



2019-2020

**FIELD HOCKEY
PREVIEW**



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FIELD HOCKEY SEASON PREVIEW

DATE: AUGUST, 2019
TO: CIF-SS FIELD HOCKEY COACHES
FROM: MIKE MIDDLEBROOK, ASSISTANT COMMISSIONER
RE: **2019 FIELD HOCKEY SEASON!**

WELCOME TO THE 2019 FIELD HOCKEY SEASON!

The Field Hockey Packet has been prepared to assist you in the organization of your school Field Hockey program. The enclosed is important information for preparation of the upcoming season. Please share this information with your assistant coaches.

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2019 FIELD HOCKEY - PARTICIPATING SCHOOLS

Bonita	Huntington Beach
Chaminade	Marina
Edison	Newport Harbor
Fountain Valley	Temecula Valley
Glendora	Thousand Oaks
Great Oak	Westlake
Harvard Westlake	Westminster

CALENDAR DATES

FIRST CONTEST

The initial date on which a school may schedule and conduct an interscholastic contest is:

MONDAY, AUGUST 19, 2019

SCRIMMAGES

Maximum 1 scrimmage allowed.

Must be played on or after August 19, 2019 and before the first contest.

SIT OUT PERIOD (SOP) DATE

September 29, 2019

LAST CONTEST

All league competition must end on or before:

FRIDAY, NOVEMBER 1, 2019

The last allowable contest date is:

SATURDAY, NOVEMBER 2, 2019

See Bylaw 3008 for end of competition guidelines.

MAXIMUM CONTESTS

The # of allowable contests is: **20**

FIELD HOCKEY ASSIGNOR

Jefferson Chandler
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RULES SECTION

2019 NFHS Rules Changes - Field Hockey

January 31, 2019

Rules regarding the completion of a penalty corner were among the changes for the 2019 high school field hockey season.

All rules changes were recommended by the National Federation of State High School Associations (NFHS) Field Hockey Rules Committee at its January 7-9 meeting in Indianapolis, and subsequently approved by the NFHS Board of Directors.

“The Field Hockey Rules Committee continues to examine current trends of the game and work on overall consistency in the rules book,” said Julie Cochran, NFHS director of sports and liaison to the NFHS Field Hockey Rules Committee. “While the sport continues to prosper, there are areas such as eye protection where the committee feels it is best to continue to research options for the betterment of the sport.”

Regarding eye protection, the committee voted to delay the requirement for all eye protection to be permanently labeled with the ASTM 2713 standard for field hockey at the time of manufacture. Rule 1-6-5, which previously had an implementation date of January 1, 2019, now will require permanent labeling beginning in the 2020 season.

“The adjusted date to permanently label goggles is a response to the limited supply currently on the market,” Cochran said. “The committee believed the extension of the timeline will assist production and distribution to help those purchasing new goggles.”

Changes in the criteria for the completion of a penalty corner during regulation and extended play align NFHS rules with other rules codes.

Rule 10-3-1 now states that an awarded penalty corner is complete when a free hit is awarded to the defending team, when the ball is played over the back line and a penalty corner is not awarded, and when a defender commits an offense which does not result in another penalty corner.

The changes to Rule 10-3-2 specify rules concerning a penalty corner as they pertain to extended play only. The newly adopted language is as follows:

1. If time expires at the end of the game after the insertion from the end line, play shall continue until the penalty corner is completed.
2. The penalty corner awarded is also considered completed when the ball travels outside the circle for a second time.

In Rule 9-1-1 regarding a free hit, the committee clarified that the ball should be placed within playing distance of where the foul occurred to improve consistency in the reset of play.

In other changes, the committee approved:

- Revisions that clarify that the ball must travel 5 yards before being played into the circle by the attacking team (9-2-1f); and
- Language stating the school's name, nickname, logo, mascot and/or team player's name are permitted on the uniform top and/or bottom (1-5-1b).

A complete listing of the field hockey rules changes will be available on the NFHS website at www.nfhs.org. Click on "Activities & Sports" at the top of the home page and select "Field Hockey."

According to the 2017-18 NFHS High School Athletics Participation Survey, field hockey has 59,856 girls participating in more than 1,700 schools nationwide. Additionally, there are 12 schools with 473 boys participating in the sport.

NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS



NEWS RELEASE

**Field Hockey Goalkeeping Course
Added to NFHS Learning Center**

FOR IMMEDIATE RELEASE

Contact: Dan Schuster

INDIANAPOLIS, IN (July 9, 2019) — “Coaching Field Hockey: Goalkeeping,” an online education course produced in partnership with USA Field Hockey, has been added to the available courses on the NFHS Learning Center at www.NFHSLearn.com.

“Coaching Field Hockey: Goalkeeping” is a sport-specific course that demonstrates the skills, techniques and tactics of playing the goalkeeper position in field hockey. As the last line of defense, goalkeepers require unique and supportive teaching and training.

“We’re excited to offer this professional development opportunity for field hockey coaches and look forward to expanding coaches’ knowledge of the game,” said Dan Schuster, NFHS director of educational services.

“Teaching, developing, motivating and including goalkeepers in training is an important part of team development and a common challenge, especially for coaches who have never played the position,” said Craig Parnham, USA Field Hockey director of coach education and learning. “This course focuses on the basic techniques and includes simple exercises to keep goalkeepers actively learning, involved and engaged.”

The goalkeeping course consists of five main units: “Equipment,” “Basic Principles of Positioning,” “Kicking Skills,” “Aerial and Glove Saves” and “Communication, Set Plays and Coaching Tips.” Throughout each unit, the course focuses on how a goalkeeper is a leader on the field and what can be done to make them better leaders.

“We’re looking forward to being able to have coaches learn more, in detail, about coaching the goalkeeper position,” Schuster said.

“USA Field Hockey and the NFHS created the ‘Coaching Goalkeeping’ course to support new and experienced field hockey coaches and the athletes they serve and inspire,” said Sally Goggin, USA Field Hockey national development director. “We recognize that trained and educated coaches provide a better, safer, more positive experience and are key to the continued growth of high school field hockey across the country.”

The NFHS and USA Field Hockey have also partnered for another NFHS Learning Center course titled “Coaching Field Hockey” that is scheduled to be released this summer.

“We are delighted to work in partnership with the NFHS to provide resources for coaches,” Parnham said.

Additionally, the “Coaching Field Hockey: Goalkeeping” course fulfills the sport-specific course criteria for obtaining NFHS Learning Center certifications as Accredited Interscholastic Coach (AIC) and Certified Interscholastic Coach (CIC).

After starting with two courses – *Fundamentals of Coaching* and *First Aid for Coaches* – in 2007 through the NFHS Coach Education Program, the NFHS Learning Center now offers 68 online courses – 33 of which are free.

In addition to “Coaching Field Hockey: Goalkeeping,” the NFHS Learning Center offers 26 other sport-specific courses. Courses are now available to students, coaches, parents, administrators, officials and performing arts/educators.

Since the launch of www.NFHSlearn.com in 2007, the NFHS has delivered more than 8.5 million courses.

This press release was written by Luke Modrovsky, a 2019 summer intern in the NFHS Publications/Communications Department. He is a senior sports management and communication studies major at Wilkes University in Wilkes-Barre, Pennsylvania.

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About the National Federation of State High School Associations (NFHS)

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and performing arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,500 high schools and 12 million participants in high school activity programs, including more than 7.9 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; offers online publications and services for high school coaches and officials; sponsors professional organizations for high school coaches, officials, speech and debate coaches, and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS website at www.nfhs.org.

About USA Field Hockey

USA Field Hockey is the national governing body for the sport of field hockey in the United States and is based out of Colorado Springs, Colorado. USA Field Hockey is a non-profit, membership-based organization with the following mission: Grow the Game. Serve Members. Succeed Internationally.

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NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS



NEWS RELEASE

**“Coaching Field Hockey” Course Added to
NFHS Learning Center**

FOR IMMEDIATE RELEASE

Contact: Dan Schuster

INDIANAPOLIS, IN (August 7, 2019) — Field hockey coaches can now take advantage of a new coaching resource, “Coaching Field Hockey,” an online education course available through the National Federation of State High School Associations (NFHS) Learning Center at www.NFHSlearn.com.

Created in association with USA Field Hockey, the course is designed to help coaches teach the individual and team skills of field hockey.

“We’re pleased to offer this course for high school field hockey coaches,” said Dan Schuster, NFHS director of educational services. “This course is full of skills videos to teach coaches how to properly demonstrate the skills of field hockey.”

“The two new online courses, Coaching Field Hockey and Coaching Field Hockey: Goalkeeping, were created to help high school coaches and their athletes and teams to succeed,” said Craig Parnham, USA Field Hockey director of coach education and learning. “Both courses are intended to support development of the technical and tactical aspects of the game. They are great refreshers for experienced coaches and provide basic information and resources for those who are new to the game.”

“Coaching Field Hockey” includes various video components with periodic quizzes to reinforce learning objectives. Units available within the course include “Grips, Ball Control and Elimination Skills,” “Passing and Receiving Skills,” “Scoring Techniques” and “Small Unit Play.”

The course also discusses several situations that result in set plays: 25-yard free hit, penalty corners, penalty strokes and one-on-ones.

The NFHS and USA Field Hockey have previously partnered for a similar course titled “Coaching Field Hockey: Goalkeeping” that is also available in the NFHS Learning Center.

Additionally, the “Coaching Field Hockey” course fulfills the sport-specific course criteria for obtaining NFHS Learning Center certifications as Accredited Interscholastic Coach (AIC) and Certified Interscholastic Coach (CIC).

After starting with two courses – *Fundamentals of Coaching* and *First Aid for Coaches* – in 2007 through the former NFHS Coach Education Program, the NFHS Learning Center now offers more than 70 online courses, including more than 30 that are free.

In addition to “Coaching Field Hockey,” the NFHS Learning Center offers more than 25 other sport-specific courses. Courses are now available to students, coaches, parents, administrators, officials and performing arts/educators.

Since the launch of www.NFHSLearn.com in 2007, the NFHS has delivered more than 8.5 million courses.

This press release was written by Luke Modrovsky, a 2019 summer intern in the NFHS Publications/Communications Department. He is a senior sports management and communication studies student at Wilkes University in Wilkes-Barre, Pennsylvania.

BLUE BOOK RULES 2019-2020 – GENERAL

Following are key points coaches should review with their assistants and participants in reference to CIF-SS rules and regulations as set down in the 2019-2020 Blue Book. This list is NOT all-inclusive and only highlights some of the key areas.

201. STANDARDS OF ELIGIBILITY

<https://cifss.org/resources/blue-book/60/>

210. PHYSICAL ASSAULT

<https://cifss.org/resources/blue-book/89/>

212. AMATEUR STATUS

<https://cifss.org/resources/blue-book/90/>

220. BASIC ELIGIBILITY REQUIREMENTS FOR PARTICIPATION

<https://cifss.org/resources/blue-book/93/>

500. AUTHORIZED PARTICIPATION

<https://cifss.org/resources/blue-book/98/>

503.G ADMINISTRATIVE OVERSIGHT / PHYSICAL EXAMINATION

<https://cifss.org/resources/blue-book/103/>

503.H ADMINISTRATIVE OVERSIGHT / CONCUSSION PROTOCOL

<https://cifss.org/resources/blue-book/104/>

506. PRACTICE ALLOWANCE

<https://cifss.org/resources/blue-book/107/>

600. COMPETITION ON AN OUTSIDE TEAM

<https://cifss.org/resources/blue-book/115/>

BLUE BOOK RULES 2019-2020 – FIELD HOCKEY

Following are key points coaches should review with their assistants and participants in reference to CIF-SS rules and regulations as set down in the 2019-2020 Blue Book. This list is NOT all-inclusive and only highlights some of the key areas.

1900. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

<https://cifss.org/resources/blue-book/169/>

1901. RULES

<https://cifss.org/resources/blue-book/169/>

1903. TOURNAMENTS

<https://cifss.org/resources/blue-book/169/>

1905. MAXIMUM TEAM CONTESTS

<https://cifss.org/resources/blue-book/169/>

1907. SUMMERTIME RULES / SUMMER DEAD PERIOD / SPORTS CAMPS

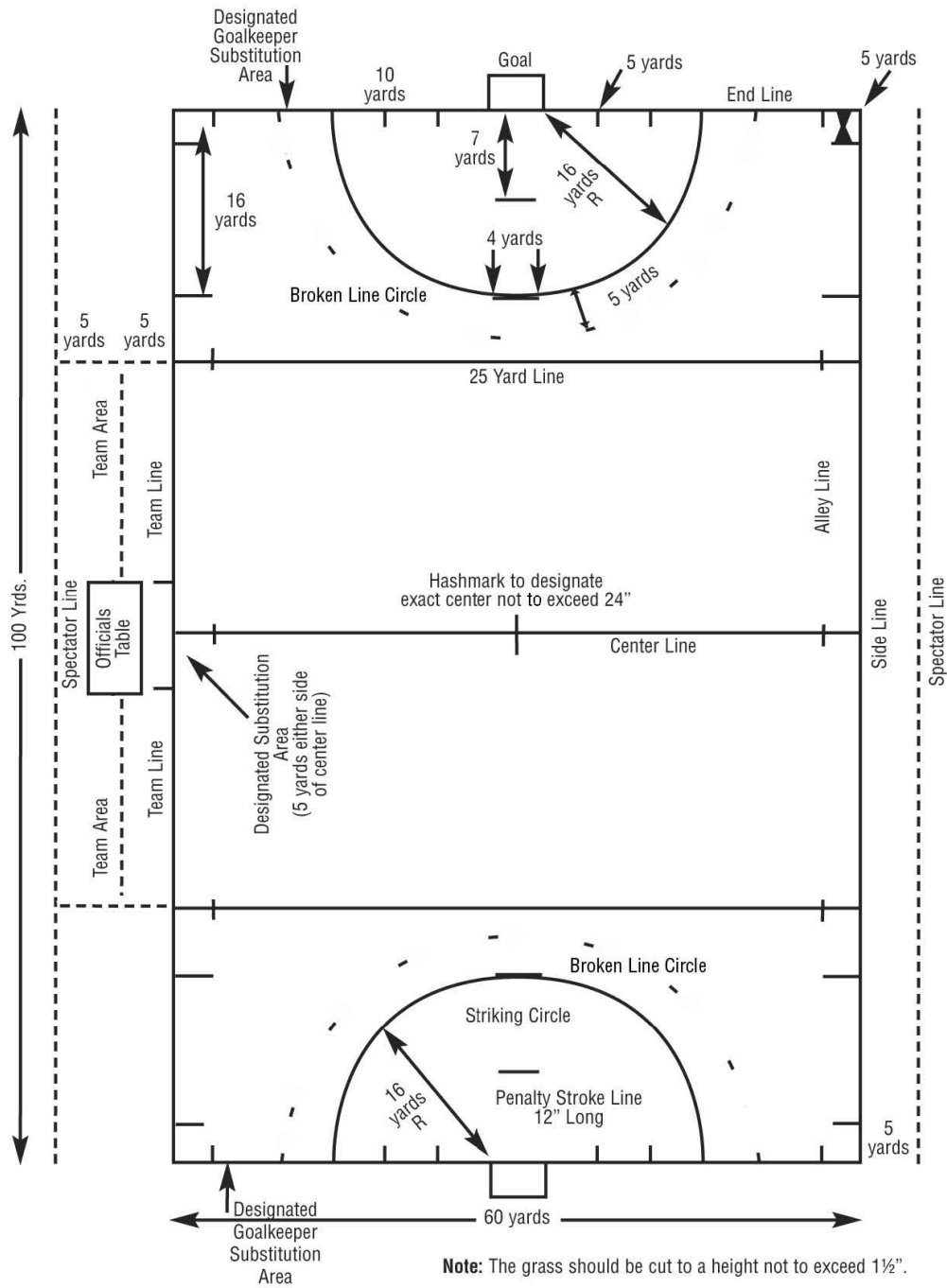
<https://cifss.org/resources/blue-book/170/>

1912. CHINGFORD COMPOSITION BALL

<https://cifss.org/resources/blue-book/170/>

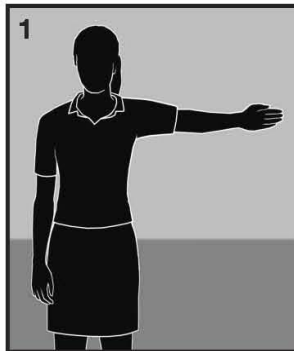
FIELD HOCKEY INFORMATION

Field Hockey Field Diagram

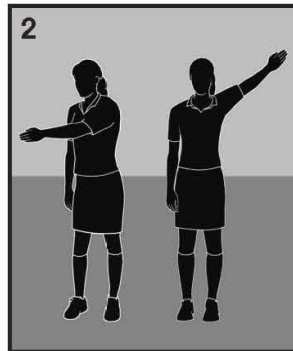




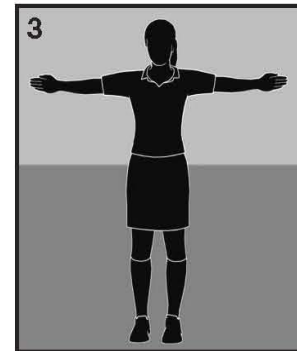
OFFICIAL FIELD HOCKEY SIGNALS



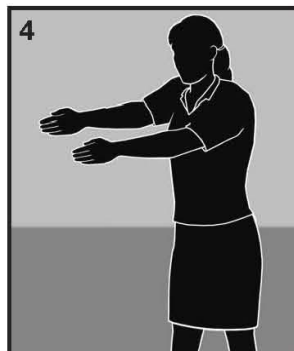
Free Hit



25-yard Free Hit



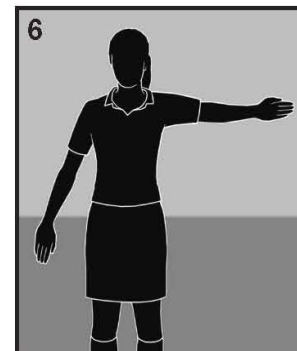
16-yard Free Hit



Penalty Corner



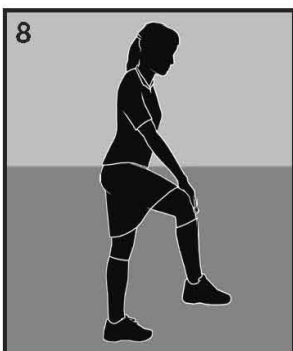
Penalty Stroke



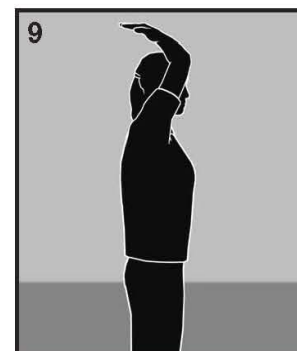
Side-in



Stick Interference



Advancing

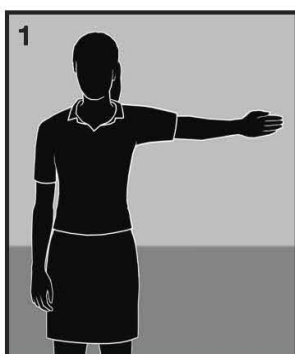


Dangerous Use
of Stick

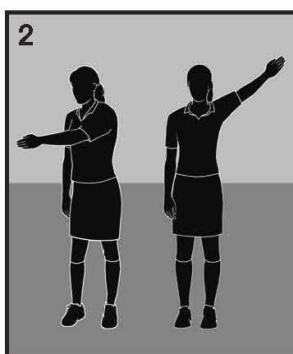
PlayPic® PlayPics courtesy of **REFEREE** (www.referee.com)



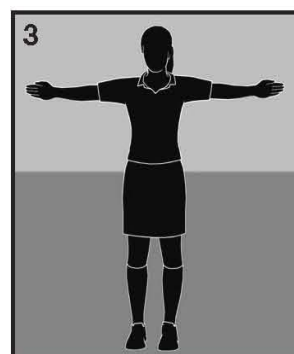
OFFICIAL FIELD HOCKEY SIGNALS



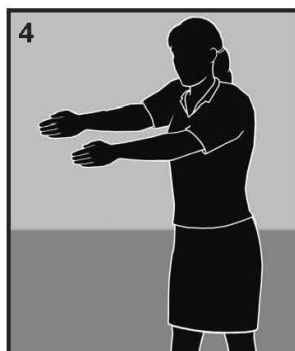
Free Hit



25-yard Free Hit



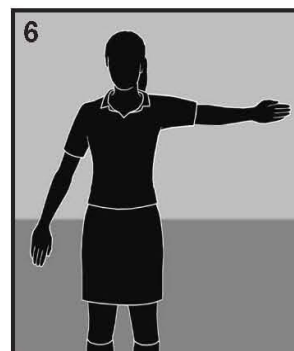
16-yard Free Hit



Penalty Corner



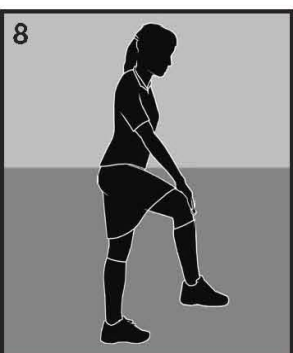
Penalty Stroke



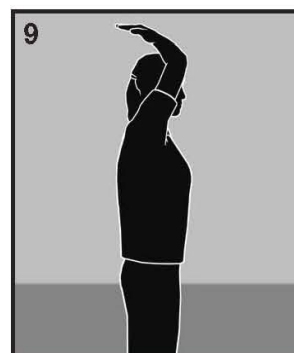
Side-in



Stick Interference



Advancing



Dangerous Use
of Stick

PlayPic® PlayPics courtesy of **REFEREE** (www.referee.com)

HEALTH AND SAFETY

It is the expectation of the CIF Southern Section that your Athletic Coaches and Administration will take every measure to ensure the health and safety of your student athletes.

The following are key points of emphasis coaches should review with their staff and players in reference to CIF Southern Section rules and regulations in the 2019-2020 CIF Southern Section Blue Book. This list is not all-inclusive but only highlights key areas. For necessary forms and additional information regarding Heat Safety, Hydration and other Sports Medicine resources, please go to www.cifss.org and click on the "Sports Medicine" tab on the blue toolbar.

Additional resources can be found at www.cifstate.org under the "Sports Medicine" tab on the white toolbar

PHYSICAL EXAMINATION

An annual physical examination, or a statement by a medical practitioner, is required for a student to take part in any authorized school practice session and/or pre-season conditioning period. This physical examination will be valid for a period of one year from the date of the examination. A student will be excused from this physical examination only if there is compliance with the Education Code (parent's refusal to consent). CIF Health and Safety Committee strongly recommends schools use the Pre-Participation 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.

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 the 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 complete 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/guardian/caregiver before the athlete's initial practice or competition. (Approved May 2010 Federated Council/Revised January 2015 Federated Council)

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

Answer: 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).

STERIOD PROHIBITION

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)

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/guardian/caregiver before the athlete's initial practice or competition.

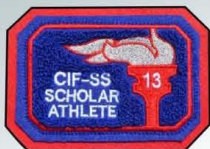
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