CORRECTIONS TO THE 2020 RULES BOOK

**Rule 1-6-5**: Goggles may be worn by all field hockey players.

**Situation 1-8-1 C**: The White Team’s goalkeeper is wearing a clear mouth protector that is attached to the facemask/helmet. **Ruling**: legal  
**COMMENT**: Goalkeepers must wear a tooth protector, which may be attached to the facemask/helmet.

**2020 NFHS FIELD HOCKEY RULE CHANGES**

| 1-5-1 thru 8 | Re-organization of the uniform rule Provides consistent NFHS Rules Book language regarding uniforms.  
**Rationale**: Re-organization of the uniform rule and language about uniform bottoms for clarity.  
Clarifies that mouth protectors that cover the lips are allowed.  
**Rationale**: Allows the use of mouth protectors that also cover the lips and brings the language in line with other NFHS rules books.  
Clarifies goalkeeper uniforms.  
**Rationale**: The change clarifies the intent to make goalkeepers distinguishable from opponents not each other.  
Clarifies the penalty for illegal uniforms or equipment after the game has begun.  
**Rationale**: Clarifies the penalty for illegal uniforms or equipment after the game has begun. |
<table>
<thead>
<tr>
<th>Rule Code</th>
<th>Description</th>
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<tbody>
<tr>
<td>3-2-4</td>
<td>Clarifies that the ball must travel at least 5 yards before being played into the circle. <strong>Rationale:</strong> Clarifies that the ball must travel at least 5 yards before being played into the circle and removed redundant language.</td>
</tr>
<tr>
<td>4-1-1</td>
<td>Re-defined that a game will consist of four quarters of 15 minutes with intervals of 2 minutes between quarter 1 and 2 and between quarter 3 and 4. <strong>Rationale:</strong> Aligns with several other rules codes. This is intended to allow for teams to maximize their play for the entire match. Set stoppage times will offer breaks for rest, hydration, and strategizing. This change should be relatively easy for both the timers and umpires to administer.</td>
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<tr>
<td>4-2-3</td>
<td>Removed team timeouts to help keep the game fluid. <strong>Rationale:</strong> With the change to four quarters teams have guaranteed breaks for rest, hydration, and coaching opportunities. The removal of team timeouts to help keep the game fluid.</td>
</tr>
<tr>
<td>12-1 Penalties</td>
<td>Clarifies penalty intent and adds definitions of cards to rule on coaches conduct. <strong>Rationale:</strong> Clarifies penalty intent and adds definitions of cards to rule on coaches conduct.</td>
</tr>
<tr>
<td>2020 EDITORIAL CHANGES</td>
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<tr>
<td>1-2-4l; 1-8-1; 2-1-4c; 10-3-2; 10-3-2a</td>
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<table>
<thead>
<tr>
<th>2020 COMMENTS ON THE RULES</th>
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<tbody>
<tr>
<td>1-2-1 - In case of a reduced or enlarged size fields, the 25-yard lines, striking circles and penalty stroke lines should be regulation and should be measured from the end lines and sidelines.</td>
</tr>
<tr>
<td>1-5-1 thru 8 - Reorganization of the uniform rules for clarity and additional language added concerning uniform bottoms.</td>
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<tr>
<td>1-6-1 - Allows players to wear any color of mouthguard and allows for a mouthguard that covers the lips.</td>
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<tr>
<td>1-8-1a - Allows goalkeepers to wear the same jersey color as the opposing goalkeeper. This change clarifies the intent for the goalkeepers to be distinguishable from the field players and not each other.</td>
</tr>
<tr>
<td>1-9-1b PENALTIES - Clarifies the penalty to the coach for illegal uniforms or equipment after the game has begun.</td>
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<tr>
<td>2-1-6 - Clarifies the procedure for officials when issuing a misconduct violation. The table-side official needs to make sure the scorer’s table is recording the reason for the penalty, and record the length of the penalty and time of the infraction.</td>
</tr>
<tr>
<td>3-2-4 - Clarifies that the ball must travel 5 yards in any direction or be touched by a player on the defending team before being played into the circle. The ball can be dribbled or passed by the player taking the hit.</td>
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<tr>
<td>3-2-11, 3-4, 3-2-12, 3-3-9 - Added definitions of various terms for easier reference.</td>
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<tr>
<td>4-1-1 - The format of the game was changed from two halves to four quarters. The game now consists of four 15-minute quarters. Standardized set breaks between quarters will offer coaches time to address health and safety of their athletes and provide consistent opportunity for coaching.</td>
</tr>
<tr>
<td>4-2-3 - Time-outs were removed from the game. Each team will have three guaranteed breaks, an intermission between the first and second quarters, halftime, and an intermission between the third and fourth quarters.</td>
</tr>
<tr>
<td>4-4-5 - Clarifies that all substitutions must go through the team substitution area with a player coming off before the substitute goes in.</td>
</tr>
<tr>
<td>8-2-1 - Clarifies the penalties for suspensions and disqualifications. Player misconduct and penalties were consolidated for easier reference.</td>
</tr>
<tr>
<td>10-3, 10-3-2, 10-3-2b - Streamlined the criteria for the completion of a penalty corner during regulation and extended play by removing the language in extended play that ended a corner when the ball travelled out of the circle for a second time.</td>
</tr>
<tr>
<td>12-1 PENALTY - Reorganized and defined penalties for coaches conduct and offers a better explanation of the card progression.</td>
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</tbody>
</table>
• Adopt the 2020 NFHS Field Hockey Rules Book.

• Adopt Rule 4-2-2 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 taken after the 5th goal is scored.
  • Running clock stops on Injury time-out, Goal Keeper substitution, Penalty Stroke, carding or disqualification of a player or coach, or any other time that the official(s) call time-out.

• 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 One-on–One shoot out, tie-breaking procedure for regular season tournaments when a winner is required to advance to a subsequent round of play.

• Adopt the two 15-Minute - RP - SV, followed by One-On-One Tie-Breaking Procedure for Postseason Contests.
The NFHS Field Hockey Rules Committee and the NFHS Board of Directors believe there are areas of the game of interscholastic field hockey that need to be addressed and given special attention. These areas of concern are often cyclical, some areas need more attention than others, and that is why they might appear in the rules book for consecutive editions. These concerns are identified as “Points of Emphasis.” The 2020 Field Hockey Points of Emphasis focuses on properly marked providing an official scorer and timer, tackling, 5-yards, issuing cards. When a topic is included in the Points of Emphasis, these topics are important enough to reinforce and/or they are not being given the proper attention.

**PROVIDING AN OFFICIAL SCORER AND TIMER**

Scorers and timers are an integral part of the official’s team. As a part of the officiating crew they should give appearance to impartiality and neutrality throughout the contest. Verbal or visible reactions to outstanding plays or official’s calls is inappropriate. Rule 2-2 outlines the duties of the scorers and times for field hockey.

The home team shall supply the official timer and scorer. They are to remain at the scorer’s table for the entire game, including intermissions between quarters. The home team should supply an audible device as well as a game clock and stopwatch. NFHS rules recommend they wear officials pinnies at the table.

**TACKLING**

Smooth passing and dribbling techniques are two core skills all players should know how to do. Players should also know how to tackle the opponent when the ball is in their possession. The NFHS rules book defines tackling as technique executed by a player in an attempt to gain possession or cause the opponent to lose possession of the ball. To properly execute a tackle, the player must be in the proper position to avoid a foul. The player shall not use the stick dangerously, nor deliberately make body or stick contact to gain any advantage when tackling. Remember that a player can’t hit hook or hold an opponent’s stick with her stick. There should be clear intent to play the ball by tackling player and the timing of the movement must be exact.

**5-YARD VIOLATION**

The opponent (and attack players inside the attacking 25) shall be 5 yards from the self-start/free hit.

If an opponent is within 5 yards of the ball, she may shadow the opponent but must not interfere with the taking of the free hit/self-start and must not play nor attempt to play the ball. The NFHS rules book defines shadowing as the act of being within playing distance of an opponent and following their movement on the field without impeding their progress. If this player is not playing the ball, attempting to play the or influencing play, she has not violated the 5 yard rule. If the player does impede progress or influence play, she shall receive a warning and another free hit may be awarded. For repetitive violations by a player, the official should use the proper card progression. Be aware the player taking the self-pass does not have to delay her start.

**ISSUING CARDS**

Officials must always consider violations for repetitive, non-dangerous fouls, deliberate actions, misconduct or dangerous play. When possible, the official should use preventive officiating.

Card progression is an important tool in game management as well as ensuring player safety and fairness during the game. At times a verbal caution can serve as a warning to both teams from an official. However, when one player or one team commits repetitive fouls and is in the card progression, it is not appropriate game management to include both teams in this same card progression. Both teams have their own card progression and should not be included in the opponents’ card progression.
### REGULAR SEASON

Adopt the 15-Minute - Reduced Player (RP) - Sudden Victory (SV) - Tie-Breaking Procedure for Senior High School Varsity Field Hockey Regular Season Contests.

**SENIOR HIGH SCHOOL VARSITY FIELD HOCKEY GAMES THAT ARE TIED AFTER 60 MINUTES OF PLAY MUST PLAY ONE 15 MINUTE RPSV OVERTIME.**

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.
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 RPSV shall stand as a tie.

### REGULAR SEASON TOURNAMENTS

Adopt the One-On-One Shoot-Out, Tie-Breaking Procedure for Regular Season Tournaments When a Winner is Required Advance to a Subsequent Round of Play.

1. For Regular Season Tournaments there shall be four 15 minute quarters. If the Teams are tied at the conclusion of the 60 minutes, the 15 minute RPSV is not required to be played and the Teams may go directly to a One-On-One Shoot-Out, Tie Breaking Procedure to determine a winner to advance to the next round of the Regular Season Tournament.
2. Follow POSTSEASON Procedure for One-On-One Shoot Out.
Adopt the two 15-Minute - RP - SV, followed by One-On-One Shoot-Out, Tie-Breaking Procedure for Postseason Contests.

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 game 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. Each coach shall present 5 players for the One-On-One Shoot-Out. The shots will be taken by the players in the order determined by the coach. 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.

4. Officials choose the goal that will be used during the One-On-One Shoot-Out.

5. Each coach shall present 5 players for the One-On-One Shoot-Out. The shots will be taken by the players in the order determined by the coach. 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.

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 shall present 5 players for the One-On-One Shoot-Out. The shots will be taken by the players in the order determined by the coach. "Sudden Victory" shots will be taken on an alternate 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, 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.

To begin the One-On-One Shoot-Out procedure:

a. The ball is placed at the center of the 25-yard line.

b. The attacker stands outside the 25-yard line near the ball.

c. The goalkeeper starts on or behind the goal line between the goal posts.

d. The official blows the whistle to signal the start of the shootout. The attacker and the goalkeeper may then move in any direction.

The One-On-One Shoot-Out is completed under the following conditions:

a. 8 seconds has elapsed.

b. A goal is scored.

c. The attacker commits a foul.

d. The ball goes outside the end line or sideline. This includes the goalkeeper intentionally player the ball over the end line. (No Retake)

e. The goalkeeper commits an unintentional foul within the circle, which does not prevent the probable scoring of a goal, the One-On-One Shoot-Out is retaken.

f. 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.

g. 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.

h. A Penalty Stroke is awarded because:

1) A goal probably would have been scored, if a foul by the goalkeeper had not occurred in the circle;

2) 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;

12. Any player eligible to participate in the One-On-One Shootout may take a Penalty Stroke.

13. All the Penalty Stroke Provisions of Rule 11 apply in the taking of the Penalty Stroke.

14. 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.
## Face Masks

Masks are purely optional and may be worn at any time during a contest.

## Rule 1-5-4, Player Uniform

With reference to rule 1-5-4, only soft headgear is permitted by field players and any head gear not complying with this rule may not be worn by field players.

### SOFT HEADGEAR INFORMATION

**Rule 1.5.4 (page 11):** Rule allows for the wearing of “soft headgear.” The soft headgear cannot be attached to the required protective eyewear. The soft headgear be made of a soft material, i.e. no metal or plastic on the soft headgear. Attached are some examples of soft headgear that are permissible. **THERE IS NO NEED FOR PIAA APPROVAL TO WEAR THIS SOFT HEADGEAR PERMITTED BY RULE.**

<table>
<thead>
<tr>
<th>![Soft Headgear Example 1]</th>
<th>![Soft Headgear Example 2]</th>
<th>![Soft Headgear Example 3]</th>
</tr>
</thead>
</table>

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**Goggles**

**Rule 1.6.5 states:** Goggles may be worn by all field hockey players.
### STICKS

Rule 1.6.4 (page 12): Rule 1.6.4 states...A player's stick shall have a curved end with a flat face on its left-hand side only......Sticks that are designed intentionally or unintentionally to cup, grasp or hold the ball other than the flat face curved end are prohibited. Because of the current language in Rule 1.6.4 of the NFHS 2020 Rule Book the following sticks are not legal for play in Pennsylvania.

The TK-Synergy 1 Ultimate Spoon; Grays GX4000, Grays GX6000, OR any other stick that does not have a flat face on the toe of the stick. If there is a deviation in the toe that is concave-"spooned," the stick is illegal.

### MOUTHGUARDS

Rule 1.6.1 (page 12): Rule 1.6.1 states...All field players shall wear mouth protectors. There is no longer a color restriction in the Rule book. Any color, including white and clear are permissible. Officials should not be checking mouth protectors. The coach is responsible for verifying that the player/goalkeeper are legally equipped.

However, it is the responsibility of the officials to remove a player who does not have a mouth guard or refuses to wear it properly. Remove the player until they comply with the rule and card the Head Coach, as per the Penalty Provisions of Rule 1.6 and 1.8.

The detachable tether must be removed. The NFHS has ruled that this mouth guard is legal for field hockey.
### JEWELRY

Rule 1.5. (page 11): Rule 1.5.5 states… Jewelry shall not be worn except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical-alert bracelet must be taped and may be visible.

All players and the goalkeeper may not wear jewelry. It does not matter if the item being worn is made of a “soft material,” or is covered by the goalkeeper’s mask or pads. Jewelry must be removed prior to the game and should not be worn during the warm-ups.

The Head Coach is required to verify to the game officials that their team is properly uniformed and legally equipped at the required Pre-Game Conference. The coaches must respond in the affirmative in order to proceed with the contest. Just because a coach confirms to the officials that their team is in compliance with the NFHS and PIAA rules concerning uniforms and equipment does not preclude the official from enforcing the Penalty Provisions of the 2020 NFHS Field Hockey Rule Book for a player or goalkeeper not being properly uniformed and legally equipped.

So, it is the responsibility of the officials to remove the player/goalkeeper who is wearing jewelry and card the Head Coach, as per the Penalty Provisions of Rule 1.5.

### INJURY TIME-OUT

Rule 4.2.3 (page 26)…Rule 4.2.3…Injury Time-Out.

There is no prohibition from coaching on an Injury Time-Out. If there is going to be a delay in the restart of the game because of the injury, players and the goalkeeper may meet on the field by their team area to rehydrate and receive coaching. When the officials are ready to restart play, the teams must immediately return to the field.

### SUBSTITUTION

Rule 4.4.5 (page 4) and Officials Guide IX-SUBSTITUTION (pages 67 and 68): Rule 4.4.5 states…All substitutions must take place through the team substitution area, with the player coming off the field before her substitute may go onto the field. This is the procedure for player substitutions after a goal, during an injury time-out or official’s time-out and goalkeeper substitution.

The only exception to this rule is for the Goalkeeper(s) on a Goalkeeper(s) substitution. After the official calls time-out for a Goalkeeper substitution there is no need for the Goalkeeper(s) in the Substitution Area to wait until the Goalkeeper(s) they are replacing comes of the field through the Substitution Area.
SPECIAL NOTE

It is the responsibility of the officials to require that the goalkeeper has a throat protector on her throat. The Head Coach is carded and the goalkeeper must put on the required equipment before the game will restart.

Selective enforcement of the rules, or to say that the Head Coach verified that their team is properly uniformed and legally equipped is not the acceptable procedure to be followed when dealing with uniforms (jewelry most often) and equipment. We must all make the Head Coach truly responsible for their affirmative statement at the Pre-Game Conference by enforcing the Rule Book as written. Card the Head Coach and start the card progression. Most Head Coaches will take care of the improper uniform (jewelry) or illegal equipment very quickly after the issuance of the green card, since the next violation must result in a 5 minute yellow card with the team playing short for the 5 minutes.

Also, a little preventative officiating in insuring that teams are legally equipped and properly uniformed is an easy way to avoid issues later in the game. As officials, prior to the game, we walk around the field and make sure that the corner markers are placed properly, check the goal cages and nets, make sure that the substitution area is marked properly, etc. This is the perfect opportunity to look around and see that the players are wearing protective equipment properly. As we check the goal cages, it is the perfect opportunity to make sure that the goalkeepers have mouth guards and a throat protectors in place as they take shots from their team mates. Inform the players, goalies and coaches if there are uniform and equipment issues that must be corrected immediately.

As a group, officials MUST be consistent in making sure that teams are in compliance with the uniform and equipment rules. If ALL officials make sure that teams are complying with the uniform and equipment rules, then we will all have one less issue to manage in our game.

2020 FALL INTERPRETATION MEETING

The 2020 mandatory fall sport rules interpretation meetings will be available to view on the PIAA website from August 1st– August 28th at no charge. Officials can access the meeting by logging into their PIAA account, and clicking “Make Up Rules Interpretation meeting”. Coaches will find the meeting by logging into their school account. After August 28th, the meeting will be available until September 15th at a cost of $50 for officials and $75 for coaches.

2021 Convention
August 13 & 14
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 stoppages in play. “Why did that goal not count?” Is an example of a question 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; 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 foul 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.
APPLYING THE RULES CONTINUED

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 within playing distance of the spot where the foul occurred. Playing distance is the distance within which a player is capable of reaching the ball to play it. 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 and cards awarded.

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 or long or short sleeved Neon Yellow collared shirt.
   - **Skirt** - Black (black skirts, slacks or shorts may be worn).
   - **Socks** - Black knee socks or sneaker socks.
   - **Shoes** - Solid Black or Black with white accents with black laces. White soles around the shoe are not considered an accent mark.

   - **Lanyard or Smitty** – Black.
   - **Whistle** - Black. Hand held whistle is permissible.
   - **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.

   **Note**: All members of the same crew must dress alike.

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, including e-cigarettes and any type of vaping product, and/or tobacco chewing is prohibited.

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.
PIAA Approved Officials Footwear

**LEGAL**

**Shoes** - Solid Black or Black with white accents with black laces. White soles around the shoe are not considered an accent mark.

**ILLEGAL**
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.

Revised and Approved March 2018
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 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.

PIAA CONFLICT OF INTEREST POLICY FOR ALL SPORTS

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 2020 FIELD HOCKEY SCHEDULE

First Practice Date ................................................................................................................. Monday, August 17
First Inter-School/Scrimmage Date ......................................................................................... Saturday, August 22
First Regular Season Play Date ............................................................................................... Friday, September 4

Last Regular Season Contest Date & District Championship Deadline ......................... Saturday, November 7

PIAA Field Hockey Championships:
First Round ......................................................................................................................... Tuesday, November 10
Quarterfinals ......................................................................................................................... Saturday, November 14
Semi-Finals .............................................................................................................................. Tuesday, November 17

PIAA AA & AAA Field Hockey Championship Finals
Zephyr Sports Complex, Whitehall-Coplay SD, Whitehall ................................................ Saturday, November 21

Championship Schedule:

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

Section 8. Disqualification From Next Contest(s).

General Rule. Preamble

Sportsmanship is a core principle in interscholastic athletics. Actions which are unethical and/or intended to demean, embarrass, intimidate or injure opposing contestants, Teams, spectators and/or officials are considered unsportsmanlike and will not be tolerated since they are contrary to the purposes of PIAA and convey lessons incompatible with the reason why high school sports exist.

1. Mandatory Disqualification. One Game Suspension 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 is 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 from which the Coach and/or contestant 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 must direct the Coach not to attend all of the Contest(s).

2. Supplemental Disqualification. Two Game Suspension (NEW) Any Coach and/or contestant who is ejected from a Contest by a state high school association recognized and/or registered official and a component of the ejection is confronting, contacting or addressing a Coach, contestant or official using foul or vulgar language, ethnic or racially insensitive comments or physical contact will be disqualified from competition for the remainder of the day and for the next two (2) Contests including all Contests on the next two (2) Contest days of the same level (varsity, junior varsity, or otherwise) of competition from which the Coach and/or contestant was previously disqualified. For the purposes of this provision, the jurisdiction of the official(s) to apply and enforce this rule begins upon the official’s arrival at the Contest site and ends when the official (or the last of the team of officials) leaves the Contest site. The Contest site is defined as premises on which the competition surface is located and includes the entirety of the premises and parking areas.

When the Supplemental Disqualification implicates a contestant, and in addition to the two (2) Contests disqualification, the contestant may not return to competition representing the contestant’s school until the contestant completes the NFHS Sportsmanship program at NFHSLearn (online) and provides a certification of completion of this program to the student’s Principal and the Principal submits the certification to the PIAA District Sport Chairman. A Coach disqualified under this provision may not return to competition representing the Coach’s school until the Coach completes the NFHS Sportsmanship program and Teaching and Modeling Behavior program at NFHSLearn (online) and provides a certification of completion of these two programs to the Coach’s Principal and the Principal submits the certification to the PIAA District Sport Chairman.

A disqualification under B. above supersedes a disqualification under A. above. A PIAA District Committee may, at its discretion, convene a hearing to address any and all disqualifications and may provide additional penalties as warranted by the circumstances.

The Supplemental Ejection is not designed for violations of “Rules of the Game” The one game sit out penalty still remains for those actions that do not fit the Supplemental Ejection policy.

PIAA Board of Directors has given officials an additional tool to use, if warranted, to curb bad behavior.

This could aid in the recruitment and retention of officials.
A Few Examples:

**Situation:** After the basketball game has concluded and the officials are in the locker room, varsity head coach Jones begins to bang on the door and use profanity toward the officials.

**Ruling:** The coach’s actions would merit a Supplemental Disqualification. The crew chief must file the Supplemental Disqualification report within 24 hours on Coach Jones who must sit out the next two varsity contests. The crew chief must also make contact with Coach Jones' athletic director immediately or immediately after leaving the contest site to inform them that the Supplemental Disqualification was issued on Coach Jones.

**Situation:** During a junior varsity soccer game a player from team ABC commits a handball violation in the box.

**Ruling:** The referee properly issues a red card and escorts the player to the sideline. The referee also informs the coach of the reason for ejection. The referee must file the Disqualification Report within 24 hours and the player must sit out the next junior varsity contest. This is a standard one game sit out disqualification penalty.

**Situation:** In the third inning of a baseball game the head coach disagrees with a safe/out call and charges onto the field while yelling profanities at the umpire.

**Ruling:** The umpire must eject the head coach and inform them that they are being assessed a Supplemental Disqualification. The crew chief must file the Supplemental Disqualification report within 24 hours on Coach Smith who must sit out the next two junior varsity contests.

**Situation:** During the boys varsity soccer match, Player A1 is taken down with a legal tackle by Player B1. Player A1 feels that a foul should have been called and jumps from the ground and yells at the nearest official saying, "Hey Ref, you suck."

**Ruling:** The official must immediately be issued a red card and eject Player A1. The official must then inform Player A1’s head coach of the ejection and the fact that it is a Supplemental Disqualification due to the foul language directed at the official. The ejecting official must file the Supplemental Disqualification report within 24 hours on the player who must sit out the next two varsity contests.

**Situation:** After the volleyball match has concluded and the officials are walking through the school lobby to get to their cars a parent confronts the officials and uses profanity toward them.

**Ruling:** The officials must not engage the parent in discussion and should continue to their vehicle, if possible. Upon reaching their vehicles the crew chief must immediately contact the host school’s athletic director and inform them of what occurred. The officials do not retain jurisdiction under the Supplemental Disqualification in this instance. It does not apply to fans, only coaches and contestants. School athletic administrators must take action to prevent this type of occurrence in the future.

**Situation:** After the varsity football game has ended and the officials are gathering at the 40 yard line to proceed to the locker room, the head coach rushes on to the field and confronts the crew about calls made that evening. The coach while using foul and abusive language contacts one of the officials.

**Ruling:** The crew chief must inform the head coach that he is being assessed a Supplemental Disqualification for his actions. The crew chief must file the Supplemental Disqualification report within 24 hours on the head coach who must sit out the next two varsity contests.

**Final Point:**

**Question:** On the new 2 game DQ is it going to be the officials’ decision if it’s a 2 game DQ or the PIAA’s after reviewing the report?

**Answer:** As with the previous 1 game DQ, it is always the decision of the official to eject but the actions of the player or coach will be the deciding factor whether the Supplemental DQ is used. The official really has no decision to make. If the actions are what is listed in the Supplemental Disqualification then the penalty is 2 games, the decision will be made for them by the actions of the offender. The official will not have the ability to choose between the two different disqualifications. The choice will be made for them.
### 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.
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).

**UNIVERSAL HYGIENE PROTOCOL FOR ALL SPORTS**

- 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 SPORTSMANSHIP MESSAGE

“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’ 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 5
REQUIREMENTS OF WRITTEN CONTRACT

PIAA member schools should enter into written (paper or electronic) contracts with the officials retained by the schools or assigned by an assignor to officiate regular season contests. The terms of such contracts must not violate the PIAA Constitution and By-Laws, Policies and Procedures and Rules and Regulations. Registered sports officials are independent contractors and therefore, are NOT employees of PIAA, the school, or the assignor.
**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.

**INFECTIOUS SKIN DISEASES**

Strategies for reducing the potential exposure to these infectious agents include:

- 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.
- 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.
- 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.

**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

(PRIMARY SIGNALS)

1. Free Hit
2. 25-yard Free Hit
3. 16-yard Free Hit
4. Penalty Corner
5. Penalty Stroke
6. Side-in
7. Time-out
8. Goal Scored
SECONDARY SIGNALS

9. Stick Interference
10. Advancing
11. Dangerous Use of Stick
12. Obstruction
13. Third Party Obstruction
14. Dangerous Play
15. Bully
16. Advantage
17. Raised Ball
18. No Goal
19. Play with Wrong Side of Stick
20. Pushing
21. 5-yard Distance
OFFICIAL NFHS FIELD HOCKEY SIGNALS

PRIMARY 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 right or left arm as is appropriate, with the arm well below 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 Hit** - Official's back is to the end line with arms held to the side, slightly above horizontal, palms forward, pointing towards 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. **Time-out** - Arms extended overhead, crossed at the wrist, palms forward towards the field.
8. **Goal Scored** - Extend both arms horizontally towards the center of the field.

SECONDARY SIGNALS

9. **Stick Interference** - Hit forearm of one arm with other hand (chopping action).
10. **Advancing** - Slightly raise one leg and touch it with the hand.
11. **Dangerous Use of Stick** - Raise bent arm forward and upward over the head.
13. **Third Party Obstruction** - Arms crossed in front of chest, palms inward, then move forearms in and out one time.
14. **Dangerous Play** - Place one forearm diagonally across the chest.
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 (for first shot on penalty corner only)** - 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.
FIELD HOCKEY PLAYER, COACH, OR TEAM PERSONNEL DISQUALIFICATION FORM

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.

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

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

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.