

Season Preview

**2021-
2022**

FIELD HOCKEY

**CIF-SS FIELD HOCKEY
ASSISTANT COMMISSIONER:
MIKE MIDDLEBROOK**

**PROGRAM COORDINATOR:
LISA MCINERNY**





ESCAPE



MUSTANG



EXPLORER



MUSCLES. SPEED. AGILITY. SMARTS.

OUR VEHICLES. OUR ATHLETES.



THE SOUTHERN CALIFORNIA FORD DEALERS
PROUDLY SUPPORT SO CAL HIGH SCHOOL ATHLETICS.



BRONCO SPORT



F-150



RANGER



FIELD HOCKEY SEASON PREVIEW

DATE: JULY 8, 2021
TO: CIF-SS FIELD HOCKEY COACHES
FROM: MIKE MIDDLEBROOK, ASSISTANT COMMISSIONER
RE: **2021-2022 FIELD HOCKEY SEASON!**

WELCOME TO THE 2021-2022 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.

TABLE OF CONTENTS

2021-2022 Field Hockey Calendar Dates.....	4
2021-2022 CIFSS Official Ball Program	5
2021-2022 NFHS News Releases/Field Rules/Points of Emphasis.....	6
2021-2022 Blue Book Rules	
General.....	8
Field Hockey.....	9
Health & Safety.....	10

CALENDAR DATES

FIRST CONTEST

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

MONDAY, AUGUST 16, 2021

SCRIMMAGES

Maximum 1 scrimmage allowed.

Must be played on or after August 16, 2021 and before the first contest.

SIT OUT PERIOD (SOP) DATE

September 22, 2021

LAST CONTEST

All league competition must end on or before:

SATURDAY, OCTOBER 30, 2021

The last allowable contest date is:

SATURDAY, OCTOBER 30, 2021

See Bylaw 3008 for end of competition guidelines.

MAXIMUM CONTESTS

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

2021-2022 FIELD HOCKEY PARTICIPATING SCHOOLS

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



OFFICIAL BALL PROGRAM 2021-2022

Official Ball per sport:

Baseball:	Rawlings CIF-SS Rawlings RCIF-SS	Must be CIFSS/NOCSAE stamped ball; not an alternative Rawlings ball Must be CIFSS/NOCSAE stamped ball; not an alternative Rawlings ball
*Boys Basketball:	Wilson Evo NXT Game Basketball Size 7 (Used in CIF-SS Championship)	
*Girls Basketball:	Wilson Evo NXT Game Basketball Size 6 (Used in CIF-SS Championship)	
*Football:	Wilson GST NCAA 1003 Official Leather Football (Used in CIF-SS Championship)	
Lacrosse:	Champion Sports NOCSAE Balls	(White LBNOCNAE, Yellow LBNOCNAE, Orange LBO, Lime Green LBO)
*Soccer:	Wilson Forte Hybrid II NCAA Match Soccer Ball (Used in CIF-SS Championship)	
*Softball:	Rawlings FPCIF-SS (Used in CIF-SS Championship)	
Tennis:	Penn ATP World Tour (Used in CIF-SS Championship) Pro Penn Marathon	
*Volleyball:	Mikasa VQ2000 Series (will be used in the 2021-2022 Championship) Mikasa VFC1000 Series (will be used in the 2022-2026 Championship)	
Boys Water Polo:	KAP7 model 105 with NFHS stamp (Used in CIF-SS Championship)	
Girls Water Polo:	KAP7 model 104 with NFHS stamp (Used in CIF-SS Championship)	

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.

*There is a 1-year transition period for the following sports. The mandatory playoff use requirement goes into effect for these sports in the 2022-2023 season.

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 will 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*.



Field Hockey Rules Changes - 2021

By NFHS on March 12, 2021

1-3-1: Permits the addition of the team/school logo or name on the goal boards permitted the predominant color of the boards are still dark.

Rationale: Permits schools to add logo to the goal boards.

1-4-5: Gives direction to head covering being worn for religious reasons.

Rationale: Adds language to the rule for freedom of religion without creating an increased risk of injury.

1-6-5: Gives clarification to the use of penalty corner masks being worn during the game.

Rationale: Gives states guidance for wearing of a penalty corner face mask during play.

3-3-10 thru 11 (NEW): Definitions added for Aerial ball and Legal sweep stroke.

Rationale: Clarifies the definition of techniques in the rules book.

3-4-4: Adds definition of a dangerous ball.

Rationale: Clarifies that the dangerous ball causes legitimate evasive action by a player.

8-1-1c: Removes language referring to the long pushing motion along the ground.

Rationale: The long pushing motion along the ground is not referred to any technique in field hockey.

8-1-1: Removed language concerning the hand stop by a goalkeeper.

Rationale: Removed redundant language and reorganized the article letters.

2021 Editorial Changes

1-7-6; 2-1-4; 3-2-9; 8-1 Penalties; 11-2-3; 11-2-9

2021 Points of Emphasis

1. Aerial Balls and High Balls
2. Providing an Official Scorer and Timer
3. Tackling
4. Five Yard Violation
5. Issuing Cards for Fouls and Misconduct

BLUE BOOK RULES 2021-2022 – 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 2021-2022 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/59/>

210. PHYSICAL ASSAULT

<https://cifss.org/resources/blue-book/88/>

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/99/>

503.G ADMINISTRATIVE OVERSIGHT / PHYSICAL EXAMINATION

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

503.H ADMINISTRATIVE OVERSIGHT / CONCUSSION PROTOCOL

<https://cifss.org/resources/blue-book/110/>

506. PRACTICE ALLOWANCE

<https://cifss.org/resources/blue-book/110/>

600. COMPETITION ON AN OUTSIDE TEAM

<https://cifss.org/resources/blue-book/108/>

1229. SUNDAY RESTRICTION

<https://cifss.org/resources/blue-book/137/>

1230. NOISEMAKERS PROHIBITED

<https://cifss.org/resources/blue-book/137/>

BLUE BOOK RULES 2021-2022 – 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 2021-2022 Blue Book. This list is NOT all-inclusive and only highlights some of the key areas.

2000. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

<https://cifss.org/resources/blue-book/156/>

2001. RULES

<https://cifss.org/resources/blue-book/156/>

2003. TOURNAMENTS

<https://cifss.org/resources/blue-book/156/>

2005. MAXIMUM TEAM CONTESTS

<https://cifss.org/resources/blue-book/156/>

2012. CHINGFORD COMPOSITION BALL

<https://cifss.org/resources/blue-book/157/>

2007/1223. SUMMERTIME RULES / SUMMER DEAD PERIOD / SPORTS CAMPS

<https://cifss.org/resources/blue-book/133/>

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 2021-2022 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.

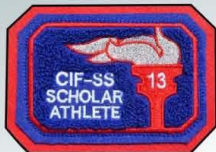
Question: What is meant by “licensed health care provider?”

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).



JL CUSTOM JACKETS

OFFICIAL LICENSED PATCH
AND JACKET MANUFACTURER



You can design and purchase
your own custom patches
on our website.

VARSITY JACKET SPECIAL

\$279.00

WOOL BODY WITH LEATHER
SLEEVES AND POCKETS

VARSITY LETTER SEWN
ON FRONT

MAKE AND SEW ON UP TO
3 SPORT EMBLEMS

EMBROIDER FIRST NAME,
SCHOOL NAME, MASCOT
NAME AND 1 SPORT
ONTO THE FRONT

CREATE AND SEW ON A
CUSTOM GRADUATING YEAR



**EXCLUSIVE
DISTRIBUTOR FOR
ALL CHAMPIONS
FINALISTS
RUNNER-UP
& ALL CIF patches**

Standard Girls Package
All wool body and sleeves
with a wool hood
\$269.00

To Order Call:

(951) 867-3200

or visit us on the web:

www.jlcustomjackets.com

7161 Old 215 Frontage Road, Moreno Valley, CA

Fax (951) 867-3277



• PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE •

Bally SPORTS

HOME OF



GAME ON

