

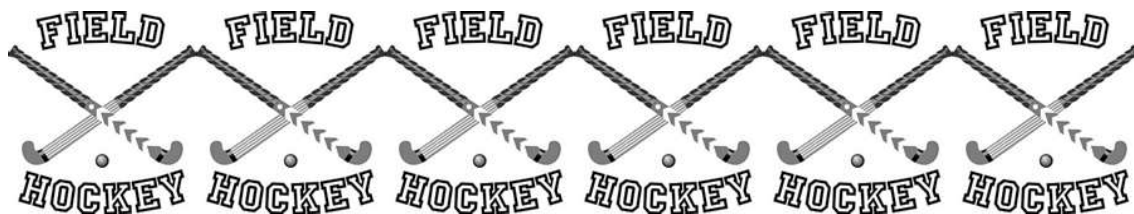


TO: CIF-SS Field Hockey Coaches
FROM: Brandi Stuart, Assistant Commissioner
DATE: August 2015
RE: 2015 FIELD HOCKEY PREVIEW

You will find included in this preview very important and vital information for the 2015 season. REVIEW THE INFORMATION THOROUGHLY. If you should have any questions, please do not hesitate in contacting me personally at the CIF-SS Office.

The following items are included:

- Code of Ethics/Calendar Dates
- Blue Book Rules
- Blue Book Rules; Field Hockey Rules
- Field Hockey Stick Requirements
- 2015-2016 Field Hockey Rule Revisions
- Field Diagram/Hockey Signals
- CIF Official Ball Program



CODE OF ETHICS

Code of Ethics - Athletes

Athletics is an integral part of the school's total educational program. All school activities, curricular and extracurricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

CIF SOUTHERN SECTION

Calendar Dates

Date of First Contest..... August 31, 2015

Date of Last Contest..... November 6, 2015

BLUE BOOK RULES: 2015-2016

150 SOUTHERN SECTION - ATHLETIC CONTRACTS

150. A contract is the mutual agreement of the parties concerned reduced to writing and signed by each of them (the signing of contracts for all non-league team contests is highly encouraged, with forms available from the CIF Southern Section Office). A league schedule duly adopted and recorded in the league's minutes will be regarded as a contract. Schools should anticipate religious holidays, mandated testing schedules, and finals schedules when constructing schedules and entering into contracts. 151. Where a written contract has been entered into, schools must carry out the provisions of the contract, subject to the following rules:

151.1 Where either school finds it impossible to meet a scheduled contest, it must notify the other school in writing and send a copy to the Commissioner of Athletics prior to the scheduled contest. In case the other school does not agree to the cancellation of by the contest, the Commissioner shall make the final decision.

151.2 Any expenses incurred by the offended school such as officials' fees, stadium rental, transportation, etc., shall be paid in full by the school breaching the contract.

151.3 When a school fails to engage in a contest agreed upon, without giving notice to the other school and securing an honorable release, it may be suspended from membership.

152. It is important that all schools confirm athletic contests in writing after they have been scheduled verbally by phone. This procedure will reduce the number of conflicts that seem to arise when contests are scheduled by phone. Appeals of athletic contests will carry added weight if the agreement for said contest is part of a written athletic contract.

153. Schools are responsible to fulfill their commitments made by previous school personnel. A change of administration, athletic director or coach, does not cancel out a scheduled contest made the previous school year.

220. BASIC ELIGIBILITY REQUIREMENTS FOR PARTICIPATION

All CIF Southern Section eligibility rules apply in all games including non-league, league, tournament and playoff games. In order to compete in interscholastic athletics, a student must:

220.1 Be under nineteen years of age. (See Bylaw 203)

220.2 Meet the attendance requirements. (See Bylaw 204)

220.3 Be eligible scholastically. (See Bylaw 205)

220.4 Have met the residence requirements. (See Bylaw 206)

220.5 Meet citizenship requirements. (See Bylaw 217)

220.6 Not participate in any tryout for a professional or collegiate team. (See Bylaws 212 and 605)

220.7 Not compete with outside teams. (See Bylaw 600)

220.8 Be an amateur. (See Bylaw 212)

QUESTION: Will a student jeopardize his or her eligibility for high school athletics by participating in a rodeo or motorcycle race and accepting a cash prize or an award in excess of that permitted by CIF Southern Section regulations?

ANSWER: Neither a rodeo nor a motorcycle race is an approved interscholastic sport, so competing for, or the acceptance of a cash prize or an award in excess of CIF Southern Section limitations would have no bearing upon a student's eligibility for high school athletics.

QUESTION: What is defined as an interscholastic scrimmage?

ANSWER: An interscholastic scrimmage is defined as a training session in which students from more than one school participate, any aspect of play is exercised and no score is kept. Only students regularly enrolled in public and private CIF member schools, grades 9-12, shall be permitted to participate in a scrimmage. Alumni shall not be permitted to take part other than the one allowable contest where noted in specific sports. It should also be noted that only students enrolled in grades 9-12 at each specific school may take part in regular practice sessions.

503.C GRADE LEVEL RESTRICTIONS

Only 9th grade through 12th grade students may practice with or compete on a high school team. Ninth grade students of a junior high school which is located on the same campus and is under the supervision of the same principal as the senior high school may practice with and compete on the high school team. For a multi-school situation, see Bylaw 303.

503.E SUPERVISION REQUIREMENT

No CIF team shall participate in interscholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Education Code 49032 (Bylaw 503.F).

503.G PHYSICAL EXAMINATION

G. Physical Examination

As a condition of membership, schools will require that a student receive an annual physical examination conducted by a medical practitioner certifying that the student is physically fit to participate in athletics. The report of the examination will be on a school board-approved form that includes a health history. The physical examination must be completed before a student may try out, practice or participate in interscholastic athletic competition. A student will be excused from this physical examination provided there is compliance with the Education Code provisions concerning Parent(s)/Guardian(s)/Caregiver's Refusal to Consent. The CIF Health and Safety Committee strongly recommends schools use the Pre-Participation Physical Examination form that is endorsed by five major medical societies; American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopedic Sports Medicine and the American Osteopathic Academy of Sports Medicine. All CIF schools must have school board approved forms.

(Revised March 2004 Executive Committee)

<>H. Concussion Protocol

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider. If a licensed health care provider, trained in education and management of concussion determines that the athlete sustained a concussion or a head injury, the athlete is required to completed a graduated return-to-play protocol of no less than seven (7) full days from the time of diagnosis under the supervision of a licensed health care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent or guardian before the athlete's initiating practice or competition. (Approved May 2010 Federated Council/Revised May 2012 Federated Council/Revised January 2015 Federated Council)

Q: What is meant by "licensed health care provider?"

A: The "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

I. Steroid Prohibition As a condition of membership, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parent(s)/guardian(s)/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition.

NOTE: Article 1-12.N. (Revised May 2005 Federated Council)

<>J. Sudden Cardiac Arrest Protocol A student-athlete who passes out or faints while participating in, or immediately following, an athletic activity or who is known to have passed out or fainted while participating in or immediately following an athletic activity, must be removed immediately from participating in a practice or game for the remainder of the day. A student-athlete who has been removed from play after displaying signs and symptoms associated with sudden cardiac arrest may not return to play until the athlete is evaluated by a licensed health care provider and receives written clearance to return to play from that health care provider. On a yearly basis, a Sudden Cardiac Arrest information sheet shall be signed and returned by all athletes and the athlete's parent or guardian before the athlete's initiating practice or competition.

Q: What is meant by "licensed health care provider?"

A: The "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

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Parent(s)/Guardian(s)/Caregiver's Refusal to Consent. The CIF Health and Safety Committee strongly recommends schools use the Pre-Participation Physical Examination form that is endorsed by five major medical societies; American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopedic Sports Medicine and the American Osteopathic Academy of Sports Medicine. All CIF schools must have school board approved forms.

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A: The "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

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As a condition of membership, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parent(s)/guardian(s)/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. NOTE: Article 1-12.N. (Revised May 2005 Federated Council)

504. M SUNDAY RESTRICTIONS

In order to provide at least one day of respite from involvement in interscholastic athletics each week, no interscholastic games or practices of any kind are to be held on Sunday.

Exception: Those schools founded upon religious tenets that observe the Sabbath from Friday sundown until Saturday sundown may practice or play on Sundays. Schools must register each year by August 1 for the following year with their Section office and indicate either Friday or Saturday as their alternate day of respite.

NOTE: Declaration of Alternate Day of Respite form is available through your local Section Office.

(1) Violation of Bylaw 504. M. will result in the following sanctions:

- a. Practice: For every practice conducted on a declared day of respite, the violating school will be prohibited from conducting twice as many regularly scheduled practices (2 for 1);
- b. Game: A game played on a declared day of respite will result in forfeiture of the game.

(2) In addition to the above sanctions, the Section may impose any of the following additional sanctions:

- a. The final season record will be reduced by at least one win at the conclusion of the season;
- b. The school will be placed on probation;
- c. The team/individual will be ineligible to advance to or in Section, Regional or State Championships;
- d. Reduction of maximum number of contests allowed for the following year in that sport;
- e. Repeated violation may result in suspension of membership in the CIF.

(May 2000 Federated Council/Revised May 2004 Federated Council)

506. PRACTICE ALLOWANCE

For the benefit of the physical and mental health of our student-athletes, all practices (as defined herein) under the auspices of the high school athletic program during the season of sport shall be conducted under the following conditions (See also Bylaw 504.M.):

A. All teams will be allowed no more than eighteen (18) hours of practice time per week and no more than four (4) hours in any single day.

(1) Multiple Practice Sessions:

- a. Double day practices shall not be held on consecutive days.
- b. Must include a minimum of three (3) hours rest between practices.

(2) Golf Only

- a. In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18-hole practice rounds. [Counts as four (4) hours]

B. Any competition day would count as three (3) hours toward the allowable weekly and daily practice hours no matter the length of the contest(s). No practice may be held following the conclusion of any contest.

C. Definition of Practice

(1) Any school team or individual activity organized by the coach that is intended to maintain or improve a studentathlete's skill proficiency in a sport; AND/OR

(2) Any school team or individual activity that includes skill drills, game situation drills, inter-squad scrimmages or games, weight training, chalk talks, film review, meetings outside of school time (excluding parent meetings) that are implicitly/explicitly required by the coach; AND/OR

(3) Any other coach-directed or supervised school team or individual activity or instruction for a specific sport (private, small group or positional instruction, etc.) AND/OR

(4) Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the high school athletic program, team or school; AND (5) Outside organization activity (club, etc.), shall not be used to circumvent these Bylaws.

D. Other mandatory activities (including, but not limited to study hall, tutorial sessions, team dinners), shall not be considered part of practice time. These activities must be approved by the principal. Activities that would be included herein are exclusive to any activity already covered in number C.(1)-(5) above.

E. This Bylaw shall not supersede any School/District/Section policies that may be more restrictive.

F. Penalties Following the determination of a violation of CIF Bylaw 506, a loss of practice day(s) and/or other sanctions, for each practice session infraction, shall be imposed by the Section as deemed appropriate to the level, extent, and duration of the infraction(s).

<>NOTE: For purposes of this Bylaw, the season of sport begins with each team's first day of practice.

Frequently Asked Questions - (FAQ's will continue to be revised as needed and appropriate to assist schools in understanding the implementation of the Bylaw. Schools seeking additional clarification should contact their local CIF Section office.)

Q: Our football coach conducts a one-hour (1) before school weight lifting activity in the weight room for football players. Does this count in the three-hours per school day practice limitation?

A: Before school activities that are NOT part of the curricular day are subject to the practice limitations. If the activity is organized and/or directed and/or supervised by any of the football coaching staff and only open to football players then YES it is considered to be practice and counted in the daily limit.

Q: Our football coach conducts a one-hour (1) before school zero period weight lifting activity in the weight room for football players. Does this count in the daily practice limitation?

A: If Zero period IS considered part of the curricular day then it does not count against the practice duration limitations.

Q: We have a one-hour (1) before school; (2) zero period; general weight lifting activity in the weight room, advertised to all the athletes in the school who wish to participate. The football coach supervises this activity. While it is advertised to everyone in the

school, it is primarily utilized by the football players. Does this count as practice activity in the daily practice duration limitation?

A: (1) Before school is not part of the curricular day so activities during this time are subject to practice duration limitations.

However, if the activity is a non-sport specific strength program, open to all athletes, it would be considered general conditioning and would not count as part of the practice duration limitations. As long as the school has done their best to advertise and make it open to everyone, and it is not a nonfootball hostile environment, or is not located in an area where female or other sport athletes do not have access (i.e. access only through the

boys locker room), regardless of who attends or who is supervising, the activity would not be considered practice and would not, therefore, count in the daily practice limitation. (2) If Zero period IS considered part of the curricular day then it does not count against the practice duration limitations.

Q: A (1) Volleyball or Football; (2) Cross Country; Coach tells their team members "just go for an hour run" as a team (or as individuals) and then meet back in the gym to begin practice. Does that hour of just running count towards the practice duration limitation for that day?

A: Yes. This activity done as a team or as an individual and has been implicitly/explicitly required by the coach; directed and/or organized and/or supervised by the coach would count towards the daily practice duration limitations.

Q: A Basketball coach tells their team members that they are required to run a minimum number of miles each week on their own for conditioning. Does this count towards the practice duration limitations for any given day?

A: Yes, this would be considered an activity under C.(2) and (4) above because it was required and or implied by the coach for his/her basketball team members to participate. If it was not implicitly or explicitly required by the Coach it would not count towards practice duration limitations.

Q: The Water Polo Coach establishes a swimming conditioning session (1) before practice each day (2) in the morning before school; (3) during zero period; Does this count towards the practice duration limitations for that day?

A: (1) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitations. (2) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitation. (3) If Zero period is considered part of the curricular day it does not count against the practice duration limitations.

Q: A student plays volleyball in the fall and basketball in the winter. During the overlap time of those two seasons is a student allowed to practice for four hours per day for volleyball and then another four (4) hours per day for basketball, for a total of eight (8) hours of practice on any given day?

A: No. During any season overlap period for any student-athlete, that student-athlete is still limited to a total practice time for both sports not to exceed the daily practice duration limitation [four (4) hours max per day and only 18 hours per week].

Q: A student plays baseball and tennis in the same season of sport. If they have competitions on the same day for both sports how would those hours be counted?

A: The total number of hours would be three(3) regardless of the total time of both contests (see Bylaw 506.B.)

(Approved May 2014 Federated Council)

600. COMPETITION ON AN OUTSIDE TEAM

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport. (See Bylaw 511) The following exceptions apply:

A. If the outside team has half or more of the team members as stated in the National Federation rule book for that sport, it shall be considered the same sport. Examples: three on three basketball — outside team competition prohibited; two on two volleyball — outside team competition permitted.

QUESTION: May a student who competes at the freshman or junior varsity level compete on an outside team during his or her high school season of sport?

ANSWER: No. The Outside Competition Rule pertains to all levels of competition. Thus, any individual participating at the varsity, junior varsity, sophomore and/or freshman levels may not compete on an outside team during his or her high school season of sport.

*See exception in above paragraph.

QUESTION: Does this rule apply to a student/athlete who starts the season, plays in a game and then becomes ineligible?

ANSWER: Yes. Once the student is eligible and plays in a game, he/she may not play on an outside team and retain their eligibility for that season.

601. PENALTIES FOR VIOLATION OF BYLAW 600

A. Individual

(1) First Offense in High School Career in Any Sport

The student becomes immediately ineligible for participation with his/her high school team for a number of contests equal to twice the number of contests of outside competition in which the student participated.

(2) Any Subsequent Offense in High School Career in Any Sport

The student becomes immediately ineligible for one year (365 days) from the second infraction in all sports.

(3) Appeals

Upon written appeal to the Section commissioner, the student may petition his/her Section for reinstatement of his/her eligibility status.

B. Team

(1) Games Forfeited. Games in which a student participated on his/her high school team after violation of CIF Bylaw 600 shall be forfeited.

(2) Appeals Sections may establish rules and procedures to consider requests for waivers of game forfeitures.

(Revised May 2004 Federated Council)

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- OPTION #1 – 10 Cases of Gatorade Prime® Energy Chews (160 servings)
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Refuel and Restore: \$70

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Blue Book Rules 2015-2016

FIELD HOCKEY

1800. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, lacrosse, soccer, softball, volleyball and water polo (February 1999 Federated Council; revised to include lacrosse November 2000 Federated Council.)

1801. RULES

All field hockey games in the CIF Southern Section will be played under National Federation Field hockey rules unless otherwise provided herein.

<>1802. SCRIMMAGES

An interscholastic scrimmage in field hockey is a training session between a minimum of two and a maximum of three schools where no score is kept, free substitutions and time-outs are permitted, spectators are not urged to attend, and officials are not paid. (See Q & A following Bylaw 220.8 for definition.)

<>1802.1 Schools are permitted one interscholastic scrimmage which may not be held prior to August 31, 2015 and must be held prior to team's first interscholastic contest (non-league, tournament or league).

<>1803. TOURNAMENTS

A team may not be entered in more than three tournaments.

1803.1 For each tournament, a team will be charged two games toward the allowable maximum number of contests.

QUESTION: Can a school enter two teams in the same tournament at the same level (i.e. varsity "A" and varsity "B")?

ANSWER: If a school chooses to split a single team into two teams in the same tournament at the same level they will be charged one allotted tournament for each team entered. If a school enters a varsity "A" and a varsity "B" team, they will be charged for two (2) of the allowable three (3) tournaments for the season.

<>1803.2 All tournaments, regardless of the number of teams participating, are allowed a maximum of 5 games while still counting as 2 of your allowable contests.

1803.3 Tournament managers are responsible for notifying participating schools of the number of games and/or teams participating in the tournament.

NOTE: Two contests could be played in the SAME TOURNAMENT only, but not two games in two different tournaments (See Bylaw 1810).

<>1804. STARTING DATES FOR INTERSCHOLASTIC CONTESTS

No interscholastic contests (non-league, tournament or league) may be scheduled prior to August 31, 2015.

1805. MAXIMUM TEAM CONTESTS

A field hockey team will be permitted to play no more than 20 games during the season, including tournaments and invitationals.

1805.1 FACULTY: Each team will be permitted to play one game with the faculty which will not count toward the allowable number of contests.

1805.2 ALUMNI: Each team will be permitted to play one Alumni contest which will not count toward the allowable number of contests.

<>1806. END OF COMPETITION

All league competition for entries must end on or before Friday, November 6, 2015. Schools may compete until November 7 for non-league contests.

1807. SUMMERTIME RULES/SUMMER DEAD PERIOD/SPORTS CAMPS

1807.1 With the exception of the summer dead period, until the beginning of the first official starting date for fall sports, there shall be no restriction on high school coaches working with high school students registered and/or attending their respective high school or entering them in summer competition, provided approval is received from the school principal.

QUESTION: Who may participate in high school summer athletic programs approved by the principal?

ANSWER: Only students registered for the upcoming school year in grades 9 through 12. Additionally, it would be a violation to allow elementary students (8th grade and below) to participate with the high school team. For students enrolled in more than one school, all summer practice and competition must be confined to one school.

1807.2 High schools may sponsor sport camps and/or allow non-school sponsored sport camps to use their facilities.

* High school students and individuals from the general community can attend.

* The high school name, nickname and identifying marks can be used in the title and/or promotion of the camp.

* The principal of the high school must give permission for the camp to take place; non-school sponsored camps must secure a facility permit for use of any facilities and equipment.

* The camp must comply with all CIF rules, including those pertaining to undue influence and dead period.

* Non-school sponsored camps should provide required liability insurance for the use of any school facilities.

1807.3 A summer dead period must be declared by the school principal for all sports. The dates of the dead period must be forwarded to the Southern Section Commissioner. The dead period must be the same for all levels and must be three (3) consecutive weeks between the end of school or the first Friday in June, whichever is first, and the last Monday in August. No class could be offered which could circumvent the rule. There are no exceptions to the summer dead period.

During the dead period, weight lifting ONLY would be permitted. No running or other type of conditioning would be allowed.

Special nationally recognized programs in various sports that require a national or regional championship format, such as Bobby Sox Softball, American Legion or Mickey Mantle Baseball, etc., would be allowed to continue, until completion, during the dead period.

1808. OUTSIDE COMPETITION BY AN INDIVIDUAL

Refer to Article 6 for specific guidelines.

1809. LEVEL OF COMPETITION

No student shall participate in more than one level of competition in the same sport on the same day.

1810. MAXIMUM ATHLETIC CONTESTS IN ONE DAY

All interscholastic contests are to be arranged in such a way that no student shall take part in more than two athletic contests in any one day. In field hockey, a player may participate in two games in one day when the halves in both games are not more than 20 minutes in length.

1811. SCHOOL ATTENDANCE

Standards for school attendance are determined by local school governing boards.

1812. CHINGFORD COMPOSITION BALL

The Chingford composition ball may be used for CIF Southern Section contests.

1813. COLOR OF UNIFORM TOPS

In all field hockey games played between member schools of the CIF Southern Section, the host team shall wear solid white tops, and the visiting team shall wear solid black or dark colored tops. If a team has only one set of uniforms, it will be its responsibility to notify the opponent in sufficient time in advance of any scheduled contest, so that proper arrangements can be made to make certain both teams have contrasting colored uniform tops.

1814. SUNDAY RESTRICTION

A school may not play a field hockey game nor conduct a scrimmage or field hockey practice of any type on Sunday during the season of sport.

QUESTION: May a team be assembled on Sunday for a "skill session" or review a game film?

ANSWER: Neither of these activities would be permitted.

QUESTION: Does a meeting on Sunday of a single student with a coach constitute a violation of Bylaw 1814?

ANSWER: Yes, the intent of Bylaw 1814 is to allow no contact with student athletes on Sundays.

QUESTION: What constitutes a scrimmage or practice on Sunday?

ANSWER: Any preparation of an upcoming field hockey game in which a player or players meet with the coach(es) on a Sunday is prohibited.

1815. PLAYER CONDUCT

Any player who is ejected for any reason shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest and may not attend. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season. A player who was ejected from the previous contest, who knowingly, or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of that contest.

Any player whose conduct merits ejection from a game by an official for fighting or assaultive behavior shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. After the suspension from play, the student may only return after certification by the school principal that the student(s) has completed a conference with a school administrator. The appropriate form (post-ejection return to competition form) indicating the completion of the conference must be uploaded to the CIFSSHome misconduct manager for that specific misconduct. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct.

A second ejection from a game or contest for fighting or assaultive behavior will cause suspension for the remainder of the season.

A player who was ejected from the previous contest, who knowingly, or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of every contest until the suspension is completely served.

Any player who leaves the confines of the bench or team area during a fight that has broken out or may break out will be ineligible for the team's next contest. After the suspension from play, the student may return only after certification by the school principal that the student(s) has completed a conference with a school administrator. The appropriate form indicating the completion of the conference must be filed with the Section office prior to rejoining the team. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct.

In the case of any suspension from play, the next contest may not be a forfeited, postponed or canceled game.

QUESTION: What must be submitted to the Section office before a student can be cleared to rejoin his/her team?

ANSWER: The Section office will provide a form on their website that must be uploaded to CIFSSHome or directly emailed to the CIF Office. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct.

QUESTION: What is meant by attendance at a contest?

ANSWER: Attendance is defined as being present at the location/site of the contest, which includes at the team bench/area, in the stands/spectator area, any location where the contest can be observed at any time, inside a gymnasium, stadium or playing area. The intent of this rule is that the ejected person is not present at the location/ site of the next contest.

1816. COACH EJECTION

Upon ejection, the head or assistant coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. The next contest may not be a forfeited, postponed or canceled game. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season. A coach who was ejected from the previous contest who, knowingly or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of every contest until the suspension is completely served.

QUESTION: What is meant by attendance at a contest?

ANSWER: Attendance is defined as being present at the location/site of the contest, which includes at the team bench/area, in the stands/spectator area, any location where the contest can be observed at any time, inside a gymnasium, stadium or playing

area. The intent of this rule is that the ejected person is not present at the location/ site of the next contest.

QUESTION: How does the Accountability Rule affect a coach who coaches more than one level of a particular sport?

ANSWER: A coach who has been ejected from a contest may not be in attendance at ANY contest prior to serving his/her mandatory suspension at the level in which the coach was ejected. (i.e.: An ejected JV coach who is also a varsity assistant may NOT be in attendance at any contest until his/her mandatory JV suspension has been completed.)

1817. NOISEMAKERS PROHIBITED

No noisemakers (horns, bells, victory bells, sirens, chimes, musical instruments other than those in the band, etc.) will be permitted inside the gymnasium, stadium or playing fields at any CIF Southern Section contest (non-league, league, tournament or playoff). Cheering devices such as wooden blocks, or other similar objects, are prohibited. Megaphones shall be used only by uniformed cheerleaders for the purpose of directing and controlling rooting sections. The improper use of any of the above listed devices by supporters of a team would subject that team to possible forfeiture of the contest.

1818. PLAYOFFS

Refer to Article 320 (Playoffs) for details regarding playoff information.

#1818.1 GIRL'S TEAM FIELD HOCKEY CHAMPIONSHIPS (No playoffs - See Bylaw



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Field Hockey Rules Changes - 2015-16

By NFHS on February 26, 2015

field hockey

1-5-6: Clarified the coach's responsibility for their players to be properly and legally equipped.

1-6-5: Clarified that all eye protection shall be permanently labeled by January 1, 2019.

1-6-11 PEN: Clarified that the coach is responsible for the players to be properly and legally equipped and if not compliant, the coach will receive a misconduct penalty.

1-7-7: Clarified that the coach is responsible for the goalkeeper's compliant equipment and uniform.

2-2-4: Clarified how the umpire signals the end of each half.

3-2-11: Modified how a player is allowed to play the ball at any height including above their shoulders under certain circumstances.

5-2-1 #5 Exception: Clarified how coaches are to avoid gamesmanship during a penalty corner.

8-1-1a: Clarified how players may play the ball at any height including above their shoulders under certain criteria.

10-2-3g: Clarified how to restart play when a stoppage occurs during a penalty corner at the end of a prolonged first or second half.

Officials' Guide X. B, 4: Clarified the role of the lead umpire during the administering of a penalty stroke.

2015-16 POINTS OF EMPHASIS

1. PROPERLY MARKED PROTECTIVE EYEWEAR
2. ROUGH AND DANGEROUS PLAY
3. GOOD SPORTING BEHAVIOR

Field Hockey Stick Bow Requirements

Memorandum

To: NFHS Member State Associations/Field Hockey Stick Mfgs.

From: B. Elliot Hopkins, CAA, NFHS Field Hockey Rules Editor

Subject: Field Hockey Stick Bow Requirements

Date: June 22, 2009

We have received numerous calls regarding the legality of older field hockey sticks that do not have the bow measurement labeled on the stick. Some sticks manufactured prior to the rule meet the 25mm bow requirement and do not have a label attached; others do not meet the bow requirement and should not be labeled. Beginning this 2009 field hockey season, all sticks that meet the 25 mm or below bow measurement must have their bow measurement permanently labeled on the stick. If a stick does not have a label and meets the bow requirement, then the owner should contact the dealership where they bought the stick from and request that they provide or have the dealer contact the stick's manufacturer for the label that designates the correct bow measurement. **No other wording is necessary to make the stick compliant to NFHS rules. No specific color of the bow measurement label is required to make the stick compliant to NFHS rules.** NFHS registered officials are trained to look for the bow measurement label on the stick. If it is present on the stick then it is presumed to be compliant with NFHS rules. If it is not present on the stick, then it is presumed not to be compliant with NFHS rules and will not be allowed to be used in competition. Thank you for your attention to this matter by sharing this memo with your schools.





Memorandum

To: Interested Field Hockey Coaches, Parents and Players
From: B. Elliot Hopkins, MLD, CAA, Field Hockey Rules Editor
Subject: Statement on various types of protective eyewear for field hockey
Date: May 12, 2011

We have received numerous inquiries regarding the type of protective eyewear for field hockey. The new rule states that the field player shall wear protective eyewear that meets the current ASTM standard. The current ASTM standard is identified as ASTM F2713-09.

The protective eyewear is distinguished by two different construction styles, polycarbonate lens style and a wire frame style. Both styles are acceptable for high school competition as long as they meet the ASTM F2713-09 standard. We suggest that you contact a local retailer to inquire about the various products they carry that meet the ASTM F2713-09 standard or search on the internet for that type of protective eyewear products.

The NFHS does not do testing on any equipment. We rely on the scientific community, national standard writing bodies along with equipment manufacturers to develop products that protect our students. Specific questions should be directed to your local state athletic and activity association.

Mailing Address: PO Box 690 | Indianapolis, Indiana 46206 | **Phone:** 317-972-6900 | **Fax:** 317-822-5700 | www.nfhs.org
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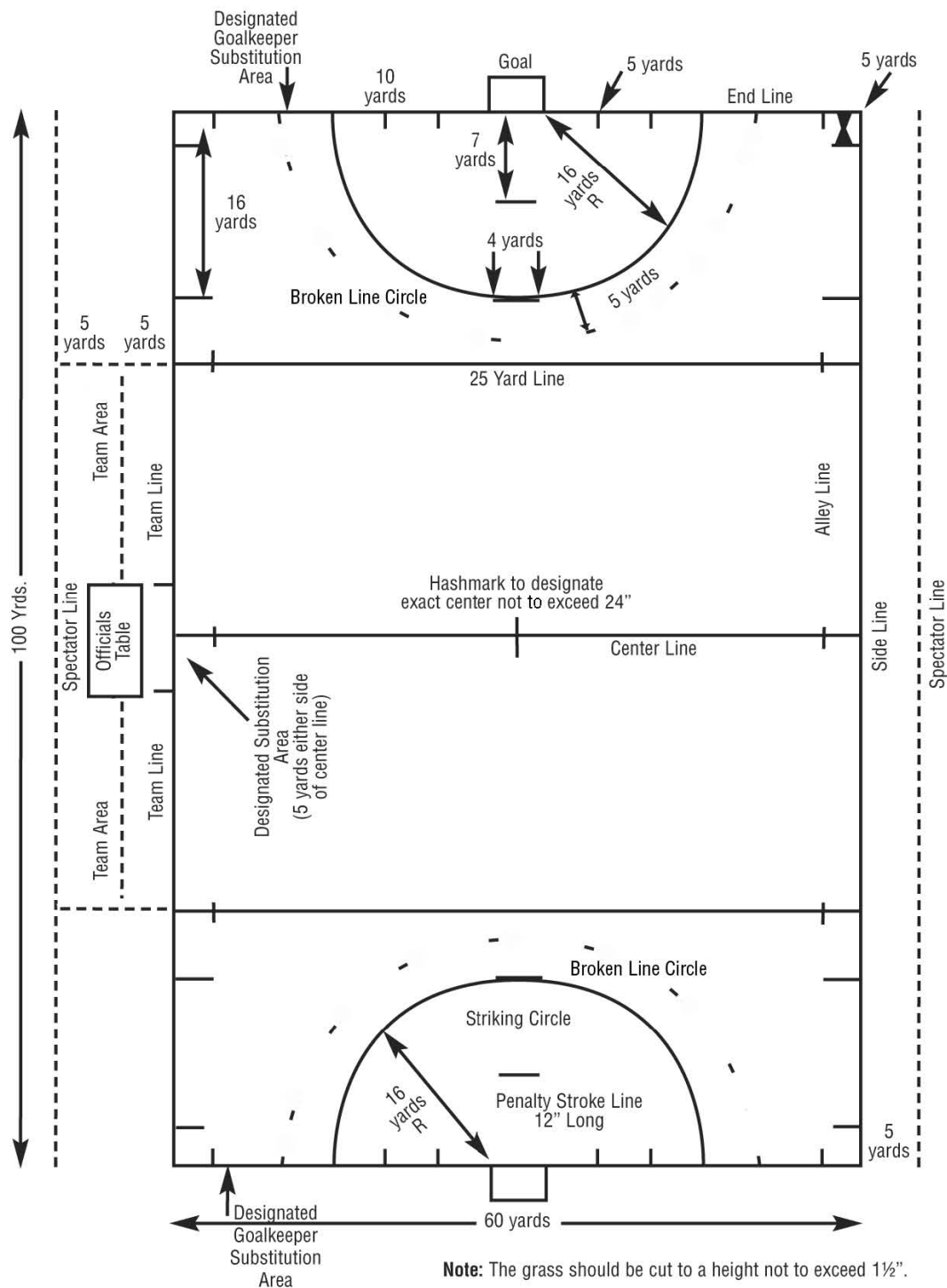


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Field Hockey Field Diagram





Official NFHS Field Hockey Signals

1  FREE HIT	2  16-YARD HIT	3  LONG HIT	4  PENALTY CORNER
5  PENALTY STROKE	6  SIDE-IN	7  ADD TEN	
8  STICK INTERFERENCE	9  ADVANCING	10  DANGEROUS USE OF STICK	11  OBSTRUCTION
12  THIRD PARTY OBSTRUCTION	13  DANGEROUS PLAY	14  TIME-OUT	15  GOAL SCORED
16  BULLY	17  ADVANTAGE	18  RAISED BALL	19  NO GOAL
20  PLAY WITH WRONG SIDE OF STICK	21  PUSHING		



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Updated 6/18/15
THIS LIST IS EFFECTIVE FOR 2015-16

RE: OFFICIAL BALL PROGRAM – MANDATORY USE IN PLAYOFFS

Official Ball per sport:

- Baseball: **Rawlings CIF-SS** Must be CIFSS stamped ball, not an alternative Rawlings ball
Rawlings RCIF-SS New option introduced for 2015 baseball season
- Boys Basketball: **Spalding TF1000 NFHS Classic NFHS**
Spalding TF1000 Legacy NFHS
- Girls Basketball: **Spalding TF1000 NFHS Classic 28.5 NFHS**
Spalding TF1000 Legacy 28.5 NFHS
- Football: **Spalding ball with NFHS**, any Spalding model with NFHS stamp
- Soccer: **Spalding TF-SC5 NFHS** for both boys and girls use. (New model # as of 2013-14)
Spalding TF-SC3 NFHS for both boys and girls use. (New model # as of 2013-14)
Spalding TF5000 NFHS for both boys and girls use. (New model # as of 2013-14)
- Softball: **Dudley CFP12Y NFHS**
- Tennis: **Wilson Tennis Ball**, NFHS stamp not required
- Volleyball: **Spalding with NFHS stamp: TF-VB5, TF-VB3** (New for 2013-14)
Spalding with NFHS stamp: TF5000, TF3000, TF1500
- Boys Water Polo: **KAP7 model 105 with NFHS stamp**
- Girls Water Polo: **KAP7 model 104 with NFHS stamp**

All playoff ball adoptions agreements with the CIF Southern Section run through June 30, 2016 except for tennis.

Mandatory Playoff Use Requirement:

The mandatory “official” ball rule for all playoff rounds, excluding golf. The rule applies throughout the conduct of **all** CIF-SS **playoff** contests.

Playoff Ball Use Rule Enforcement:

Should a school fail to provide the correct game ball, the game will always be played. Teams/schools failing to utilize the correct official ball in CIF-SS playoffs will be reported by officials to CIF-SS and will not be allowed to host their next available home playoff game. Penalty does carry over to the next season if not enforceable this season due to elimination.

Note: NFHS stamp is required in all sports *except in golf and tennis*.



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