2026

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

MODIFIED FIELD HOCKEY HANDBOOK

1. **Section XI Field Hockey:**

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- Tina Moon: President
- Lauren Desiderio: Vice President
- Mary Drago: Treasurer
- Jennifer Piscitelli: Secretary
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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)

***** NYSPHSAA RULE*** 6 practices before 1st scrimmage or game**

1. **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.

2. 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.

3. 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.

- **GOGGLES AND WEARING MASKS:**
  - Eye protection is NOT REQUIRED
  - Masks are permissible for Corners

- **OVERTIME PROCEDURE** - ***THERE IS NO OVER TIME FOR MIDDLE SCHOOL***
- **Team Schedules:** Check with your Athletic Office

- **HANDOUTS**
  - Modified Field Hockey Rules
  - Letter from Executive Director Thomas Combs: Regulations for B Level Programs
  - Letter from Executive Director Thomas Combs: AED
  - 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 in rankings

- ***<u>Section XI Heat Alert Policy</u>***
  - **<u>Modified Heat Alert</u> - When the heat index reaches 88** (equivalent to T.H.I. of 73), practice sessions or contests in all sports must include:
    - Forced, frequent water breaks (every 10-15 minutes)
    - Loose clothing, light colored shorts and tee shirts (mesh recommended) for practice sessions
    - Frequent rest breaks in shaded areas.
    - For football and lacrosse, mandatory water breaks every 15 minutes during which all players must remove helmets. Those players not participating in contact activities during practice, games or scrimmages shall not wear helmets.
  - **NOTE:** During all contests, the rules are to be modified to permit additional time outs for rest and forced water breaks.
  - **<u>Full Heat Alert</u> - When the heat index reaches 95** (equivalent to T.H.I. of 78), **no** physical activity in any sport is permitted. Team meetings are permitted
  - **<u>Notification of Schools</u>** - The Section XI Safety Chairman, will monitor the heat index and will initiate a heat alert by notifying the Section XI Office as to the course of action. The Section XI staff will communicate this information to each member district through the Connect-Ed system, with specific instructions for heat alert implementation. (Rev 5/10)
  - No sport is exempt from modified or full heat alerts. (1/16/02)

- CONCUSSIONS: The Invisible Injury
  - Student & Parent Information Sheet

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 immediately 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

1.

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

- Automatic External Defibrillators: Letter from Executive Director, Thomas Combs



SECTION XI

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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.

- SPORTSMANSHIP MATTERS
    - NYSPHSAA Brochure

  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.

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.

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***

- **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.

- **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)***

- Required number of players to play a legal game
    - The rule in the book is a team ***may*** play with a minimum of 7 players as long as one of those players is a goalkeeper. If they don't have a properly equipped goalkeeper the game shall be forfeited.
    - If teams are playing down – this MUST be discussed before the games begin

SECTION XI MODIFIED FIELD HOCKEY - RULES are below or CLICK HERE

Game Conditions

1. A minimum of two nights rest between contests
2. The maximum number of contests shall be ten
3. Six practices are required before the first scrimmage or game

Game Rules

1. NFHS Rules with the exception that sticks will be called whenever a stick is raised above the shoulder.
2. All periods shall be 12 1/2 minutes each
3. Time-outs: A time-out may be called by a team when the ball is dead. Play is restarted as though time-out had not been called. The duration of the time-out is two minutes. Three time-outs may be called by each coach.
4. Equipment: Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. All field players must wear shin guards and mouth guards. Goalies must wear: Full face/cage mask-mask-helmet as clarified by NFHS rules (no hard visor), goalie pads, kickers, chest protector, goalie gloves, wraparound throat protector goalie pads , and mouth protector (not white or clear), which may be attached to the helmet. The goalie may wear field hockey shoulder pads and elbow pads.

Section XI Rules

B Level Program - Five Period Format

A five period format is MANDATED for all B level teams in field hockey (see #6). The following are conditions of this program:

1. Only B level teams may participate.
2. Teams shall be divided into two squads of equal numbers and equal ability.
3. Coaches must exchange rosters prior to every contest.
4. One squad will play the first and third periods and the other squad will play the second and fourth periods. All players are eligible for the fifth period.
5. All goals scored count.
6. Teams having the minimum numbers of 24 players are obligated to play five periods provided their opponents also meet the minimum number of 24.

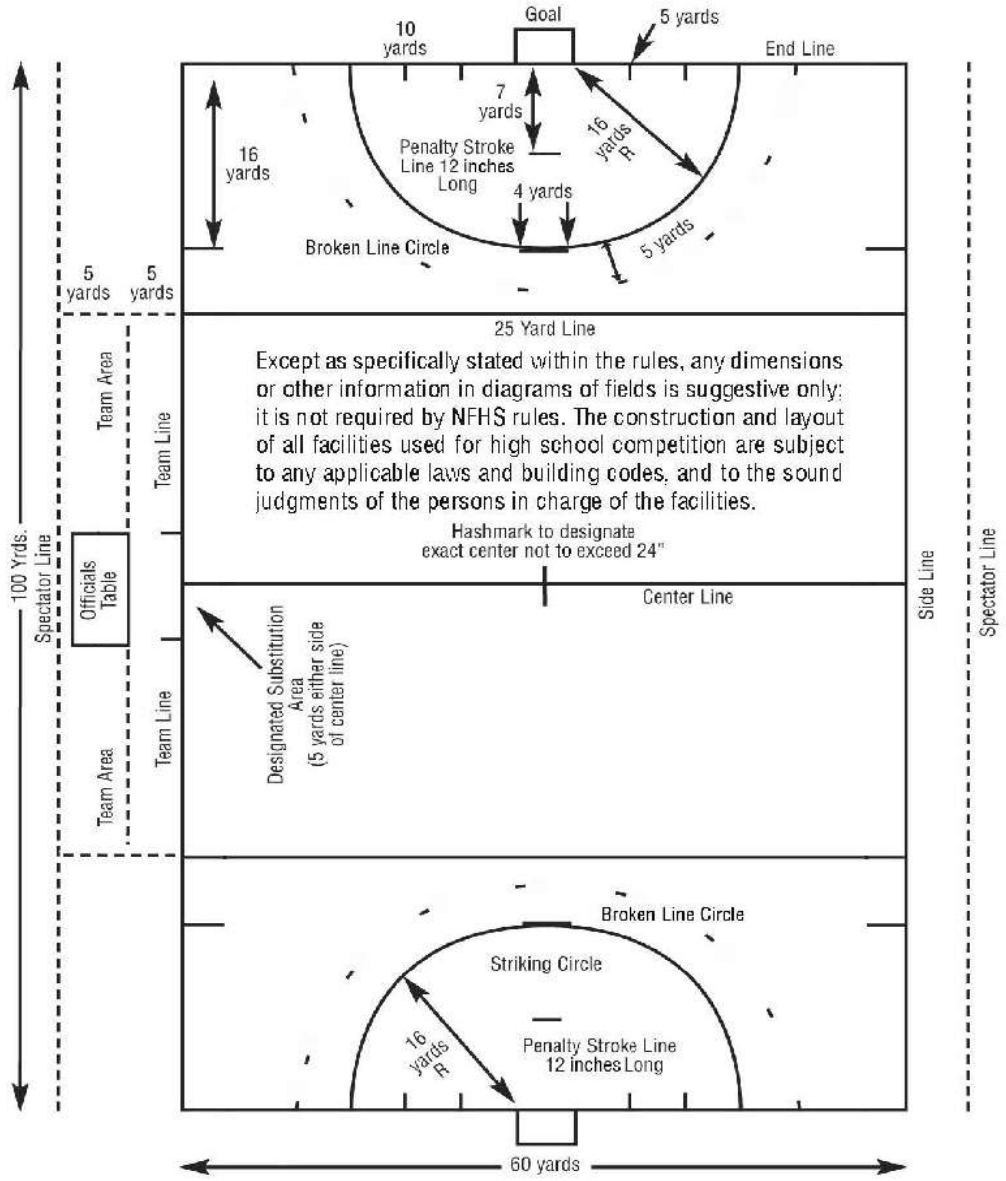
7. If teams have fewer than the minimum number of players but still can field two full teams, those teams may opt to play five periods. (If substitutes are used, note #8.)
8. NO PLAYER MAY PLAY IN MORE THAN THREE PERIODS IN A FIVE PERIOD CONTEST.
9. There is no half-time intermission when five periods are played. There will be a 2:00 minute rest in between all periods.
10. Extra compensation forms presented by the officials must be signed by the home coach.
11. Each coach is requested to make a notation on the rating card verifying the extra compensation for the officials.

B Level Program - Four Periods/Regulation Contest

When a regulation contest is played at the B level, the following conditions are applicable:

1. Both teams must utilize an A/B format.
2. There will be a 2:00 minute rest in between the 1st and 2nd periods; 3rd and 4th periods. There will be a 5:00 minute rest in between the 2nd and 3rd periods.
3. Extra periods may NOT be played.

Field Hockey Field Diagram



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