FIELD HOCKEY
COACHES HANDBOOK

NYSPHSAA
**FIELD HOCKEY
CHAMPIONSHIPS
2022**

CENTEREACH HS | SECTION XI





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

To: Suffolk County Field Hockey Coaches Association
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 SCFHCA 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

SECTION XI FIELD HOCKEY HANDBOOK

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Division II Representatives:

Jackie Rattler (2021-2023)

Karen Gick (2021-2024)

Tisha Werner, Sayville (2021-2023)

1. ***** NYSPHSAA Practice RULE*** 6 practices before 1st scrimmage or game**

- Important Dates:

August 22nd: Start Date – must practice before 10am or after 5pm

August 29th : The 10 – 5 Rule is lifted

Monday, August 29th: First possible scrimmage or game (if your team practiced 6 of the dates between 8/22-8/28)

Teams may not practice consecutively for 7 days

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. LENGTH OF PERIODS

- 4 quarters of 15 minutes

- TIME OUT: Each team shall be permitted one 90-second time-out per game (may not be taken immediately following the intervals between quarters)

Team requesting the TO must have possession of the ball

Or after a goal is scored

- Center Pass

Team that begins Q1 with center pass gets it for Q 2

The other team gets the center pass for Q 3 & Q 4

- Teams continue same direction for Q 1 & Q 2 & Switch at ½ time
- 2 minutes between Q1/2 & Q3/4
- ½ time will be no longer than 10 minutes

7. **OVERTIME PROCEDURE - Used in Varsity games only during the regular season**

- a. Section XI will use a maximum of **ONE (1) 7V7 Sudden Victory 10 minute** as per NYS Guidelines, prior to playoffs
 - i. If a tie still exists after the 10 minute overtime a Shoot-Out will take place **(we will follow NYSPHSAA overtime procedure for a shoot-out)**
- b. It is the responsibility of all Coaches to understand the Overtime Procedure
- c. **Overtime for all POST SEASON games** will follow the entire NYSPHSAA Overtime Procedure (next pages)
- d. During all regular season JV contests, should the game end in a tie, one shootout will take place. If there is a tie at the end of the shoot-out the game ends in a tie. At the end of the regulation game, there will be a coaching intermission that will last up to 5 minutes.
- e. **THERE IS NO OVER TIME FOR MIDDLE SCHOOL**



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Field Hockey Overtime Procedures 2022-2023

I. At the end of the regulation game, there will be a coaching intermission that will last up to 5 minutes.

The Officials will:

- Meet with Captains and Coach.
- Toss of coin: **Visiting team** calls the toss. The winner of the toss gets choice of possession OR end of field.
- The tableside official remains the head official for all segments of the overtime procedures.

II. **Ten-minute OT 7 V 7 sudden victory OT period:**

- Rolling substitutions are permitted.
- Each team is permitted one time out during the 10-minute overtime period
- Defensive corners during 7 v 7:
- Defense will be reduced to 4 players (3 plus goalie) behind end line
- The remaining defensive player goes behind the 50 yd line with the rest of the team.
- The attack remains the same.

III. **If a tie still exists after the first 10- minute overtime, the teams will play a second 10 minute 7 V 7 Sudden Victory overtime period.**

- A coaching intermission, lasting 5 minutes, will be allowed prior to the start of the second OT period.
- Teams will change ends of the field, the team not having possession at the start of the first OT shall have possession to start the second OT.
- Time-outs may not be carried over from the previous period, each team is allowed one time out.
- Rolling substitution are permitted.
- Defensive corners same as above.
- The attack remains the same.

IV. **If the score remains tied at the end of the second 10-minute overtime period; a Shoot-out will take place.**

A set of 5 alternating shoot outs take place in each series. A full set of 5 is played.

- Players from each team take a 1v1 shoot-out, alternately against the goalkeeper of the other team.
- Five (5) players per team will take the shoot-out in the sequence nominated and communicated by the team to the umpires on duty before the start of the shoot-out competition. The order of shoot-out must be indicated to the umpires at the coin toss.
- The umpires, in conjunction with the tournament committee will choose the goal to be used.
- Toss of coin: The **Visiting team** calls the toss. The team which wins the toss has the choice to take or defend the first shoot-out.
- The team scoring or awarded the most goals is the winner and the competition ceases once an outright winner is determined. Winner is declared: when there is a clear winner and play is not necessary to finish the group of 5. ex: during the 1st group of five 1v1 scenarios, the score is 4-1, there is no need to play out the last two players.

PLAYERS AND COACHES—

1. When not involved in play, the Goalkeeper may stand on the end line on the side of the goal closest to her team OR may stand behind the 25 yd line with the 5 players involved in the shootout.
 2. Team members, and coaches not involved in the shootout, may stand on the field, behind the 30 yd. line, 5-10 yards from the sideline. One team on each side of the field.
 3. PLAYERS should be ready for the next shootout, but not raced into the set up.
 4. If the goalie is a shooter, she is considered a field player.
- A player who has been excluded permanently (red card) from the field of play during that same match, cannot take part in any shoot-out competition.
 - A team with a player who was carded during the shootout, must play short in the shootout period.

V. Shootout:

OFFICIALS:

- Lead and Trail officials will call the shootout.
- Lead official during regulation time will continue to be lead regardless of which goal is chosen.
- Table official will keep time.
- If Sectional games have a Certified *Table official*, the *Table official* will keep the time. If a Certified Official is not assigned to the table during Sectional games, the timer will turn her/his back to the field and start the 10 seconds with the official's whistle. The official time will be kept on the field.
- Officials should not feel they have to move the 1v1 along. Officials should scan both benches, allowing players and coaches a reasonable amount of time to set up for each shootout.

PROCEDURE:

- The goalkeeper starts on or behind the goal line between the posts.
- The ball is placed on the nearest 25 yd line opposite the center of the goal.
- The attacker stands outside the 25 yd line near the ball.
- The umpire blows the whistle to signal the start of the shootout; the attacker and the goalkeeper may then move in any direction.
- The shoot-out is completed under the following conditions:
 - **10** seconds has elapsed.
 - The attacker scores a goal.
 - The attacker commits a foul.
 - The goalkeeper commits an unintentional foul in which case the shoot-out is re-taken.
 - The goalkeeper commits an intentional foul, in which case a penalty stroke is awarded.
 - The ball goes out of play over the back-line or side-line; this includes the goalkeeper intentionally playing the ball over the back-line (not a foul). The ball simply going outside the circle a second time does not constitute the end of a shoot-out.

Replacement situations

- If a penalty stroke is awarded as specified above, it is taken by the two players involved in the shoot-out concerned, unless either of them is incapacitated or suspended. This penalty stroke will take place before the next available shoot-out takes place.
- If the replacement goalkeeper is a field player, that player is allowed reasonable time to put on protective equipment.
- If during a shoot-out competition, a defending goalkeeper is incapacitated, that goalkeeper may be replaced by another goalkeeper.
- If during the shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player from the team unless suspended by the umpire prior to or during the shoot-out competition.

VI. If a tie still exists after the first series of 5 shoot-out, a second series of 5 shoot-outs will take place.

- Coaches may change the order and/or players before the start of the second shootout.
- A coaching intermission lasting 2 minutes, will be allowed prior to the start of the second shoot-out period.
- The coach must inform the umpires as to the order in which the nominated players take the shoot-out.
- The team who had taken the first shoot-out of the first series must defend the second series.

****If a tie still exists after a second series of 5 shootouts, Sudden Victory of 5 additional shoot-outs are taken. (Follow the same process criteria as above.)**

VII. Misconduct:

1. Each team will begin the first 7v7 overtime with seven players, one of which must be a Goalkeeper, (unless players were disqualified or have not completed a suspension during any previous playing period. Teams will play short during this time.)
 0. Any player who has been disqualified (Red Carded) during regulation play is not eligible for the overtime period and the team will play short for the entire overtime.
 0. A player suspended (Green/Yellow Carded) during regulation play, would be eligible at the completion of the suspension timeframe of the 7v7 periods. The team plays short until the suspension is completed.
 0. At the beginning of the first round of 1v1shootout, a suspended player with time that is carried over into the 1v1 shootout round will be unable to participate in any future shootout rounds. **Teams will start the 1 v1 shootout with 5 players.**
 0. If an Attack player is Green / Yellow carded **during** the shootout, that player may be replaced with an eligible shooter to participate in any future shoot outs. However the player carded will be unable to participate in any future shootout rounds. Any further player who is carded during the shootout will follow the same procedure.
 0. If an Attack player is Red carded **during** the shootout, their team will only have 4 shooters participate in any future shootouts. The player carded will be unable to participate in any future shootout rounds. Any future shoot-out the player was entitled to take counts as no goal. The spot of the no goal in future shootouts will be determined by the carded player's coach.
 0. If a goalie is carded **during** the shootout, she is replaced and is unable to participate in any future rounds. The replacement goalkeeper is allowed reasonable time to put on protective equipment. If the goalie is Red carded, she will be replaced and is unable to participate in any future rounds. An Attack player will be removed from the shootout series and her spot in future shootouts will count as a no goal. The spot of the no goal in future shootouts will be determined by the carded player's coach.
 0. It is expected that the players and coaches will not enter the field of play until the official has signaled the end of the game or overtime. Failure to comply will be treated as misconduct.

Revised: January, 2014
October, 2014 (final)
January, 2015

8. **Protest Procedure for Section XI**—see Section XI Handbook (on Section XI website) for general concepts (not to be used for State Tournament)
- f. The intent to protest and specific reason(s) for such must be filed with the officials (if any) and the opposing coach as follows:
 - i. Immediately (if necessary, a substitute is to be sent to notify the official that the coach is protesting the game). If the game ends before the protest can be lodged, the protest must be made before the teams leave the field.
 - g. Letter - The Executive Director must receive a protest letter from the high school principal co-signed by the athletic director describing the basis for the protest. Such letter must be received within five days of the contest protested and be accompanied by a certified or school district check payable to Section XI in the amount of three hundred dollars, refundable only if protest is upheld.
9. **Suspended Game:** If a game, during the regular season is suspended during the first two quarters, the game shall resume from the point of interruption. If the game is interrupted after the completion of the first two quarters, the game is completed. **For Playoffs**, all games will be played in its entirety.
10. **Team Schedules:** are posted on the SECTION XI website
11. **Varsity Game Results:** The winning teams coach must report the scores to **NEWSDAY**
- Many of you may already have an account for it (they're free, and independent of a subscription to Newsday.com) and have used it in the past. If not, here are the steps to register. It only takes a couple minutes to do it all. It is optimized for mobile use, so you can register and/or report your scores via a smartphone or tablet without issue. **We recommend creating an account and entering your roster before a game to make it easier for you when it comes time to report the game scores and stats.**
 - **How it will work:** There are fields to report the scores by quarter/period/half, fields to report game statistics and an opportunity to fill out some game highlight information. From there, a member of the Newsday high school staff will review the information, make any necessary edits and post it to your team page on our website, same as always. If there are questions or something to follow up on, Newsday will contact the person who submitted the information, so it is important to make sure your phone number and email address are current.
 - **How to create an account**
 - Go to <https://newsday.com/coach>
 - Click CREATE ACCOUNT and fill out the required information fields. If possible, avoid using an aol.com address.

You'll receive a verification email where you will need to click the link and follow the steps to assign your team to your account.

If you report scores for multiple teams, you can register them all at once.

Once you complete that step, an email automatically is generated and sent to us for final approval.

Once approval is saved, you will be able to **report game scores and stats, edit rosters** and **add/edit games on your schedule**. (In most instances, Newsday will import schedules at the beginning of each season, but we realize there always will be changes

- **If you already have an account**

Go to <https://newsday.com/coach> and sign in to make sure everything is correct in terms of teams, schools and contact information.

If you don't remember your password, there's a "FORGOT PASSWORD?" link available you can click to reset it.

Important notes

1. This system is mobile-friendly, so it works on all devices and is optimized accordingly.
2. Typically, the winning team reports the scores, but we encourage all coaches in all sports to input their stats after a game. It helps to keep the data as accurate as possible.

12. **Letter from Executive Director Thomas Combs: Rating Official - ONLINE Rating:**

- Your athletic director should provide you with a login and password to record the ratings of your officials
- These ratings determine which officials work play-off games as well as which officials move up

13. Field Hockey Placement – Divisions by (Enrollment):

	Division 1			Division 2		
	CLASS A			CLASSES B & C		
1	Half Hollow Hills East/West	1068/746		1	West Babylon	902
2	William Floyd	2132		2	East Islip	837
3	Patchogue	1679		3	Comsewogue	837
4	Riverhead	1571		4	Eastport South	825
5	Sachem East	1548		5	East Hampton	750
6	Walt Whitman	1545		6	Rocky Point	710
7	Bay Shore	1524		7	Sayville	701
8	Commack	1473		8	Harborfields	656
9	Sachem North	1440		9	Miller Place	636
10	Ward Melville	1427		10	Hampton Bays	545
11	Lindenhurst	1401		11	Shoreham Wading	537
12	Connetquot	1332		12	Bayport-Blue point	512
13	Northport	1265				
14	Copiague	1193			Class C	
15	Huntington	1154		1	Pierson, Bridgehampton	222/51
16	Newfield	1110		2	Southold, Greenport	222/147
17	Smithtown East	1101		3	Southampton	408
18	Centereach	1059		4	Babylon	341
19	North Babylon	1055				
20	West Islip	990				
21	Smithtown West	966				

● **State Classification Field Hockey Numbers for 2022-2023:**

- Class A = 915 – up
- Class B = 450 – 914
- Class C = 449 - below

14. **Field Hockey Seeding:** For the 2022 fall season, the Suffolk County Field Hockey Coaches Association have ranked the two divisions for scheduling purposes.

	DIVISION I		DIVISION II
SEED	Class A	SEED	Class B & Class C
1	NORTHPORT	1	BAYPORT-BLUE POINT (B)
2	WARD MELVILLE	2	HARBORFIELDS (B)
3	HUNTINGTON	3	ROCKY POINT (B)
4	SACHEM EAST	4	WEST BABYLON (B)
5	BAY SHORE	5	MILLER PLACE (B)
6	SACHEM NORTH	6	EAST ISLIP (B)
7	WEST ISLIP	7	EASTPORT SOUTH MANOR (B)
8	COMMACK	8	SHOREHAM WADING RIVER (B)
9	CONNETQUOT	9	SAYVILLE (B)
10	SMITHTOWN EAST	10	EAST HAMPTON (B)
11	SMITHTOWN WEST	11	PIERSON/BRIDGEHAMPTON (C)
12	PATCHOGUE MEDFORD	12	COMSEWOGUE (B)
13	WALT WHITMAN	13	SOUTHAMPTON (C)
14	RIVERHEAD	14	BABYLON (C)
15	CENTEREACH	15	SOUTHOLD/GREENPORT (C)
16	HALF HOLLOW HILLS E/W	16	HAMPTON BAYS (B)
17	LINDENHURST		
18	NEWFIELD		
19	WILLIAM FLOYD		
20	NORTH BABYLON		
21	COPIAGUE		

□ **FIELD HOCKEY – ADVANCING TO PLAYOFFS**

- **DIVISION I Class A Schools** – Power Ranked - 14 League/ 2 NL
 - Class A: The Eleven (11) highest-ranking teams qualify for postseason play.
 - Strength of Schedule Point System – Each team will get ONE point added to their end of the seeding Power Points, based on the pre-season seeding. **POINTS WILL BE ADDED AT THE CONCLUSION OF THE SEASON.**
- **DIVISION II Class B and C Schools** will play each team once (15 Game Schedule). Scheduled based on the pre-season seeding.
 - All teams with a .500 or better record will make playoffs
 - Class “C” Schools have the right to petition in due to a mixed classification division

16. NYSPHSAA Concussions



Concussions: The Invisible Injury

Student and Parent Information Sheet

CONCUSSION DEFINITION

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

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

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

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

REQUIREMENTS OF SCHOOL DISTRICTS

Education:

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

Information:

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

Removal from athletics:

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

SYMPTOMS

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

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

Symptoms include, but are not limited to:

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

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

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

STATE EDUCATION DEPARTMENT'S GUIDANCE FOR CONCUSSION MANAGEMENT

Schools are advised to develop a written concussion management policy. A sample policy is available on the NYSPHSAA web site at www.nysphsaa.org. The policy should include:

- A commitment to reduce the risk of head injuries.
- A procedure and treatment plan developed by the district medical director.
- A procedure to ensure proper education for school nurses, certified athletic trainers, physical education teachers, and coaches.
- A procedure for a coordinated communication plan among appropriate staff.
- A procedure for periodic review of the concussion management program.

RETURN TO LEARN and RETURN TO PLAY PROTOCOLS

Cognitive Rest: Activities students should avoid include, but are not limited to, the following:

- Computers and video games
- Television viewing
- Texting
- Reading or writing
- Studying or homework
- Taking a test or completing significant projects
- Loud music
- Bright lights

Students may only be able to attend school for short periods of time. Accommodations may have to be made for missed tests and assignments.

Physical Rest: Activities students should avoid include, but are not limited to, the following:

- Contact and collision
- High speed, intense exercise and/or sports
- High risk for re-injury or impacts
- Any activity that results in an increased heart rate or increased head pressure

Return to Play Protocol once symptom free for 24 hours and cleared by School Medical Director:

Day 1: Low impact, non strenuous, light aerobic activity.

Day 2: Higher impact, higher exertion, moderate aerobic activity. No resistance training.

Day 3: Sport specific non-contact activity. Low resistance weight training with a spotter.

Day 4: Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.

Day 5: Full contact training drills and intense aerobic activity.

Day 6: Return to full activities with clearance from School Medical Director.

Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.

CONCUSSION MANAGEMENT TEAM

Schools may, at their discretion, form a concussion management team to implement and monitor the concussion management policy and program. The team could include, but is not limited to, the following:

- Students
- Parents/Guardians
- School Administrators
- Medical Director
- Private Medical Provider
- School Nurse
- Director of Physical Education and/or Athletic Director
- Certified Athletic Trainer
- Physical Education Teacher and/or Coaches
- Classroom Teachers

OTHER RESOURCES

- New York State Education Department
<http://www.p12.nysed.gov/sss/schoolhealth/schoolhealthservices>
- New York State Department of Health
http://www.health.ny.gov/prevention/injury_prevention/concussion/htm
- New York State Public High School Athletic Association
www.nysphsaa.org/safety/
- Center for Disease Control and Prevention
<http://cdc.gov/TraumaticBrainInjury>
- National Federation of High Schools
www.nfhslearn.com – The FREE Concussion Management course does not meet education requirement.
- Child Health Plus
http://www.health.ny.gov/health_care/managed_care/consumer_guide/about_child_health_plus.htm
- Local Department of Social Services – New York State Department of Health
http://www.health.ny.gov/health_care/medicaid/dss/htm
- Brain Injury Association of New York State
<http://www.bianys.org>
- Nationwide Children's Hospital – Concussions in the Classroom
<http://www.nationwidechildrens.org/concussions-in-the-classroom>
- Upstate University Hospital – Concussions in the Classroom
<http://www.upstate.edu/pmr/healthcare/programs/concussion/classroom.php>
- ESPN Video – Life Changed by Concussion
<http://espn.go.com/video/clip?id=7525526&categoryId=5595394>
- SportsConcussions.org
<http://www.sportsconcussions.org/ibaseline/>
- American Association of Neurological Surgeons
<http://www.aans.org/Patient%20Information/Conditions%20and%20Treatment/Concussion.aspx>
- Consensus Statement on Concussion in Sport – Zurich
<http://sportconcussions.com/html/Zurich%20Statement.pdf>

17. Automatic External Defibrillators: Letter from Executive Director, Thomas Combs (handout)



SECTION XI

}} THOMAS J. COMBS
}} Executive Director
}} PETER BLIEBERG
}} Assistant Director
}} (631) 366-0700 ext. 5
}} MAILING ADDRESS
}} Section XI
}} 180 East Main Street, Ste. 302
}} Smithtown, New York 11787
}} PHONE (631) 366-4900
}} FAX (631) 366-4334
}}

To: All Coaches
From: Thomas J. Combs
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.

18. SPORTSMANSHIP: NYSPHSAA and Letter from Executive Director, Tom Combs (BELOW)

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.

- a. 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.
- b. We have asked the officials to deal with this type of behavior with immediate and strict enforcement.
- c. 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.
- d. Serious incidents or violations shall be reported to Section XI on the next Business day.
- e. Coaches are asked to reinforce proper sportsmanship with their players on a regular basis and model good sportsmanship themselves.
- f. 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. - **Thomas Combs, Executive Director of Section XI**

19. CODE OF ETHICS FOR COACHES

Section XI is committed to high ethical standards of conduct as applied to coaches and athletes, therefore coaches shall:

1. Know the rules of the game, the policies of Section XI, and the rules and regulations of NYSPHSAA. The coach and the team shall abide by these rules and regulations.
2. Actively use their influence to enhance good sportsmanship on the part of their players and their community.
3. Refrain from the verbal abuse of athletes and/or officials. Profane and vulgar remarks, critical public comments, and off-color humor are demeaning, offensive and unprofessional.
4. Refrain from the physical abuse of athletes and/or officials. Unnecessary roughness, fighting or any other form of physical abuse cannot be tolerated. (Note: Verbal and physical abuse should never substitute for motivational techniques, which enhance performance without threatening the dignity of the athlete.)
5. Be responsible for the supervision, discipline, and behavior of his/her athletes and abide by all of the rules and regulations of the host school at away contests.
6. Preserve the integrity of competition by never humiliating the opponent in a deliberate manner.
7. In unofficiated sports, ensure honesty in scoring and integrity of calls on the part of their athletes.
8. Do not attempt to seek an advantage through intimidation of opponents or officials.
9. Be positive role models relative to the use of controlled and illegal substances (drugs, alcohol, and tobacco).
10. Recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional wellbeing of the individual players.

Violations of this code will be handled by Section XI in the following manner:

1. Misconduct regarding the inappropriate behavior of a coach shall be referred to the offending coach's athletic director.
2. If the violation is not reconciled, the athletic director will forward a report to the Executive Director.
3. On a further violation or flagrant misconduct, the Executive Director will send a formal letter to the coach, athletic director and principal noting that such behavior is unacceptable at Section XI contests. The letter should reflect the degree of inappropriateness.
4. Should Section XI deem it necessary, the matter will be pursued through the Ethics Committee.

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

a. **SECTION XI REGULAR SEASON CONTESTS**

- i. 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.
- ii. 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.
- iii. 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.
- iv. 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.

b. **NYSPHSAA – During ALL Postseason Contests**

- i. The following policy will be in effect during Section championships and state qualifiers under the direction of the Executive Director, Sports Chair or designee:
 1. Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation - thunder is thunder, lightning is lightning. ***With your site administrator, set up a plan for shelter prior to the start of any contest.
 2. When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:
 - a. Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
 - b. Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.
 - c. After thunder and/or lightning have left the area, wait **30 minutes** after the last boom is heard or strike is seen before resuming play or competition. (Revised 10/20/08 NYSPHSAA Executive Committee Meeting)

21. NYSPHSAA Heat Index Policy



HEAT INDEX PROCEDURES

Administration of Heat Index Procedures:

- Heat index will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- The athletic trainer, athletic director, or school designee will use the accuweather.com website to determine the heat index for the area of the contest/practice. The accuweather.com website can be reached through the NYSPHSAA website. Once a person is on the accuweather.com website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the RealFeel temperature (heat index).
- If the RealFeel temperature (heat index) is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the RealFeel (heat index) at halftime or midway point of the contest. If the RealFeel (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	RealFeel (Heat Index) under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: RealFeel (Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: RealFeel (Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when ReelFeel temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: RealFeel (Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when RealFeel temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: RealFeel (Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

Approved May 1, 2010

22. 2022 Playoff Schedule

Section XI Field Hockey Playoff Schedule 2022

Class	A	
20-Oct	1st round (Higher Seed)	
22-Oct	2nd round (Higher Seed)	
26-Oct	Semi-Finals (Higher Seed)	
29-Oct	FINALS @ SECTION XI (Newfield High School)	2pm

CLASS	B	
21-Oct	1st Round (Higher Seed)	
25-Oct	Semi-Finals (Higher Seed)	
29-Oct	FINALS @ SECTION XI (Newfield High School)	4pm

*** If we need a forth date - Oct. 23rd

CLASS	C	
29-Oct	FINALS @ SECTION XI (Newfield High School)	6pm

LONG ISLAND CHAMPIONSHIP (OUTBRAKET) 2022

@ Berner Middle School (Massapequa)

\$10.00 at the door or \$8.00 online and Students \$5.00 at the door

TO PURCHASE TICKETS GO TO: <https://gofan.co/app/school/NYSPHSAAXI>

DATE: Wednesday, November 2nd

Class C: Sec XI vs. Sec VIII @ 4:00 pm

Class A: Sec XI vs. Sec VIII @ 6:00 pm

DATE: Wednesday, November 3rd

Class B: Sec XI vs. Sec VIII @ 4:00 pm

REGIONAL GAMES 2022

@ Rondout Valley High School

Winners of XI vs IIIV play the winners of IX

TO PURCHASE TICKETS, GO TO: <https://gofan.co/app/school/>

DATE: Sunday, November 6th

Class A: Sec XI/VIII vs. Sec IX @ 12:00 pm

Class C: Sec XI/VII vs. Sec IX @ 2:00 pm

Class B: Sec XI/VII vs. Sec IX @ 4:00 pm

STATE CHAMPIONSHIP NOVEMBER 12th & 13th

TO PURCHASE TICKETS, GO TO: <https://gofan.co/app/school/NYSPHSAAXI>

Saturday, November 16 & November 17, 2019

10:00 - Class A

12:30 - Class B

3:00 - Class AC

SCFHCA ALL STAR GAME

TBA

SCFHCA Awards Dinner

TBA

23. Information for SECTION XI Championship

Higher Seed will wear WHITE shirts and shin guards

Lower Seed will wear DARK shirts and shin guards

GATE LIST: A gate list is to be submitted by your Athletic Director. Included on this list should be: school administrators, supervisors, VIPs etc.

Note: There is a limit of 12 individuals on Section XI gate list.

Buses will drop off the team and will be sent to an adjacent parking area.

PHOTOGRAPHERS: Only official newspaper photographers and official school photographers will be allowed on the field and must identify themselves before entering the field. PHOTOGRAPHERS MUST stand 5 yards behind the team areas, 5 yards back from the opposite side line. (as per the rules of the game)

No one is allowed behind the goal cage or end lines (rules of the game)

SCOREBOOK: Each team provides a scorekeeper who will sit at the official table.

SPECTATORS: Spectators must be in the bleachers

TEAM AREAS: Only Athletes, Board approved Coaches, Athletic Trainers and Athletic Directors will be permitted in the bench area

TRAINER: TEAMS do their own taping. A trainer will be on site for injuries.

WATER AND ICE: Teams are to bring their own water, cups and ice to the field for all playoff games, including Finals and Regionals. Teams will be notified if this is changed.

Field Hockey Field Diagram

