

2024



FIELD HOCKEY MANUAL

A Year-Round Guide for School Field Hockey



A Message from the OHSAA



Thank you for taking the time to review this manual, as one of our resources for the sport of Field Hockey in the state of Ohio. In addition to the manual, please make sure to familiarize yourself with the [Field Hockey sport webpage](#).

In addition, we would ask that you take note of the *This Week in Field Hockey* memos that we will post to the TWIFH field hockey page periodically.

This is a reminder that our State Rules Meetings remain **mandatory** for Varsity head coaches, which can be accessed on your myOHSAA profile. This is addressed in the early pages of this manual.

All rules governing OHSAA Field Hockey stem from the National Federation (NFHS) *and* the OHSAA. The **NFHS Rules** are specific to the playing rules while **OHSAA Sports Regulations (and Bylaws)** govern administrative rules specific to Ohio. No coach, administrator, or official has the authority to modify or set aside these rules.

We wish each of you a successful Field Hockey season. We commend you for your time and effort working with the student-athletes in Ohio.

Emily Mason
Senior Sport Administrator

OHSAA Mission Statement

The Ohio High School Athletic Association's mission is to serve our member schools and enrich interscholastic opportunities for students.





Important Field Hockey Dates

August 1	Coaching & Tryouts Begin
August 16	First Game Permitted
September 2	Non-Interscholastic Date
October 6	Tournament Seed/Draw Date
October 14 – 26	Regional Tournament Rounds
October 26	Regional Finals
October 31 & Nov 2	State Semi-Finals & Finals
November 2	Season Ends

Field Hockey Web Resources

National Federation of State High School Associations | www.nfhs.org
 USA Field Hockey | www.usfieldhockey.com

Ohio High School Field Hockey Coaches Association

Kara Whitlatch, President | kara.whitlatch@bexleyschools.org

OHSAA Field Hockey Contact Information

Emily Mason, Senior Sport Administrator | emason@ohsaa.org
 Administrates the sport of Field Hockey and oversees the postseason tournament.

Travis Burwell, Director of Development for Field Hockey | tburwell@ohsaa.org
 Responsible for overseeing Field Hockey officials in Ohio. Serves as liaison with NFHS and oversees the education and recruitment of officials in Ohio.

Rules Interpretation Meetings

All **State Rules Meetings for coaches and officials will be required online**. This is explained on the following page. Rules meetings go live on Wednesday, July 24, at 9:00 AM on the myOHSAA State Rules Meeting page. The deadline to view the rules meeting without penalty is **Friday, August 16 at 11:59 PM**. On Saturday, August 17 at 12:00 AM, there will be a \$50 late fee to view the rules meeting. The final deadline will be Monday, September at 11:59 PM. **On September 24 at 12:00 AM, the Field Hockey Rules Meeting will no longer be available and penalties will be assessed if not viewed by this date.**

Important Non-Interscholastic Note

General Sports Regulation 7 prohibits a member of the school team from participating (i.e., trying out, practicing, training, or competing) with any non-interscholastic program while a member of the school team. Please remind your student-athletes of this rule, as penalties shall apply if this Regulation is violated. Anything outside of high school season—practice, workouts or games (including college tryouts/workouts) are considered **non-interscholastic**.

The Non-Interscholastic Date

The “Non-Interscholastic Date” is a date that is set prior to the State Field Hockey Tournament. Though participation in any form of non-interscholastic field hockey while a member of a school team is prohibited, any participation in a non-interscholastic contest **on or after this date** for a student who has not yet joined your interscholastic program results in the individual being ineligible for the OHSAA tournament in addition to any other suspensions issued.

For the 2024 Field Hockey season, this date is: **September 2, 2024**
Please put this date on your calendar and remind the players on your team!

Communicating with the OHSAA

It is understandable with over 800 high schools in Ohio and the number of teams in Ohio from grades 7-12, communication to our office is in large volume. Most questions can and should be answered by the athletic administrator at your school. To make our communication as efficient as possible, we ask school administrators to communicate directly with us.

Additionally, every effort is being made to provide useful information on our website. We encourage you to check the website (both the main page and Field Hockey specific page).

Mandatory Rules Interpretation Meeting

State Rules Meetings are mandatory for all head coaches and officials. For the 2024 field hockey season, all rules interpretation meetings for coaches will be conducted online through their myOHSAA account. If you are a coach and have an OHSAA field hockey officiating permit, **please note that there are separate online rules meetings for coaches and officials—you will be required to complete both rules' meetings, as they contain separate material.**

NFHS rule and editorial changes and NFHS points of emphasis are covered in detail, along with OHSAA Field Hockey Sports Regulations, General Sport Regulations and Bylaws as they pertain to coaches and players. Though the main purpose is to provide knowledge and advice on the various NFHS and OHSAA regulations, this is the educational mechanism to ensure compliance with the various rules and regulations.

HOW TO COMPLETE STATE RULES MEETING ONLINE

All coaches will access the State Rules Meeting through their myOHSAA account. Once you have logged in (full directions below) and have accessed the Rules Meeting, please follow the prompts to complete the meeting to receive meeting credit.

Coaches should login to their myOHSAA account and use the Rules Meeting icon to access the list of meetings. *Coaches should contact their athletic administrator if they do not have an account**. Please see further directions below if you are a coach and do not have a myOHSAA account. Please note that all screens of the presentation must be viewed for attendance credit to be provided.

TO ACCESS ONLINE RULES MEETINGS

1. Login to your myOHSAA account (<http://officials.myohsaa.org/Logon>)
2. Click on the "Rules Meeting" icon
3. Click on "Find a State Rules Meeting"
4. Search for the Field Hockey meeting using the 'Sports' and 'Meeting Type' drop-down menus
5. Click on the 'View Meeting' button once the State Rules Meeting has gone live
6. Once directed to the Rules Meeting, please follow all prompts to complete the meeting and receive credit.

*IF YOU ARE A COACH AND DO NOT HAVE A MYOHSAA ACCOUNT

1. Contact your athletic administrator immediately to add you to the school's Staff Management in FinalForms.
2. Should your athletic administrator need assistance, please have them contact Alexis Holderman at aholderman@ohsaa.org.

Please do not use a Chromebook device to view the Rules Meetings—this device does not support the capabilities of our presentations. Please know that this is not the same as the Chrome web browser.

The deadline for completion of Rules Meeting is **Friday, August 16 at 11:59 PM** or a \$50.00 late fee is charged for access to the Rules Meeting. The final deadline is Monday, September 23 at 11:59 PM. Beginning on Tuesday, September 24 at 12:00 AM, the Field Hockey Rules Meeting is no longer available and the penalty shall apply.

PENALTY: *If coaches do not complete the Rules Meeting by September 23 at 11:59 PM, your school will be removed from the post-season tournament and officials will be ineligible for the postseason tournament.*

AFTER COMPLETION:

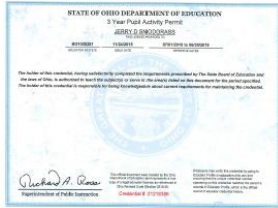
1. Your myOHSAA profile will be updated to reflect your attendance.
2. Please do not call the OHSAA office for verification. Attendance will be reflected in your profile.

Mandatory Parent Pre-Season Meeting

Pre-season meetings with parents are mandated by OHSAA Bylaws and will most likely occur at your school along with other fall sport teams. This is determined by each school's athletic administrator **and must be held no later than 2 weeks after the start of the season** (August 1 – August 14, 2024). This is the time to cover topics like eligibility requirements, individual school policies, individual sport policies, sportsmanship issues and expectations, travel plans for away contests, etc. We encourage coaches to use this time to their advantage and provide as much education as possible to parents. There are great resources available for coaches to use at these meetings at the *Locker Room*, an NFHS online education center. You can access this directly at: <http://www.nfhslearn.com/LockerRoom.aspx>

Pupil Activity Permits & Concussion Legislation

As outlined in Ohio Administrative Code, all Coaches of Middle School/Jr. High and High School teams must possess a “Pupil Activity Validation Certificate” to coach in Ohio. This includes paid coaches AND volunteer coaches. School administrators are responsible for maintaining records on compliance and most schools provide opportunities for their coaches to obtain the necessary coursework. The actual regulations AND the certificate can be downloaded from the OHSAA’s Sports’ Medicine page or directly at: <http://www.ohsaa.org/medicine> . To obtain the required certificate through the ODE, one must:



- Complete background check
- Complete course from an approved First Aid for Coaches provider
- Complete course from an approved Concussion provider
- Complete course from an approved Sudden Cardiac Arrest provider
 - Including Lindsay’s Law <http://www.odh.ohio.gov/landing/Lindsays-Law.aspx>
- Complete course from an approved Fundamentals of Coaching provider
- Complete training course in CPR from an approved provider by your school or District
- Complete mental health course from an approved provider

You can look up all requirements in detail on the ODE’s website at:

<http://www.ode.state.oh.us/GD/Templates/Pages/ODE/ODEPrimary.aspx?page=2&TopicRelationID=1328>

Schools are required to submit coaches’ names along with valid permit numbers on the Official OHSAA Tournament Entry Form. Entry forms are audited on a random basis at the conclusion of each season.

Concussion Legislation as it relates to Coaching Requirements

Though the entire law is explained later, all coaches today must complete one of two (2) approved Concussion Education programs online upon renewal of their Pupil Activity Permit any time **after April 26, 2013**. Individual student-athletes removed from contests with a suspected concussion are no longer permitted to return to play on the same day of the contest, regardless of the diagnoses. If they are removed by one of the individuals given this authority, they simply cannot return to play the same day. Written authorization is required to return anytime thereafter and must be kept on file with the school athletic administrator indefinitely.

Lindsay’s Law – Sudden Cardiac Arrest

ODH Website: <https://odh.ohio.gov/know-our-programs/Lindsays-Law/Lindsays-Law>

Lindsay’s Law, Ohio Revised Code [3313.5310](#), [3707.58](#) and [3707.59](#) became effective on August 1, 2017. In accordance with this law, the Ohio Department of Health, the Ohio Department of Education, the Ohio High School Athletic Association, the Ohio Chapter of the American College of Cardiology and other stakeholders jointly developed guidelines and other relevant materials to inform and educate students and youth athletes participating in or desiring to participate in an athletic activity, their parents, and their coaches about the nature and warning signs of sudden cardiac arrest.

The following resources were developed to implement Lindsay’s Law:

For parents/guardians and student- athletes in grades 7-12 in Ohio schools:

- [Required video](#)
- [Required SCA Informational Handout](#)
- [Required Signature Form](#)

For coaches:

If you are a coach for an interscholastic sport and are licensed by the Ohio Department of Education (all paid and volunteer coaches in Ohio), please visit their [website](#) for information about their training requirements around Lindsay’s Law <http://www.odh.ohio.gov/landing/Lindsays-Law.aspx>. The required video, informational handout and a post assessment test will be available shortly through the ODE’s website. We will inform you when that component is available. If, however, you want to have your coaches view the video and review the information immediately, you may access those items below. Please be advised that as a school district, your superintendent must be able to verify that coaches have seen this video and read the informational handout if you choose to implement this requirement before it is available through ODE’s LMS.

- [Required video](#)
- [Required SCA Informational Handout](#)

The OHSAA has partnered with Coaches' Tool Chest (www.coachestoolchest.com) as a single source, online provider for each of the courses needed to obtain a PAP. CTC helps ensure coaches have the knowledge they need to best serve their student athletes. This annual course is updated with current best practices and training and provides a single certificate for all the coaching requirements in Ohio.

Specific information about alternative single source courses, additional details and application information can be found: <https://sboe.ohio.gov/educator-licensure/apply-for-a-new-license/pupil-activity-coaching-permits>



2024 NFHS Field Hockey Rule Changes

All OHSAA schools shall follow the 2024 NFHS Field Hockey Rules Book

- 1-8-1, 2 (NEW)** The goalkeeper shall wear a uniform top contrasting to the color(s) of both teams' field player uniform tops, and with a visible number on the front and back. Opposing goalkeepers may wear the same color.
2. When an illegally uniformed goalkeeper is unable to correct the uniform top or cannot verify state association approval of the uniform, the game shall be played. The official shall notify the state association following the game.
- RATIONALE:** Clarifies that a goalkeeper top is part of the uniform and not required equipment.
- 2-1-7** If an advantage would be gained by the offending team because of enforcing a rule, the official shall refrain from awarding the penalty. If time expires just before an official makes a decision (e.g. holding for advantage), officials are permitted to enforce the rule immediately after the end of the quarter.
- RATIONALE:** Provides flexibility for officials holding for advantage to award a penalty corner or penalty stroke after time expires.
- 3-4-5 (NEW)** Stick interference occurs when a player hits, holds, hooks, slashes or strikes an opponent's stick.
- RATIONALE:** Defines stick interference.
- 4-2 PENALTY** 2. If a team requests a second time-out and the official stops play, the timeout shall not be granted, and the coach of the requesting team shall be assessed a yellow card. The coach shall also remove one field player for five minutes of elapsed playing time. The designated field player may properly substitute with another field player provided the team plays short.
- RATIONALE:** Administers a penalty if a second time-out is requested and granted.
- 10-2-1 (NEW)** The official administering the penalty corner shall use the whistle to indicate to the inserter that play may be started.
- RATIONALE:** Establishes a clear signal to initiate the penalty corner with a whistle from the official.



2024 NFHS Editorial Changes & Points of Emphasis

2024 FIELD HOCKEY MAJOR EDITORIAL CHANGES

2-1-3, 8-2-1g, 12-1-2h

2024 FIELD HOCKEY POINTS OF EMPHASIS

1. Penalty Corners
2. Goalkeeper Equipment and Uniform

OHSAA REGULATIONS

TOURNAMENT REGULATIONS

Tournament Regulations and the state tournament draw are available at www.ohsaa.org (after approval at the August Board meeting). On the website, under "Sports & Tournaments" select field hockey. They are listed under Tournament Information on the left side of the field hockey page.

OHSAA GENERAL SPORTS REGULATIONS

General Sports Regulations are available at www.ohsaa.org. Under "Sports & Tournaments" select field hockey. The General Sports Regulations are listed under 2024 Field Hockey Info on left side.

2024 OHSAA Field Hockey Regulation Changes

Please see the following changes to the 2024-25 Field Hockey Regulations, which are effective starting on August 1, 2024. Other changes made to the Field Hockey Regulations not mentioned below, are date changes that reflect the 2024 Field Hockey season.

FIELD HOCKEY REGULATION 2.3

Field Hockey Regulation 2.3 states:

2.3) Non-Interscholastic Waiver: A student-athlete may use a two-time waiver per season to attend an individually scheduled official college visit after the student-athlete has participated in an interscholastic scrimmage or contest. The waiver permits a student-athlete to participate with the college team in an individual workout or practice. The waiver may be used for any collegiate events that take place from the start of the season through the conclusion of the scholastic season. The waiver form may be accessed on the OHSAA website and returned to the appropriate sport administrator.

RATIONALE: *General Sport Regulation 7.2* states that a member of an interscholastic team in the sport of field hockey may not participate in a non-interscholastic event or with a non-interscholastic program, in that same sport during the interscholastic team's season. This includes, but is not limited to, tryouts, showcases, college ID camps, contests with any non-interscholastic program or team, etc.

The College ID Camp waiver was created to permit field hockey student-athletes with the opportunity to participate in a **maximum of two (2)** college ID camps during the school field hockey season, with the NCAA recruiting/college ID camp period shifting a bit over the last few years.

NOTE: Per *General Sport Regulation 7.1.4*, a student-athlete is not considered an official member of the school team until they participate in an interscholastic scrimmage or contest for the school team, whichever comes first, even if they have already started practicing with the team as early as August 1. If the college ID camp takes place prior to the student-athlete participating in an interscholastic scrimmage or contest for the school team, you do not need to submit the waiver, as they would be permitted to participate. Here are some examples!

EX 1: School A schedules their first scrimmage on August 6. Sally wants to participate in a college ID camp taking place on August 3. Does a waiver need to be submitted?

A: No, a waiver does not need to be submitted, since she has not yet participated in a scrimmage or contest for the school.

EX 2: School A schedules their first scrimmage on August 3 and Sally participates in the scrimmage. Sally wants to participate in a college ID camp taking place on August 6. Does a waiver need to be submitted?

A: Yes, a waiver needs to be submitted for her to participate in the college ID camp, since she has participated in a scrimmage for the school.

EX 3: School A schedules their first scrimmage on August 3 and Sally DOES NOT participate in the scrimmage. Sally wants to participate in a college ID camp taking place on August 6. Does a waiver need to be submitted?

A: No, a waiver does not need to be submitted, since she has not yet participated in a scrimmage or contest for the school.

EX 4: School A has scrimmages scheduled on August 3 and August 6, and a contest scheduled for August 17. Sally participates in both scrimmages on August 3 and 6, and the contest on August 17. Sally wants to participate in a college ID camp taking place on August 20. Does a waiver need to be submitted?

A: Yes, a waiver needs to be submitted for her to participate in the college ID camp, since she has participated in a scrimmage(s) and contest for the school.

EX 5: Sally participated in a college ID camp on August 17 and wants to participate in second college ID camp on August 24. Can she participate in more than one (1) college ID camp?

A: Yes, a student-athlete is permitted to participate in a maximum of two (2) college ID camps, and a waiver needs to be submitted for both. She may NOT participate in more than two.

THE COLLEGE ID CAMP FORM CAN BE FOUND ON THE LEFT-HAND SIDE OF THE FIELD HOCKEY WEBPAGE—CLICK [HERE](#) FOR THE DIRECT LINK.

OHSAA Field Hockey Sports Regulation

The 2024 Field Hockey Sport Regulations can be found on the Field Hockey webpage at <https://www.ohsaa.org/sports/fh>.

OHSAA Field Hockey Overtime Procedures

Regular Season

Varsity high school teams shall play one 10-minute sudden victory tiebreaker during the regular season. Play shall utilize the seven player “reduced play” procedure that is part of the OHSAA Tournament Overtime Procedure. If the game is still tied at the end of the overtime period, the game is recorded as a tie. No non- varsity contests (i.e., JV, Freshman, grades 7-8) are authorized to use a tiebreak procedure.

EXCEPTION: If playing a regular season high school tournament at the non- varsity level, a *single* Sudden Victory Penalty Stroke Procedure as described below shall be used to break the tie.

NOTE: This tiebreak provision is not approved for 7-8th grade competition.

REGULAR SEASON VARSITY OVERTIME

All game rules apply, except as specified below:

- A. Teams shall play with 6 field players and a goalkeeper, with teams not changing goals at the end of the regular game. The first team to score shall be the winner. If the game is still tied at the end of the overtime period, the game is recorded as a tie.
- B. Unlimited substitution shall be permitted.
- C. There shall be one time-out per team during the 10-minute SV overtime period.
- D. There shall be a five-minute intermission between the end of the regular game and the start of the overtime period. At this time, the contest officials shall insure that the tie-break procedures are available at the scorer’s table and shall review them thoroughly prior to the initiation of the overtime.
- E. Prior to the overtime period, the officials shall review with the head coaches the procedures for the overtime period.
- F. During the intermission between the end of the game and the start of overtime the officials shall meet with the team captains for a coin toss, the visiting team captain calling the coin in the air. The winner shall have the choice of possession.

POSTSEASON VARSITY OVERTIME

NOTE: The Board of Directors has approved the following overtime procedures to break ties for high school post season play in OHSAA tournaments.

During all postseason overtime play:

- A. All NFHS game rules apply except as specified below.
- B. Unlimited substitution shall be permitted.
- C. There shall be one team time-out per team permitted during each 10-minute SV overtime period.
- D. There shall be a five-minute intermission between the end of the regular game and the start of the overtime period. At this time, the contest officials shall insure that the tie-break procedures are available at the scorer’s table and shall review them thoroughly prior to the initiation of the overtime.

- E. There shall be a two-minute intermission between each subsequent overtime period. (Not applicable for regular season tie-break procedures). During these intermissions, players may confer with their coaches, and substitutions may be made.
- F. Prior to each overtime procedure, officials shall review with the head coaches the procedures for that session. This shall take place prior to the initiation of each overtime procedure until the game is decided.
- G. Prior to beginning overtime, during the intermission between the end of the regular game and the start of overtime, the officials shall meet with the team captains for a coin toss, the visiting team captain calling the coin in the air. Winner shall have choice of possession.

REDUCED PLAYER 10SV-10SV - PS – SVPS

1. Play a 10-minute “Sudden Victory” (SV) overtime period, with teams not changing goals at the end of the regular game. Teams shall play with 6 field players and a goalkeeper. The first team to score a goal shall be the winner.
2. If a tie still exists, there shall be a second 10-minute “Sudden Victory” (SV) overtime period utilizing the reduced player procedure described in "1" above. Teams shall change goals to begin the second overtime period following the two-minute intermission. Players may confer with their coaches and substitutions may be made. The first team to score a goal shall be the winner. The team not having possession of the ball to start the first overtime period shall have possession to start the second overtime period.
3. If a tie still exists after the second 10-minute “Sudden Victory” overtime period, one series of penalty strokes shall be taken alternating the attackers and goalkeepers at the same goal chosen by the officials. Five different stokers from each team shall be selected from any eligible player on the team roster.

NOTE: A player taking a penalty stroke within a series of five strokes may not repeat within that set of strokes.

Only the coaches and remaining team members may be on the field and behind the 25-yard line. Prior to the first PS set, the officials shall meet with the team captains for a coin toss. The winner of the coin toss which shall be called by the visiting team captain may choose to stroke or defend the goal first. Penalty strokes shall be terminated and a game winner declared as soon as one team has more goals than the opponent does after the set of five strokes for each side has been taken or the difference is unable to be overcome by completing the series. Officials should insure that there are no spectators behind the end line behind the goal where the strokes are being taken.

NOTE: This first set of Penalty Strokes is NOT a sudden victory set.

4. If a tie still exists after the first set of penalty strokes, there shall be Sudden Victory (SVPS) penalty strokes taken. The team not stroking first in the first set shall start the Sudden Victory Penalty Stroke procedure. The stokers and/or order of the stokers may be changed for the Sudden Victory Penalty Stroke procedure. Penalty strokes shall be terminated as soon as one team has more goals than the opponent does after an equal number of strokes have been taken up to a maximum of five for each team. If a tie still exists, after a total of five strokes for each team, another Sudden Victory Penalty Stroke procedure shall be commenced.
5. This Sudden Victory Penalty Stroke procedure shall continue until the tie is broken. The stokers and/or order of the stokers may be changed. The order of teams stroking or defending first shall alternate from the previous SVPS procedure.
6. Please note: On all penalty corners during the reduced play overtime, a maximum of four defenders shall be back completely behind the end line. This number includes the goalkeeper. The other three defenders shall be beyond the centerline.
7. If a player is disqualified during the regulation game, the team shall play short into the overtime procedure. The player is not eligible for return to the contest.

If a player is suspended during the regulation game (yellow card), the suspension carries over into the overtime period until served completely, and the team shall play short. If the suspension occurs in the overtime period immediately preceding the Penalty Stroke procedure and the player is unable to serve the complete time of the suspension, she is no longer eligible to participate in the remainder of the overtime procedure.

OHSAA GENERAL SPORT REGULATIONS

How do the OHSAA's Sports Regulations Affect Coaches and Players

Regulations governing the sport of field hockey are divided into two basic categories: **General Sports' Regulations** and **Field Hockey Regulations (sport specific)**. These are reviewed annually and approved by the OHSAA's Board of Directors.

OHSAA GENERAL SPORT REGULATIONS

Though there are far too many to list in this guide, a *few* of the more common ones that affect coaches and teams are:

No Contact Period ("Dead Period")

Any coach, **paid or volunteer**, is prohibited from athletic or athletic-related contact with squad members in the same sport for the period of time starting with the **first day after the school's last interscholastic contest and ending 28 days later**. This includes any contact in tryouts in or out of school, physical fitness, open gyms, etc. Exceptions to this are all-star contests, awards ceremonies, contact with seniors to facilitate college recruiting and contact as a faculty member assigned to teach in the regular curriculum, pick up school-issued equipment and attendance at OHSAA tournaments.

Out of State Travel

A field hockey team may travel out of state to compete in contest scrimmages, previews and games in states OR provinces in Canada that are contiguous to Ohio regardless of distance. This would include the states of Indiana, Kentucky, Michigan, Pennsylvania and West Virginia and the province of Ontario in Canada. A team may travel out of state **one-time per season** to a state or province NOT contiguous to Ohio, which OHSAA approval. **A school must fill out the Travel to a Non-Bordering State Form [HERE](#) on the field hockey webpage to receive approval.**

Videotaping Regulations

The improvement of various electronic devices, especially cell phones, has drawn much attention to the rules regarding recording field hockey contests. Complete regulations available within the OHSAA Handbook or through the General Sports Regulations on the web at <https://ohsaaweb.blob.core.windows.net/files/SchoolResources/Handbook.pdf> under Section "A" of the Media Regulations. A few highlights of this include but are not limited to:

- It is permissible for a school to videotape or photograph regular season contests in which the school team is participating, but such tapes or photographs may not be used for coaching purposes until after the contest is completed. In other words, it is not possible to use photographs or any recorded information in between intermissions of a game.
- It is not permissible for a school or school representative to videotape or photograph previews, scrimmages, regular season OR tournament contests of other schools without the written consent of the schools participating in the contest.

Protests of High School Field Hockey and Will NOT be Considered

Bylaw 8, Section 3(1) of the OHSAA Constitution and Bylaws reads in part, "*Protests arising from the decisions of interpretations of the rules by officials during the game will **not be considered***". Their decisions and interpretations are final." This means that correctable errors must be corrected during the game and within the time established by playing rules.

Ejections from Scrimmages

Any ejection that takes place during a scrimmage will be reported on the Officials' Report and will require all players to be suspended in accordance with the OHSAA's Ejection Policy.

NOTE: Any ejection that takes place out of state or when not followed by the required paperwork that is to be submitted by the official must still follow all ejection protocol. Consequences of an ejection are required to be followed whether appropriate paperwork is filed by the official or not.

What is Coaching?

Coaching refers to any organizational or instructional contact with student-athletes in the sport for which a coaching staff member in a member school is responsible. Specific activities include but are not limited to practice or other instructional situations in which the coach conducts specific drills, teaches skills, supervises contest or competition-like activities or in any other way supports the instructional environment; contest or competition situations in which the coach sits on the team

bench, is in the direct vicinity of the competition in areas reserved for coaches and/or delivers instruction to athletes while they are competing.

Players Receiving Private Instruction

Individual skill instruction may be received in field hockey by a squad member at any time, provided that these individual skill instructions do not violate any Board of Education, school administrators' or coaches' policies. There may be no type of team play involved. Individual skill instruction may be provided by a school coach (at any time, except for the no-contact period) or an outside instructor.

Coaching Own Student-Athletes on Non-Interscholastic Teams

School coaches are permitted to coach their athletes on a non-interscholastic team outside of the school season, as long as there are 6 or less players on a non-interscholastic program, with the exception of the no-contact period (28 days after the last contest of the season) or from May 15 – July 31. From May 15 – July 31, a school coach is permitted to work with more than 6 of their field hockey athletes for a maximum of 13 days. This 13-day limitation applies to all members of the coaching staff. If there are 6 or less players, a school coach may coach their student athletes at any time, except for the no-contact period.

Individual Instruction

General Sport Regulation 7 permits school coaches to provide individual skill instruction any time during the year, with the exception of the no contact period. The purpose of this regulation is to allow coaches to provide instruction that is not permitted in open gyms and provide additional instruction to student-athletes in smaller groups. School coaches may provide individual skill instruction to no more than 6 athletes in a group. There can be multiple groups of 6 onsite, working with different coaches, but each group may never have more than 6 in it. The groups of 6 can rotate between coaches to receive instruction, but again, they can never combine.

Please keep in mind that this is limited to individual skill instruction only—there is no type of team play permitted.

Open Field

A school may open its' athletic facilities for unstructured free play to a sport's student-athletes. All activity must be unorganized and attendance *shall not* be mandatory. A school coach, paid or unpaid, shall not require, suggest or in any way imply that that a student's chance to be selected for the school team is contingent upon participation at an open field. A school coach and/or employee may supervise the open gym (and participate in the unstructured free play!) but may not provide any instruction. Please visit *General Sport Regulation 10* for further details.

OHSAA FIELD HOCKEY SPORT REGULATIONS

Each spring, Regulations for the upcoming school year are approved by the Board of Directors for all OHSAA sports. These address areas such as (but not limited to) non-interscholastic competition, number of contests (game, scrimmage or preview) that are permitted, season start and end dates, out of state travel, etc. All coaches should familiarize themselves with these Regulations. Coaches should familiarize their entire staff with the importance of these Regulations as they directly affect the eligibility of student-athletes. A few of the Sports' Regulation **highlights** are listed but you are encouraged to read the entire regulations at the above listed website.

GAME & SCRIMMAGE LIMITATIONS (*Grades 9-12*)

Maximum number of games permitted: 18 games

Scrimmages/Previews: Maximum of 5 scrimmages

Scrimmage Note: Scrimmages may be held at any time during pre-season, post-season or during the season, but must count as the same for both competing teams. In other words, Team A cannot count it as a scrimmage while Team B counts the competition as a game. This is especially noteworthy during postseason.

Alumni games: If the alumni is competing against the school team, this must be counted as a scrimmage.

Practicing with Other Schools: Any such practice must be counted as one of the team's 5 permitted scrimmages.

Note Regarding Individual Participation: Though there is no limitation on the number of quarters an individual may participate in for scrimmages, individual players are not permitted to participate in more than 5 scrimmages. They are limited to a maximum of 3 hours per day.

INDIVIDUAL CONTEST & QUARTER LIMITATIONS (*Grades 9-12*)

Scrimmages Permitted: No individual may participate in more than 5 scrimmages

Quarters Permitted: No individual may participate in more than 6 quarters in any one day OR 108 quarters on the season.

GAME & SCRIMMAGE LIMITATIONS (*Grades 7-8*)

Maximum number of games permitted: 14 and 1 postseason tournament not to exceed 4 games

Scrimmages: Maximum of 1 scrimmage

Scrimmage Note: Scrimmages may be held at any time during the season but must count as the same for both competing teams. In other words, Team A cannot count it as a scrimmage while Team B counts the competition as a game.

Note Regarding Individual Participation: Though there is no limitation on the number of quarters an individual may participate in for scrimmages, individual players are not permitted to participate in more than 1 scrimmage. They are limited to a maximum of 2 hours per day.

INDIVIDUAL CONTEST & QUARTER LIMITATIONS (*Grades 7-8*)

Scrimmages Permitted: No Individual may participate in more than 1 scrimmage.

Quarters Permitted: No individual may participate in more than 6 quarters in any one day OR 56 quarters on the season (any postseason tournament would be permitted up to 16 quarters).

Sports Regulations and Coaching Restrictions

The OHSAA's General Sports Regulations define what coaches may do outside the season of play. These regulations must be understood by all coaches. A few simple facts:

- **Coaches are expected to know, understand and abide by all General Sports Regulations**
- **Member schools agree to abide and self-enforce the General Sports Regulations**
- **All Coaches, whether paid or volunteer, are bound by all General Sports Regulations**

It is the responsibility of the OHSAA to help with the education of these regulations and the schools and coaches to self-enforce them. It is generally easiest to break these regulations affecting coaches into four general categories:

- **Summer rules (May 15 – July 31)**
- **During the season**
- **The no contact period**
- **Outside the season (except May 15 – July 31)**

Summer Rules: May 15 – July 31

Between May 15 and July 31, the out of season and non-interscholastic regulations change slightly. OHSAA Regulations in place during this time have an impact on both **coaches** and **players**. Below is an overview of how the period between May 15 and July 31 affect each:

COACHES

1. Coaches may provide individual or team instruction anytime between May 15 and July 31 to an unlimited amount of their student-athletes.
2. There is a limit of **13** total days that an entire coaching staff, combined, may provide any team instruction (6 or more present).
3. There is a separation of the team instruction days permitted for 7-8 grade and 9-12 grade. In other words, there are 13 total days of instruction permitted for 7-8 graders and 13 total days permitted for 9-12 graders.
4. *General Sport Regulation 7* is in effect from May 15 through the end of July, as it is in other times of the year. This simply means that anytime all the conditions of this regulation are met, the regulation may be used independently of the 13 days permitted for team instruction.
EXAMPLE: If a JV coach is providing instruction to one player or several players, and the head coach is providing instruction to one player or several players at another location on the same day—it counts as one of the 13 days permitted.
5. Volunteer coaches and paid coaches are treated the same—they are under the same OHSAA Regulations.

6. All volunteer coaches and paid coaches are identified by *where they coached the previous season*.
EXAMPLE: If a volunteer coach that coached during the most recent season indicates he/she will not return to coach at the school the next season, they are still regulated by the OHSAA out of season coaching regulations.
7. New coaches to a school district are not provided exceptions to OHSAA Bylaws & Regulations—they are not given more days nor are they permitted any extension of the 13 days past July 31.
8. A new coach to a school district is considered a coach at that school and immediately under the out of season coaching regulations as soon as the school names him/her as the coach of that school—regardless of when that person signs a contract.
9. When school coaches a group comprised of members of the previous year’s school team **in team play**, anytime there are more than 6 individuals that played for the school’s 9-12 teams the previous season present on the team the day of coaching is counted as 1 of the 13 days permitted. Anytime there are 6 or less **in team play**, the day would not count as one of the 13 permitted.
10. Attendance for instruction during the summer **cannot** be mandated to individuals or be part of any implied decision for team selection during the regular season.
11. School administrators are expected and required to monitor compliance as a condition of membership in the OHSAA.

PLAYERS

1. There is no limit to the number of players from the previous year’s school sponsored teams that may play together between May 15 and July 31.
2. Players are identified as those that played for the 9-12 school sponsored team the previous season and those that played for 7-8 school sponsored team the previous season.
EXAMPLE: All players that played for a freshmen, JV or Varsity team the previous season count together. All players that played for a 7-8 team the previous season are counted together but separately from 9-12.
3. Individuals that did not play for a school sponsored team the previous season do not count in any of the out-of-season regulations affecting players.
4. Individuals that indicate they are not going to play next season still count in the out-of-season regulations if they played the previous season.
5. There is no restriction anytime outside the season of play (including May 15 – July 31) that would prohibit 8th graders from playing with 9-12 graders. The restriction *only* exists during the defined sports season.
6. Players are considered in their current grade until August 1, 2025.
7. During the May 15 – July 31 period, there is no regulation that prohibits a player from School A playing on a team

During the Season

Q: *When can we begin practice?*

A: August 1, 2024.

Q: *Though practice does begin on August 1, when are we permitted to have tryouts?*

A: Tryouts and practice are one in the same, and you may begin those on **Friday, August 1, 2024** also.

Q: *How many days do I have to give before making cuts or team selections?*

A: The OHSAA does not regulate this.

Q: *Can we practice on Sunday?*

A: That is entirely up to your school. The OHSAA has no restriction prohibiting Sunday practice, like many regulations, we leave it up to the individual school district.

Q: *Can kids from a middle school travel team practice or train with us?*

A: No. OHSAA Regulations do not permit 7-8 graders to practice or train with 9-12 graders anytime during the defined field hockey season (August 1 – until the last game).

Q: *Can we practice along with a neighboring school?*

A: You may, but it must count as a scrimmage. Anytime two different schools practice together, it must be counted as a scrimmage.

Q: *Can I, as the school coach, coach a travel team during my school season?*

A: Yes. There are no regulations that prohibit this. I always remind coaches doing this they are not exempt from any Recruiting Bylaws within the OHSAA’s Bylaws.

Q: During the season, a player is invited by a college to workout. Is this permissible for the player?

A: **No***. College ID Camps are considered non-interscholastic and are not permitted during the school season, after a student-athlete has become an official member of the school team, and will result in **ineligibility** for the player.

*However, we do have a Non-Interscholastic College ID Camp waiver, that permits a student-athlete to participate in a college ID camp or workout a maximum of two times per season. This waiver is located on the Field Hockey webpage and must be completed by the Athletic Director, coach and student-athlete and turned into the sport administrator.

Q: There continues to be a reference to non-interscholastic field hockey. What is considered non-interscholastic field hockey?

A: Anything that is not the school sponsored team. This includes but is not limited to club, travel, rec leagues, church leagues, collegiate tryouts/workouts, and includes any training, practicing, competing or even trying out.

Q: Does a volunteer helping just 1 day a week need a Pupil Activity Permit?

A: Yes. Ohio Administrative Code requires all coaches, whether paid or volunteer, to possess the PAP before doing any coaching.

The No Contact Period

The No Contact period for field hockey runs from the end of each team's last contest for 28 consecutive days. The No Contact period is designed to provide student-athletes an opportunity to participate in winter sports without undue influence to start training right away for the next Field hockey season. All team sports have a 28 day no-contact period at the end of their season. A few common Q and A's regarding this period of time:

Q: Can players meet to turn in equipment and be provided an evaluation of the previous season?

A: Yes. That is permitted as long as it is done during the equipment turn-in time. You can provide them information for your season-ending awards program, etc.

Q: Can players attend Awards Banquets during this time?

A: Yes.

Q: Are players permitted to meet regarding college plans or with a college recruiter that may come?

A: Yes.

Q: Can players lift weights in the school's weight room during the no-contact period?

A: Yes, a school coach may supervise the weight room; however, there shall be no field hockey instruction.

Q: Does the No Contact Period apply to someone that was just a volunteer on my staff?

A: Yes. All coaches, whether paid or volunteer must be approved by your board of education, must have an ODE issued Pupil Activity Permit and are under all regulations of the OHSAA just as the paid coaches are.

Out-of-Season Regulations

For explanation purposes, the Out-of-Season period is defined as the period:

- **Outside the defined season of play (official start date to team's last contest)**
- **Outside the "No Contact Period"**
- **Outside of May 15 – July 31**

COACHES

1. All OHSAA sponsored sports have a defined start and end date for each sport season.
2. *General Sports Regulation 7* defines all activities that can be conducted by coaches and participated in by players outside of the season.
3. Outside of the season and defined no contact period, school field hockey coaches are permitted to coach individuals that played for their school team in team play on a non-interscholastic team, as long as there are 6 or less individuals from their school team.
COMMENT: Keep in mind 2 things; first, the *GSR 7* limitation (6 in field hockey) is still in effect outside the season for players. So, though a coach *may* coach players in team play from his/her own school, there may still only be 6 players from the school team on the non-interscholastic team.
4. Volunteer coaches and paid coaches must comply with all regulations.

COMMENT: All individuals in the state of Ohio that work with student-athletes as part of a school program whether paid or volunteer, are required to be approved by their respective Boards of Education (or governing body). Therefore, there is no distinction regarding off-season regulations whether a coach is paid or not and must comply. Coaches that indicate they will not return to coach the team the next season are still under the out-of season regulations for the school they coached at the previous season.

5. There is no regulation that would prohibit a school coach from coaching individuals in team play from other schools.
6. There is no regulation that would prohibit a school coach from coaching individuals in team play that played for a non-member school.

COMMENT: Many middle schools/junior highs are members of the Catholic Youth Organization (CYO) and not the OHSAA. Individuals that play in the CYO programs are not under OHSAA Regulations and therefore there is no regulation prohibiting school coaches from coaching them.

7. School administrators are expected and required to monitor compliance as a condition of membership in the OHSAA.
8. Attendance at any activity outside of the season cannot be made mandatory nor considered to be criteria for team selection in the coming year.

PLAYERS

1. Individuals that played for a school sponsored team the previous season are governed by the out-of-season regulations.
2. Individuals that played for a school sponsored team the previous season are permitted to receive individual instruction anytime during the season or out-of-season. They may receive this instruction individually or in a group but the instruction must be *individual* instruction.

COMMENT: Individuals are not permitted to receive team instruction. This prohibits a group of players that played for a school team the previous season from getting together and being coached in team concepts outside the season.

Out-of-Season Q & A's

Q: Can I coach athletes from my school's team in the off-season?

A: Yes. Current regulations allow you to coach 6 or less individuals from your school in team or individual instruction anytime outside the season of play, except for the no contact period. The only time you are allowed to coach more than 6 players in the off-season, is during May 15 – July 31. Please keep in mind that if you are working with more than 6 of your own athletes in the May 15 – July 31 time frame, you must count that towards your 13-day coaching maximum.

Q: Can I coach athletes from other schools in the off-season?

A: Yes. There is no regulation that would prohibit you from coaching athletes at any level from another school.

Q: How many players from our school are permitted to be on the same non-interscholastic team (such as club or travel)?

A: No more than 6 players that played for the 9-12 school team(s) are permitted to be on the same non-school team anytime outside the season of play except during May 15 – July 31. During May 15 – July 31, there may be more than 6 players from the same school team on the same non-school team.

Q: When are players from our school team permitted to play for their club or travel (non-interscholastic) team?

A: As soon as their season is complete.

Q: If a player is a JV player only, do they have to wait until the Varsity team is out of the OHSAA Tournament before playing in club or travel field hockey?

A: No. However, once a player does play in club or travel field hockey (non-interscholastic), they are not eligible to dress or compete on the tournament roster.

Q: As a high school coaching staff member, am I prohibited from working with athletes who attend a 7th-8th grade school in the school district where I am employed?

A: Not necessarily. The answer to this question depends on how the high school coaching staff's contracts are stipulated. If the high school staff has specific responsibilities for the middle school (grades 7 & 8) field hockey program, i.e., either contractual or de facto responsibilities for oversight, training, direct contact with those players during school season, etc., then the high school staff would be accountable to the OHSAA regulations in terms of their work with all field hockey players in grades 7-12. If there were no responsibilities or affiliation with any 7-8 grade school, then high school coaching staff members would have no restrictions placed on them relative to working with 7-8 grade field hockey players either during the school year or during the summer period. Of course, *Sports Regulation 7.3*, which regulates the number of field hockey players on a non-interscholastic squad during the school year, would be in effect.

Out of Season Regulations | Individual Instruction

General Sport Regulation 7, which addresses individual skill instruction, was adopted by the OHSAA's Board of Directors to provide an opportunity to school coaches for them to provide fundamental skill instruction to individuals. **They were not designed to increase or add any additional time for team instruction.**

Effective with the implementation of this regulation, coaches approved by a school's Board of Education (or other governing body) will be permitted to provide **individual skill instruction** to individuals that participated on their school team(s) the previous season. A few of the parameters:

- Mandatory attendance at any individual instruction session is not permitted.
- Individual instruction may not take place during currently defined no contact period.
- There will be a limit of 6 individuals in each instructional group. There is no designation of whether any of the 6 played for the school team or not. In other words, there is a limit of 6 individuals whether they played the sport the previous season or not. 6 individuals, period. There cannot be 6 offensive players and 3 defensive players in the same group. There can be more than one group of 6 present in the same facility, but the groups of 6 may never combine.
- Any part of a day of instruction from May 15 – July 31, where more than 6 individuals are present, shall count toward one of the 13 coaching days permitted.
- It is the responsibility of each school to understand, comply and enforce the parameters of this General Sports Regulation.

Individual Instruction Regulation - Q and A's

Q: What is the intent of providing individual skill instruction?

A: First, the regulation intends to permit education-based (school) coaches to be on the same level as non-school based coaches. School coaches are trained as education-based coaches and the feeling is to provide the same opportunity for these coaches that non-school coaches currently have when it comes to providing skill instruction.

Q: Does this mean I can coach my team outside the season?

A: Yes, as long as you have 6 or less players from your school team. The OHSAA permits a school coach to coach more than 6 players between May 15 – July 31, but you must count those days towards your allotted 13 coaching days during this time.

Q: So, how do you define individual instruction?

A: The coach may provide individual instruction (utilizing the definition of 'coaching'), which is any type of individual skills being taught—for example, passing, striking or goalkeeping techniques. There may be no type of team play.

Q: What if I have 1 player present, is that okay?

A: Yes, because the limit is 6.

Q: What if I have 6 players present, is that okay?

A: Yes, because the limit is 6.

Q: What if I have 6 players present and 4 of my coaches present, is that okay?

A: Yes, because the limit is 6 *individuals* receiving instruction present.

Q: What if I am working with 6 players and a volunteer assistant coach is working with 6 others on the other end of the field, is that okay?

A: Yes, as long as the groups never combine to where there would be more than 6 in one group at one time.

Q: If there are other individuals on the field but the coach(es) are only working with 6 individuals at a time, is this okay?

A: Yes, as long as the groups never combine to where there would be more than 6 in one group at one time. The groups of 6 may rotate between coaches.

Q: Can I have 4 current 11th graders and 2 current 8th graders present to make the total number 6 receiving instruction?

A: Yes, because the limit is 6 and the restriction on 9-12 players with 7-8 players is not in effect outside the season of play.

Q: But, based upon the above, I thought 7-8th graders could not participate/play with 9-12th graders.

A: That regulation is true during the season of play and not in effect outside the season. Local school policy may determine whether you are permitted to do this or not. Please ask your school administration.

Q: May a player receive individual skill instruction during the school's sport season from a non-interscholastic (club, travel, etc.) coach?

A: Yes, individual skill instruction may be received by a squad member at any time in individual lessons provided that these individual skill instructions do not violate any Board of Education, school administrators' or coaches' policies.

Non-Interscholastic Competition

A member of an interscholastic field hockey squad (grades 7-12) sponsored by the Board of Education cannot participate in a non-interscholastic field hockey program (such as club or travel), which includes tryouts, practice and contests, as an individual or a member of a team in the sport of field hockey anytime during the school team's season. A student-athlete becomes a member of the school team when he/she participates in a scrimmage, preview or regular season, or tournament game as a substitute or as a starter.

A member of an interscholastic field hockey team sponsored by the Board of Education may participate in non-interscholastic field hockey (such as club or travel) prior to and after the school season under the following conditions:

- The number of interscholastic field hockey players from the same school on a non-interscholastic team is limited to **six** on the roster of that non-interscholastic team. This number includes all players that played on the school team in the previous season from grades 9-11*.
- A player may continue to play with a non-interscholastic squad in a national qualifying tournament only in excess of the 6-player limit until the squad is eliminated but no later than Labor Day. You must get approval in advance from the OHSAA for this to be permitted.
- A player may play in non-interscholastic field hockey only when the student's team has completed its season.
**Graduating seniors are exempt from this 6-player limitation.*

Indoor Field Hockey

Participation in indoor field hockey, under the rules of the International Rules for Indoor Field Hockey, is not a violation of OHSAA General Sport Regulation 7 for student-athletes. The OHSAA has adopted the understanding and subsequent policy that indoor field hockey is permitted in excess of the 6-player limitation.

OHSAA Post Season Tournaments

The OHSAA will utilize a seeding and drawing procedure for the purpose of placement of teams onto the qualifying tournament brackets in the four tournament sites.

The 2024 draw is scheduled for Sunday, October 6 and will be conducted by each qualifying tournament manager in his or her respective area at a site agreeable to the coaches competing in each tournament. An online seeding procedure will be utilized so that the draw may be conducted as efficiently as possible. This procedure will require you to utilize the Internet to post records and vote for seeded teams. Your tournament manager will send more information to you regarding the specific details of this procedure and the draw meeting. Information concerning the seeding and drawing procedure will be posted to the OHSAA web site at www.ohsaa.org.

NOTE: Failure to seed online shall require a \$150 fine, and the school or schools shall be placed on the bracket after all other teams are placed.

Rating and Voting for Officials

General Sports Regulation 3 **requires** head coaches and Athletic Directors to rate/vote for officials. Failure to participate in the rating/voting process results in a fine.

To make this process work it requires coaches and Athletic Directors to do their part. Officials take this process seriously and it is in everyone's best interest to have the correct input for the assignment of officials. A few important things to note:

1. Coaches **rate** officials, 3 other categories of approved individuals **vote** for officials. Those categories are athletic administrators, each local Officials' Association and a group considered Leaders of Officiating. The Leaders of Officiating category include local Officials Association secretaries and interpreters, instructors currently teaching a class, OHSAA Directors of Officiating Development, OHSAA Administrators, and select OHSAA assigned tournament observers and others as determined by the Assistant Commissioner. A person serving in more than one of the leaders of officiating category may only vote from one of them. Officials can gain a maximum of 15 votes per voting category.
2. Ratings are done at the conclusion of a game; voting is done at the end of the season. As mentioned above, ratings are done by coaches at the conclusion of a game. Officials **are not able** to see how a coach rated.
3. Pools of officials are created as a result of ratings and votes. These pools are arranged into a State Pool and Regional Pool. Each pool has more officials than are needed at that level. Pools are created by mathematically calculating the following:
 1. Coaches rate officials on a 1-5 scale for each Varsity game. If an official receives fewer than 15 ratings, the official receives a rating of 2.5 for each rating fewer than 15. The official's highest three and lowest five ratings are deleted and the officials remaining ratings are used to determine the mean, median and mode of the official's ratings. Those three are totaled for a possible maximum score of 15
 2. The coaches rating is added to votes from the 3 categories for a maximum score of 60 per official.
4. The OHSAA Office utilizes the pools to assign officials to the **Regional and State Tournaments**.
5. All Rating and athletic administrator Voting is done through the *myOHSAA* Data Management System. Therefore, the data must be entered (official's name and event) in Arbiter in order to populate the *myOHSAA* system and receive ratings and/or votes to be included in a pool.

Complete Information found at: <http://www.ohsaa.org/Portals/0/Officiating/OHSAAOfficialsHandbook.pdf#page=26>



Coaches' Code of Ethics

From the NFHS Field Hockey Rules Book

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

The Coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The Coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The Coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The Coach shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.

The Coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The Coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The Coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The Coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The Coach shall not exert pressure on faculty members to give students special consideration.

The Coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

OHSAA Officials Information

NOTE: *With the transition to Dragonfly, changes may be made to the following information. Should the process below change, the Officiating Department will communicate those changes. If you have any officiating questions, please contact a member of the Officiating Department.*

OHSAA field hockey officials must have officiated a minimum of six regular-season varsity high school field hockey games during the 2024 Ohio season in order to be eligible for an OHSAA tournament assignment as well as officiate at least five high school varsity contests during the 2023 season.

Officials residing in a geographic area where an OHSAA Field Hockey Officials Association exists must attend 1 state and 4 local rules meetings. Officials in other geographic regions (both in and out of state) must attend one state rules meeting and successfully complete a rules exam.

In accordance with the provision in Rule 2-1-2, the official's shirt may be of a solid, color contrasting with the color of both team's uniform tops. The colors chosen for OHSAA field hockey officials are fuchsia, orange or yellow. Both officials must wear the fuchsia, orange or yellow colored uniform top in the event that they agree it is necessary.

The officiating uniform for field hockey officials is a black and white vertically striped top. All officials in a game shall wear a fuchsia, orange or yellow shirt if the striped shirt does not contrast with the uniforms of one or both teams. Black skirt, culottes, slacks or shorts with a minimum 4" inseam shall be worn with black shoes. No watch or jewelry, except a timing device, wedding band, medical I.D. or religious medal may be worn. NFHS Rules require that all Field Hockey officials wear or carry a timing device. Emblems and patches are not permitted on the officiating uniform.

EXCEPTION: The authorized OHSAA registered official's patch may be worn on the left breast pocket or on the left sleeve with the top of the patch 1" from the seam.

OFFICIATING ETHICS & CODE OF CONDUCT

(From www.ohsaa.org and the OHSAA Handbook for Officials)

Our member schools have entrusted officials to assist them in the education and development of their youth through athletics. This requires officials to be independent, impartial, and responsible to the people they serve. In recognition of these expectations there is an established **Code of Ethics** and **Code of Conduct** for all officials. The purpose of the code is to establish guidelines for ethical standards of conduct for all officials.

OFFICIATING CODE OF ETHICS

An Official must devote time, thought and study to the rules of the game and the mechanics necessary to carry out these rules so that one may render effective and credible service in a fair and unbiased manner

An Official must work with fellow officials and the state association in a spirit of harmony and cooperation in spite of differences of opinion that may arise during debate of points or rules at issue

An Official must resist every temptation and outside pressure to use one's position as an official to benefit oneself. Under all circumstances, officials must avoid promoting the special interest of any person or group of persons other than the athletes we serve

An Official must constantly uphold the honor and dignity of the avocation in all personal conduct and relations with the student-athletes, coaches, athletic directors, school administrators, colleagues, and the public, to be a worthy example to the athletes under one's jurisdiction

An Official will be prepared both physically and mentally, dress accordingly to expectations and maintain a proper appearance that is befitting the importance of the game

An Official shall avoid the use of **tobacco** and **related products** at the contest site

An Official must remember and recognize that it is important to honor contracts regardless of possible inconvenience or financial loss

Every member of the officiating profession carries a responsibility to act in a manner becoming a professional person. The conduct of any official influences the attitude of the public toward the profession in general as well as toward the official in particular.

Sports officials bear great responsibility for engendering public confidence in sports. They are critical to the health of athletic competitions. Officials ensure games are played fairly, by the rules, within the spirit of the rules and in a safe manner. Officiating takes a great deal of preparation, continuing education and commitment of time.

PRE-SEASON PREPARATIONS

We have encouraged coaches to invite local officials to meet with their team during pre-season workouts. It allows the officials to meet the athletes and discuss new rules. It gives athletes an opportunity to ask questions and have a discussion prior to competition days. We also recommended inviting an official(s) to a pre-season meeting with team parents. Again, it provides a forum for healthy discussions and an opportunity for parents to learn more about the sport. Many of you already participate in such activities, but for those that do not, please get involved!

WEBSITE RESOURCES

Our website includes a great deal of information specifically geared for officials. Go to www.ohsaa.org and click on the "Officiating" tab on the top of the home page. On the Officiating page you will find the following information. When you have questions, this may be a great place to start!

Field Hockey Player and Coach Ejection Protocol

No later than noon of the first school day following an ejection, the officials are required to make contact with the Athletic Director or Principal of the violator's school to advise the administration of the ejection. Also, upon an ejection, the official **files a report online in the DragonFly system with the OHSAA**. Since the procedures listed below are all triggered by the submission of the Officials' Report online, officials are penalized in accordance with OHSAA adopted policies in the event they do not submit the report. After this written report that includes narrative is submitted:

- **The report is automatically sent electronically to the OHSAA and copies to the school's Athletic Director.**
- **The school's Athletic Director is required to submit a reply that includes the school and coach/player side of the events/ejection**
- **In the submitted reply from the school's Athletic Director, he/she is required to submit the coach's email address**
- **Upon the Athletic Director's submission of the Response Form, an email is sent to the ejected coach explaining the consequences (below) of the ejection:**
 - **An ejected coach is suspended from all games for the remainder of the day of the ejection plus all games until 2 at the level of the ejection are completed.** Thus, a JV coach ejected from a JV contest cannot coach a JV OR Varsity contest until 2 JV contests have been played.
 - Ejected coaches must also pay a \$100.00 fine and complete the National Federation of State High School Association's (NFHS) "Teaching and Modeling Behavior" course within 30 days of the ejection. The payment of the fine is completed with an online payment per the instructions provided to the coach on the email he/she receives that is triggered by submission of the School Response Form.
 - Consequences of ejections are to be enforced by the school administration and served by coaches/players even if the above protocol is not completed.

EJECTION PROTOCOL POLICY FOR FIGHTING (PLAYERS AND COACHES):

- Any player or coach ejected for fighting shall be ineligible for all contests for the remainder of that day.
- The penalty for being ejected for fighting is ineligibility for the next four (4) contests at the same level of play that the ejection occurred in.

ALL PLAYER & COACH EJECTIONS ARE FINAL & NOT PERMITTED TO BE APPEALED per the OHSAA Board of Directors.

- Per *OHSAA Bylaw 4-5-4*, any student ejected or disqualified from a game must immediately be placed under direct supervision of a school official or coach. This may be on the bench or in the team area but the player is not to be removed from the site. Coaches are required to leave the facility immediately upon ejection. In the event there is no coach remaining to coach/supervise the team, the game is completed at that point.
- Any player or coach ejected from a scrimmage held prior to the start of the regular season are suspended from the **first regular season contest**. If the ejection occurs from a scrimmage held during the season, the player is suspended from the next regular season contest or OHSAA Tournament contest.
- Other pertinent ejection Information:
 - During the suspension period, the player **MAY** practice with the team;
 - During the suspension period, the player **MAY** be in the bench area and in the locker room before during and after the contest;
 - During the suspension period, the player **MAY** travel with the team to an away contest;
 - During the suspension period, the player **is not permitted in uniform at any time before during or after the contest and may not be on the field for warm-up or to assist with warm-ups.**

Sporting Conduct

NFHS Sporting Conduct Mission Statement

Good sportsmanship is viewed by the National Federation of State High School Associations (NFHS) as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

Special Field Hockey Coaches' Note on Sporting Conduct

Expectations need to be placed on team members relative to sporting behavior. We urge coaches to be at the forefront of setting examples of behavior and translating that into expectations for their student-athletes. It is good for the game and will allow the continued growth of field hockey.

The OHSAA & Sportsmanship

As we prepare for the upcoming seasons, the Ohio High School Athletic Association (OHSAA) wishes to emphasize to each of you the importance of your leadership role in the promotion of sportsmanship, ethics and integrity. The professional manner in which officials and coaches conduct themselves prior to, during and following a contest unquestionably impacts the behavior of others who may be involved.

The OHSAA has joined the National Federation of State High School Associations (NFHS) in its quest to improve sportsmanship, ethics and integrity. We are involved in an ongoing campaign in every sport to do just that. Printed below is the mission statement of the NFHS concerning sportsmanship, ethics, and integrity. Please take the time to read and digest this statement and then carefully consider your impact upon students, officials, coaches, and fans. Thank you and have a great season!

The Ohio High School Athletic Association challenges all of us in the field hockey community to take positive steps toward the goal of attaining the high ideal of good sportsmanship. It is the responsibility of each of us to serve as a positive role model and set high expectations for others.

ADMINISTRATORS

Athletic Departments are comprehensive, pre-eminent teaching departments with a subject matter all their own: self-confidence, leadership, teamwork, discipline, perseverance, respect for others, strategic thinking, dedication, the importance of rules, and sportsmanship. These are true life lessons and participation in athletics provides another forum for learning. Coaches and Officials are responsible for promoting sportsmanship and positive behavior on the field. Administrators, we need your continued assistance in promoting sportsmanship and controlling fan behavior in the stands! Let the parents and fans know what you expect!

COACHES

Your athletes will demonstrate the attitudes and behaviors they have learned from you, either through direct instruction or through observation of your actions. ***Never underestimate the influence you have on your players!*** You must:

- Abide by and teach the rules of the game in letter and in spirit.
- Set a good example for players and spectators to follow.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.
- Display modesty in victory and graciousness in defeat.
- Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.

It is difficult to develop a great finisher, a great setter or a great libero. That is true. However, your greatest challenge is to develop mature young adults who will become great citizens and role models in your community.

OFFICIALS

Your job is not an easy one, but the official must be aware that they are an important component in the educational development of students. To carry out this responsibility, you must:

- Know the rules and mechanics of our sport and the philosophy behind them.
- Be in proper physical shape to keep up with play.
- Maintain professional and ethical relationships with athletic administrators, especially in the area of fulfilling game contracts.
- Work cooperatively with fellow officials during games and within the referees' association to improve members' performances.
- Maintain at all times and when interacting with all participants, an attitude of civility and professionalism.
- Practice effective preventive officiating as much as possible before, during, and after a game. The quiet word, proper signals, timely verbal instructions, a simple thank-you to a player for avoiding an unsporting act, and well-thought-out pre-game conferences with the teams and other game officials will result in an improvement of sportsmanship by eliminating the chance for things to go wrong.

STUDENT-ATHLETES

You serve as a role model for your younger siblings, young fans in the stands, your teammates, and your classmates. Set high expectations for everyone and help them follow-through! You must:

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and the community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with others. This will assist everyone in the achievement of a better understanding and appreciation of the game.
- Treat opponents as you would like to be treated—with respect.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.

Sportsmanship Resources

On the OHSAA's *Respect the Game* webpage you will find fair play codes for athletes, coaches, and fans, as well as additional information regarding parents' role in interscholastic athletics. Please take time to visit this from the OHSAA's website along with many helpful items previously mentioned on the NFHS Learn website at www.nfhslern.com.

Comments by Coaches to News Media

Emotions run high at the end of a contest and coaches are often tempted to make inappropriate comments to the news media covering a game. The OHSAA Constitution and Bylaws reads in part "**Great care shall be exercised in the selection of officials, well in advance of the contest and agreed upon by schools involved.**" Public criticism of officials is a direct reflection upon those who were responsible for assigning the officials to the game. Officials are trained and expected to make no derogatory comments regarding the players, coaches, or schools. Coaches are expected to follow the same procedure in regard to the officials. Coaches violating this rule may be subject to penalties listed in the *Media Regulation* section in our OHSAA Handbook.

Important Sports' Medical Information

The safety of our student-athletes is of utmost concern at all times. Information regarding the following important topics can be found at the OHSAA's "Healthy Lifestyles and Sports Medicine" webpage at <http://www.ohsaa.org/medicine>. Additional information relative to various equipment and rules relative to medical issues can be found throughout this manual as well.

- Heat Stress and Athletic Participation
- Recommendations for Hydration to Prevent Heat Illness
- Suggested Guidelines for Management of Head Trauma in Sports
- Communicable Disease Procedures (can also be found on at the end of the NFHS 2013-14 Rules Book)
- Links to the following sites:
 - Joint Advisory Committee on Sports Medicine
 - Ohio Athletic Trainers Association
 - American Medical Society for Sports Medicine
 - Ohio Parents for Drug Free Youth
 - National Athletic Trainers Association (NATA)
 - Gatorade Sports Science Institute News

NOTE: Should you have a student-athlete that requires a medical device, like an insulin pump or cochlear implants, you must receive a waiver from our office for them to wear said device during play. You may send this request, along with a doctor's note, to Emily Mason at emason@ohsaa.org. Officials must see an official waiver from the OHSAA to allow them to wear said devices during play, as these types of devices would not be permitted per NFHS rule without a waiver.

Concussion Management

Implementation of State Law and NFHS Playing Rules Related to Concussion and Concussed Athletes and Return to Play Protocol

It is important for all individuals involved in interscholastic athletics to recognize the potential for catastrophic injury and even death from concussions. Thus, it is extremely important that each coach, administrator, contest official and medical support personnel review their responsibilities in protecting students. Further both students and parents have responsibilities in this area as well.

Note: It has always been the ultimate responsibility of the coaching staff, in all sports, to ensure that students are only put into practice or contests if they are physically capable of performing. However, all individuals involved in the conduct of interscholastic competition have responsibilities in this endeavor.

In January 2011, the OHSAA Board of Directors adopted a sports regulation which incorporated the National Federation of State High School Associations (NFHS) playing rules related to concussion recognition and management. On April 26, 2013, legislation adopted by Ohio's General Assembly on concussion and head injuries in youth sports became effective. On February 14, 2013, the OHSAA Board of Directors mandated that these regulations become effective on April 26, 2013, for the remainder of the spring sports season and thereafter. This OHSAA regulation, as amended to incorporate this recent legislation, now reads:

Any student, while practicing for or competing in an interscholastic contest, who exhibits signs, symptoms or behaviors consistent with having sustained a concussion or head injury (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the practice or contest by either of the following:

- 1) The individual who is serving as the student's coach during that practice or competition.
- 2) An individual who is serving as a contest official or referee during that practice or competition.

RETURN TO PLAY PROTOCOL

If a student is removed from practice or competition due to a suspected concussion or head injury, the coach or referee who removes the student shall not permit the student, **on the same day the athlete is removed**, to return to that practice or competition or to participate in any other practice or competition for which the coach or contest official is responsible. Thereafter, which means no earlier than the next day, the coach or contest officials shall not permit the student to return to practice or competition until both of the following conditions are satisfied:

- 1) The student's condition is assessed by either of the following:
 - a. A physician, who is a person authorized under Chapter 4731 of the Ohio Revised Code (OCR) to practice medicine and surgery or osteopathic medicine or surgery (M.D. or D.O.)
 - b. Any other licensed health care provider that the school district board of education or other governing authority of a chartered or non-chartered nonpublic school, authorizes to assess the student who has been removed from practice or competition.
- 2) The student receives **written authorization** that it is safe for the student to return to practice or competition from a physician or other licensed health care provider authorized to grant the clearance. Click here <http://www.ohsaa.org/Portals/0/Sports-Medicine/AuthorizationToReenter.pdf> to retrieve the OHSAA's Medical Authorization to Return To Play (RTP) form.

A school district board of education or governing authority of a chartered or non-chartered nonpublic school may authorize a licensed health care provider who is NOT a PHYSICIAN to make an assessment and grant authorization for a student to return to participation only if the provider is acting in accordance with one of the following as applicable to the provider's authority to practice in Ohio:

- 1) In consultation with a physician;
- 2) Pursuant to the referral of a physician;
- 3) In collaboration with a physician, or
- 4) Under the supervision of a physician.

Note: A physician or other licensed health care provider who makes an assessment or grants clearance for a student to return to participation may be a volunteer.

COACHES REQUIREMENTS

All coaches, paid and volunteer, must possess a current Department of Education-issued Pupil Activity Program/Coaching Permit. When renewing this permit, the coach will be required to complete an online concussion education course as stipulated in the section entitled **Approved Online Concussion Education Course**. This course is valid for three years and expires at the time the Pupil Activity Program/Coaching Permit expires.

CONTEST OFFICIALS REQUIREMENTS

New legislation signed into law by the Governor provides that no school "shall permit" an individual to referee interscholastic athletic contests unless the individual holds a Pupil Activity Program/Coaching Permit or has successfully completed within the last three years a training program in concussion recognition. Therefore, all OHSAA licensed officials shall possess either a current Department of Education-issued Pupil Activity Program/Coaching Permit or show evidence of completing an approved online concussion education course as stipulated in the section entitled Approved Online Concussion Education Courses. This course is valid for three years from the date of completion.

STUDENT AND PARENT REQUIREMENTS

All students and their parents or legal guardians shall review and sign the "Concussion Information Sheet" which has been developed by the Ohio Department of Health and which shall be distributed by OHSAA member schools to all students and their parents prior to each sports season. Students and parents shall review and sign this form each year and should keep a copy of the form. In addition, parents and students are encouraged to complete an approved concussion education course.

NFHS SUGGESTED MEDICAL CLEARANCE RETURN TO PLAY PROTOCOL

1. Engage in activities of daily living (i.e., walking).
2. When the athlete appears clear, begin low-impact activity such as walking, stationary bike, etc.
3. Initiate aerobic activity fundamental to specific sport such as running and may also begin progressive strength training activities.
4. Begin non-contact skill drills specific to sport such as serving, hitting, setting, etc.
5. Full contact in practice setting.
6. Game play/competition.
 - Athlete must remain asymptomatic to progress to the next level. (It is often suggested that an athlete not be allowed to progress more than one level per day.)
 - If symptoms recur, athlete must return to previous level and should be reevaluated by an appropriate health care professional.
 - Medical check should occur before contact. (Final written clearance from the medical professional shall be obtained before the athlete engages in any unrestricted or full contact activity.)

QUICK LINKS FROM THE OHIO DEPARTMENT OF HEALTH

[Ohio Department of Health Concussion Information Sheet](#)

[Online Concussion Management Training](#)

[Ohio's Return to Play Law: Frequently Asked Questions](#)

[Ohio's Return to Play Law: What Coaches and Referees Need to Know](#)

[Ohio's Return to Play Law: What Parent/Guardians Need to Know](#)

ADDITIONAL CONCUSSION RESOURCES

[ODH Violence and Injury Prevention Program](#)

[Nationwide Children's Concussion Information Toolkit](#)

[CDC Information on Returning to Schools](#)

[Ohio Legislative Service Commission House Bill 143 Analysis](#)

[Brain Injury Association of Ohio](#)

...CONTINUED ON NEXT PAGE

Concussion Report

Ohio High School Athletic Association
4080 Roselea Place
Columbus, Ohio 43214

OHSAA CONCUSSION REPORT

State Law, NFHS Rules and OHSAA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from a contest and not permitted to reenter competition that same day. This form shall serve to document that a student has been removed from a contest in accordance with State Law, NFHS and OHSAA rules due to exhibiting signs, symptoms and/or behaviors consistent with a concussion. The contest official must complete this form and forward it to the OHSAA within 48 hours after the conclusion of the contest. It is recommended that the official keep a copy of this report. In addition, if required by NFHS rule, an appropriate entry shall be made in the scorebook or other document as prescribed.

Student's Name _____ Date _____

School Name _____

Sport _____

Level of Contest (Circle One) 7th 8th 9th JV Varsity

Official's Name _____ OHSAA Permit # _____

Comments: _____

Please forward to the OHSAA within 48 hours.



Return to Play Form for Schools

MEDICAL AUTHORIZATION TO RETURN TO PLAY WHEN A STUDENT HAS BEEN REMOVED DUE TO A SUSPECTED CONCUSSION – MANDATORY FORM

Ohio State Law as well as NFHS rules and OHSAA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from and/or prevented from participating or continuing to participate in any practice or contest (sports activity) and **not permitted to participate in or reenter practice or competition on the same day as the removal.** After these symptoms are identified, **written medical authorization from a physician (M.D. or D.O.)** or another qualified licensed medical provider, who works in consultation with, collaboration with or under the supervision of an M.D. or D.O. or who is working pursuant to the referral by an M.D. or D.O., AND is authorized by the Board of Education or other governing board, **is required to grant clearance for the student to return to participation.** This form shall serve as the authorization that the physician or licensed medical professional has examined the student, and has cleared the student to return to participation. The physician or licensed medical professional must complete this form and submit to a school administrator prior to the student’s resumption of participation in practice and/or a contest. **To reiterate, this student is not permitted to reenter practice or competition on the same day as the removal.**

I, _____, M.D., D.O. or _____ (other qualified licensed medical provider) have examined the following
(Print name of MD, DO or Other)
student, _____ from _____ High School/7-8th grade school
(Name of Student),
who was removed from and/or prevented from participating or continuing to participate in a _____ (sport) contest at the _____ level (V, JV, 9th, 7-8th) due to exhibition of signs/symptoms/behaviors consistent with a concussion or who is known to have suffered a concussion. I have examined this student, and determined that the student is cleared to resume participation upon the completion of the directions provided below.

PLEASE INDICATE YOUR DIRECTIONS BELOW

- ___ Return to play protocol for concussion as outlined in Amsterdam Consensus Statement 2022 or as attached.
- ___ Return to play protocol for concussion required under direction of Licensed Athletic Trainer or other qualified licensed medical provider as approved in above directive
- ___ Return to play protocol for concussion not required, and the student may return to participation in practice and competition on this date _____
- ___ Other: (explain): _____

VALID ONLY WITH ALL INFORMATION COMPLETED

Signature of Medical Professional

(MD, DO or other qualified Licensed Medical Provider as Approved in the Above Directive)

Date: _____

Contact Information:

(Print or Stamp) Address: _____

Phone: _____

Return to play is also subject to clarification of this document, as deemed necessary, by Licensed Athletic Trainer, other qualified Licensed medical providers authorized by Board of Education or other governing body, or school district administration. Return to play decisions are also subject to recognized principles of conditioning, skill development, mental preparedness, etc. Parent(s)/Guardian and student are reminded that the initial signature document of awareness of signs and symptoms of concussion and need/requirement to report are still in effect. Parent(s)/Guardian and student have a responsibility to report any further signs or symptoms of a concussion or head injury to coaches, administrators and the student- athlete’s doctor. Information regarding signs and symptoms are available from school district personnel or OHSAA website.

PRESENT THIS FORM TO THE SCHOOL ADMINISTRATOR

Communicable Disease Procedures

Though most schools have a Certified Athletic Trainer present at Varsity contests *and* all coaches are required to maintain a valid Pupil Activity Certificate through the Ohio Department of Education that includes a Sports' First Aid component, it is important to keep up to date on the remote risk that blood borne infectious diseases can be transmitted during field hockey practice and contests. For example, Hepatitis B can be present in blood as well as other bodily fluids. Procedures for reducing the potential transmission of these infectious diseases should include, but should not be limited to the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood and other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling dressings, mouthguards and other articles containing body fluids.

You are encouraged to log on to the OHSAA's website at www.ohsaa.org and refer to the Sports' Medicine dropdown menu for additional information.

H1N1 Influenza Policy

The OHSAA's Board of Directors approved the following policy with advice from the Ohio Department of Health and shall observe this policy at tournament time in the event of an H1N1 Influenza outbreak.

1. The Ohio Department of Health has advised that it will be the decision of each local health authority in Ohio as to whether or not to close a school or university due to an influenza outbreak; however, at this time the Centers for Disease Control are not recommending closures except in extreme circumstances.
2. In the event schools remain open, competitors and teams shall be expected to play tournament contests on the dates scheduled.
3. In the event schools are closed, the OHSAA, in conjunction with our District Athletic Boards and tournament personnel, shall reschedule the tournament contest for the schools thus affected.
4. Please watch the OHSAA web site home page at www.ohsaa.org and the specific sport page on the web site for more information.

Lightning and Inclement Weather

Please review these carefully. Though all officials received these procedures in pre-season communication, it would be wise to review with them prior to the game. The Lightning and Inclement Weather Policy is relative to all OHSAA sports and is contained within **Lightning and Inclement Weather Policy**.

WEATHER

Recognition:

Coaches, athletic trainers, athletes, administrators and contest officials should be educated regarding the signs indicating thunderstorm development. Since the average distance between successive lightning flashes is approximately two to three miles ANYTIME that lightning can be seen or heard, the risk is already present. Weather can be monitored using the following methods:

Monitor Weather Patterns – Be aware of potential thunderstorms by monitoring local weather forecasts the day before and morning of the competition, and by scanning the sky for signs of potential thunderstorm activity.

National Weather Service – Weather can also be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions. Any thunderstorm poses a risk of injury or death even if it does not meet the criteria for severe weather. Therefore, anytime thunderstorms are in the forecast (even if it is only a 20 percent chance), event organizers should be at a heightened level of awareness to the potential danger of lightning.

Management:

- **Evacuation-** If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators shall evacuate to available safe structures or shelters. A list of the closest safe structures should be announced and displayed on placards at all athletic venues.
- **Thirty-minute rule*** - Competition or practice shall be suspended once lightning has been recognized or thunder is heard. It is required to wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard prior to resuming practice or competition. Given the average rates of thunderstorm travel, the storm should move 10-12 miles away from the area. This significantly reduces the risk of local lightning flashes.

***NOTE:** At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

Any subsequent lightning or thunder after the beginning of the 30-minute count shall reset the clock, and another count shall begin.

Heat Stress & Athletic Participation

The following information should be reviewed with coaching and sports medicine staff prior to any interscholastic practice where there is a risk of exertional heat illness. While the sport of field hockey does not have a required acclimatization period, please keep the following in mind when dealing with hot gyms and any outdoor activities. *Acclimatization is a period when players can become accustomed to the heat and humidity.*

All coaching and medical staff personnel shall observe the following precautions for **all sports competed outdoors and/or in a hot, humid environment**.

- **Stress to participants the importance of properly hydrating** during the day leading up to the contest/training, and to drink 8-to-12 ounces of water or sport drinks 20 minutes prior to the contest or any training session. This procedure can help prevent problems during practice and contests.
- **Schools shall have unlimited amounts of water** and sport drinks on hand during practices and contests, and coaches in team sports should be prepared to play a lot of players rather than just the starters.
- **Contest officials are permitted to establish predetermined breaks** during contests, such as halfway through each period. At that time, players can drink water and remove their equipment, which should also take place at halftime (the more skin that is exposed, the more cooling that can take place). **This provision also applies to all sports.**
- **Contest managers are advised to monitor conditions** for others affiliated with the contest, like cheerleaders, band members, coaches, officials and especially spectators.
- **Know both the Temperature and Humidity.** The greater the humidity the more difficult it is for the body to cool itself. Test the air prior to practice or a game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement and is the recommended standard of care for assessing risk of exertional heat illness.

The wet bulb temperature should be measured prior to practice, every 30 minutes at minimum during practice, and the intensity and duration of practice adjusted accordingly. Recommendations are as follows:

Under 79.7 F	Normal activities – three separate 3-minute breaks per hour
79.8-84.6 F	Three separate 4-minute breaks per hour
84.7-87.6 F	Maximum practice time of 2 hours; four separate 4-minute breaks per hour; consider postponing practice to later in day
87.8-89.7 F	Maximum of 1 hour of training with four separate 5-minute breaks; no additional conditioning; consider postponing practice to later in day
89.8+ F	No outdoor workouts and no indoor workouts unless air conditioned

The OHSAA advises careful monitoring of the weather and plans to modify training and competition including:

- 1) Modification of equipment, if applicable to the sport
- 2) Allowance for more frequent rest breaks and the use of shaded areas for those breaks
- 3) Modification of practice time
- 4) Availability of water always
- 5) Availability of cold water immersion tubs for onsite cooling
- 6) If exertional heat stroke is suspected, immediate onsite cooling using cold water immersion before transport by EMS
- 7) *Review and practice of the OHSAA's recommended Emergency Action Plan, "Anyone Can a Save A Life," or similar plan for all sports teams with special emphasis on the heat illness section.*