



OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

THIS WEEK IN FIELD HOCKEY | ISSUE 1

AUGUST 1, 2025

TO: OHSAA Field Hockey Head Coaches

FR: Emily Mason, Senior Sport Administrator – *Field Hockey*

RE: *This Week in Field Hockey – Issue 1*

STATE RULES MEETING

Per *General Sport Regulation 2*, all Head Field Hockey Coaches are required to complete the State Rules Meeting. **The Field Hockey Online Rules Meeting is now LIVE on FinalForms**—please see the Rules Meeting deadlines below. All rules interpretation meetings for coaches will be conducted online through your FinalForms account.

HOW TO COMPLETE STATE RULES MEETING ONLINE

All coaches will access the State Rules Meeting through their FinalForms 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. *Please see all dates and deadlines below.*

**Coaches should contact their Athletic Director if they do not have an account.*

TO ACCESS ONLINE RULES MEETINGS

1. Login to your FinalForms account
2. On the landing page, you should see the sport(s) you have been assigned (i.e., *Field Hockey*)
3. Click on the “Form” icon on the left side of Field Hockey (highlighted in **red**)
4. Click on the “Play” button on the video and watch the entire video
5. **Enter coach name at the bottom and click “Submit”, verifying you have watched the video**
6. Once submitted, the listing of “Field Hockey” should turn **green**, as indication that credit has been received

DATES & DEADLINES

The deadline for completion of Rules Meeting is **Saturday, August 16 at 11:59 PM** or a \$50.00 late fee is charged for missing the first deadline. **The final deadline is Monday, September 22 at 11:59 PM.** Beginning on Tuesday, September 23 at 12:00 AM, the Field Hockey Rules Meeting is no longer available and the penalty shall apply.

The penalty for not viewing the Field Hockey Rules Meeting by September 22 at 11:59 PM is **REMOVAL FROM THE POSTSEASON TOURNAMENT.**

NFHS FIELD HOCKEY RULE CHANGES

The 2025 NFHS Field Hockey Rule Changes are covered in greater detail in the 2025 Field Hockey Rules Meeting. Please see below for a quick summary of changes. **NOTE:** the changes are highlighted in gray, followed by the explained rationale.

1-5-1b: The home team shall wear single solid **dark-colored** uniform tops front and back on the torso, and the visiting team shall wear single solid white uniform tops front and back on the torso.

RATIONALE: Switching the home uniform to dark and away uniform to white will allow schools to display their school colors during home games on their campus.

1-6-5: a. Goggles may be worn by all field players.

b. A face mask may be worn by field players throughout the game. The face mask shall be smooth, rounded, preferably transparent or single-colored. It shall not be attached to any hard, unyielding headgear (even if padded).

c. A wire-caged face mask that is smooth and rounded may be worn for defending penalty corners. Players shall remove the wire-caged masks at the completion of the penalty corner. If no suitable opportunity to remove the mask arises, they may continue to wear it within the 25-yard area.

RATIONALE: The use of a wire-caged penalty corner mask introduces another option for face protection when defending a penalty corner. Flexibility is provided when no suitable opportunity to immediately remove the wire-caged mask arises at the completion of the penalty corner, but these types of masks should be removed before leaving the 25-yard area.

4-4-3: There shall be no substitutions prior to a penalty corner. Substitution may occur following the **completion of the penalty corner**. Substitution shall be permitted prior to a penalty stroke.

RATIONALE: Modifying the timing of substitution during a penalty corner will reduce confusion for both athletes and umpires. Players cannot substitute until after the completion of the corner.

8-2-1 PENALTIES 2, 3 (NEW): 2. When a goalkeeper is suspended for a **uniform jersey violation**, the coach shall remove one field player for the suspension, and the goalkeeper may remain in the game.

3. When a goalkeeper is disqualified or suspended for any reason other than a jersey violation, the coach shall remove one field player for the suspension and the offending goalkeeper shall be replaced by another fully outfitted goalkeeper.

RATIONALE: This change aligns with the 2024 adjustment to the goalkeeper uniform penalty (1-8-1 NOTE 2) and clarifies the distinction between a jersey violation and an equipment violation penalty.

11-2-7: If a penalty stroke has been awarded at the end of the first three quarters, the game shall continue to permit completion of the penalty stroke. If the penalty stroke is awarded at the end of the game, the game shall continue in order to complete the penalty stroke unless the scoring opportunity of the goal would not influence the outcome of the game. If time expires just before an official makes a decision, officials are permitted to enforce the rule immediately after the end of the quarter.

RATIONALE: Brings the language for end-of-game procedures for a penalty stroke in line with end-of-game procedures for penalty corners. If there is a penalty stroke awarded at the end of the game, and it would not impact the outcome of the game, the penalty stroke with not be taken.

NFHS FIELD HOCKEY RULES BOOK CORRECTIONS

I forwarded an email from the NFHS Field Hockey administrator to all OHSAA Field Hockey Head Coaches on the morning of Friday, August 1, that shared corrections that need to be made to the 2025 NFHS Field Hockey Rules Book. Please see the corrections below. **NOTE:** the changes are highlighted in gray or struck out.

(PAGE 10) 1-5-II: The home team shall wear solid knee-length ~~white~~ contrasting dark colored socks/sock guards (not rolled down) and the visiting team shall wear solid knee-length ~~contrasting dark~~ white colored socks/sock guards (not rolled down).

(PAGE 47) 10-2-I: Substitutions may occur immediately following the insertion from the end line at the completion of the penalty corner. A suspended player returning to the game when a penalty corner has been awarded ~~my only do so after the ball has been put int play by the inserter~~ must follow substitution rules.

Thank you!

EMILY MASON | SENIOR SPORT ADMINISTRATOR

Ohio High School Athletic Association

4080 Roselea Place, Columbus, Ohio 43214

E: emason@ohsaa.org | P: 614-267-2502 x 107