



# 2016 NFHS FIELD HOCKEY RULES POWERPOINT

National Federation of State  
High School Associations

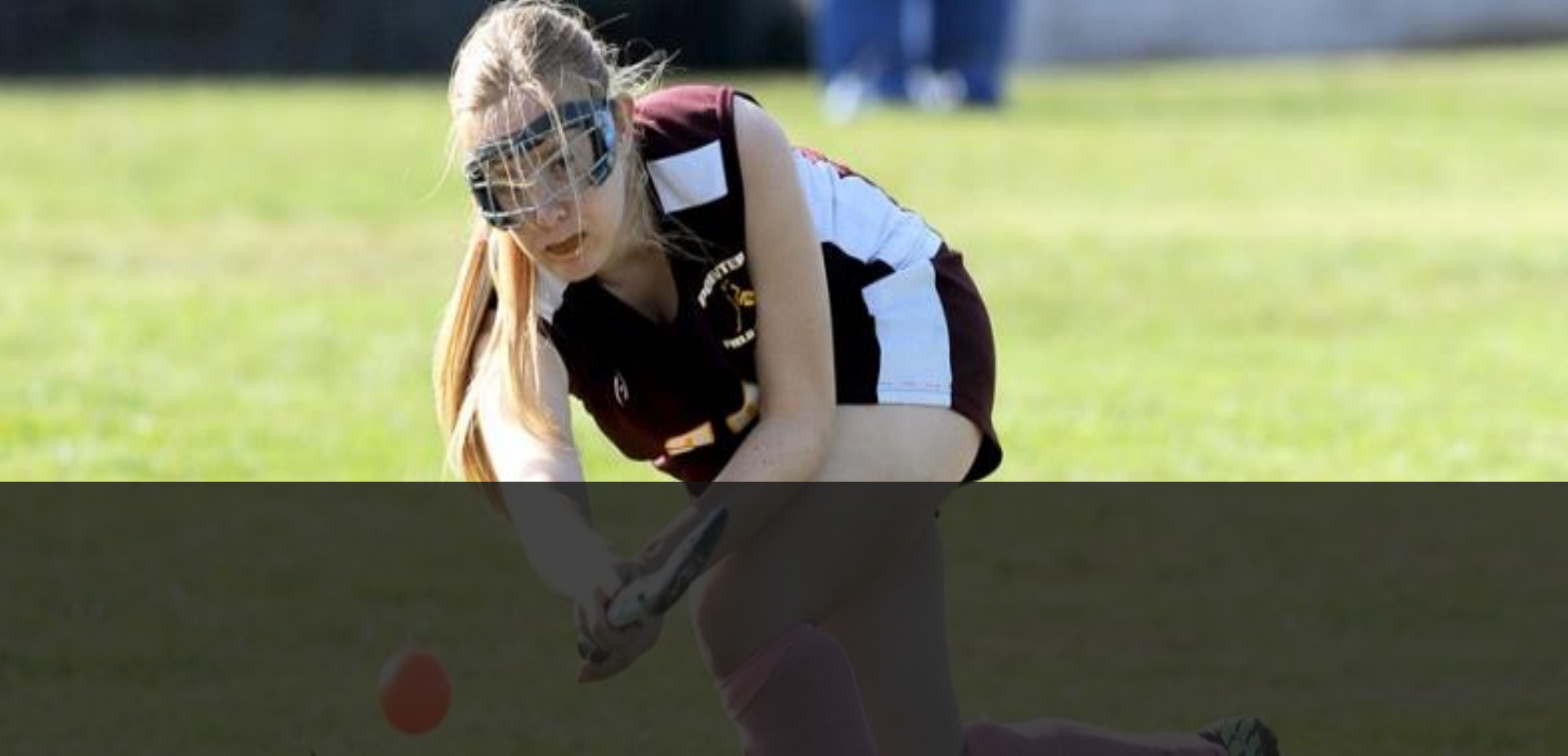


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# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)





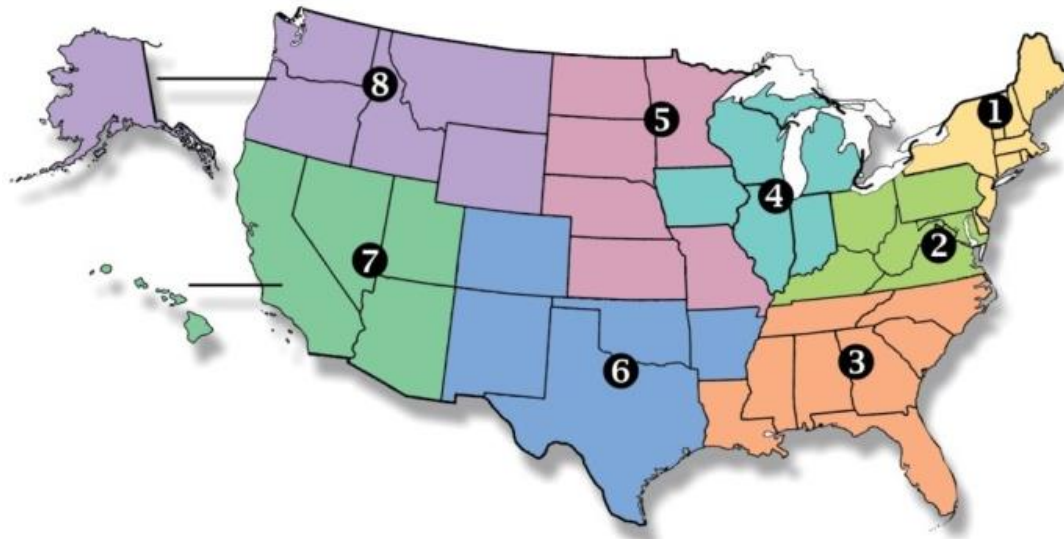
# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
  - National leadership organization for high school sports and fine arts activities;
  - National authority on interscholastic activity programs.
  - Conducts national meetings;
  - Sanctions interstate events;
  - Produces national publication for high school administrators;
  - National source for interscholastic coach training and national information center.



# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- Membership = 50 member state associations and D.C.
- NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.8 million in high school sports.



# NFHS RULES REVIEW COMMITTEE

The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



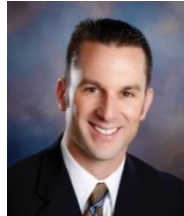
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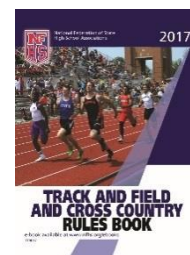
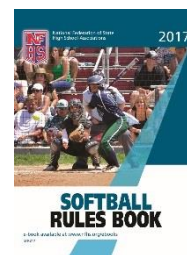
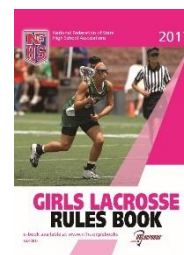
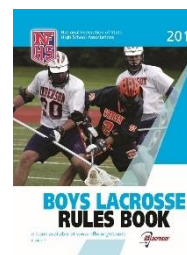
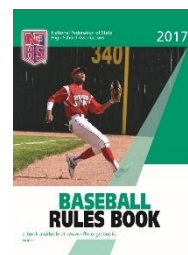
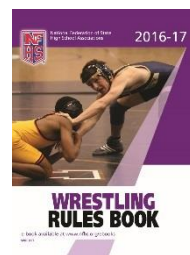
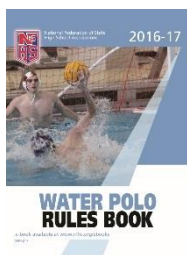
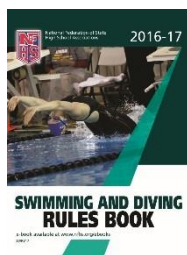
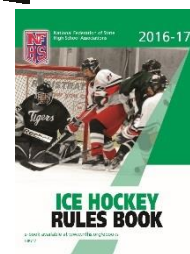
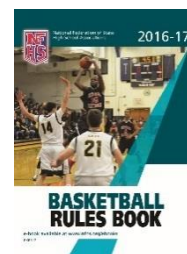
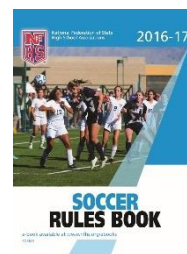
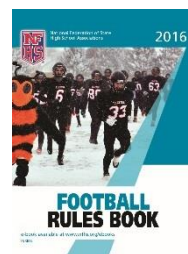
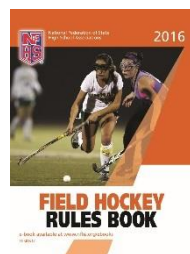
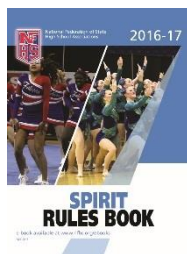
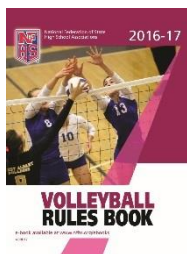


Theresia Wynns  
Basketball and  
Soccer




# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
  - Publishes 4 million pieces of materials annually.



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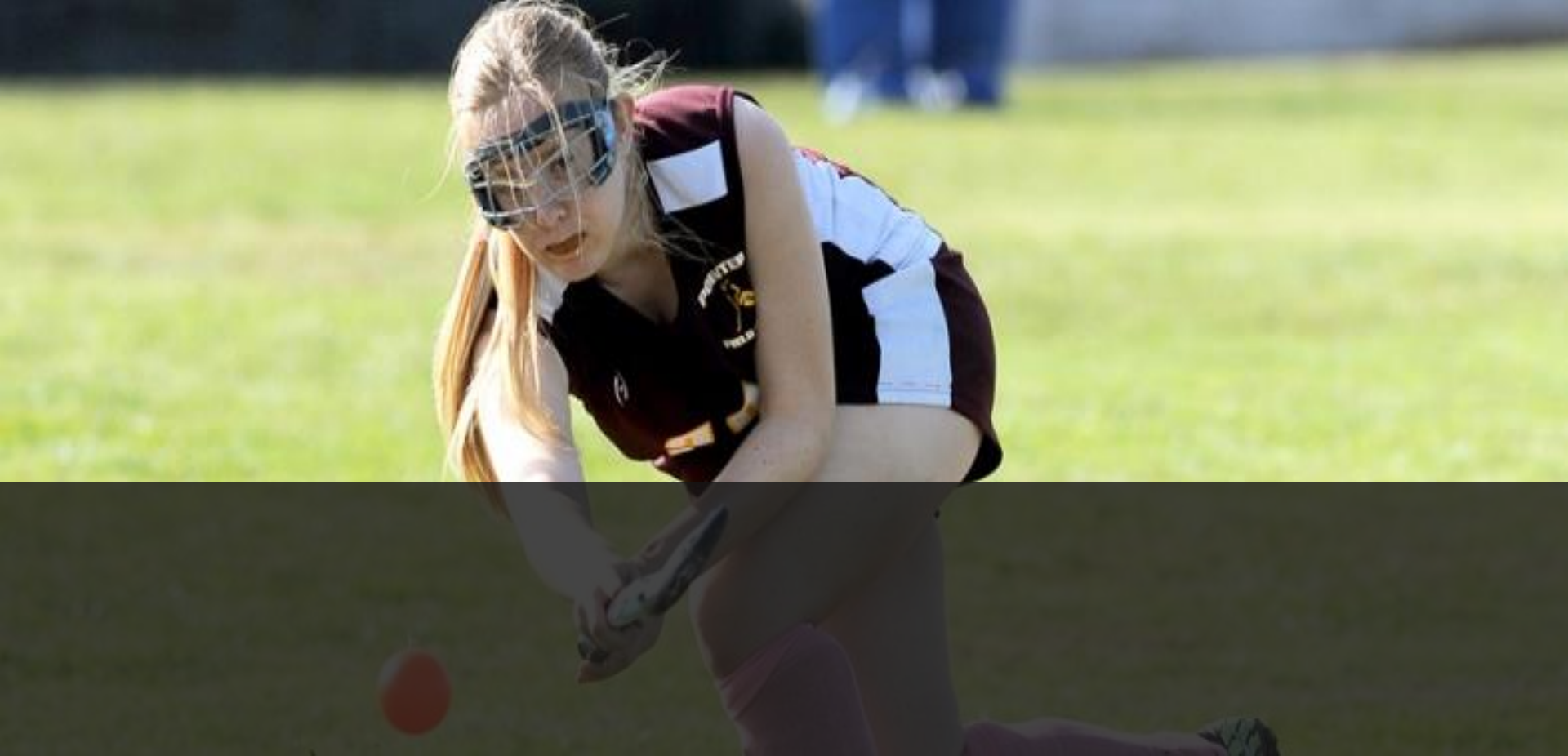
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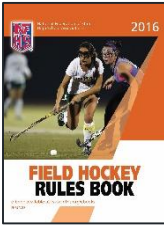




# 2016 NFHS FIELD HOCKEY RULES CHANGES



# NFHS FIELD HOCKEY RULES



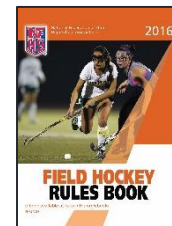
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Each state high school association adopting these rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS rules should contact the rules interpreter designated by his or her state high school association.

The NFHS is the sole and exclusive source of model interpretations of NFHS rules. State rules interpreters may contact the NFHS for model rules interpretations. No other model rules interpretations should be considered.



# NFHS FIELD HOCKEY RULES COMMITTEE



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## 2016 NFHS FIELD HOCKEY RULES COMMITTEE



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Brian Nutter  
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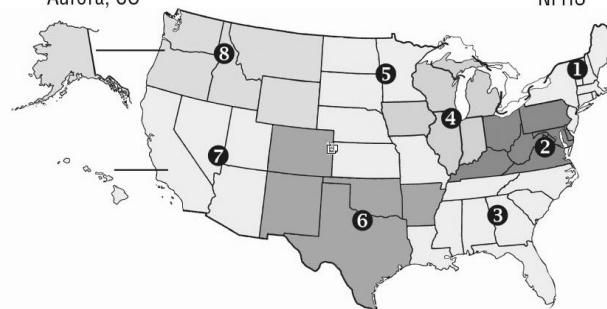
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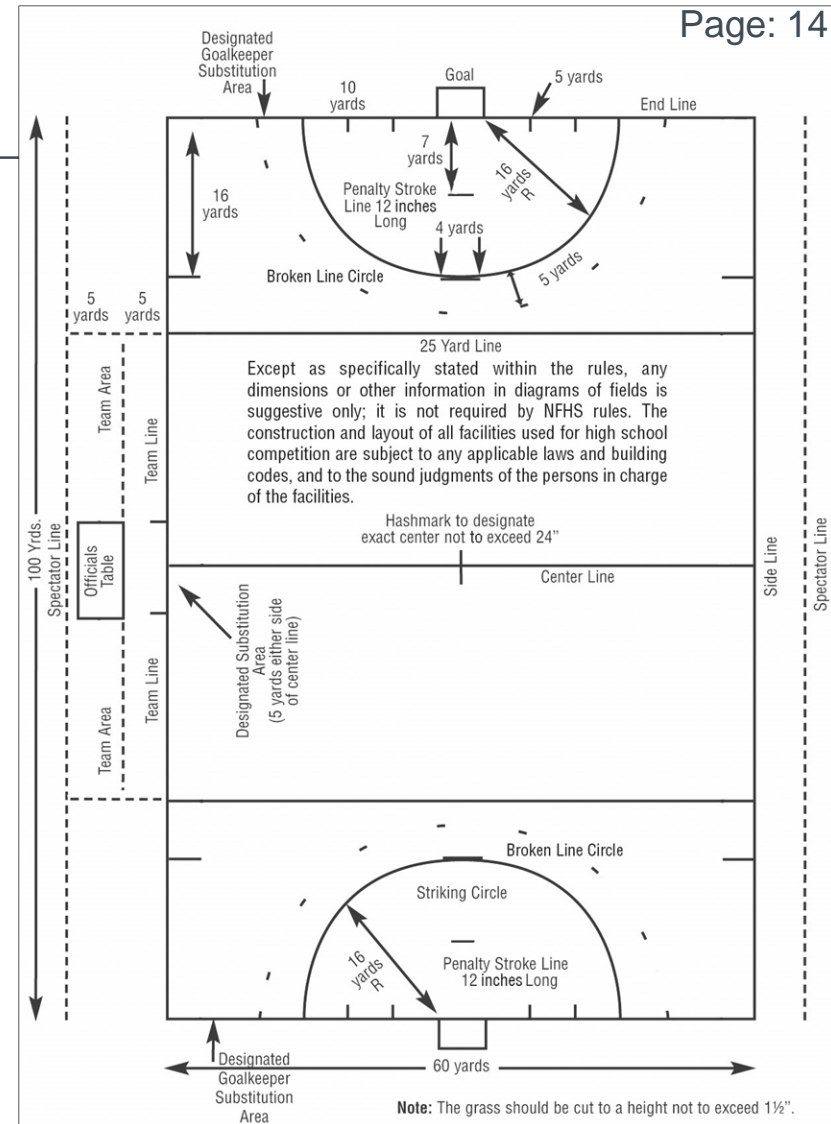
Justina Williams  
Section 7 - 2018  
Campbell, CA



# THE FIELD AND MARKINGS

## RULE 1-2

- New procedure for Long Hit eliminates the need for this field marking. Long Hit Line will also be eliminated from Field Diagram.

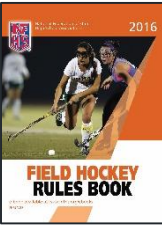






# PLAYER UNIFORM

## RULE 1-5-3



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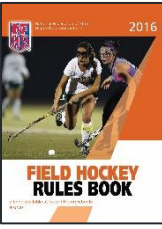
- The home team is required to wear single solid white uniform tops front and back on the torso. The home team should only wear white socks to match the uniform top. There is no need for the home team to wear any other color sock/sock guard than white. Light-colored is ambiguous.





# PLAYER UNIFORM

## RULE 1-5-6 PENALTIES 2 (NEW)



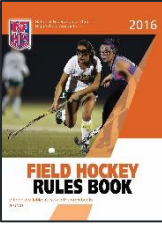
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- When an illegally uniformed team is unable to correct the situation or cannot verify state association approval of the uniform, the game shall be played. The referee must, however, notify the state association following the game.





# PLAYER EQUIPMENT RULE 1-6-5



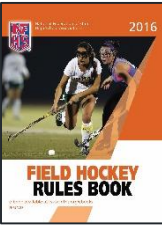
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- Face masks are no longer permitted



# GOALKEEPER EQUIPMENT

## RULE 1-8-1A



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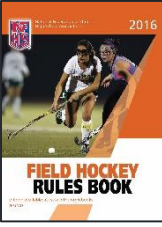
- Goalkeeper uniform tops may be multiple colors to ensure contrasting uniforms with field players. Effective 2017, the goalkeeper's uniform top must have visible numbers on the front and back. This will create consistency with all uniforms worn on the field.







## END LINE RULE 7-3-2

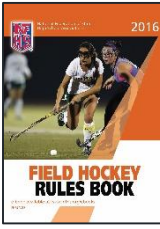


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- The implementation of the new “Long Hit Procedure” created a new name that is consistent with the new procedure.



# PENALTY CORNER – REGULATION OR EXTENDED PLAY RULE 10-3-2

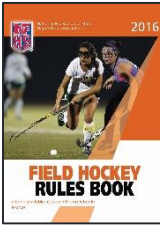


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- The rule change for 2015 (dealing with restarts for extended play penalty corners) eliminated the clear definitions for when a penalty corner, during regular play, is considered to be completed. The exception to the rule added in 2015 (dealing with restarts for extended play penalty corners) should apply to an injury during regulation play as well as extended play.

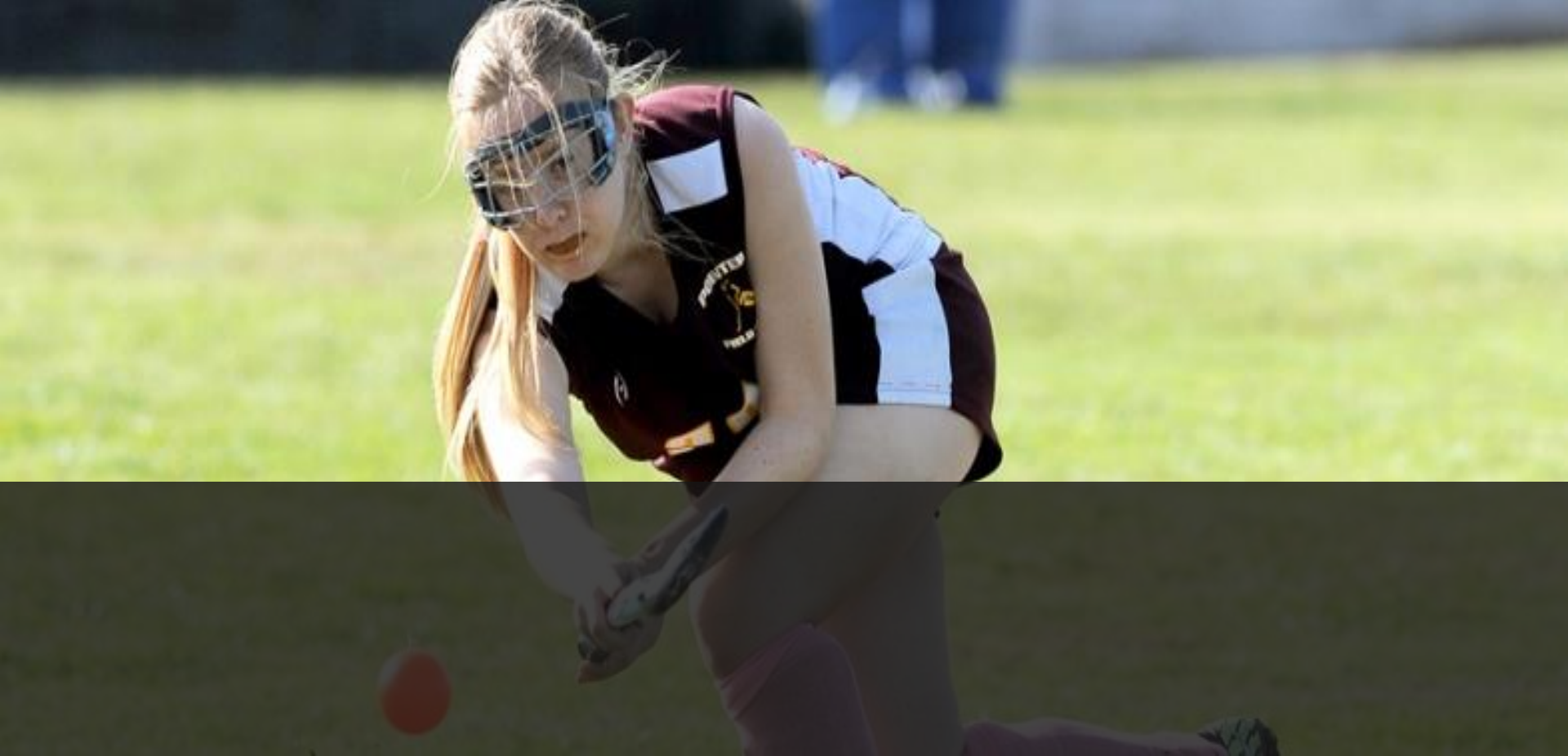


## WHEN AWARDED RULE 11-1-1E



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- The rules have evolved to allow umpires to better manage this situation if it occurs. Deleted provision to award a penalty stroke when the defending team continues to deliberately cause the ball to go over the end line.



# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES







# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>Field Diagram</b>	Except as specifically stated within the rules, any dimensions or other information in diagrams of fields is suggestive only; it is not required by NFHS rules. The construction and layout of all facilities used for high school competition are subject to any applicable laws and building codes, and to the sound judgments of the persons in charge of the facilities.
<b>All</b>	All references to long hit shall be changed to 25-yard free hit.
<b>All</b>	All references to drive shall be changed to hit.
<b>Rule 1 Title</b>	The Game, Field, Players, Coach and Equipment



# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

## 1-5-1I

Members of each team shall be dressed uniformly, except the goalkeeper. The uniform top shall have clearly visible numbers on the front and back. The numbers shall be of a solid color contrasting to any surrounding colors.

Numbers on the front shall be 3 to 6 inches in height, and 6 to 8 inches in height on the back. Any number from 00 through 99 is legal. A team may not use both numbers 0 and 00. Three-digit numbers and duplicate numbers on players of the same team are not permitted.

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

I. The style/design of the side insert may be of any color or design. Side inserts must be the same width for all team jerseys.





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>1-6-6- NOTE</b>	Delete
<b>1-6-10</b>	Players are not allowed to use personal wireless communication devices during the game.
<b>1-7</b>	Entire Rule has been re-written
<b>1-7-2 NOTE</b>	Delete
<b>1-7-3c</b>	When the ball is inside the circle, the goalkeeper: c. May stop an aerial ball with her body, hand or stick at any height;
<b>1-7-3g (new)</b>	When the ball is inside the circle, the goalkeeper: g. The goalkeeper shall not play in a manner which endangers other players (e.g. diving headfirst at an opponent, kicking wildly at the ball, an opponent or an opponent's stick, etc.)



# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>1-8</b>	Entire rule has been re-written
<b>1-9 (new)</b>	HEAD COACH RESPONSIBILITIES
<b>Rule 3 SITUATIONS</b>	Delete All
	<b>1.2.4 SITUATION A . . . . . Delete</b> <b>1.2.4 SITUATION B . . . . . Delete</b> <b>1.4.1 SITUATION . . . . . Delete</b> <b>1.4.4 STUATION . . . . . Delete</b> <b>1.5.1 SITUATION A . . . . . Delete</b> <b>1.5.1. SITUATION B . . . . . Delete</b> <b>1.5.5 SITUATION B . . . . . Delete</b> <b>1.5.6 SITUATION B . . . . . Delete</b> <b>1.6.1 SITUATION B . . . . . Delete</b> <b>1.6.11 SITUATION A . . . . . Delete</b>





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

	1.7.1. SITUATION A . . . . . Delete
	1.7.3 SITUATION A . . . . . Delete
	1.7.3 SITUATION B . . . . . Delete
	1.7.3 SITUATION D . . . . . Delete
	1.7.6 SITUATION . . . . . Delete
	1.7.7 SITUATION A . . . . . Delete
	1.7.8 SITUATION A . . . . . Delete
	1.7.8 SITUATION B . . . . . Delete
	1.8.1 SITUATION . . . . . Delete
	2.1.2 SITUATION . . . . . Delete
	2.1.3 SITUATION A . . . . . Delete
	2.1.4 SITUATION B . . . . . Delete
	2.1.5 SITUATION A . . . . . Delete
	2.1.5 SITUATION B . . . . . Delete
	2.1.5 SITUATION C . . . . . Delete



# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

	<p>2.1.6 SITUATION A. . . . . Delete</p> <p>2.1.6 SITUATION B. . . . . Delete</p> <p>2.2.1 SITUATION B. . . . . Delete</p> <p>2.2.3 SITUATION A. . . . . Delete</p>
3-2-4	<p>25-yard free hit is a method for an attacker to put the ball in play if a defender unintentionally causes the ball to go across the end line or if the ball glances off the stick/person of a defender in this area and goes across the end line. The attacking team shall be awarded a 25-yard free hit. Play is re-started with the ball on the 25-yard line that is in line with where it crossed the end line. All procedures for taking a free hit apply. All players shall be 5 yards away from the ball. The ball may not be played into the circle until it has amassed a dribbling distance of 5 yards or is touched by a player of either team other than the player taking the 25-yard free hit.</p>



# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>3-2-8</b>	Side-in is a method for putting the ball in play after it has gone out of bounds over the sideline. All procedures for taking a free hit apply.
<b>3.2.4 SITUATION</b>	Delete
<b>4-4-5</b>	If a substitution occurs during play, it must take place through the team substitution area, with the player coming off the field before her substitute may go onto the field. If a substitution is being made during half time, during a team time-out or an injury time-out, the players must report to the scorer's table before entering the game through the substitution area.
<b>4.1.3 SITUATION</b>	Delete





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>4.2.3 SITUATION C</b>	Delete
<b>4.2.4 SITUATION</b>	The White Team certified athletic trainer goes onto the field to attend to an injured goalkeeper. The trainer determines that the goalkeeper is able to continue, so no substitution is made. RULING: Correct procedure.
	<b>4.4.2 SITUATION . . . . . Delete</b> <b>4.4.5 SITUATION A . . . . . Delete</b> <b>4.4.5 SITUATION B . . . . . Delete</b> <b>4.4.5 SITUATION C . . . . . Delete</b>

# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>4.4.6 SITUATION B</b>	After completing her suspension time, a player enters the game as her team is setting up for a penalty corner. The umpire signals time-out, removes the player from the field and applies card progression to the coach. <b>RULING:</b> Correct procedure. <b>COMMENT:</b> A suspended player returning to the game must follow the substitution rules. Substitution violations are treated as a coach's misconduct.
<b>4.4.6 SITUATION C</b>	Delete
<b>5-1-1</b>	Delete
<b>5.1.1 SITUATION</b>	A Red Team player taking the center pass taps the ball to a teammate on her right. The ball only travels 6 inches to the teammate. <b>RULING:</b> Legal.
<b>5.1.2 SITUATION</b>	At the start of the game, players from both teams cross the center line on the official's whistle. <b>RULING:</b> Illegal.



# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

	<p>5.2.1 SITUATION A . . . . .Delete</p> <p>5.2.1 SITUATION D. . . . . Delete</p> <p>5.2.1 SITUATION E . . . . . Delete</p> <p>5.2.1 SITUATION F . . . . . Delete</p> <p>5.2.2 SITUATION . . . . . Delete</p> <p>6.1.1 SITUATION A . . . . .Delete</p> <p>6.1.1 SITUATION B . . . . .Delete</p> <p>6.1.1 SITUATION C . . . . .Delete</p> <p>6.1.1 SITUATION D. . . . . Delete</p> <p>6.1.3 SITUATION A . . . . .Delete</p>
<b>6.1.3 SITUATION C</b>	<p>The Red Team scores a goal. Prior to the center pass it is discovered that the scorer did not have a mouthguard. The official allows the goal and issues the appropriate card to the coach. RULING: Correct procedure.</p> <p>COMMENT: The scoring player is eligible and her actions are treated as coaches misconduct.</p>







# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

Rule 7 Title	Out-of-Bounds: Side-In, 25-Yard Free Hit and 16-yard Hit
<b>7-2-3</b>	In taking a side-in, the ball shall be placed on the sideline where it went out of bounds. All procedures for taking a free hit apply.
<b>7-3-3</b>	If a member of the defending team deliberately causes the ball to go across the end line, a penalty corner shall be awarded the attacking team.
<b>7-3-4 PENALTY</b>	PENALTY: For fouls by the team taking the 25-yard free hit, a free hit is awarded to the opponents. For deliberate fouls by the defending team, a penalty corner shall be awarded.
<b>7.3.2 SITUATION B</b>	Delete





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>7.3.3 SITUATION A</b>	Delete
<b>7.3.3 SITUATION B</b>	Delete
<b>Rules 8</b>	Entire rule has been re-written
<b>8.1.1 SITUATION D</b>	Delete
<b>8.1.1 SITUATION J</b>	Delete
<b>8.1.1 SITUATION L</b>	Delete



# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

## 8.2.1

### SITUATION B

The White Team offense is awarded a free hit at the broken line circle. While recovering on defense, a Red Team player hits the ball away. The official awards the White Team a penalty corner. **RULING:** Correct procedure. **COMMENT:** The penalty for the second foul is upgraded to a penalty corner.

**8.2.1 SITUATION C . . . . . Delete**

**8.2.1 SITUATION E . . . . . Delete**

**8.2.1 SITUATION F . . . . . Delete**

**8.2.1 SITUATION G . . . . . Delete**

**8.2.1 SITUATION H . . . . . Delete**

**8.2.1 SITUATION I . . . . . Delete**





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>9-2-1e</b>	Procedures for taking a free hit, center pass and putting the ball back into play after it has been outside the field: e. The ball may be raised immediately using a push, flick or scoop action but may not be raised intentionally using a hit.
<b>9-2-2 Penalties 3</b>	Opposing players shall not be within 5 yards of the spot where the free hit is taken. Sufficient time shall be allowed for players to leave this area. However, if an official determines that an opposing player is standing within 5 yards to delay the free hit, she shall not stop the game. PENALTIES: 3. If any opposing player is within 5 yards of the ball at the time of the free hit, it may be retaken, upgraded or dealt with as misconduct.



# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

	<p>9.1.2 SITUATION B . . . . . Delete</p> <p>9.2.1 SITUATION A . . . . . Delete</p> <p>9.2.1 SITUATION B . . . . . Delete</p> <p>9.2.1 SITUATION E . . . . . Delete</p> <p>9.2.3 SITUATION B . . . . . Delete</p> <p>9.2.4 SITUATION A . . . . . Delete</p>
<p><b>10-3-2</b> <b>PENALTIES 9</b></p>	<p>PENALTIES: Any player entering the circle before the ball is struck shall be sent to the centerline.</p> <p>9. All the above penalties apply only for the original and retaken penalty corner; a subsequent penalty corner may be defended by not more than five players.</p> <p>a. A penalty corner is considered as retaken until any of the conditions of Rule 10-3-1a-g for its completion are met.</p>



# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

10.1.1 SITUATION A . . . . .	Delete
10.1.1 SITUATION B . . . . .	Delete
10.2.1 SITUATION A . . . . .	Delete
10.2.2 SITUATION A . . . . .	Delete
10.2.2 SITUATION B . . . . .	Delete
10.2.3 SITUATION E . . . . .	Delete
10.2.3 SITUATION F . . . . .	Delete
10.2.3 SITUATION G . . . . .	Delete
10.2.3 SITUATION H . . . . .	Delete
10.2.4 SITUATION . . . . .	Delete
10.2.6 SITUATION A . . . . .	Delete
10.2.6 SITUATION B . . . . .	Delete







# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>10.2.7 SITUATION A</b>	On a penalty corner, the first shot on goal is made with long sweeping motion and the ball enters the net just below the crossbar. The official awards a goal. <b>RULING:</b> Incorrect procedure. <b>COMMENT:</b> Hitting the ball involving a long sweeping movement with the stick before making contact with the ball is regarded as a hit, and, therefore, the 18-inch rule applies.
<b>10.2.7 SITUATION B</b>	On a penalty corner to the purple team, on insertion the ball travels 6 yards outside the circle, and is then moved back inside the circle where a purple player hits it high into the goal. The official awards a goal. <b>RULING:</b> Correct procedure. <b>COMMENT:</b> Once the ball has traveled more than 5 yards from the circle, penalty corner rules no longer apply, and play is judged on danger.



# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

## 10.2.8 SITUATION B

On a penalty corner the ball is hit on goal and is on a trajectory to cross the goal line below 18 inches high. A defender attempts to play the ball and deflects it high into goal just under the crossbar. **RULING:** Goal. **COMMENT:** Legal. The shot on goal is judged on danger, not the 18-inch rule.

**10.3.1 SITUATION A . . . . . Delete**  
**10.3.1 SITUATION B . . . . . Delete**  
**10.3.1 SITUATION C . . . . . Delete**  
**10.3.1 SITUATION D . . . . . Delete**  
**11.1.1 SITUATION A . . . . . Delete**  
**11.1.1 SITUATION B . . . . . Delete**  
**11.2.3 SITUATION A . . . . . Delete**  
**11.2.3 SITUATION C . . . . . Delete**  
**11.2.5 SITUATION A . . . . . Delete**



# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

	<b>11.2.5 SITUATION B . . . . . Delete</b> <b>11.2.5 SITUATION C . . . . . Delete</b> <b>11.2.9 SITUATION A . . . . . Delete</b> <b>11.2.9 SITUATION D. . . . . Delete</b> <b>11.2.10 SITUATION B . . . . . Delete</b>
<b>12-3-1 (new)</b>	<b>SECTION 3- COACHES FIELD EQUIPMENT</b> 1. Use of video monitoring, replay equipment or personal wireless communication devices during the game by coaches is permitted outside the team area.
<b>12.1.1 SITUATION A</b>	Delete
<b>12.1.1 SITUATION C</b>	Delete



# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>12.1.2 SITUATION A</b>	After receiving a yellow card, a coach continues to comment on the officials' calls. As the ball goes out of bounds the official calls time-out and issues a red card to the coach and removes her from the field. <b>RULING:</b> Correct procedure. <b>COMMENT:</b> In addition, if there is no other authorized school personnel available to supervise the team, the team would forfeit the game.
<b>12.1.2 SITUATION B</b>	Delete
<b>12.1.2 SITUATION D</b>	Delete
<b>Officials Guide</b>	VI. PUTTING THE BALL IN PLAY A. General Information 6. Fouls on restarts of play: c. Delaying fouls before the execution of a free hit or 16-yard hit may be retaken, upgraded or dealt with as misconduct.





# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

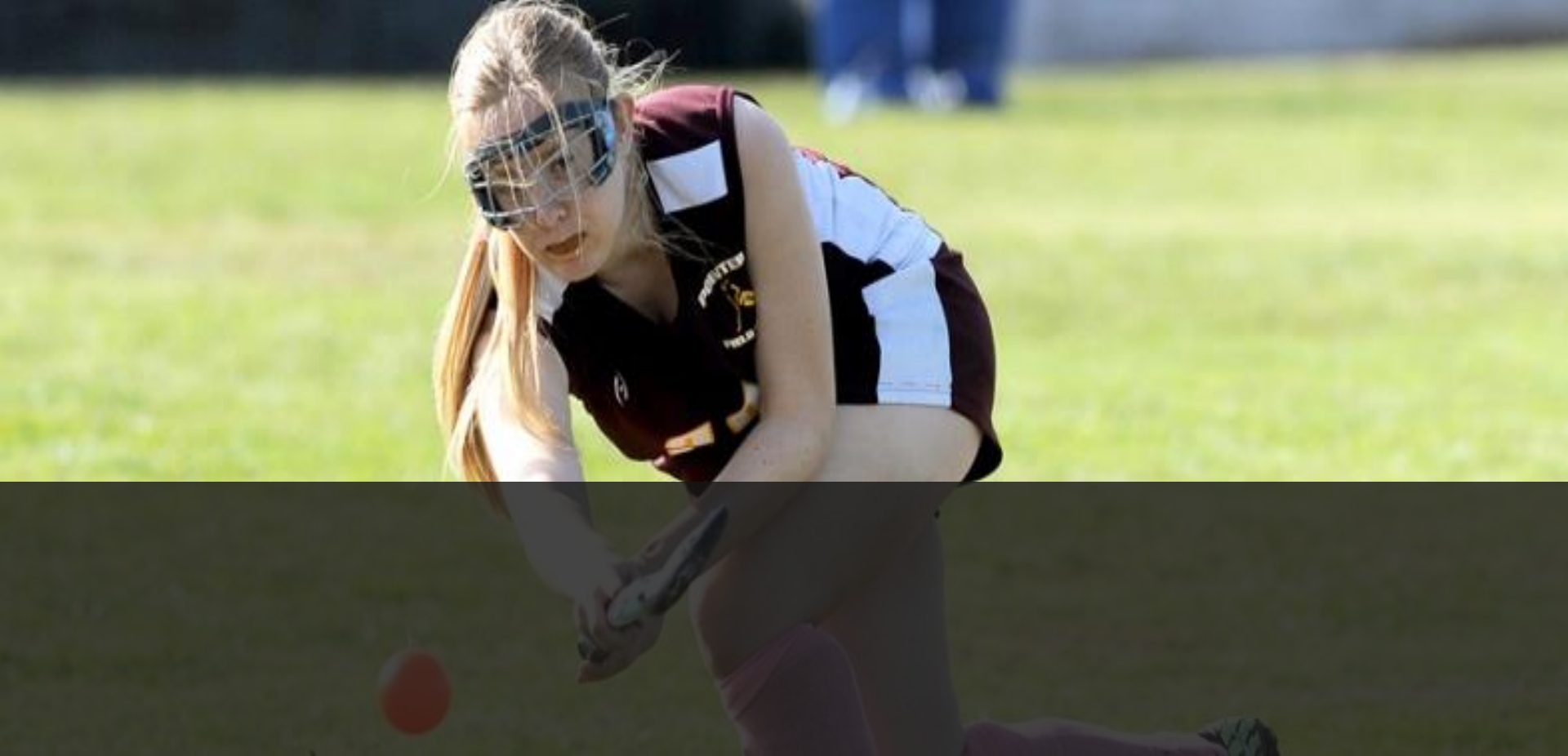
<b>Officials Guide</b>	<p>VI. PUTTING THE BALL IN PLAY</p> <p>C. Out of Bounds</p> <p>2. 25-yard Free Hit: When the ball leaves the field on the far side of the goal, the lead official should be aware of help being offered by the trail official.</p>
<b>Officials Guide</b>	<p>VIII. FOULS</p> <p>F. Delay of Game</p> <p>1. Examples of delay:</p> <ul style="list-style-type: none"><li>a. Hitting the ball away after the whistle;</li><li>b. Not moving 5 yards away;</li><li>c. Placing a stick in front of the ball;</li><li>d. Running in front of the ball while recovering to a defensive position;</li><li>e. Defending team continues to deliberately cause the ball to go over the end line.</li></ul> <p>2. Repeated delays are misconduct and the appropriate card should be issued.</p>



# 2016 NFHS FIELD HOCKEY EDITORIAL CHANGES

<b>Diagrams H, I, J, K</b>	Penalty Corner Diagrams H, I and J relocated to follow SECTION 9-Penalty Corners. Diagram K goes after Penalty Stroke.
<b>Official Field Hockey Signals</b>	Long Hit signal (#3) is eliminated.
<b>Official Field Hockey Signals</b>	“and 25-Yard Free Hit” has been added under Free Hit signal.
<b>Official Field Hockey Signals</b>	“Add Ten” signal (#7) is eliminated.
<b>Description of Signals</b>	“and 25-Yard Free Hit” has been added after “Free Hit” (#1).
<b>Description of Signals</b>	“Long Hit” (#3) is eliminated.
<b>Description of Signals</b>	“Add Ten” (#7) is eliminated.
<b>Index</b>	Updated and expanded.



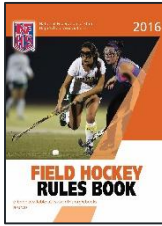


# 2016 NFHS FIELD HOCKEY POINTS OF EMPHASIS





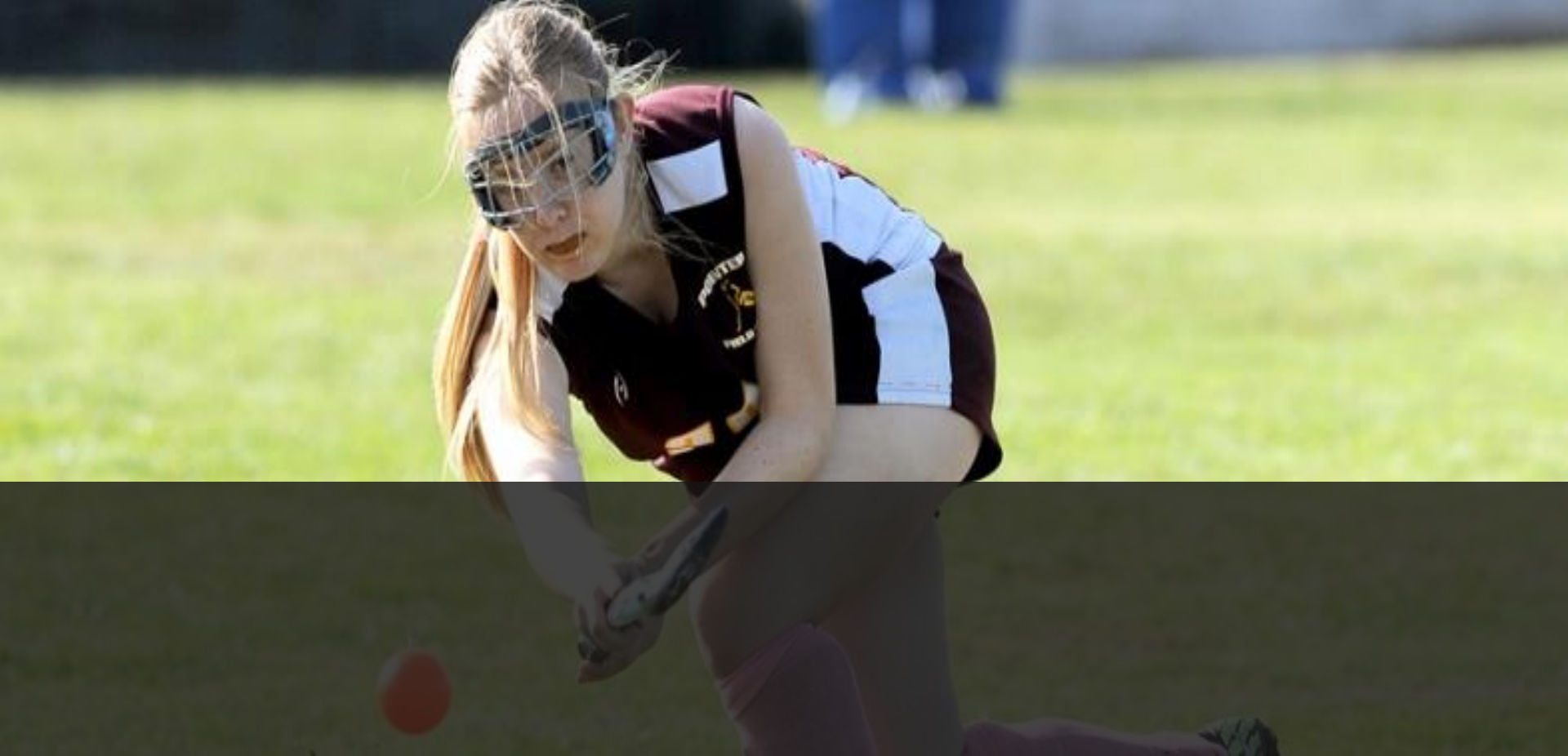
# 2016 NFHS FIELD HOCKEY POINTS OF EMPHASIS



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1. PROPERLY MARKED PROTECTIVE EYEWEAR
2. ELIMINATION OF FACEMASK USE AS A PROTECTIVE DEVICE
3. 25-YARD FREE HIT
4. SELF-PASS AND DELAY OF GAME
5. ROUGH AND DANGEROUS PLAY
6. GOOD SPORTING BEHAVIOR

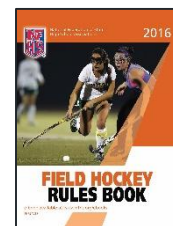




# 2016 NFHS FIELD HOCKEY INFORMATION



# OFFICIAL NFHS FIELD HOCKEY SIGNALS



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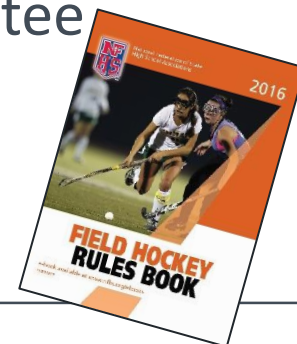


- Free Hit and 25-Yard Free Hit** – Arm held to the side, slightly above horizontal with the palm forward toward the field.
- 16-Yard Hit** – Umpire's back is to the end line with arms held to the side, slightly above horizontal, palms forward, pointing towards the center of the field.
- Penalty Corner** – Extend both arms horizontally toward the goal.
- 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.
- Side-In** – For direction, arm extended to the side, slightly above horizontal, palm forward toward the field with other arm down at the side.
- Stick Interference** – Hit forearm of one arm with other hand (chopping action).
- Advancing** – Slightly raise one leg and touch it with the hand.
- Dangerous Use of Stick** – Raise bent arm forward and upward over the head.
- Obstruction** – Arms crossed in front of chest with palms inward.
- Third Party Obstruction** – Arms crossed in front of chest, palms inward, then move forearms in and out one time.
- Dangerous Play** – Place one forearm diagonally across the chest.
- Time-out** – Arms extended overhead, crossed at the wrist, palms forward towards the field.
- Goal Scored** – One arm extended overhead, palm forward, then turn and extend both arms horizontally towards the center of the field.
- Bully** – Move hands alternately up and down in front of body with palms facing each other.
- Advantage** – Extend an arm high from the shoulder in the direction in which the benefiting team is playing.
- Raised Ball** – Arms extended in front of body approximately 18 inches apart, with palms held facing each other.
- No Goal** – Extend and cross arms in front of body with palms down.
- Wrong Side of Stick** – One arm extended in front of body, touch back of hand with palm of free hand.
- Pushing** – Hands out in front of body with a pushing motion.
- 5-Yard Distance** – Extend one arm straight up in the air showing an open hand with all fingers extended.



# NFHS RULE CHANGE PROPOSAL SYSTEM (RCPS) - DUE: NOVEMBER 1, 2016

- New Rule Change Proposal System (RCPS) is an online form to utilize for the submission of all proposed rules changes
- Each state association shall determine from whom it will accept rule change proposals and process for distribution of access to link for the form
- Proposals from coaches and officials must go through respective state association
- Proposals from state association go directly to the NFHS
- Proposals from the respective sport rules committee members go directly to the NFHS



# STANDARDIZED OPEN AND CLOSE DATES FOR NFHS RULE CHANGE PROPOSAL SUBMISSION

Sport	Committee Meeting	Open Date for Proposals	Due Date for Proposals
Field Hockey	January	April 1	November 1
Football	January	April 1	November 1
Soccer	January	April 1	November 1
Volleyball	January	April 1	November 15
Spirit	March	June 1	February 1
Swimming/Diving	March	June 1	February 15
Basketball	March	June 1	March 1
Wrestling	April	June 1	March 1
Water Polo	April	June 1	March 15
Ice Hockey	April	June 1	April 1
Baseball	June	September 1	May 1
Girls Lacrosse	June	September 1	May 1
Softball	June	September 1	May 1
Track & Field	June	September 1	May 1
Boys Lacrosse	July	September 1	June 1
Girls Gymnastics	October (2017)*	January 1, 2017*	September 15, 2017*

\*These are standard annual open and close dates with the exception of girls gymnastics which will always occur during odd number year. (i.e. 2017, 2019, etc.)





# NFHS RULE CHANGE PROPOSAL SYSTEM (RCPS)

- The following links will be utilized to submit and manage rules proposals by the respective state association

Rule Change Proposal Form:

<http://www.nfhs.org/RuleChangeProposal>

Proposal Management for State Association Staff:

<http://www.nfhs.org/RuleChangeProposal/Association>



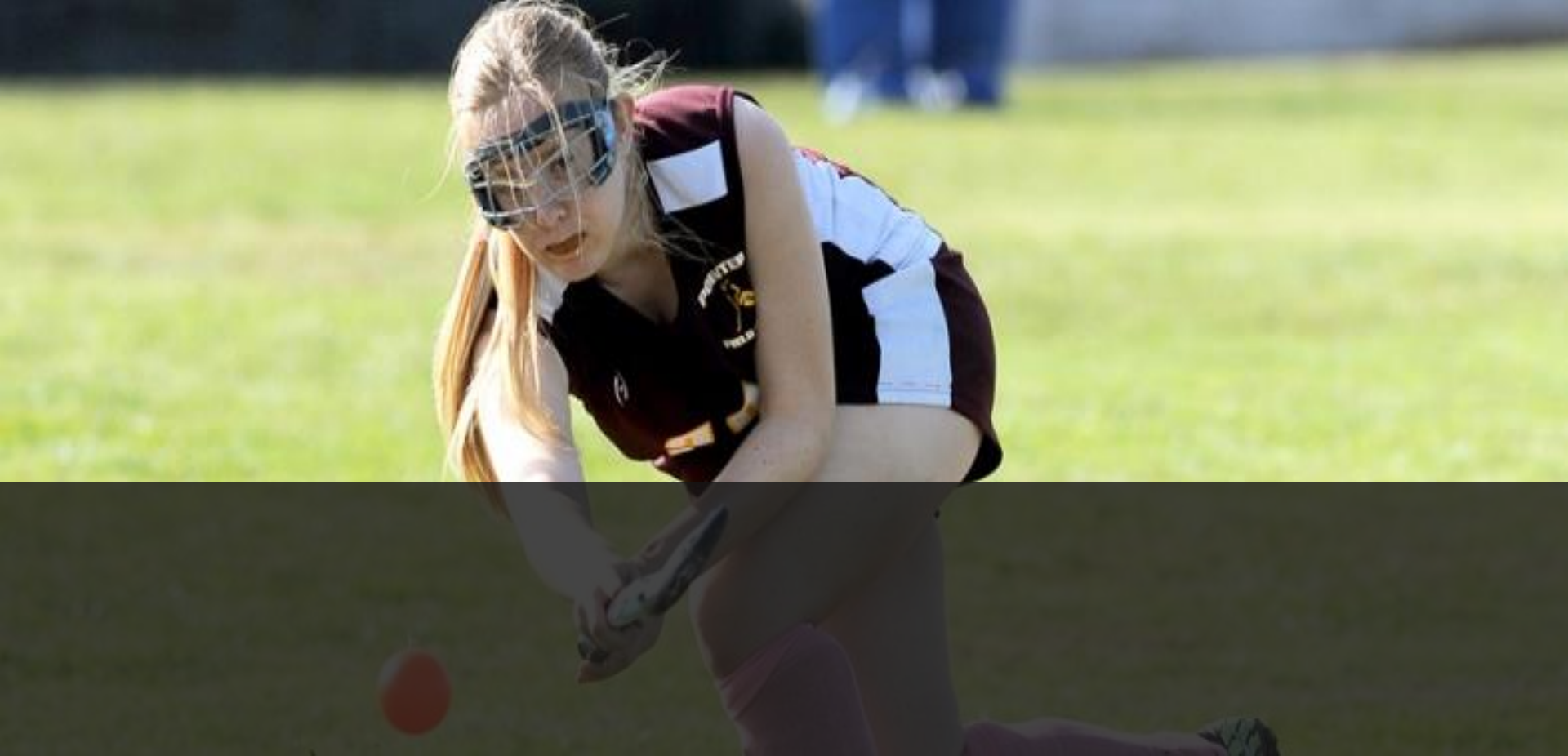


# ADDITIONAL NFHS FIELD HOCKEY INFORMATION

- **2016 NFHS Field Hockey Rules Online State Interpreters Meeting**
  - July 25, 2016 – 2:00 pm. (Eastern Time)
- **2017 NFHS Field Hockey Rule Change Proposal Form Due**
  - November 1, 2016
- **2017 NFHS Field Hockey Rules Committee Meeting**
  - January 11-13, 2017
  - Indianapolis, Indiana
- **2017 NFHS Field Hockey Rules Online State Interpreters Meeting**
  - July 24, 2017 – 2:00 pm. (Eastern Time)







# NFHS OFFICIALS ASSOCIATION CENTRAL HUB



# NFHS OFFICIALS ASSOCIATION CENTRAL HUB

<https://nfhs-fieldhockey.arbitersports.com/front/105408/Site>

- Contains:
  - Sport information
  - Rules information
  - Rules library
  - Searchable rules book
  - Video content on officiating sport, competition situations and interpretations

The screenshot displays the NFHS Officials Association Central Hub website. The header features the NFHS logo, the text "OFFICIALS ASSOCIATION", and "POWERED BY Arbitersports". Navigation links include "NFHS HOME", "FIELD HOCKEY", "VIDEO", "PUBLICATIONS", "GROUP INFO", "FORUM", and "CONTACT". A search bar is located in the top right corner. The main banner area shows a field hockey player in action, with the text "NFHS FIELD HOCKEY OFFICIATING" and "THE CIRCLE". Below the banner, there are three main sections: "Field Hockey Rules" with links to "2015 Field Hockey Rules Changes", "Field Hockey Rules Changes Focus on Clock Management and Risk Minimization", "2014 Field Hockey Rules Changes", and "2013-14 Field Hockey Rules Changes"; "Field Hockey Resources" with links to "Field Hockey Field Diagram", "The NFHS Interscholastic Officiating Course Now Available", "Just Released - Focus on Responsibilities of Coaches", and "Concussion Management"; and a "Welcome" section dated 1/25/2010 featuring a photo of Mark A. Koski, Director of Sports, Events and Development, and Field Hockey Rules Editor. On the right side, there is a "Sport Specific Information" section with a vertical list of sports: Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, Softball, Swimming & Diving, Track & Field, Volleyball, and Wrestling, each with a right-pointing arrow.



# NFHS OFFICIALS EDUCATION COURSE AND VIDEOS

- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics include: Basics of Becoming and Staying an Official, Science of Officiating, Art of Officiating
- Course is FREE to NFHS Officials Association members, non-members fee is \$20
- NFHSLearn.com
- Sports such as soccer, basketball and baseball offer direct illustrations of the rules book, including rules references and officials signals
- Animated mechanics videos for softball and baseball umpires
- Video interpretation of the NFHS Basketball Rules Book created through a partnership with the International Association of Approved Basketball Officials



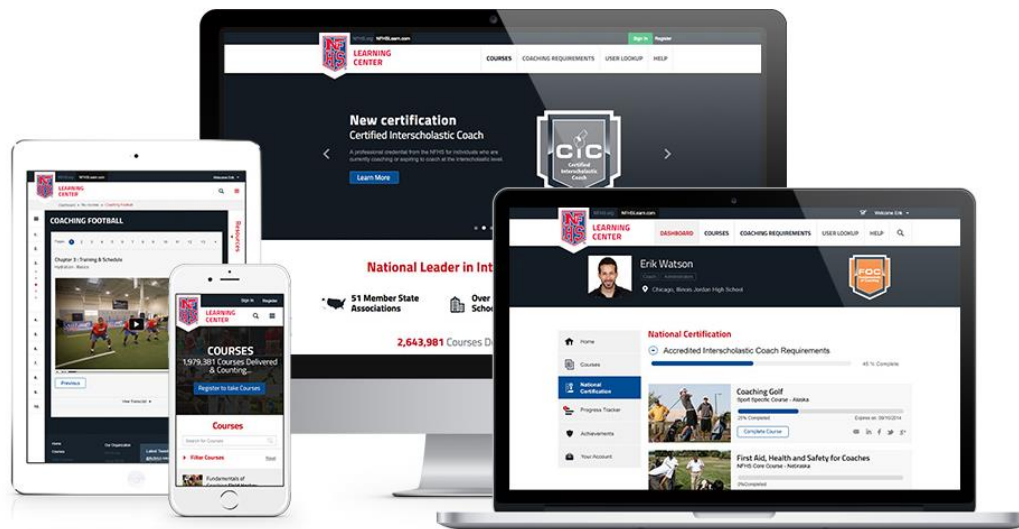


# NFHS LEARNING CENTER



# THE NFHS LEARNING CENTER

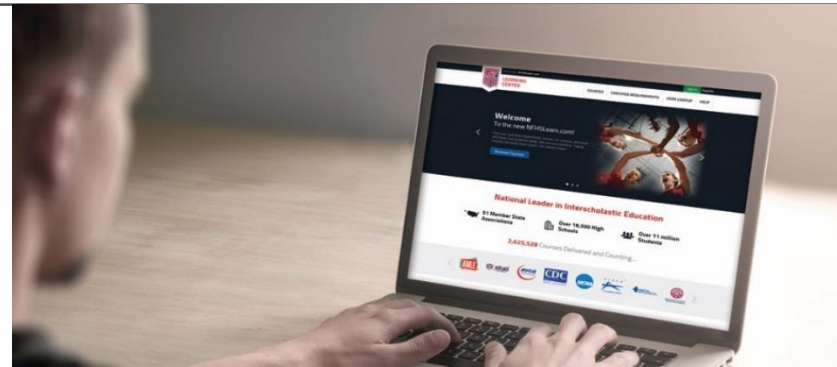
- **Mission:** Provide ongoing professional development for Coaches, Administrators, Students, Parents and Officials on the role they play within interscholastic athletics and activities.





# WWW.NFHSLEARN.COM

- Register on NFHSLearn.com and receive the following great benefits:
  - Immediate access to all 18 NFHS free courses
  - Opportunity to receive email updates on your sport, upcoming courses and much more
  - Access coursework 24/7/365
  - Access completion certificates 24/7/365



# NFHS FREE COURSES

- Concussion in Sports
- Coaching Pole Vault
- NCAA Eligibility
- Positive Sport Parenting
- Sportsmanship
- Sports Nutrition
- Heat Illness Prevention
- Introduction to Music Adjudication
- Introduction to Pitch Smart
- Learning Pro – Suite of 4 courses
- Coaching Unified Sports
- Creating a Safe and Respectful Environment
- Engaging Effectively with Parents
- Sudden Cardiac Arrest
- Captains Course
- Interscholastic Officiating



**National Coach Certification Program**





# Concussion in Sports

## Course Objectives

- Understand what concussions are & their impact on players
- Recognize the complications associated with concussions
- Recognize signs and symptoms of concussion
- Know when additional medical attention is needed
- Understand what your responsibilities are in concussion management
- Understand the proper concussion management

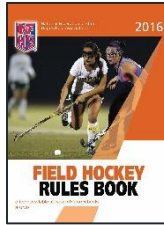
## Units

- Concussion Overview
- The Problem
- Your Responsibility

More Information at [nfhslearn.com](http://nfhslearn.com)!



# NFHS SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS



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National Federation of State  
High School Associations



## SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to have suffered a direct blow to the head or lose consciousness (be "knocked out") to have suffered a concussion.

### COMMON SIGNS AND SYMPTOMS OF CONCUSSION INCLUDE:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall
- Headaches or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

### SUGGESTED CONCUSSION MANAGEMENT:

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms at rest, while doing school work or with physical activity.

For further details please see the "NFHS Suggested Guidelines for Management of Concussion in Sports" at [www.nfhs.org](http://www.nfhs.org).

Revised and Approved October 2013

**In the Appendix  
in all 2016-17 NFHS  
Rules Book**





**EAS**  
SPORTS NUTRITION

# Heat Illness Prevention

## Course Objectives

- Recognize that Exertional Heatstroke (EHS) is the leading preventable cause of death among athletes
- Know the importance of a formal pre-season heat acclimatization plan
- Know the importance of having and implementing a specific hydration plan, keeping your athletes well-hydrated, and providing ample opportunities for, and encouraging, regular fluid replacement
- Know the importance of appropriately modifying activities in relation to the environmental heat stress and contributing risk factors (e.g., illness, overweight) to keep your athletes safe and performing well
- Know the importance for all staff to closely monitor all athletes during practice and training in the heat, and recognize the signs and symptoms of developing heat illness
- Know the importance of, and resources for, establishing an Emergency Action Plan and promptly implementing it in case of suspected EHS or other medical emergency

## Units

- Fundamentals
  1. Start Slow, Then Progress
  2. Allow for Individual Conditioning
  3. Adjust Intensity and Rest
  4. Start Sessions Adequately Hydrated
  5. Recognize Signs Early
  6. Recognize More Serious Signs
  7. Have an Emergency Action Plan

More Information at  
**[nfhslearn.com!](http://nfhslearn.com)**



# Sudden Cardiac Arrest



## Course Objectives

- Understand what sudden cardiac arrest is
- Recognize the warning signs and symptoms of sudden cardiac arrest
- Learn what to do if a player collapses during physical activity

## Units

- Introduction
- Sudden Cardiac Arrest
- Post Test

More Information at  
**[nfhslearn.com!](http://nfhslearn.com)**



**EAS**  
SPORTS NUTRITION

# Sports Nutrition

## Course Objectives

- Emphasize the importance of proper fueling for physical activity, pre- and post-workout
- Provide real-world effective advice for helping your students to make better food decisions
- Underscore male-and female-specific issues surrounding the topic of nutrition
- Clarify the warning signs for eating disorders and disordered eating
- To provide an overview about dietary supplements, how they are regulated and how to avoid use of contaminated dietary supplements
- To highlight the risks to athletes who use performance-enhancing drugs, including anabolic-androgenic steroids
- Reinforce the no-drug policy of interscholastic athletics

## Units

- Nutrition
- Supplements

More Information at  
**[nfhslearn.com!](http://nfhslearn.com)**





# Coaching Football

## Course Objectives

- Proper hand positioning for catching the ball
- Identify drills for teaching safe tackling techniques
- Teach fundamental Quarterback skills – proper stances, footwork, controlling the snap, securing the ball, drop back and passing
- Teach fundamental Running Back skills – proper stances, taking the handoff, pass protection blocking, route running and receiving
- Teach fundamental Wide Receiver and Tight End skills – proper stances, routes, running and blocking
- Teach Tight End and Offensive Linemen blockings skills – drive block, combination block, double team block and pass rushing blocking
- Teach fundamental Special Teams skills – kickoff technique, cover team, return specialist, extra point and punting

## Units

- All Player Skills
- Defensive Team Skills
- Offensive Team Skills
- Special Teams

More Information at  
[nfhslearn.com!](http://nfhslearn.com!)



# NFHS NETWORK



# NFHS NETWORK

- By 2020, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.





# 27 DIFFERENT SPORTS AND ACTIVITIES

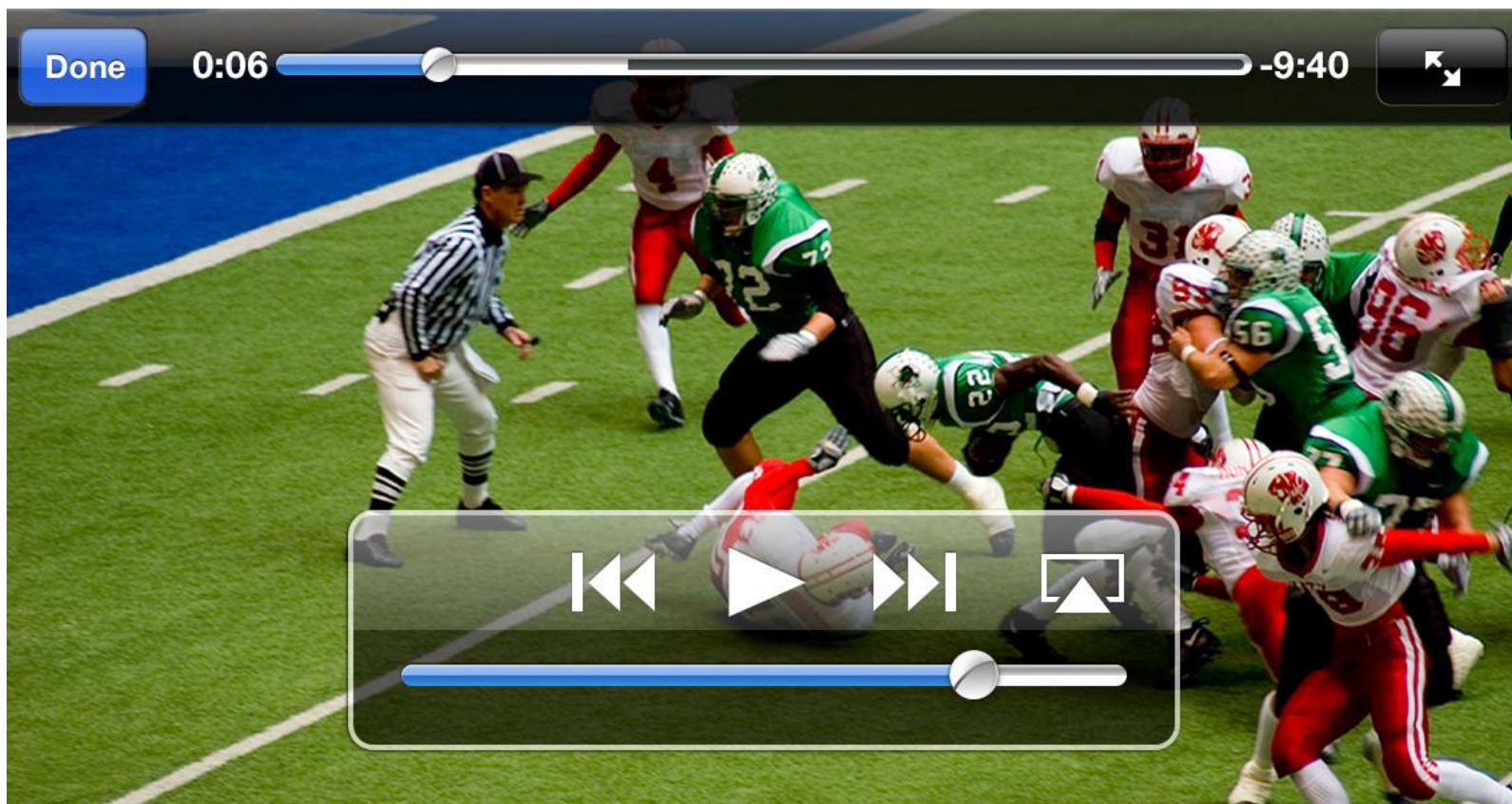


# 3 MILLION UNIQUE VIEWERS



# NFHS NETWORK

- View from mobile...



# THANK YOU

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[www.nfhs.org](http://www.nfhs.org) | [www.nfhslearn.com](http://www.nfhslearn.com)

