2026 SECTION XI
FIELD HOCKEY
COACHES HANDBOOK



To: Suffolk County HSField Hockey Coaches
From: Deb Ferry & Katie Mitchell, Section XI Field Hockey Chairpeople
Subject: 2026 Section XI Field Hockey Handbook
Date: Fall 2026

Welcome back, coaches, to the 2026 field hockey season! On behalf of Section XI, we are thrilled to officially launch another incredible year of athletic excellence and growth with all of you.

Every new season brings a wave of fresh energy, renewed rivalries, and unmatched opportunities to elevate our sport. Whether you are stepping onto the sidelines for your very first year or bringing decades of coaching experience to the field, your leadership is the true backbone of our program.

IT is our vision for the year to center on deepening our commitment to high-level competition anchored in unwavering integrity. The work you do every day shapes far more than game strategy—it builds character, resilience, and lifelong memories for our student-athletes. When we prioritize continuous skill development alongside genuine sportsmanship, we create an atmosphere where every player can reach their full potential.

Let's lead by example this season by fostering absolute respect for our officials, opponents, and the game itself. Together, we have the power to keep Section XI field hockey as a benchmark for athletic and personal excellence across the region.

Thank you for your incredible dedication, your time, and your relentless passion for our sport. I look forward to seeing you all out on the turf for a phenomenal 2026 season!

Sincerely,

Deb Ferry & Katie Mitchell
Section XI Field Hockey Chairpeople

SECTION XI FIELD HOCKEY HANDBOOK
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FIELD HOCKEY HANDBOOK

Suffolk County Field Hockey Coaches Association:
Scfhca@gmail.com

- Tina Moon: President
- Lauren Desiderio: Vice President
- Mary Drago: Treasurer
- Jennifer Piscitelli: Secretary
- website: www.scfhca.org

Suffolk County Field Hockey Umpires' Association:

- Gina DiPalo: President
  - gndipalo@gmail.com
- Cheryl Hack: Rules Interpreter
  - (631) 484-9342
  - cherylhack06@gmail.com

Division I Representatives:

- Carly Sharp - Sachem North (2024, 2025 & 2026)
- Christine Scharpf - Walt Whitman (2026, 2027 & 2028)

Division II Representatives:

- Alana Lamorte - Miller Place (2024, 2025 & 2026)
- Ann Naughton - ESM (2026, 2027 & 2028)
- Tisha Werner - Sayville (2026, 2027, & 2028)

1. ***** NYSPHSAA Practice RULE*** 6 practices before 1st scrimmage or game**
    - Important Dates:
        - August 24th: Start Date – must practice before 10am or after 5pm
        - August 27th : LAST DAY OF THE 10-5 Rule (Lifted on Aug. 28th)
        - Monday, August 31st: First possible scrimmage or game (if your team practiced 6 DAYS between 8/24 - 8/30
        - Teams may not practice consecutively for 7 days

2. **Latest Rules Updates from the NFHS (updated February 2026):**

    - 1-6-1: The rule was modified to clarify that tooth and mouth protectors may not include non-functional or unsafe attachments.

        - Rationale: The tooth and mouth protector is intended solely to protect the teeth, mouth, and lips. Attachments or components that do not serve this purpose, or that pose a safety risk, are not permitted.

    - 4-4-3: The rule was revised to limit substitutions prior to a penalty corner to goalkeeper safety situations. Substitution is permitted only for an ill, injured, suspended, or disqualified defending goalkeeper. That goalkeeper must be replaced by a properly equipped substitute goalkeeper.

        - Rationale: Limiting substitutions prior to a penalty corner addresses safety concerns while preserving the integrity and continuity of the penalty corner procedure.

    - 10-3-3 PENALTIES: The rule was clarified to assign responsibility when an attacking player enters the circle early. For an offense of this rule by an attacker who enters the circle before the ball is played, the inserter shall be required to go beyond the center line.

        - Rationale: Requiring the inserter to go beyond the center line provides a clear, consistent, and easily administered penalty, simplifies enforcement, and promotes proper positioning and discipline during penalty corner setup.

3. 2026 Field Hockey Rules Interpretations

- SITUATION 1: A penalty corner has been awarded. Before the ball is inserted, a defending field player becomes ill or injured. The coach attempts to substitute a player from the bench before the penalty corner is completed. RULING: Illegal. COMMENT: Rule 4-4-3 permits substitution prior to the completion of a penalty corner only for the replacement of an ill, injured, suspended or disqualified goalkeeper. A field player who becomes ill or injured during the setup of a penalty corner may be replaced by another player who is already legally on the field. No substitute may enter from the bench until the penalty corner has been completed.

- SITUATION 2: A penalty corner has been awarded. During the setup for the penalty corner, the suspension time for a player expires. The player waits until the penalty corner has been completed before re-entering the game. RULING: Correct procedure. COMMENT: Rule 4-4-7 requires a suspended player returning to the game to follow the substitution provisions of Rule 4-4. Since substitutions are not permitted during a penalty corner, the suspended player must wait until the penalty corner has been completed before legally re-entering the game.

- SITUATION 3: A penalty corner has been awarded. Before the ball is inserted, the defending team attempts to substitute for a field player for tactical reasons. RULING: Illegal substitution. COMMENT: Once a penalty corner has been awarded, field player substitutions are prohibited until the penalty corner has been completed. The only exception is the replacement of an ill, injured, suspended or disqualified goalkeeper with a properly equipped substitute goalkeeper, as permitted by Rule 4-4-3.

- SITUATION 4: A penalty corner has been awarded. Before the ball is inserted, an official observes an unauthorized substitute entering the field. The substitute has not participated in play or influenced the penalty corner. RULING: Play continues. COMMENT: If the illegally substituted player has not participated in play or affected the penalty corner, the official should allow play to continue and address the illegal substitution at the next appropriate stoppage by assessing the appropriate penalty to the head coach. This prevents a team from

gaining an advantage by using an illegal substitution to intentionally interrupt play.

- SITUATION 5: A penalty corner has been awarded. Before the ball is inserted, an unauthorized substitute enters the field and participates in or influences play. RULING: The official shall stop play immediately. COMMENT: Once an illegally substituted player participates in or affects play, the official shall stop play, assess the appropriate penalty, and administer the proper restart in accordance with the rules. An illegally substituted player shall not be permitted to gain an advantage by participating in the penalty corner.

- SITUATION 6: During a penalty corner, the defending goalkeeper becomes ill, injured, suspended, or disqualified. RULING: A properly equipped substitute goalkeeper shall replace the goalkeeper before play resumes. COMMENT: Rule 4-4-3 permits the replacement of an ill, injured, suspended, or disqualified goalkeeper during a penalty corner. Player safety requires that the defending team have a properly equipped goalkeeper before play resumes. If the goalkeeper is suspended or disqualified, the team shall continue play with one fewer field player, as required by rule. If the goalkeeper is ill or injured, the team is not required to play short, provided a properly equipped substitute goalkeeper is available.

4. Field Hockey Points of Emphasis - 2026 (BY NFHS ON February 25, 2026 | FIELD HOCKEY, RULES)

- Penalty Corner- Retaken vs. Subsequent Corners
  - ➢ It is important to distinguish between a retaken penalty corner and a subsequent penalty corner. A retaken penalty corner results from a foul occurring during the initial penalty corner before completion, and the original penalty corner is retaken. A subsequent penalty corner is awarded when a new foul by the defending team occurs after the original penalty corner has been completed, resulting in a new penalty corner being awarded. A subsequently taken penalty corner may be defended by up to five players. (10-3-1)
- Penalty Corners – Early Entry
  - ➢ Any attacker who enters the circle before the ball is played has committed a violation. When this occurs the inserter shall be required to

go beyond the center line regardless of which attacking player commits the early entry.

- Any defender who enters the circle before the ball is played has committed a violation. When this occurs that player shall be required to go beyond the center line and shall not be replaced. The team will continue to play down on any retaken penalty corner, and the team may go back to full on a subsequent penalty corner.
- Any player (attack or defense) who has been required to go beyond the center line because of an infraction may not return for a retaken penalty corner. If a subsequent penalty corner is called, all player are eligible and a defending team can have up to five players.
- Officials should emphasize proactive positioning, clear communication, and consistent enforcement to prevent early entry violations. Applying the penalty consistently, sending the inserter beyond the center line, promotes continuity across all levels of play, reduces repeated violations, and reinforces proper penalty corner mechanics for players, coaches, and officials alike. (10-3-3, 10-2-11, 10-3 PENALTIES)

- Substitution During a Penalty Corner
  - NFHS rules prohibit entry of any player from the time the penalty corner is awarded until after it has been completed. This includes players returning from suspension.
  - No substitutions are permitted during a penalty corner for any reason, including illness or injury of a field player. All players shall follow substitution rules and procedures, and substitutions may only occur after the penalty corner is completed. The defending goalkeeper is the only exception to this restriction in the case of illness, injury, suspension or disqualification. In the case of suspension or disqualification, the goalkeeper must be replaced by a properly equipped substitute goalkeeper, and the team must reduce the number of field players by one.
  - Officials and coaches should be vigilant in monitoring substitutions during penalty corner situations to ensure consistent enforcement. Strict adherence to this rule preserves fairness and maintains the integrity of the penalty corner as a critical scoring opportunity. (4-4-3, 10-3-1).
- Wire-Caged Face Masks Outside the 25-Yard Line
  - Player safety remains a primary focus of NFHS Field Hockey, particularly regarding protective equipment worn during penalty corners. The use of a smooth, rounded wire-caged face mask while defending a

penalty corner is permitted. However, players are expected to remove the wire-caged mask immediately upon completion of the penalty corner. If there is no suitable opportunity exists to safely remove the mask, the player may continue to wear it only while remaining within the 25-yard area.

- If a player crosses the 25-yard line while still wearing a wire-caged face mask, this constitutes a violation. In this situation, if the offending player is involved in play, officials may stop play immediately, award a free hit to the opponent at the 25-yard line, and issue a misconduct. All standard free-hit parameters within the 25-yard area apply. If not involved in play, officials should wait for the next natural stoppage of play to issue the misconduct and a free hit is not awarded for the violation.
- Prompt recognition and enforcement of this rule promote consistency, reinforce proper equipment usage, and help protect all players during live play. (1-6-5 PENALTIES 1, 8-2-1 PENALTIES 1)

- Player Equipment – Tooth and Mouth Protectors
  - Tooth and mouth protectors must be appropriately designed and worn as intended. While custom-fitted or properly molded protectors are required, officials should ensure that any protector used does not include attachments or features that do not directly serve a protective function. Items added for decorative, convenience, or non-protective purposes are not permitted, as they may compromise safety or create additional risk to the wearer or other players.

5. **LENGTH OF PERIODS**
   - 4 quarters of 15 minutes
   - TIME OUT: Each team shall be permitted one 90-second time-out per game (may not be taken immediately following the intervals between quarters)
     - Team requesting the TO must have possession of the ball
     - Or after a goal is scored
   - Center Pass
     - Team that begins Q1 with center pass gets it for Q 2
     - The other team gets the center pass for Q 3 & Q 4
   - Teams continue same direction for Q 1 & Q 2 & Switch at ½ time
   - 2 minutes between Q1/2 & Q3/4
   - ½ time will be no longer than 10 minutes

6. **OVERTIME PROCEDURE** - ***Used in Varsity games only during the regular season***
    a. Section XI will use a maximum of ***ONE (1) 7V7 Sudden Victory 10 minute*** as per NYS Guidelines, prior to playoffs
        i. If a tie still exists after the 10 minute overtime a Shoot-Out will take place **(see overtime procedures - next page)**
    b. It is the responsibility of all Coaches to understand the Overtime Procedure
    c. ***Overtime for all POST SEASON games*** will follow the entire NYSPHSAA Overtime Procedure (next pages)
    d. During all regular season JV contests, should the game end in a tie, one shootout will take place. If there is a tie at the end of the shoot-out the game ends in a tie. At the end of the regulation game, there will be a coaching intermission that will last up to 5 minutes.
    e. ***THERE IS NO OVER TIME FOR MIDDLE SCHOOL***

2026 Field Hockey Overtime Procedures FOR ALL PLAYOFF GAMES (NO CHANGES from LAST YEAR)

At the end of the regulation game, there will be a coaching intermission that will last up to 5 minutes.

The Officials will:

- Meet with Captains and Coach.
- Toss of coin: the **Visiting team** calls the toss. The winner of the toss gets choice of possession OR end of field.
- The tableside official remains the head official for all segments of the overtime procedures.

I. **Ten minute OT 7 V 7 sudden victory OT period**:

- Rolling substitutions are permitted.
- Each team is permitted one time out during the 10-minute overtime period
- Defensive corners during 7 v 7:
- Defense will be reduced to 4 players (3 plus goalie) behind end line
- The remaining defensive player goes behind the 50 yd line with the rest of the team.
- The attack remains the same.

II. If a tie still exists after the first 10 minute overtime, the teams will play a second 10 minute
7 V 7 Sudden Victory overtime period.

- A coaching intermission, lasting 5 minutes, will be allowed prior to the start of the second OT period.
- Teams will change ends of the field, the team not having possession at the start of the first OT shall have possession to start the second OT.
- Time-outs may not be carried over from the previous period, each team is allowed one time out.
- Rolling substitution are permitted.
- Defensive corners same as above.

- The attack remains the same.

III. If the score remains tied at the end of the <u>second</u> 10 minute overtime period; a Shoot-out will take place.

A **<u>set of 5 alternating shoot outs take place in each series.</u> A full set of 5 is played.**

- Players from each team take a 1v1 shoot-out, alternately against the goalkeeper of the other team.
- Five (5) players per team will take the shoot-out in the sequence nominated and communicated by the team to the umpires on duty before the start of the shoot-out competition. The order of shoot-out must be indicated to the umpires at the coin toss.
- The umpires, in conjunction with the tournament committee will choose the goal to be used.
- Toss of coin: The **Visiting team** calls the toss. The team which wins the toss has the choice to take or defend the first shoot-out.
- The team scoring or awarded the most goals is the winner and the competition ceases once an outright winner is determined. Winner is declared: when there is a clear winner and play is not necessary to finish the group of 5. ex: during the 1st group of five 1v1 scenarios, the score is 4-1 , there is no need to play out the last two players.

PLAYERS AND COACHES—

1. When not involved in play, the Goalkeeper may stand on the end line on the side of the goal closest to her team OR may stand behind the 25 yd line with the 5 players involved in the shootout.
2. Team members, and coaches not involved in the shootout, may stand on the field, behind the 30 yd. line, 5-10 yards from the sideline. One team on each side of the field.
3. PLAYERS should be ready for the next shootout, but not raced into the set up.
4. If the goalie is a shooter, she is considered a field player.

    - A player who has been excluded permanently (red card) from the field of play during that same match, cannot take part in any shoot-out competition.
    - A team with a player who was carded during the shootout, must play short in the shootout period.

IV. Shootout:

OFFICIALS:

- Lead and Trail officials will call the shootout.
- Lead official during regulation time will continue to be lead regardless of which goal is chosen.
- Table official will keep time.
- If Sectional games have a Certified *Table official,* the *Table official* will keep the time. If a Certified Official is not assigned to the table during Sectional games, the timer will turn her/his back to the field and start the 10 seconds with the official's whistle. The official time will be kept on the field.
- Officials should not feel they have to move the 1v1 along. Officials should scan both benches, allowing players and coaches a reasonable amount of time to set up for each shootout.

PROCEDURE:

- The goalkeeper starts on or behind the goal line between the posts.
- The ball is placed on the nearest 25 yd line opposite the center of the goal.
- The attacker stands outside the 25 yd line near the ball.
- The umpire blows the whistle to signal the start of the shootout; the attacker and the goalkeeper may then move in any direction.
- The shoot-out is completed under the following conditions:
  - **10** seconds has elapsed.
  - The attacker scores a goal.
  - The attacker commits a foul.
  - The goalkeeper commits an unintentional foul in which case the shoot-out is re-taken.
  - The goalkeeper commits an intentional foul, in which case a penalty stroke is awarded.
  - The ball goes out of play over the back-line or side-line; this includes the goalkeeper intentionally playing the ball over the back-line (not a foul). The ball simply going outside the circle a second time does not constitute the end of a shoot-out.

Replacement situations

- If a penalty stroke is awarded as specified above, it is taken by the two players involved in the shoot-out concerned, unless either of them is incapacitated or suspended. This penalty stroke will take place before the next available shoot-out takes place.
- If the replacement goalkeeper is a field player, that player is allowed reasonable time

to put on protective equipment.

- If during a shoot-out competition, a defending goalkeeper is incapacitated, that goalkeeper may be replaced by another goalkeeper.
- If during the shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player from the team unless suspended by the umpire prior to or during the shoot-out competition.

V. **<u>If a tie still exists after the first series of 5 shoot-out, a second series of 5 shoot-outs</u>** will take place.
   - Coaches may change the order and/or players before the start of the second shootout.
   - A coaching intermission lasting 2 minutes, will be allowed prior to the start of the second shoot-out period.
   - The coach must inform the umpires as to the order in which the nominated players take the shoot-out.
   - The team who had taken the first shoot-out of the first series must defend the second series.

****If a tie still exists after a second series of 5 shootouts, Sudden Victory of 5 additional shoot-outs are taken. (Follow the same process criteria as above.)**

VI. Misconduct:

1. Each team will begin the first 7v7 overtime with seven players, one of which must be a
   Goalkeeper, (unless players were disqualified or have not completed a suspension during any previous playing period. Teams will play short during this time.)
2. Any player who has been disqualified (Red Carded) during regulation play is not eligible for the overtime period and the team will plays short for the entire overtime.
3. A player suspended (Green/Yellow Carded) during regulation play, would be eligible at the completion of the suspension timeframe of the 7v7 periods. The team plays short until the suspension is completed.
4. At the beginning of the first round of 1v1 shootout, a suspended player with time that is carried over into the 1v1 shootout round will be unable to participate in any future shootout rounds. **Teams will start the 1 v1 shootout with 5 players**.
5. If an Attack player is Green / Yellow carded **during** the shootout, that player

may be replaced with an eligible shooter to participate in any future shoot outs. However the player carded will be unable to participate in any future shootout rounds. Any further player who is carded during the shootout will follow the same procedure.

6. If an Attack player is Red carded **during** the shootout, their team will only have 4 shooters participate in any future shootouts. The player carded will be unable to participate in any future shootout rounds. Any future shoot-out the player was entitled to take counts as no goal. The spot of the no goal in future shootouts will be determined by the carded player's coach.
7. If a goalie is carded **during** the shootout, she is replaced and is unable to participate in any future rounds. The replacement goalkeeper is allowed reasonable time to put on protective equipment. If the goalie is Red carded, she will be replaced and is unable to participate in any future rounds. An Attack player will be removed from the shootout series and her spot in future shootouts will count as a no goal. The spot of the no goal in future shootouts will be determined by the carded player's coach.
8. It is expected that the players and coaches will not enter the field of play until the official has signaled the end of the game or overtime. Failure to comply will be treated as misconduct.

Protest Procedure *for Section XI* –see Section XI Handbook (on Section XI website) for general concepts (not to be used for State Tournament)

f. The intent to protest and specific reason(s) for such must be filed with the officials (if any) and the opposing coach as follows:
    i. Immediately (if necessary, a substitute is to be sent to notify the official that the coach is protesting the game). If the game ends before the protest can be lodged, the protest must be made before the teams leave the field.

g. Letter - The Executive Director must receive a protest letter from the high school principal co-signed by the athletic director describing the basis for the protest. Such letter must be received within five days of the contest protested and be accompanied by a certified or school district check payable to Section XI in the amount of three hundred dollars, refundable only if protest is upheld.

7. **Suspended Game:** If a game, during the regular season, is suspended during the first two quarters, the game shall resume from the point of interruption. If the game is interrupted after the completion of the first two quarters, the game is completed. **For Playoffs,** all games will be played in its entirety.

8. **Team Schedules:** are posted on the SECTION XI website

9. **Varsity Game Results:** The winning teams coach must report the scores to **NEWSDAY**
    - Many of you may already have an account for it (they're free, and independent of a subscription to Newsday.com) and have used it in the past. If not, here are the steps to register. It only takes a couple minutes to do it all. It is optimized for mobile use, so you can register and/or report your scores via a smartphone or tablet without issue. **We recommend creating an account and entering your roster before a game to make it easier for you when it comes time to report the game scores and stats**.
    - **How it will work**: There are fields to report the scores by quarter/period/half, fields to report game statistics and an opportunity to fill out some game highlight information. From there, a member of the Newsday high school staff will review the information, make any necessary edits and post it to your team page on our website, same as always. If there are questions or something to follow up on, Newsday will contact the person who submitted the information, so it is important to make sure your phone number and email address are current.
    - **How to create an account**
        - Go to https://newsday.com/coach

- Click CREATE ACCOUNT and fill out the required information fields. If possible, avoid using an aol.com address.
- You'll receive a verification email where you will need to click the link and follow the steps to assign your team to your account.
- If you report scores for multiple teams, you can register them all at once.
- Once you complete that step, an email automatically is generated and sent to us for final approval.
- Once approval is saved, you will be able to **report game scores and stats**, **edit rosters** and **add/edit games on your schedule**. (In most instances, Newsday will import schedules at the beginning of each season, but we realize there always will be changes

- **If you already have an account**
  - Go to https://newsday.com/coach and sign in to make sure everything is correct in terms of teams, schools and contact information.
  - If you don't remember your password, there's a "FORGOT PASSWORD?" link available you can click to reset it.

Important notes

1. This system is mobile-friendly, so it works on all devices and is optimized accordingly.
2. Typically, the winning team reports the scores, but we encourage all coaches in all sports to input their stats after a game. It helps to keep the data as accurate as possible.

10. **Letter from Executive Director Thomas Combs: Rating Official - ONLINE Rating:**
    - Your athletic director should provide you with a login and password to record the ratings of your officials
    - These ratings determine which officials work play-off games as well as which officials move up

11. **Field Hockey Placement & Seeding: CLICK HERE**
    - **State Classification Field Hockey Numbers for 2026:**
      - Class A = 915 – up
      - Class B = 450 – 914
      - Class C = 449 - below
    - **FIELD HOCKEY – ADVANCING TO PLAYOFFS**
      - **DIVISION I Class A Schools** – Power Ranked - 14 League/ 2 NL
        - Class A: The TEN (10) highest-ranking teams qualify for postseason play.

        - Strength of Schedule Point System – Each team will get ONE point added to their end of the seeding Power Points, based on the pre-season seeding. **POINTS WILL BE ADDED AT THE CONCLUSION OF THE SEASON.**
        - **DIVISION CHAMPIONS** are the top THREE teams at the conclusion of the regular season
    - **<u>DIVISION II Class B and C Schools</u>** will play each team once (16 Game Schedule).
        - All teams with a .500 or better record will make playoffs
        - Class "C" Schools have the right to petition in due to a mixed classification division
        - **DIVISION CHAMPIONS** are the top THREE teams at the conclusion of the regular season

12. NYSPHSAA Concussions (CLICK HERE)

Concussions: The Invisible Injury

Student and Parent Information Sheet

CONCUSSION DEFINITION

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

FACTS ABOUT CONCUSSIONS ACCORDING TO THE CENTER FOR DISEASE CONTROL (CDC)

- An estimated 4 million people under age 19 sustain a head injury annually. Of these approximately 52,000 die and 275,000 are hospitalized.
- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion.

In New York State in 2009, approximately 50,500 children under the age of 19 visited the emergency room for a traumatic brain injury and of those approximately 3,000 were hospitalized.

REQUIREMENTS OF SCHOOL DISTRICTS

Education:

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.
  - School coaches and physical education teachers must complete the CDC course. (www.cdc.gov/concussion/HeadsUp/online_training.html)
  - School nurses and certified athletic trainers must complete the concussion course. (http://preventingconcussions.org)

Information:

- Provide concussion management information and sign off with any parental permission form.
- The concussion management and awareness information or the State Education Department's web site must be made available on the school web site, if one exists.

Removal from athletics:

- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.
  - Such authorization must be kept in the pupil's permanent heath record.
  - Schools shall follow directives issued by the pupil's treating physician.

SYMPTOMS

Symptoms of a concussion are the result of a temporary change in the brain's function. In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g. recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

Symptoms include, but are not limited to:

- Decreased or absent memory of events prior to or immed-iately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting and/or loss of appetite
- Irritability, sadness or other changes in personality
- Feeling sluggish, foggy or light-headed
- Concentration or focusing problems
- Drowsiness
- Fatigue and/or sleep issues – sleeping more or less than usual

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room.

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from the nose

STATE EDUCATION DEPARTMENT'S GUIDANCE FOR CONCUSSION MANAGEMENT

Schools are advised to develop a written concussion management policy. A sample policy is available on the NYSPHSAA web site at www.nysphsaa.org. The policy should include:

- A commitment to reduce the risk of head injuries.
- A procedure and treatment plan developed by the district medical director.
- A procedure to ensure proper education for school nurses, certified athletic trainers, physical education teachers, and coaches.
- A procedure for a coordinated communication plan among appropriate staff.
- A procedure for periodic review of the concussion management program.

RETURN TO LEARN and RETURN TO PLAY PROTOCOLS

Cognitive Rest: Activities students should avoid include, but are not limited to, the following:

- Computers and video games
- Television viewing
- Texting
- Reading or writing
- Studying or homework
- Taking a test or completing significant projects
- Loud music
- Bright lights

Students may only be able to attend school for short periods of time. Accommodations may have to be made for missed tests and assignments.

Physical Rest: Activities students should avoid include, but are not limited to, the following:

- Contact and collision
- High speed, intense exercise and/or sports
- High risk for re-injury or impacts
- Any activity that results in an increased heart rate or increased head pressure

Return to Play Protocol once symptom free for 24 hours and cleared by School Medical Director:

Day 1: Low impact, non strenuous, light aerobic activity.

Day 2: Higher impact, higher exertion, moderate aerobic activity. No resistance training.

Day 3: Sport specific non-contact activity. Low resistance weight training with a spotter.

Day 4: Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.

Day 5: Full contact training drills and intense aerobic activity.

Day 6: Return to full activities with clearance from School Medical Director.

Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.

CONCUSSION MANAGEMENT TEAM

Schools may, at their discretion, form a concussion management team to implement and monitor the concussion management policy and program. The team could include, but is not limited to, the following:

- Students
- Parents/Guardians
- School Administrators
- Medical Director
- Private Medical Provider
- School Nurse
- Director of Physical Education and/or Athletic Director
- Certified Athletic Trainer
- Physical Education Teacher and/or Coaches
- Classroom Teachers

OTHER RESOURCES

- New York State Education Department

http://www.p12.nysed.gov/sss/schoolhealth/schoolhealthservices

- New York State Department of Health

http://www.health.ny.gov/prevention/injury_prevention/concussion/htm

- New York State Public High School Athletic Association

www.nysphsaa.org/safety/

- Center for Disease Control and Prevention

http://cdc.gov/TraumaticBrainInjury

- National Federation of High Schools

www.nfhslearn.com – The FREE Concussion Management course does not meet education requirement.

- Child Health Plus

http://www.health.ny.gov/health_care/managed_care/consumer_guide/about_child_health_plus.htm

- Local Department of Social Services – New York State Department of Health

http://www.health.ny.gov/health_care/medicaid/ldss/htm

- Brain Injury Association of New York State

http://www.bianys.org

- Nationwide Children's Hospital – Concussions in the Classroom

http://www.nationwidechildrens.org/concussions-in-the-classroom

- Upstate University Hospital – Concussions in the Classroom

http://www.upstate.edu/pmr/healthcare/programs/concussion/classroom.php

- ESPN Video – Life Changed by Concussion

http://espn.go.com/video/clip?id=7525526&categoryid=5595394

- SportsConcussions.org

http://www.sportsconcussions.org/ibaseline/

- American Association of Neurological Surgeons

http://www.aans.org/Patient%20Information/Conditions%20and%20Treatment/Concussion.aspx

- Consensus Statement on Concussion in Sport – Zurich

http://sportconcussions.com/html/Zurich%20Statement.pdf

13. **Automatic External Defibrillators: Letter from Executive Director, Thomas Combs (handout)**

NYSPHSAA Section XI

SECTION XI

THOMAS J. COMBS
Executive Director
PETER BLIEBERG
Assistant Director
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MAILING ADDRESS
Section XI
180 East Main Street, Ste. 302
Smithtown, New York 11787
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To: All Coaches
From: Thomas J. Combs
RE: **Automatic External Defibrillators**

THE FOLLOWING POLICIES ARE IN PLACE AND MUST BE FOLLOWED RELATED TO AEDS AND EMERGENCY PROTOCOLS

Coaches are reminded that Section 136.4 of the Regulations of the Commissioner of Education (9/2002) requires that schools provide and maintain sufficient automated external defibrillator equipment be available to ensure ready and appropriate access for use during emergencies as well as trained personnel to administer.

In order to provide an efficient and consistent handling of emergency situations the following steps **MUST** be followed:

1. The **Home School** is to be responsible for providing AED-trained personnel and a sufficient number of AED's at all interscholastic contests such that an AED can be effectively administered within 2-3 minutes to a stricken student-athlete, coach or spectator.
2. Prior to each contest, the home school coaching staff is to advise the visiting coaching staff and officials of the location of the AED and the personnel designated to utilize it.
3. All medical or AED-trained personnel that are present at the contest are to be identified prior to the contest.
4. All athletic emergencies are to be reported to the Athletic Directors of the respective districts immediately following the contest.
5. No contest will take place without an AED available and able to be administered as per #1 above.

Thank you for your cooperation and best of luck this season.

14. ***SPORTSMANSHIP: NYSPHSAA and Letter from Executive Director, Tom Combs (BELOW)***

    The New York State Public High School Athletic Association and Section XI would like to ask for your cooperation in the promotion of the importance of proper sportsmanship at all of its athletic contests.
    Trash talking, inappropriate comments and general poor sportsmanship have become an increasing problem and we would ask that you communicate the following guidelines with the coaches at your Mandatory Coaches Meeting.

    - There will be zero tolerance for harassing statements related to gender, race, ethnicity, disabilities, sexual orientation or religion by players, coaches, fans or officials. It is our goal to reinforce our expectations of proper sportsmanship at all times. Incidents or violations will be handled through the regulations outlined in the NYS and Section XI procedures with the appropriate penalties administered.
    - We have asked the officials to deal with this type of behavior with immediate and strict enforcement.
    - Officials are not to be involved directly with the spectators. Officials will report this type of behavior with fans directly to the home school and follow proper procedures. Home school game administration will be responsible for the conduct at the game site.
    - Serious incidents or violations shall be reported to Section XI on the next Business day.
    - Coaches are asked to reinforce proper sportsmanship with their players on a regular basis and model good sportsmanship themselves.
    - Athletic Directors are asked to please review with their coaches the NYSPHSAA expectations and monitor their athletes and staff.

    Thank you for your cooperation and assistance in creating a positive, enjoyable and healthy athletic experience for all. - ***Thomas Combs, Executive Director of Section XI***

15. In all sports, players and coaches will rate their opponents' sportsmanship at every contest. Season team averages will determine winners in each

league/division/device. The officials' rating card will include a sportsmanship rating of opponents at every contest (league and non-league). All teams at all levels of all sports are expected to submit these ratings.

Every sport has its own rules and regulations that must be known and respected by coaches and athletes and enforced consistently by officials. However, there are certain behavioral standards that elevate an athletic event from a mere contest to a positive educational experience. Section XI's purpose in implementing this system is to encourage coaches and athletes to focus on these behavioral standards.

16. CODE OF ETHICS FOR COACHES

Section XI is committed to high ethical standards of conduct as applied to coaches and athletes, therefore coaches shall:

1. Know the rules of the game, the policies of Section XI, and the rules and regulations of NYSPHSAA. The coach and the team shall abide by these rules and regulations.
2. Actively use their influence to enhance good sportsmanship on the part of their players and their community.
3. Refrain from the verbal abuse of athletes and/or officials. Profane and vulgar remarks, critical public comments, and off-color humor are demeaning, offensive and unprofessional.
4. Refrain from the physical abuse of athletes and/or officials. Unnecessary roughness, fighting or any other form of physical abuse cannot be tolerated. (Note: Verbal and physical abuse should never substitute for motivational techniques, which enhance performance without threatening the dignity of the athlete.)
5. Be responsible for the supervision, discipline, and behavior of his/her athletes and abide by all of the rules and regulations of the host school at away contests.
6. Preserve the integrity of competition by never humiliating the opponent in a deliberate manner.
7. In unofficiated sports, ensure honesty in scoring and integrity of calls on the part of their athletes.

8. Do not attempt to seek an advantage through intimidation of opponents or officials.

9. Be positive role models relative to the use of controlled and illegal substances (drugs, alcohol, and tobacco).

10. Recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional wellbeing of the individual players.

Violations of this code will be handled by Section XI in the following manner:

1. Misconduct regarding the inappropriate behavior of a coach shall be referred to the offending coach's athletic director.

2. If the violation is not reconciled, the athletic director will forward a report to the Executive Director.

3. On a further violation or flagrant misconduct, the Executive Director will send a formal letter to the coach, athletic director and principal noting that such behavior is unacceptable at Section XI contests. The letter should reflect the degree of inappropriateness.

4. Should Section XI deem it necessary, the matter will be pursued through the Ethics Committee.

17. **Thunder/Lightning Policy: Section XI Contests Interruption Thunder/Lightning Policy (New for 2026-27) -**Applied to regular season through NYSPHSAA Finals:
    - 1. Thunder and lightning necessitate that contest be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion- thunder is thunder, lightning is lightning. a. With your site administrator, set up a plan for shelter prior to the start of any contest.
    - 2. When thunder is heard and/or lightning is seen or when using the My Lightning Tracker App, if lightning is detected within 15 miles of the event location (Jan. 2024), the following procedures should be adhered to:
        - a. Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, and car).
        - b. Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.

- c. After the last boom is heard, strike is seen or lightning has not been detected within 15 miles of the event by using the My Lightning Tracker App (Jan. 2024), wait 30 minutes before resuming play or competition. ***(updated 8.4.26)***

18. NYSPHSAA Heat Index Policy

HEAT INDEX PROCEDURES

Administration of Heat Index Procedures:

- Heat index will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- The athletic trainer, athletic director, or school designee will use the accuweather.com website to determine the heat index for the area of the contest/practice. The accuweather.com website can be reached through the NYSPHSAA website. Once a person is on the accuweather.com website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the RealFeel temperature (heat index).
- If the RealFeel temperature (heat index) is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the RealFeel (heat index) at halftime or midway point of the contest. If the RealFeel (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	RealFeel (Heat Index) under 79 degrees	Full activity. No restrictions
RECOMMENDED	Heat Index Caution: RealFeel (Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: RealFeel (Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when ReelFeel temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: RealFeel (Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when RealFeel temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time. Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: RealFeel (Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

Approved May 1, 2010

19. Section XI Field Hockey Playoff Schedule 2025

CLASS A	20-Oct	1st round (Higher Seed)
	23-Oct	2nd round (Higher Seed)
	27-Oct	Semi-Finals (Higher Seed)
	29 - Oct	**FINALS & ESM - 6pm**
CLASS B	21-Oct	1st Round (Higher Seed)
	24-Oct	2nd Round
	26 - Oct	Semi-Finals (Higher Seed)
	29-Oct	**FINALS @ ESM - 4pm**
CLASS C	**22-Oct**	Semi-Finals (Higher Seed)
	29-Oct	**FINALS @ ESM @ 2pm**

LONG ISLAND CHAMPIONSHIP 2026 @ SECTION VIII

$10.00 at the door or $8.00 online and Students $5.00 at the door

TO PURCHASE TICKETS GO TO: https://gofan.co/app/school/NYSPHSAAXI

NOVEMBER 2, 3 or 4th, 2026

TBA - Section VIII

REGIONAL GAMES at SECTION 1 or 9

November 7th or 8th

CLASS C

CLASS A

CLASS B

Information for SECTION XI & LONG ISLAND CHAMPIONSHIPS

- **Higher Seed** will wear WHITE shirts and shin guards
- **Lower Seed** will wear DARK shirts and shin guards
- **GATE LIST:** A gate list is to be submitted by your Athletic Director. Included on this list should be: school administrators, supervisors, VIPs etc.
    - Note: There is a limit of 12 individuals on Section XI gate list.
- ***Buses*** will drop off the team and will be sent to an adjacent parking area.
- **PHOTOGRAPHERS:** Only official newspaper photographers and official school photographers will be allowed on the field and must identify themselves before entering the field. PHOTOGRAPHERS MUST stand 5 yards behind the team areas, 5 yards back from the opposite side line. (as per the rules of the game)
- **No one is allowed behind the goal cage or end lines (rules of the game)**
- **SCOREBOOK:** Each team provides a scorekeeper who will sit at the official table.
- **SPECTATORS:** Spectators must be in the bleachers
- **TEAM AREAS:** Only Athletes, Board approved Coaches, Athletic Trainers and Athletic Directors will be permitted in the bench area
- **TRAINER:** TEAMS do their own taping. A trainer will be on site for injuries.
- **WATER AND ICE:** Teams are to bring their own water, cups and ice to the field for all playoff games, including Finals and Regionals. Teams will be notified if this changes.
- **CHAPERONES:** Are to be with the spectators to ensure proper behavior - NOT WITH THE TEAM

STATE CHAMPIONSHIP NOVEMBER 14th & 15th

Arlington High School		
Saturday, November 15, 2025 **Semifinals**		
9:00 AM	**Class C**	**Field 2**
10:00 AM	**Class C**	**Field 1**
11:00 AM	**Class A**	**Field 2**
12:00 PM	**Class A**	**Field 1**

1:00 PM	**Class B**	**Field 2**
2:00 PM	**Class B**	**Field 1**
Sunday, November 16, 2025 Finals		
10:00 AM	**Class C**	**Field 1**
12:30 PM	**Class A**	**Field 1**
3:00 PM	**Class B**	**Field 1**

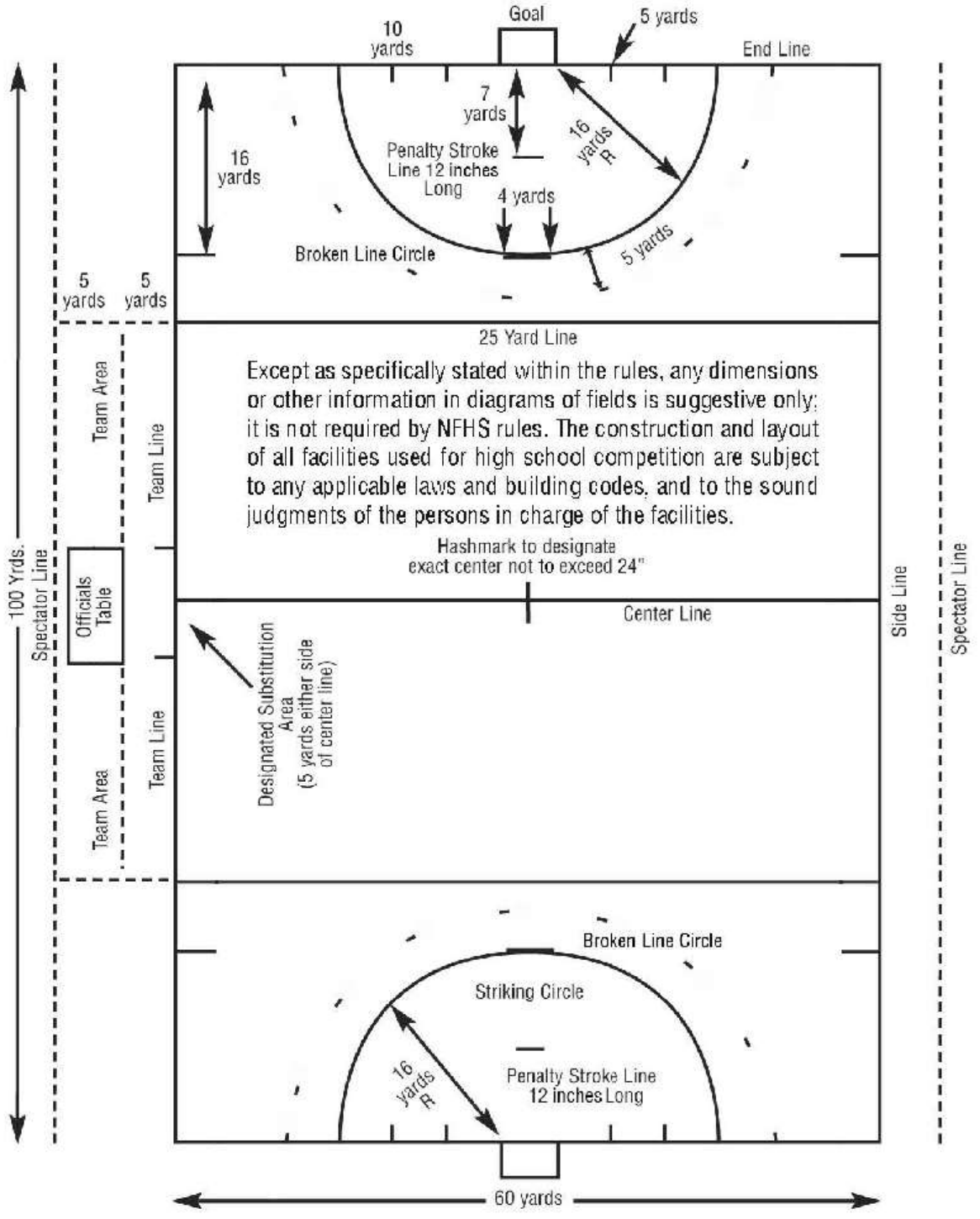
SCFHCA ALL STAR GAME

TBA

SCFHCA Awards Dinner

TBA

Field Hockey Field Diagram



Note: The grass should be cut to a height not to exceed 1½".