### 2018 NFHS FIELD HOCKEY RULE CHANGES

<table>
<thead>
<tr>
<th>Rule/Type</th>
<th>Description</th>
<th>Rationale</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-6-5, 1-6-5</td>
<td>Clarifies ASTM 2713 standard labeling of googles.</td>
<td>The language provides clarity and consistency for all NFHS sports regarding ASTM labeling of goggles and what is permissible for athletes.</td>
</tr>
<tr>
<td>NOTE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-7-1a-f</td>
<td>Give goalkeeper permission to use all the protective equipment to play within the circle.</td>
<td>Clarifies the playing actions of the goalkeeper.</td>
</tr>
<tr>
<td>1-7-2a, b (NEW)</td>
<td>Clearly defines goalkeeper playing actions outside the circle.</td>
<td>Clarifies goalkeeper play outside the circle.</td>
</tr>
<tr>
<td>2-1-5</td>
<td>Establishes requirements for the timer and procedures for officials training.</td>
<td>Ensures timer is watching both officials on field and is consistent with officials training as well as current trends of the sport.</td>
</tr>
<tr>
<td>3-1-6</td>
<td>Redefines that an extra player on the field is an ineligible player.</td>
<td>Clarifies that an extra player on the field in an ineligible player.</td>
</tr>
<tr>
<td>3-3-9</td>
<td>Clarifies the definition of dribbling to include dribbling the ball in the air.</td>
<td>Clarifies the definition of dribbling</td>
</tr>
<tr>
<td>4-4-8 (NEW), PENALTY</td>
<td>Clearly defines penalty for violation of the substitution rule and extra player on field.</td>
<td>Adds penalty to rule book for too many players on the field.</td>
</tr>
<tr>
<td>9-1-3</td>
<td>Redefined where free hits are taken below the 25-yard line and that all players must be 5-yards away.</td>
<td>Increases pace of play keeping with current trends of sport.</td>
</tr>
</tbody>
</table>
## 2018 MAJOR EDITORIAL CHANGES

<table>
<thead>
<tr>
<th>Rule</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-2-2</td>
<td>Provides consistent language in the rule book.</td>
</tr>
<tr>
<td></td>
<td><strong>Rationale:</strong> Consistency with wording in the rules book.</td>
</tr>
<tr>
<td>10-3-2g</td>
<td>Clarifies how to handle inadvertent whistle.</td>
</tr>
<tr>
<td></td>
<td><strong>Rationale:</strong> Adds clarification on how to administer inadvertent whistles.</td>
</tr>
</tbody>
</table>

## 2018 EDITORIAL CHANGES

- 1-5-3 Situation
- 1-9 NOTE
- 8-1-1 Penalty 4 Situation
- 10-2-3 Situation D
- 11-1-1c
- Official’s Guide VII Goalkeeping
- Official’s Signal Chart
- Field Hockey Diagram
- Suggested Tie Breaking Procedures

## 2018 COMMENTS ON THE RULES

1-6-5: Required eye protection must meet the 2713 ASTM standard for field hockey at the time of manufacturing. This clarifies the labeling of protective eyewear and what is permissible for athletes.

1-7-1 a-f: The goalkeeper is permitted to use all of their protective equipment, body and stick to play the ball in their circle.

1-7-2: Clearly defines where and how the goalkeeper may play the ball outside the circle but within the 25-yard line. Misconduct penalties apply if the goalkeeper plays the ball beyond the 25-yard line.

2-1-5: Ensures timer is watching both officials on field and is consistent with officials training as well as current trends of the sport.

3-3-9: All criteria associated with dribbling applies to a ball off the ground.

4-4-8: Clarification that too many players on the field is a violation of the substitution rule and the penalties that apply.

3-1-6: Redefined that an extra player on the field is an ineligible player.

9-1-1: All free hits are taken at the spot of the foul. Below the 25-yard line all players must be five yards away. If an opponent is within 5 yards, the opponent(s) must not interfere with the hit, attempt to play the ball or influence the play.
2018 PIAA ADOPTIONS

- Adopt the 2018 NFHS Field Hockey Rules Book.
- Adopt Rule 4-2-2f NOTE, running clock after goals at all levels (varsity, junior varsity, or otherwise) of competition when one team gains a 5-goal differential over its opponent; the running clock begins as soon as the center pass is initiated after the 5th goal is approved.
- Modify Rule 4-2-4c (Concussion Rule), to clarify that “an appropriate health-care professional” is a licensed physician of medicine or osteopathic medicine (MD or DO).
- Adopt the 15-Minute - Reduced Player (RP) - Sudden Victory (SV) - Tie-Breaking Procedure for Senior High School Varsity Field Hockey Regular Season Contests.
- Adopt the two 15-Minute - RP - SV, followed by one- On One Shoot-Out, Tie-Breaking Procedure for Postseason Contests
- At the March 26, 2018 meeting of the PIAA Board of Directors, it was unanimously voted to adopt the recommendation of the Sports Medicine Advisory Committee to modify NFHS Field Hockey Rule 1-6-5 to permit players with prescription glasses to wear protective eyewear that meets the ASTMF803 standard.

NOTE TO OFFICIALS AND COACHES
All players must wear eye protection for pregame warmups and drills.
## 2018 POINTS OF EMPHASIS

### PROPERLY MARKED PROTECTIVE EYEWEAR
All equipment should be worn appropriately and in line with how the manufacturer intended it to be worn. When purchasing eyewear from manufacturers, ensure that the eyewear is labeled with ASTM 2713 even though it is not mandatory until 2019 to prevent having to purchase equipment unnecessarily in 2019 when the rule takes effect.

### GOOD SPORTING BEHAVIOR
Officials and coaches need to work together to provide a positive learning environment for student-athletes to learn both the sport of field hockey and good sporting behavior. The positive values that are learned will serve the players long after their field hockey experience has concluded. Players, coaches and officials should pay special attention to specific points of emphasis as delineated below:

**Players**
- Throughout the game, players should demonstrate good sportsmanship. This includes huddling before a penalty corner in a timely fashion and conducting themselves after a goal is scored in a positive, respectful manner.
- All equipment should be worn appropriately and in line with how the manufacturer intended it to be worn.
- Goggles must be worn to cover the entire eye as intended.

**Coaches**
- Coaches need to participate in a pregame meeting with captains of both teams and officials and ensure that their players are properly attired and legally equipped.
- Coaches should remain in their designated areas of the field during play and model positive language and appropriate sportsmanlike behavior with an emphasis on coaching the players and not interfering with official’s responsibilities.

**Officials**
Officials should approach the game with a positive attitude and use cards as a means to manage the play and safety of the players. Officials should strictly adhere to the NFHS rules of the game and not use personal interpretations of the rules.

### ROUGH AND DANGEROUS PLAY
Overly aggressive play and lack of regard for everyone’s safety is unacceptable in the sport of field hockey. In both practice and game play, coaches need to teach the safe use of the stick and good body control. Rough and dangerous play, such as deliberately/blindly hitting the ball into players who have been properly instructed and in good position to play defense should be addressed by both coaches and officials. Players need to accept the possibility they could inflict serious injury. Officials must be able to recognize dangerous play and penalize it appropriately. Although it is recognized that the possibility of injury is inherent in field hockey, all participants have the obligation to minimize risk whenever possible.

### FREE HITS WITHIN 5 YARDS OF THE CIRCLE
To avoid delaying the restart of play, all hits awarded to the attack within the 25-yard area will be taken at the spot of the foul. All players not taking the free hit still need to be 5 yards away from the ball and the ball must not be played into the circle until the ball has amassed a dribbling distance of 5 yards or has been touched by another player of either team. If the opponent is within 5 yards of the ball she must not interfere with the taking of the free hit or must not play or attempt to play the ball or influence the play.
### 2018 Points of Emphasis Continued

**Aerial Dribbling**

- As skills advance, more balls are being played, passed and received off the of the ground, officials should review and understand this style of play so that they can discern between dangerous play and correct execution of the skills to avoid taking away any of the advanced play from players.
- The player who is carrying the ball on her stick is responsible for the safety of play when an opponent(s) is within marking distance. Please note that in the officials’ guide in the NFHS rulebook there are three definitions for distance.
  - Open Space is defined as no one being within playing distance of the ball.
  - Playing distance is defined as a minimum of five yard around the ball as compared to US Hockey that defines playing distance as a stick’s length.
  - Marking distance is defined as being within stick’s length of your opponent.
- If the player who has the ball in the air does not lower the ball to the ground before the opponent is within marking distance, or does not attempt to go around the opponent, the foul is on the air dribbler for dangerous play. Officials should not be waiting to see if the air dribbler “runs into a defender”. When the opponent has established a proper defensive position and the air dribbler has approached within marking distance the air dribbler has an obligation to either go around the opponent or put the ball to the ground. There is no requirement that a defensive player who has established their position on the field, play a ball in the air within “marking distance”.

**Official Management of Aerial Balls**

Please review the Officials Guide Section V. Aerial balls carefully to ensure correct management of this skill. This section should be reviewed often and if needed, review of education videos provided by the NFHS.
OVERTIME PROCEDURES

RULES AND PROCEDURES TO BE FOLLOWED FOR VARSITY LEVEL ONLY FIELD HOCKEY GAMES THAT ARE TIED AFTER REGULATION DURING THE REGULAR SEASON

1. Prior to the overtime there shall be a 5 minute intermission.
2. The home Team captain calls the coin toss and the winner chooses choice of goal or possession of the ball.
3. Teams will be limited to 6 field players and a goalkeeper.
4. If a player/coach was disqualified (red card) during the regulation game, that Team must play short throughout the overtime. If a player/coach was suspended with a green/yellow card during regulation game, the Team shall play short until the suspension time is completed.
5. Only four defenders will be allowed behind the end line on a penalty corner.
6. The overtime will be **15 minutes** “sudden victory” [SV].
7. There will be no Team time-outs, even if a Team has unused time outs.
8. There will be unlimited substitution.
9. A player who received a red card in regulation play may not participate in RP overtime.
10. If a player receives a red card in overtime, the player is disqualified and the Team will play short throughout the RP overtime.
11. If a player receives a green or yellow card in overtime, the Team will play short until the 2/5 or 10 minute suspension time is completed.
12. If a coach receives a yellow card in the overtime, the Team will play short until the 5 minute suspension time is completed.
13. If a coach receives a red card during overtime, the coach is disqualified and removed from the field. The Team will play short throughout the RP overtime.
14. Regular season games tied after the 15 minute RP stand as tied.
15. Regular season tournaments tied after 15 minute, RP overtime may proceed One-on-One Shoot-Out, Tie Breaking Procedure. (See # 4 through 15 below)
OVERTIME PROCEDURES CONTINUED

**OVERTIME PROCEDURE (REDUCED PLAYER [RP]), ONE-ON-ONE SHOOT-OUT FOR PIAA DISTRICT, INTER-DISTRICT, AND CHAMPIONSHIPS GAMES**

1. For the District, Inter-District and Championship games there shall be two, 15 minute, RPSV overtime periods. Teams will change ends before the second 15 minute RP overtime, if necessary. If the match is still tied after the second 15 minute, RPSV overtime, One-On-One Shoot-Out will be administered.
2. There will be a 5 minute intermission between the game and the first overtime and between the first and second overtime.
3. One-On-One Shoot-Out will be taken if a tie still exists after the second, 15 minute, RPSV overtime period.
4. Each coach shall present a list of 5 players to the officials and the shots will be taken by the players in the order they are listed. The five players from each Team will attempt the shots on goal on an alternate basis and the team scoring the most goals is declared the winner.
5. The players participating in the One-on-One Shoot-Out must have played in the game (regulation or overtime).
6. Officials choose the goal that will be used during the One-on-One Shoot-Out.
7. The visiting captain calls the coin toss for the One-On-One Shoot-Out and chooses whether to defend or take the first shot.
8. If a tie still exists after the first set of the One-on-One Shoot-Out, each coach will present a list of 5 players to the officials and the shots will be taken by the players in the order they are listed to attempt “Sudden Victory” shots on an alternative basis. This procedure will continue until the tie is broken. The team not taking the first shot in the first set of the One-On-One Shoot-Out shall start the “Sudden Victory” One-On-One Shoot-Out.
9. The team may substitute and change the order of players participating in the “Sudden Victory” One-On-One Shoot-Out during all 5 minute intermissions.
10. If a green or yellow card is received in the second overtime period, (first RP OT in Tournament Play) and the suspension time is not completed, that player may not participate in the One-on-One Shoot-Out.
11. The One-On-One Shoot-Out shall be conducted with follow-up shots permitted.
12. To begin the One-On-One Shoot-Out procedure the attacker will place the ball at the center of the 25-yard-line and the goalkeeper shall stand on the goal line.
13. The One-On-One Shoot Out is completed under the following conditions:
   - 10 Seconds has elapsed.
   - A goal is scored.
   - The attacker fouls or violates.
   - The ball goes out of play over the end line or sideline. This includes the goalkeeper intentionally player the ball over the end line. (No Retake)
   - The goalkeeper commits an unintentional foul within the circle, which does not prevent the probable scoring of a goal, the One-One Shoot-Out is retaken.
   - The goalkeeper commits a deliberate foul inside the 25 yard-line, but outside the circle, the One-On-One Shootout is retaken. Example: Plays the ball outside the circle with her kicker.
   - The ball becomes lodged in the goalkeeper’s protective equipment or clothing when she is in her own circle, the One-On-One Shootout is retaken.
   - A Penalty Stroke is awarded because:
     - A goal probably would have been scored, if a foul by the goalkeeper had not occurred in the circle;
     - Any deliberate foul committed by the goalkeeper inside the circle which stops a potential goal or deprives the attacker of actual or likely possession of the ball;
14. Any player eligible to participate in the One-On-One Shootout may take a Penalty Stroke.
15. All the Penalty Stoke Provisions of Rule 11 apply in the taking of the Penalty Stroke.
16. If during a One-On-One Shoot-Out a player or goalkeeper is suspended (carded), the player or goalkeeper is prohibited from further participation in the One-On-One Shoot-Out.
### ASTM 2713 APPROVED GOGGLES FOR FIELD HOCKEY

<table>
<thead>
<tr>
<th>Goggles [brand/name]</th>
<th>ITEM CODE</th>
<th>Field Hockey ASTM 2713</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bangerz Elite</td>
<td>LHSE</td>
<td>Approved</td>
</tr>
<tr>
<td>Bangerz</td>
<td>HS 3700LT</td>
<td>Approved</td>
</tr>
<tr>
<td>Bangerz Sunglass Eyeguard</td>
<td>LHS7900</td>
<td>Approved</td>
</tr>
<tr>
<td>Bangerz Goggle</td>
<td>LHPG</td>
<td>Approved</td>
</tr>
<tr>
<td>Bangerz Sleek Fitting Eyeguard</td>
<td>LHS5500</td>
<td>Approved</td>
</tr>
<tr>
<td>Bangerz Sleek Fitting Eyeguard Youth</td>
<td>LHS6000Y</td>
<td>Approved</td>
</tr>
<tr>
<td>Bangerz Over the Glasses</td>
<td>LHOGG</td>
<td>Approved</td>
</tr>
<tr>
<td>Cascade Iris</td>
<td>Mini pro</td>
<td>Approved</td>
</tr>
<tr>
<td>Cascade Polyarc</td>
<td>LCPARC</td>
<td>Approved</td>
</tr>
<tr>
<td>STX 2 SEE Pro TI Dual Sport Goggle</td>
<td>STXGFTP</td>
<td>Approved</td>
</tr>
<tr>
<td>STX 2 SEE Dual Sport Goggle</td>
<td>STXFHG</td>
<td>Approved</td>
</tr>
<tr>
<td>STX 2 SEE YOUTH Dual Sport Goggle</td>
<td>STXFHGY</td>
<td>Approved</td>
</tr>
<tr>
<td>STX Rookie Goggle</td>
<td>LSGGLXR</td>
<td>Approved</td>
</tr>
<tr>
<td>Brine Vantage 2 Field Hockey or Lacrosse Goggle</td>
<td>LBVAN2</td>
<td>Approved</td>
</tr>
<tr>
<td>Harrow-X Vision Dual Sport</td>
<td>HHXVG</td>
<td>Approved</td>
</tr>
<tr>
<td>Under Armour Illusion 2 Wire Goggles</td>
<td>UAI2WLFG</td>
<td>Approved</td>
</tr>
</tbody>
</table>

In order for wire goggles to be legal for women's field hockey, they must have a wire bar that stretches vertically through the goggle. The comparison between women's field hockey and women's lacrosse goggles can be found in the image below.
Rule 1.6.5 states: All field players shall wear eye protection that meets the ASTM standard for field hockey at the time of manufacture.

Note: Effective January 1, 2019, all eye protection shall be permanently labeled with the ASTM 2713 standard for field hockey at time of manufacture.

Therefore, this is no longer a PIAA Modification to the 2018 NFHS Rule Book. The 2018 PIAA Modification to protective eye wear is for prescription eyewear that is necessary for players to wear to participate in Field Hockey.

It was unanimously voted to adopt the recommendation of the PIAA Field Hockey Steering Committee and the PIAA Sports Medicine Advisory Committee to modify NFHS Field Hockey Rule 1-6-5 to permit players with prescription glasses to wear protective eyewear that meets the ASTM F803 standard.

Commonly called “spec recs” – they come with a band to hold the glasses to the head and are marked as Meet ASTM F803 standard.

If a player is wearing Prescription ASTM F803 Recreational Sports Glasses, there is no requirement for the player to wear additional protective eyewear over these prescription eyewear.
### APPLYING THE RULES

**CONSISTENT** - Officials maintain the respect of players by being consistent. This means calling the same game as your partner and making the same calls throughout the game. A pre-game conference with your partner is very important to discuss how you will call raised balls, dangerous sticks, movement of the ball at the start of a self-pass, positioning free hits, etc.

**FAIR** – Decisions must be made with integrity. Officials must manage any unsporting behavior. Keeping a game safe is the #1 responsibility of the officials and seeing that neither team gains an unfair advantage during the game is responsibility #2.

**FOCUSED** – Concentration must be maintained at all times; nothing must be allowed to distract an official.

**APPROACHABLE** – Officials need to have a good rapport with players and coaches. If a coach or player asks for an explanation of a call, it is good if the official is willing to answer any questions during a time out or half time. “Why did that goal not count?” “Must my players wear protective eyewear during warm-up?” are examples of questions that should be answered. An official should never respond to statements such as “that was a terrible call”, “you don’t know what you’re doing”, etc.

**NATURAL** – Officials must be themselves and not imitate another person. Every official has her own style of officiating and that adds to the game.

**CONTROL** – Officials must establish control early in the game and maintain it throughout the game.

**PREVENTATIVE OFFICIATING** – Using preventative officiating will help limit the delays in the game. These practices include warning substitutes not to enter on penalty corners; informing coaches of remaining time-outs, making sure players are properly positioned prior to penalty corners or penalty strokes, etc. However, officials must remember that their job is to enforce the rules not to become coaches.

**ADVANTAGE** – Officials must apply the advantage rule as much as possible to assist a flowing and open game, but without losing control. It is not necessary for every offense to be penalized when no benefit would be gained by giving the player being fouled a free hit. Unnecessary interruptions to the flow of the game cause undue delay and irritation. Possession of the ball does not automatically mean there is an advantage; for advantage to apply, the player/team with the ball must be able to develop their play. It is important for the official to be able to look beyond the action of the moment and to be aware of potential development in the game. If the official has decided to play advantage, a second opportunity must not be given by reverting back to the original penalty.

**SIGNALS** – Signals must be clear and held up long enough to ensure that all players and the other official are aware of the call. It is preferable to be stationary when giving a signal. Directional signals must not be given across the body.
### FOULS – Strict action by the officials early in the game will usually discourage repetition of a foul.

Deliberate fouls must be dealt with firmly. When a player deliberately fouls in a serious (flagrant) manner towards another player, a red card must be issued immediately. It is not acceptable for players to abuse opponents or officials verbally or through body language or attitude. A verbal warning may be given to players in close proximity without stopping the game. Officials must deal with unacceptable behavior by:

- temporary suspension – green card; 2 min;
- temporary suspension – yellow card, 5 min;
- temporary suspension – yellow card, 10 min;
- permanent suspension – red card.

### RESPONSIBILITIES – A free hit should be taken close to where the foul occurred. “Close” means within marking distance (a stick’ length), or the distance within which a player is capable of reaching the ball to play, of where the foul occurred. The location of a free hit near the circle must be more precise. Each official is responsible for decisions on penalty corners, penalty strokes and goals in the circle in her half of the field. Officials are responsible for keeping a written record of goals scored, cards awarded and time-outs given.

### OFFICIALS’ UNIFORM

1) The PIAA Official's Emblem must be worn on the upper left sleeve of the official's standard shirt when officiating in all PIAA sponsored games.

2) All PIAA-registered officials must wear identical uniforms during a contest.

3) Required uniform for field hockey officials:
   - **Shirt** Alternating black and white 1-inch vertically striped, long or short sleeved shirt with a black collar or v-neck collar
   - **Skirt** Black (black culottes, slacks or shorts may be worn).
   - **Socks** Black knee socks or sneaker socks.
   - **Shoes** Solid black with black laces.
   - **Lanyard or Smitty** Black.
   - **Whistle** Black.
   - **Turtleneck** Black or white (if needed) should be worn under a long sleeve official’s shirt.
   - **Note:** Black visor or hat may be worn, if needed

4) The wearing of jewelry (except wedding bands and medical-alert bracelets) and wrist watches (except as a required timing device) is prohibited.

5) Smoking and/or tobacco chewing is prohibited. (Minutes, Board of Control, PIAA Summer Workshop, July 17, 1989, p. 3).

6) PIAA sports’ officials may display an American flag (maximum size 2 by 3 inches) on the right sleeve of the uniform shirt approximately three inches down from the shoulder seam. This will be the same position the PIAA official patch is displayed on the left sleeve.
GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING OR THUNDER DISTURBANCES

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

PROACTIVE PLANNING
1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
   a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
3. Develop criteria for suspension and resumption of play:
   a. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
   b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
   c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
   d. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.

* – At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.
4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
5. Inform student-athletes and their parents of the lightning policy at start of the season.
**POLICY REGARDING THE USE OF EYE SHADE**

The use of eye shade must be worn as a single, solid stroke under the eye. There shall be no numbers, words, logos, symbols or other detail located in the eye shade. The eye shade shall not extend below the cheek bone and extend no further than the width of the eye socket. Players having eye shade that does not meet the standard are to remove it or comply with the PIAA interpretation before participation in the game. If the players do not comply, the officials may impose unsportsmanlike conduct type penalties as determined by their respective rules code.

**PIAA CONFLICT OF INTEREST POLICY FOR ALL SPORTS**

PIAA has a written policy regarding conflict of interest. This policy is in all of our post regular season officiating contracts and is contained in the PIAA Athletic Officials' Manual for all officials to view.

An official will remove themselves from a contest if they find that they have any personal association with any of the competitors or coaches on any team, with the competitors' school, or with the competitors' community, such as being a relative of a competitor, or being an employee or a relative of a competitor in the competitors school district, or a resident of the competitors’ community.

**COMMENT:** Officials accepting assignments for contest at their local school where they live, or have a relative competing, place themselves in a compromising position in the performance of their duties as a registered official. Every decision and judgment is open to criticism and places the official in a compromising position where it brings into question the integrity and actions of the official. This is an indefensible position for the official and assignments of this nature are not to be taken or accepted by PIAA registered sports’ officials. Extreme cases of emergency and situations that may be completely unavoidable are the only exceptions to this policy.

**EMERGENCY ACTION PLAN FOR OFFICIALS CHAPTERS**

Officials’ chapter officers should be aware of emergency exits, AED devices, and other emergency items in the event a chapter member needs medical assistance or emergency action needs to be taken during a chapter or mandatory rules meeting.

**PIAA 2018 FIELD HOCKEY SCHEDULE**

First Practice Date.................................................................................................................................Monday, August 13
First Inter-School/Scrimmage Date........................................................................................................Saturday, August 18
First Regular Season Play Date.............................................................................................................Friday, August 31
Last Regular Season Contest Date & District Championship Deadline..............................................Saturday, November 3

PIAA Field Hockey Championships:

First Round ............................................................................................................................................Tuesday, November 6
Quarterfinals ...........................................................................................................................................Saturday, November 10
Semi-Finals ............................................................................................................................................Tuesday, November 13

PIAA AA & AAA Field Hockey Championship Finals

Zephyr Sports Complex, Whitehall-Coplay SD, Whitehall...............................................................Saturday, November 17

Championship Schedule:

A.........................................................................................................................................................10:00 am
AA......................................................................................................................................................12:00 pm
AAA...................................................................................................................................................2:00 pm
PIAA BY-LAWS: ARTICLE XIII, SECTION B

Any coach and/or contestant who, while coaching or competing for a PIAA member school, is ejected from a Contest by a state high school association recognized and/or registered official in that sport for unsportsmanlike conduct or flagrant misconduct shall be disqualified from coaching and/or participating for the remainder of the day and in all Contests on the next Contest day of the same level (varsity, junior varsity, or otherwise) of competition. For a coach, participation in the next Contest includes any contact by the coach with members of the Team, including other coaches, between the time that the Team arrives at the Contest site and the conclusion of the last Contest of the day. The Principal shall direct the coach not to attend all of the Contest(s).

Any coach and/or contestant ejected from the last Contest in that sport in a sport season shall be disqualified from coaching and/or participating in the first Contest(s) in that sport in the subsequent sport season, at the same level (varsity, junior varsity, or otherwise) of competition, at any PIAA member school or, if the student changes levels of competition, such as from junior varsity to varsity, the first Contest(s) in that sport.

The official shall file a report with the PIAA Office on the form prescribed for the sport involved, within twenty-four (24) hours following the completion of the Contest in which the ejection occurred. Failure to file such report shall not affect the validity or consequences of the ejection.

In field hockey, the athletic director and principal must meet with the ejected coach/contestant and detail in a report what corrective action has been taken. This report then must be signed by all parties and sent to the district field hockey chairperson. This form is located on the PIAA website on the field hockey page.

When a coach or contestant is disqualified/ejected from a Regular or Post-Regular Season Contest a report must be filed by the official who disqualified/ejected the coach or contestant. When the report is received in the PIAA Office it is faxed to the concerned school Principal and Athletic Director and mailed to the respective District Chairmen, officials’ representatives and sportsmanship chair. A copy is also given to the Associate Executive Director and placed in the school's file. Officials must file a report with the PIAA office on the appropriate form within 24 hours of the ejection.

Officials must complete the disqualification form online through the officials’ information area of the PIAA website. Officials who repeatedly do not file the proper form in the prescribed time period may be suspended.

If you are in need of updating your officiating supplies, please be reminded that Officially Sports is the official vendor of PIAA Sport Officials’ Uniforms. Please give them your consideration for any purchases regarding officials’ supplies. If interested, you may provide them with your email address to send you their catalog, seasonal specials and discounted items that may be of interest and service to your avocation of sports’ officiating. Officially Sports may be contacted via email at sales@officiallysports.com, by calling 800-934-4555 or at www.officiallysports.com.
EXAMPLES OF DISQUALIFICATION PROVISION OF ARTICLE XIII, SECTION 8

The following examples are for players or coaches and are only examples and not a complete list. What this means is a player or coach ejected from a contest at any level must sit out the remainder of the day and the next day of the next contest at that level.

Example #1: Player/coach gets ejected from a junior varsity contest before a varsity contest. This player/coach gets disqualified for the remainder of the day and the next day of the next junior varsity contest. If this contest is followed by a varsity contest on the same day, the player/coach gets disqualified for the varsity contest also (the whole day).

Example #2: Player/coach gets ejected from a varsity contest on Friday, the team’s next varsity contest is Friday. Before the varsity contest is a scheduled junior varsity contest, player/coach cannot participate in any of Friday contests.

Example #3: Player/coach gets ejected from a varsity field hockey game Saturday. The next varsity contest is a game on next Friday but the game gets postponed to Saturday. On Saturday, the junior varsity team is to play in another field hockey game, is player and/or coach eligible to participate in the junior varsity game?

Ruling: No. Since the Friday contest was postponed the next varsity game is the same day as the junior varsity game and the player/coach are not eligible to participate the whole day.

SECTION 4 VIOLATION OR CANCELLATION OF SPORTS OFFICIAL’S CONTRACT BY A PIAA MEMBER SCHOOL

If a PIAA member school violates or cancels a contract with an official, the District Committee or the Board of Directors, in their respective jurisdictions, may require a school so violating or so canceling to pay to the offended official the fee or fees for the Contest or Contests which have been provided in the official contract. Failure of a PIAA member school to live up to the terms of the contract shall be considered a violation of the Constitution and By-Laws of PIAA.

Comment: It has been brought to our attention on numerous occasions that officials have lost assignments or games because a school or assignor has “double booked” the contest. Officials are reminded that unless there is a written contract executed between the parties, they have no claim to any type of reimbursement from the offending school(s). Many schools have made a “good faith” effort to the officials to get them an additional assignment in the future or offer a scrimmage to pick up the lost fees. However, officially, without a written, signed, properly executed contract between the official(s) and the school(s), there is no recourse for the officials. In this day of technology it is not very hard for assignors, or schools, to execute these contracts. This is part of an assignor’s responsibility. Officials should request contracts from their assignors or schools for both parties protection.
For the 2018-19 school year, American Specialty Insurance Services will provide the following benefits:

- One Million Dollars of Liability Coverage;
- $25,000 Excess Accident Medical Coverage (with a $250 deductible);
- $5,000 Accidental Death and Dismemberment (including a cardiac benefit).

This program is administered by American Specialty Insurance Services and underwritten by USF&G and Mutual of Omaha. Both carriers carry “A” ratings by A.M. Best. Again this year, as a new service for chapters, all regularly scheduled chapter meetings will be covered under PIAA’s basic liability coverage. This is a major change from the past when only the annual rules interpretation meetings have been covered. Chapters are requested to please submit their list of regularly scheduled chapter meetings to the PIAA Office to assist procedurally in the exchange of information to have all local associations’ meetings covered.

Contact information is as follows:
Drew Smith,
Vice-President for Client Services
Sara Douglass, Administrative Assistant
American Specialty Insurances Services, Inc.
142 N. Main Street,
P.O. Box 309
Roanoke, Indiana 46783
Phone: 260-672-8800
Fax: 260-673-1295
www.amerspec.com

Athletic officiating is a vigorous avocation and it demands that an official be in excellent physical condition, able to give the very best, on every play, in every contest. To that end, the American Medical Association has stated that before one attempts any vigorous physical activity they should first visit their family physician for a check-up. It is part of good personal health maintenance to have an annual physical exam and participate in an exercise program. This type of exercise program should be minimally three days per week and include cardiovascular conditioning, strength training, flexibility and muscle endurance. These components along with proper nutrition will assist in developing one’s optimum body composition.

The PIAA Sports Medicine Committee recommends that each registered sports official have an annual physical examination and practice good health habits. Being physically fit and conveying an appropriate, positive image through proper health and nutrition habits will greatly assist all officials in keeping up with the game. After all, the game, the schools, players, coaches, spectators and fellow officials deserve no less. As importantly, officials owe good health habits to themselves and their families if for nothing more, than the health of it. If officials have any chronic health condition, officials are requested to share this information with on site medical personnel at their contest(s).

- Shower immediately after every competition and practice.

UNIVERSAL HYGIENE PROTOCOL

- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.
“PIAA requires all registered sports’ officials to enforce the sportsmanship rules for coaches and contestants. Actions meant to demean opposing contestants, team, spectators, and officials are not in the highest ideals of interscholastic education and will not be tolerated. Let today’s contest reflect mutual respect. Coaches please certify to the officials that your players are legally equipped and uniformed according to NFHS rules and PIAA adoptions. Good luck in today’s contest.”

**This message shall be read to the head coach and captains prior to each contest officiated by a registered PIAA official. This message shall be enforced by contest officials and its enforcement shall include a strict and swift enforcement when unsportsmanlike actions involve demeaning remarks or actions that may be related to the racial or ethnic background of any party.**

Chapter interpreters are requested to remind all officials to read this message at each contest they officiate.

There have been some concerns addressed by the schools that some of our officials are not reading the PIAA Sportsmanship message prior to the contest. This is an improper procedure and this message MUST be read. Officials are not to paraphrase, modify, or develop their own Sportsmanship Message to the captains and head coaches. The proper procedure is head coaches and captains MUST attend the pre-game reading of the sportsmanship message. For distribution purposes, this message is printed on the back of all PIAA registered sports officials’ 2018-19 identification cards.

This message MUST BE READ VERBATIM by the contest officials. Coaches must certify to the contest officials their team is legally equipped and in compliance with NFHS Basketball Rules. The reading of this message will set the tone for the contest to be played in the spirit of good sportsmanship and have the coaches verbally confirm aloud their teams’ adherence to compliance with equipment and safety rules. This confirmation is not only the adherence to contest rules, but also assists in alleviating the legal liability concerns for the officials if the teams subsequently violate the proper equipment provisions of the contest rules.

PIAA BY-LAWS, ARTICLE XV; SECTION 3 REQUIREMENT OF WRITTEN CONTRACT

All PIAA member schools shall enter into either paper or electronic contracts on the official contract form entitled “Contract for Officials Under PIAA Rules” with all registered sports officials retained by the schools or assigned by an assignor. Registered sports officials are independent contractors and therefore, are NOT employees of PIAA, the school, or the assignor. Disputes arising from oral agreements will not be considered by PIAA.
**COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES**

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

<table>
<thead>
<tr>
<th>Strategies for reducing the potential exposure to these infectious agents include:</th>
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<tr>
<td>• Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.</td>
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<tr>
<td>• If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of infection.</td>
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<tr>
<td>• Coaches, officials and appropriate health-care professionals must follow NFHS or state/local guidelines on “time until return to competition.” Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.</td>
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**BLOOD-BORNE INFECTION DISEASE**

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

**OTHER COMMUNICABLE DISEASES**

Means of reducing the potential exposure to these agents include:

- Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).
- During time of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the Infectious Disease and Blood-borne Pathogens” and “Skin Disorders” sections contained in the NFHS Sports Medicine Handbook.
OFFICIAL FIELD HOCKEY SIGNALS

1. Free Hit
2. 25-yard Free Hit
3. 16-yard Free Hit
4. Penalty Corner
5. Penalty Stroke
6. Side-in
7. Stick Interference
8. Advancing
9. Dangerous Use of Stick

PlayPics courtesy of REFEREE (www.referee.com)
Description of Signals

1. **Free Hit**– Arm held to the side, slightly above horizontal with the palm forward toward the field.
2. **25-Yard Free Hit**– Using the right or left arm as appropriate, with the arm well below the shoulder level, draw an imaginary line from the point where the ball crossed the backline to the point on the 25-yard line.
3. **16-Yard Free Hit**– Officials back is to the end line with arms held to the side, slightly above horizontal, palms forward, pointing toward the center of the field.
4. **Penalty Corner**– Extend both arms horizontally toward the goal.
5. **Penalty Stroke**– First signal time-out (arms crossed at the wrist above the head), then extend the right arm overhead and the left arm toward the penalty stroke line.
6. **Side-in**– For direction, arm extended to the side, slightly above horizontal, palm forward toward the field with other arm down at the side.
7. **Stick Interference**– Hit forearm of one arm with other hand (chopping action).
8. **Advancing**– Slightly raise one leg and touch it with the hand.
9. **Dangerous Use of Stick**– Raise bent arm forward and upward over the head.
10. **Obstruction**– Arms crossed in front of chest with palms inward.
11. **Third Party Obstruction**– Arms crossed in front of chest, palms inward, then move forearm in and out one time.
12. **Dangerous Play**– Place one forearm diagonally across the chest.
13. **Time-out**– Arms extended overhead, crossed at the wrist, palms forward towards the field.
14. **Goal Scored**– One arm extended overhead, palm forward, then turn and extend both arms horizontally towards the center of the field.
15. **Bully**– Move hands alternately up and down in front of body with palms facing each other.
16. **Advantage**– Extend an arm high from the shoulder in the direction in which the benefiting team is playing.
17. **Raised Ball**– Arms extended in front of body approximately 18 inches apart, with palms held facing each other.
18. **No Goal**– Extend and cross arms in front of body with palms down.
19. **Wrong side of Stick**– One arm extended in front of body, touch back of hand with palm of free hand.
20. **Pushing**– Hands out in front of body with a pushing motion.
21. **5-Yard Distance**– Extend one arm straight up in the air showing an open hand with all fingers extended.
During the PIAA field hockey Regular Season and Post Season, a disqualified field hockey player, coach, and/or Team personnel shall not be permitted to participate for the remainder of the day and in all Contests on the next Contest day of the same level (varsity, junior varsity, or otherwise) of competition from which the player, coach, and/or Team personnel was previously disqualified. For a coach, participation in the next Contest includes any contact by the coach with members of the Team, including other coaches, between the time that the Team arrives at the Contest site and the conclusion of the last Contest of the day. The Principal shall direct the coach not to attend all of the Contest(s), in accordance with Article XIII, Section 8 of the PIAA By-Laws and NFHS Field Hockey Rules 8-1-2, 8-2-1 PEN, 12-1-PEN. The referee must complete this form on-line, as soon as possible, but no later than 24 hours following the completion of the Contest in which the disqualification took place. This form can be found at www.piaa.org under the Officials Section – Officials’ Forms category.

<table>
<thead>
<tr>
<th>Name of Ejected Player, Coach or Bench Personnel</th>
<th>School Name</th>
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</thead>
<tbody>
<tr>
<td>Date of Contest</td>
<td>Location of Contest</td>
</tr>
<tr>
<td>Visiting Team</td>
<td>PIAA District</td>
</tr>
<tr>
<td>Home Team</td>
<td>PIAA District</td>
</tr>
<tr>
<td>Name of Official Who Ejected Player, Coach or Bench Personnel</td>
<td>Level of Competition</td>
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</tbody>
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**REASON FOR DISQUALIFICATION**

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**DATE OF REPORT**  **OFFICIAL’S NAME (PERSON ISSUING DQ)**  **PIAA DISTRICT**