



2026 Field Hockey
Preseason Bulletin
Rules, Revisions, and Interpretations

Statewide Rules
Interpreter:
Sandra A. Yost



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PIAA Officials' Staff

Patrick B. Gebhart, Chief Operating Officer
Alex Mykut, Director of Officiating Services and Sport
Kimberly Hill, Officials' Corresponding Administrator
Kiernan Huss, Chapters' Administrator

2026 NFHS FIELD HOCKEY RULE CHANGES

1-6-1: Clarifies required construction and purpose of tooth and mouth protectors. Protectors must provide adequate protection to the teeth and mouth and may not include attachments or features that pose a safety or health risk.

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: Eliminates substitutions prior to a Penalty Corner, except in limited situations involving the defending goalkeeper. Substitutions may occur following the completion of the Penalty Corner or prior to a Penalty Stroke.

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: When an attacker 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.



POINTS OF EMPHASIS

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)



POINTS OF EMPHASIS CONTINUED

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)



POINTS OF EMPHASIS CONTINUED

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.

Authenticating Mark

The NFHS Authenticating Mark ensures easy identification of inflated and non-inflated balls (pucks) used in interscholastic competition for which the NFHS writes playing rules. All such balls (pucks) are required to display the NFHS Authenticating Mark.

The use of conforming equipment is essential to the integrity of contests played under the NFHS rules. This mark helps to promote a level playing field by ensuring consistency in the equipment being used. The mark allows for the development of more sophisticated standards in balls (pucks) and clearly communicates to administrators, coaches, and officials that these standards are being met.

Non-compliance with these requirements will be reported to the state association for potential penalties, following the contest. Administrators and coaches play a pivotal role in making sure all inflated and non-inflated balls and pucks meet these specifications. They must instill the importance of proper equipment use through consistent reinforcement during the pre-competition certification meeting and throughout the season. Game officials must also remain vigilant and report any non-compliant balls and/or pucks to the state association office.



2026 NFHS EDITORIAL CHANGES

1-5-1f, 10-2-11

2026 PIAA ADOPTIONS

- Adopt the 2026 NFHS Field Hockey Rules Book.
- Adopt Rule 4-2-2 NOTE, running clock after goals, at all levels (varsity, junior varsity, or otherwise) of competition when one Team gains a 5-goal differential over its opponent; the running clock begins as soon as the center pass is taken after the 5th goal is scored. Running clock stops on Injury time-out, time-out Goal Keeper substitution, Penalty Stroke, carding or disqualification of a player or coach, or any other time that the official(s) call time-out.
- Modify Rule 4-2-4c (Concussion Rule), to clarify that “an appropriate health-care professional” is a licensed physician of medicine or osteopathic medicine (MD or DO).
- Adopt the 10-Minute - Reduced Player (RP) - Sudden Victory (SV) - Tie-Breaking Procedure for Senior High School Varsity Field Hockey Regular Season Contests.
- Adopt the One-on-One shoot out, tie-breaking procedure for regular season tournaments when a winner is required to advance to a subsequent round of play.
- Adopt the two 10-Minute - RP - SV, followed by One-On-One Tie-Breaking Procedure for Postseason Contests.



PIAA OVERTIME PROCEDURES

OVERTIME PROCEDURE (REDUCED PLAYER [RP]) FOR REGULAR SEASON CONTESTS

1. Prior to the start of overtime, there shall be a 5 minute intermission.
2. The home team captain calls the coin toss and the winner chooses choice of (1) goal or (2) to take possession of the ball.
3. Teams will be limited to 6 field players and a goalkeeper. The reduced player participation is refer to as "RP" overtime.
4. If a player or coach was disqualified (red card) during the regulation game, that team must play short throughout the RP overtime. If a player was suspended with a green card during the regulation game the team shall play short until the suspension time is completed. If a player or coach was suspended with a yellow card during the regulation game the Team shall play short until the suspension time is completed.
5. Only four defenders will be allowed behind the end line on a penalty corner.
6. The RP overtime will be **10 minutes** "sudden victory" [SV].
7. There will be unlimited substitution.
8. A player who received a red card in regulation play may not play in the RP overtime.
9. If a player or coach receives a red card in overtime, the team will play short.
10. If a player receives a green or yellow card in overtime, the team will play short until the 2/5/10 minutes expire.
11. If a coach receives a yellow card in the overtime the team will play short until the 5 minute suspension expires.
12. If a coach receives a red card during overtime the team will play short throughout the RP over time.
13. Regular season games tied after 10 minute RP overtime stand as tied.
14. Regular season tournaments tied after 10 minute, RP overtime may proceed to One v. One shootouts (see Overtime #4 - #11)



REGULAR SEASON TOURNAMENTS

Adopt the One-On-One Shoot-Out, Tie-Breaking Procedure for Regular Season Tournaments When a Winner is Required Advance to a Subsequent Round of Play.

1. For Regular Season Tournaments there shall be four 15 minute quarters. If the Teams are tied at the conclusion of the 60 minutes, the 10 minute RPSV is not required to be played and the Teams may go directly to a One-On-One Shoot-Out, Tie Breaking Procedure to determine a winner to advance to the next round of the Regular Season Tournament.
2. Follow POSTSEASON Procedure for One-On-One Shoot Out.

POSTSEASON

Adopt the two 10-Minute - RP - SV, followed by One-On-One Shoot-Out, Tie-Breaking Procedure for Postseason Contests

1. For the District, Inter-District and Championship games there shall be two, 10 minute, RPSV overtime periods. Teams will change ends before the second 10-minute RP overtime, if necessary. If the game is still tied after the second 10 minute, RPSV overtime, One- On- One Shoot-Out will be administered.
2. There will be a 5-minute intermission between the game and the first overtime and between the first and second overtime.
3. Each coach shall present 5 players for the One-On One Shoot-Out. The shots will be taken by the players in the order determined by the coach. The five players from each Team will attempt the shots on goal on an alternate basis and the team scoring the most goals is declared the winner. The 5 shooters and coach shall stand at the 25 yard line. All other players, coaches and team personnel shall be at the 50 yard line.
4. Officials choose the goal that will be used during the One-on-One Shoot- Out.
5. The visiting captain calls the coin toss for the One-On-One Shoot-Out and chooses whether to defend or take the first shot.
6. If a tie still exists after the first set of the One-On-One Shoot-Out, each coach shall present 5 players for the One-On-One Shoot-Out. The shots will be taken by the players in the order determined by the coach. "Sudden Victory" shots will be taken on an alternative basis. This procedure will continue until the tie is broken. The team not taking the first shot in the first set of the One-On-One Shoot-Out shall start the "Sudden Victory" One-On-One Shoot-Out.
7. The team may substitute and change the order of players participating in the "Sudden Victory" One-On-One Shout Out during all 5 minute intermissions.



POSTSEASON CONTINUED

8. If a green or yellow card is received in the second overtime period, (4th quarter/or 10-minute RPSV if played in a Regular Season Tournament) and the suspension time is not completed, that player may not participate in the One-On-One Shoot-Out.
9. The One-On-One Shoot-Out shall be conducted with follow-up shots permitted.
10. To begin the One-On-One Shoot-Out procedure:
 - a. The ball is placed at the center of the 25-yard line.
 - b. The attacker stands outside the 25-yard-line near the ball.
 - c. The goalkeeper starts on or behind the goal line between the goal posts.
 - d. The official blows the whistle to signal the start of the shootout. The attacker and the goalkeeper may then move in any direction.
11. The One-On-One Shoot Out is completed under the following conditions:
 - a. 8 seconds has elapsed.
 - b. A goal is scored.
 - c. The attacker commits a foul.
 - d. The ball goes out of play over the end line or sideline. This includes the goalkeeper intentionally playing the ball over the end line. (No Retake)
 - e. The goalkeeper commits an unintentional foul within the circle, which does not prevent the probable scoring of a goal, the One-One One Shoot-Out is retaken.
 - f. The goalkeeper commits a deliberate foul inside the 25 yard-line, but outside the circle, the One-On-One Shootout is retaken. Example: Plays the ball outside the circle with her kicker.
 - g. The ball becomes lodged in the goalkeeper's protective equipment or clothing when she is in her own circle, the One-On-One Shootout is retaken.
 - h. A Penalty Stroke is awarded because:
 - 1) A goal probably would have been scored, if a foul by the goalkeeper had not occurred in the circle.
 - 2) Any deliberate foul committed by the goalkeeper inside the circle which stops a potential goal or deprives the attacker of actual or likely possession of the ball.
12. Any player eligible to participate in the One-On-One Shootout may take a Penalty Stroke.
13. All the Penalty Stoke Provisions of Rule 11 apply in the taking of the Penalty Stroke.
14. If during a One-On-One Shoot-Out a player or goalkeeper is suspended (carded), the player or goalkeeper is prohibited from further participation in the One-On-One Shoot-Out.



2026 PIAA POLICIES

UNSPORTSMANLIKE CONDUCT POLICY

PIAA registered officials who observe contestants simulating the firing of a weapon at another person are strongly recommended to consider these actions as unsportsmanlike and enforce associated penalties.

Actions directed toward a person should be treated more severely than those that are not. Officials are to use discretion in addressing actions which are intended to embarrass, ridicule or demean others.

A review of this point emphasis shall occur at the pre-contest meeting of contest officials, head coaches and team captains.

FORFEITURE OF A CONTEST

Any Coach and/or adult Team Personnel removed, ejected or disqualified from a Contest who refuses to leave the competition area (out of sight and sound) as directed by the Contest Official will result in a forfeiture of the Contest.

This policy has been adopted by the PIAA Board of Directors in an effort to address poor acting adults who refuse to abide by the applicable rules book and to show support of PIAA officials.

Officials who encounter situations that involve this policy must report the occurrence to the PIAA Officials Department the next business day.

PIAA POINT OF EMPHASIS - SPORTSMANSHIP - INSENSITIVE REMARKS

PIAA Officials must be aware of racially insensitive remarks between players during contests.

If heard by a PIAA official, it must be addressed immediately and firmly.

Ejections should be strongly considered when faced with this type of infraction.

If an official fails to hear the remark but it is reported to them by a player, the official must approach the potentially offending team's head coach and report to that head coach what they were told.



2026 PIAA POLICIES CONTINUED

PIAA SPORTSMANSHIP MESSAGE

PIAA requires all registered sports' officials to enforce the sportsmanship rules for coaches and contestants. Actions meant to demean opposing contestants, team, spectators, and officials are not in the highest ideals of interscholastic education and will not be tolerated. Let today's contest reflect mutual respect. Coaches, please certify to the officials that your players are legally equipped and uniformed according to NFHS rules and PIAA adoptions. Good luck in today's contest."

****This message shall be read to the head coach and captains prior to each contest officiated by a registered PIAA official. This message shall be enforced by contest officials and its enforcement shall include a strict and swift enforcement when unsportsmanlike actions involve demeaning remarks or actions that may be related to the racial or ethnic background of any party.****

PIAA Officials must be aware of racially insensitive remarks between players during contests. If heard by a PIAA official, it must be addressed immediately and firmly. Ejections should be strongly considered when faced with this type of infraction. If an official fails to hear the remark but it is reported to them by a player, the official must approach the potentially offending team's head coach and report to that head coach what they were told.

Chapter interpreters are requested to remind all officials to read this message at each contest they officiate.

There have been some concerns addressed by the schools that some of our officials are not reading the PIAA Sportsmanship message prior to the contest. This is an improper procedure and this message **MUST** be read. Officials are not to paraphrase, modify, or develop their own Sportsmanship Message to the captains and head coaches. The proper procedure is head coaches and captains **MUST** attend the pre-game reading of the sportsmanship message. For distribution purposes, this message is printed on the back of all PIAA registered sports officials' identification cards.

This message **MUST BE READ VERBATIM** by the contest officials. Coaches must certify to the contest officials their team is legally equipped and in compliance with NFHS Field Hockey Rules. The reading of this message will set the tone for the contest to be played in the spirit of good sportsmanship and have the coaches verbally confirm aloud their teams' adherence to compliance with equipment and safety rules. This confirmation is not only the adherence to contest rules, but also assists in alleviating the legal liability concerns for the officials if the teams subsequently violate the proper equipment provisions of the contest rules



OFFICIALS PREGAME DUTIES

Rule 2.4 (page 22) Officials and Duties

Prior to the game officials shall:

- a. Approximately 15 minutes prior to the start of the game, examine the field paying particular attention to the following:
 1. Goals cages and boards, nets and posts:
 2. Striking circle, field markings and the location of the penalty stroke mark;
 3. Proper placement of team areas, chairs for suspended players, scorer's table and spectator area;
 4. Field conditions.

NOTE: Any uncorrectable conditions shall be reported to both coaches prior to the start of game.

The officials should request that the home team place the balls that will be used in the game at the table. There should be enough NFHS stamped, same solid color balls to support balls behind the cages, ball people and the game ball to begin the game. There is no requirement that all the balls be new.

The officials should require that there be 5 yards on the table side that are free of obstructions. If benches can not be moved onto the track area to create the REQUIRED 5 YARDS unobstructed area, then move the benches to the farthest point, have players and coaches stand behind the benches or just remove the benches that are not required by rule to create the required 5-yard unobstructed zone for officials to safely officiate the game.

It is not the official's responsibility to "zip-tie" goal nets. Notify game management and have them rectify the situation.

Grass should be cut to 1.5 inches. Field hockey played on grass fields need the grass to be cut so that the players can play safely. Officials, coaches and school administration need to work together to ensure that the grass height on the Field Hockey field is being maintained.



2026 PIAA POLICIES CONTINUED

POLICY REGARDING THE USE OF EYE SHADE

The use of eye shade must be worn as a single, solid stroke under the eye. There shall be no numbers, words, logos, symbols or other detail located in the eye shade. The eye shade shall not extend below the cheek bone and extend no further than the width of the eye socket. Players having eye shade that does not meet the standard are to remove it or comply with the PIAA

interpretation before participation in the game. If the players do not comply, the officials may impose unsportsmanlike conduct type penalties as determined by their respective rules code. PIAA has a written policy regarding conflict of interest. This policy is in all of our post regular season officiating contracts and is contained in the PIAA Athletic Officials' Manual for all officials to view.

PLAYER EQUIPMENT

RULE 1-5 FACE PROTECTION

A. Goggles may be worn by all field hockey players.



PLAYER EQUIPMENT CONTINUED

RULE 1-5 FACE PROTECTION CONTINUED

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).

See examples below of face masks that may be worn by field players throughout the game.



**PROTECTIVE FACE MASKS ARE NOT REQUIRED TO BE WORN ON
PENALTY CORNERS UNDER CURRENT NFHS RULES**



PLAYER EQUIPMENT CONTINUED

RULE 1-5 FACE PROTECTION CONTINUED

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 line



Q-Collar

The FDA has authorized marketing of a new device intended to be worn around the neck of athletes aged 13 years and older during sports activities to aid in the protection of the brain from the potential effects associated with repetitive sub-concussive head impacts. The non-invasive device is called the Q-Collar. From a medical perspective, the NFHS SMAC consents to this device being worn by interscholastic athletes.

The respective NFHS Rules Committees will determine if the Q-Collar will be permissible based on sport-by-sport risk assessments. The device is approved for use in Field Hockey.



PLAYER EQUIPMENT CONTINUED

Rule 1-5-4, Player Uniform

With reference to rule 1-5-4, only soft headgear is permitted by field players and any head gear not complying with this rule may not be worn by field players.

SOFT HEADGEAR INFORMATION

Rule 1-5-4 (page 11): Individual players may wear mittens/gloves, knitted hats and soft headgear.

- a. Head coverings worn for religious reasons are not considered hair devices. They must be made of non-abrasive, soft materials and must fit securely.
- b. Head coverings worn for medical reasons require state association approval.

Rule 1.5.4 (page 11): Rule allows for the wearing of “soft headgear.” The soft headgear cannot be attached to protective eyewear. The soft headgear be made of a soft material, i.e. no metal or plastic on the soft headgear. Some examples of soft headgear that are permissible. THERE IS NO NEED FOR PIAA APPROVAL TO WEAR THIS SOFT HEADGEAR PERMITTED BY RULE.



PLAYER EQUIPMENT CONTINUED

MOUTHGUARDS

Rule 1.6.1 (page 12): Rule 1.6.1 states...All field players shall wear mouth protectors. There is no longer a color restriction in the Rule book. Any color, including white and clear are permissible. Officials should not be checking mouth protectors.

However, it is the responsibility of the officials to remove a player and penalize the player that does not have a mouth guard or refuses to wear it properly.

- See Rule 8-2 Penalties for administration of misconduct penalties.
- Rule 1-8 Penalties applies to the Goalkeeper not wearing a mouthguard.

The detachable tether must be removed. The NFHS has ruled that this mouth guard is legal for field hockey.



GAME INTERRUPTED, TIMEOUTS, INJURY TIME-OUT

Rule 4.1.2 page 27 Games Interrupted or Suspended

Games interrupted or suspended because of circumstances beyond the control of the responsible administrator (i.e. weather, darkness, natural disaster, etc.) shall resume at the point of interruption if play is stopped prior to the completion of the second quarter. If play is stopped after completion of the second quarter, the game is considered a completed game.

Rule 4.3 (page 29) Team Time Out

Each team shall be permitted one 90-second time-out per game. The coach or playing captain may make the request with the near official or at the scorer's table, and the scorer immediately notifies the near official. The time-out cannot be taken immediately following the intervals between quarters. The time-out is granted at a stoppage of play when the requesting team has possession of the ball, or after a goal has been scored by either team.

The time-out may be taken anytime during the game, which includes during the 10 minute RPSV required to be played for contest tied after 60 minute of play, or during the OT provisions for Tournament, District and Inter-District games.

Rule 4.2.3 (page 30) Injury Time-Out

There is no prohibition from coaching on an Injury Time-Out. If there is going to be a delay in the restart of the game because of the injury, players and the goalkeeper may meet on the field by their team area to rehydrate and receive coaching. When the officials are ready to restart play, the teams must immediately return to the field.



SUBSTITUTION/DELAY OF GAME

Rule 4.4.5 (page 31) and Officials Guide IX-SUBSTITUTION (pages 72 and 73): All substitutions must take place through the team substitution area, with the player coming off the field before her substitute may go onto the field.

This is the procedure for player substitutions after a goal, during an injury time-out or official's time-out and goalkeeper substitution.

The only exception to this rule is for the Goalkeeper on a Goalkeeper's Substitution. After the official calls time-out for a Goalkeeper substitution there is no need for the Goalkeeper in the Substitution Area to wait until the Goalkeeper they are replacing comes off the field through the Substitution Area.

Rule 8.1.v-Unnecessary delay of game (page 40) and Officials Guide (71)

It is a FOUL to unnecessarily delay the game.

Who gets carded if the FOUL of unnecessary delay of game is whistled and a card is going to be issued?

- a. Hitting the ball away after the whistle. **(Player carded)**
- b. Not moving 5 yards away. **(Player carded)**
- c. Placing a stick in front of the ball. **(Player carded)**
- d. Running in front of the ball while recovering to a defensive position.
(Player carded)
- e. Extended (prolonged) huddling on a Penalty Corner. **(Head Coach is carded since this is a team action.)**
- f. Delaying a hit. **(Player carded)**
- g. Teams not ready to play after time-out, half-time and two- minute interval between 1st and 2nd quarters and 3rd and 4th quarters. **(Head Coach is carded for team delay)**

Officials should be using all game management tools to avoid the issuance of card(s) for "unnecessary delay of game:" **HOWEVER**, if it is necessary to issue a card it is imperative that every official in Pennsylvania be able to differentiate the type of delay and issue the card to either the player or Head Coach. The inserter on the Penalty Corner is member of the **TEAM**. Therefore, the Head Coach is carded and not the inserter.



SUBSTITUTION

Rule 4.4.5 (page 28) and Officials Guide IX-SUBSTITUTION (pages 70 and 71): Rule 4.4.5 states...All substitutions must take place through the team substitution area, with the player coming off the field before her substitute may go onto the field.

This is the procedure for player substitutions after a goal, during an injury time-out or official's time-out and goalkeeper substitution.

The only exception to this rule is for the Goalkeeper(s) on a Goalkeeper(s) substitution. After the official calls time-out for a Goalkeeper substitution there is no need for the Goalkeeper(s) in the Substitution Area to wait until the Goalkeeper(s) they are replacing comes off the field through the Substitution Area.

APPLYING THE RULES

CONSISTENT - Officials maintain the respect of players by being consistent. This means calling the same game as your partner and making the same calls throughout the game. A pre-game conference with your partner is very important to discuss how you will call raised balls, dangerous sticks, movement of the ball at the start of a self-pass, positioning free hits, etc.

FAIR – Decisions must be made with integrity. Officials must manage any unsporting behavior. Keeping a game safe is the #1 responsibility of the officials and seeing that neither team gains an unfair advantage during the game is responsibility #2.

FOCUSED – Concentration must be maintained at all times; nothing must be allowed to distract an official.

APPROACHABLE – Officials need to have a good rapport with players and coaches. If a coach or player asks for an explanation of a call, it is good if the official is willing to answer any questions during stoppages in play. “Why did that goal not count?” Is an example of a question that should be answered. An official should never respond to statements such as “that was a terrible call”, “you don’t know what you’re doing”, etc.

NATURAL – Officials must be themselves and not imitate another person. Every official has her own style of officiating and that adds to the game.

CONTROL – Officials must establish control early in the game and maintain it throughout the game.



APPLYING THE RULES CONT'D

PREVENTATIVE OFFICIATING – Using preventative officiating will help limit the delays in the game. These practices include warning substitutes not to enter on penalty corners; making sure players are properly positioned prior to penalty corners or penalty strokes, etc. However, officials must remember that their job is to enforce the rules not to become coaches.

ADVANTAGE – Officials must apply the advantage rule as much as possible to assist a flowing and open game, but without losing control. It is not necessary for every foul to be penalized when no benefit would be gained by giving the player being fouled a free hit. Unnecessary interruptions to the flow of the game cause undue delay and irritation. Possession of the ball does not automatically mean there is an advantage; for advantage to apply, the player/team with the ball must be able to develop their play. It is important for the official to be able to look beyond the action of the moment and to be aware of potential development in the game. If the official has decided to play advantage, a second opportunity must not be given by reverting back to the original penalty.

SIGNALS – Signals must be clear and held up long enough to ensure that all players and the other official are aware of the call. It is preferable to be stationary when giving a signal. Directional signals must not be given across the body.

FOULS – Strict action by the officials early in the game will usually discourage repetition of a foul. Deliberate fouls must be dealt with firmly. When a player deliberately fouls in a serious (flagrant) manner towards another player, a red card must be issued immediately. It is not acceptable for players to abuse opponents or officials verbally or through body language or attitude. A verbal warning may be given to players in close proximity without stopping the game. Officials must deal with unacceptable behavior by:

- temporary suspension – green card, 2 min;
- temporary suspension – yellow card, 5 min;
- temporary suspension – yellow card, 10 min;
- permanent suspension – red card.

RESPONSIBILITIES – A free hit should be taken within playing distance of the spot where the foul occurred. Playing distance is the distance within which a player is capable of reaching the ball to play it. The location of a free hit near the circle must be more precise. Each official is responsible for decisions on penalty corners, penalty strokes and goals in the circle in her half of the field. Officials are responsible for keeping a written record of goals scored and cards awarded.



OFFICIALS' UNIFORM

- 1) The PIAA Official's Emblem must be worn on the upper left sleeve of the official's standard shirt when officiating in all PIAA sponsored contests.
- 2) All PIAA-registered officials must wear identical uniforms during a contest.
- 3) Required uniform for field hockey officials:

Shirt - Alternating black and white 1-inch vertically striped, long or short sleeved shirt with a black collar or V-neck collar or long or short sleeved Neon Yellow collared shirt.

Skirt - Black (black skirts, slacks or shorts may be worn).

Socks - Black knee socks or sneaker socks.

Shoes - Solid Black or Predominantly Black with some white, clean and shined.

Lanyard or Smitty – Black.

Whistle - Black. Hand held whistle is permissible.

Turtleneck - Black or white (if needed) should be worn under a long sleeve official's shirt.

Jacket - Black, if needed.

Note: Black visor or hat may be worn, if needed.

- 4) The wearing of jewelry (except wedding bands and medical-alert bracelets) and wrist watches (except as a required timing device) is prohibited.
- 5) Smoking, including e-cigarettes and any type of vaping product, and/or tobacco chewing is prohibited.
- 6) PIAA sports' officials may display an American flag (maximum size 2 by 3 inches) on the right sleeve of the uniform shirt approximately three inches down from the shoulder seam. This will be the same position the PIAA official patch is displayed on the left sleeve.



PIAA 2026 FIELD HOCKEY SCHEDULE

First Practice Date.....	Monday, August 17
First Inter-School/Scrimmage Date.....	Saturday, August 22
First Regular Season Play Date.....	Friday, August 28
Last Regular Season Contest Date & District Championship Deadline.....	Saturday, November 7
PIAA Field Hockey Championships:	
First Round.....	Tuesday, November 10
Quarterfinals.....	Saturday, November 14
Semi-Finals.....	Tuesday, November 17
PIAA A,AA & AAA Field Hockey Championship Finals	
Cumberland Valley High School, Mechanicsburg.....	Saturday, November 21
Championship Schedule:	
A.....	11:00 am
AA.....	1:00 pm
AAA.....	3:00 pm

PIAA WEBSITE OFFICIALS' INFORMATION AREA

The officials' section of the PIAA website may be accessed by registered PIAA sports' official using their individual officials' code. This code is secured individually by utilizing the first four (4) letters of your last name in (CAPS) and the last four (4) digits of your ID number. Items listed in the secured area include: Officials' directory and on-line disqualification forms.

Other information in the officials' area on our website include: Applications for Becoming an Official; Sportsmanship Message; Rules Interpretation Meetings; Bulletins (Sports Specific); Athletic Officials' Manual; Various Forms; Evaluation Information; Officials' Merchandise; Officials Recognition and Power Point Presentations; along other important officials' information. Please utilize this area for assistance and information in preparing for your games as well as hosting quality chapter meetings.

Officials can also view the expiration dates of their clearances on their profile page at this site, www.piaa.org.



CONCUSSION MANAGEMENT PROTOCOLS FOR PIAA OFFICIALS

Concussion Management continues to be a very important point of emphasis in every interscholastic sporting activity. Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as a loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by the appropriate health-care professional.

When sending an athlete out of a contest, the official should advise the head coach that the player is being removed from competition due to the athlete exhibiting concussion like symptoms.

Neither officials, nor coaches, are expected to “diagnose” a concussion, as that is the responsibility of an appropriate health-care professional. The game official is not responsible for the sideline evaluation or management of the athlete after he or she is removed from play.

The responsibility of further evaluating and managing the symptomatic athlete falls upon the head coach, appropriate health-care professional or other individual designated by the school administrators.

The official does not need written permission for an athlete to return nor does the official need to verify the credentials of the appropriate health-care professional.

If a player returns to the competition the official should just monitor them in the same manner prior to them being sent out originally.

Those wishing to learn more on this topic can register and attend a course sponsored by NFHS using this link:

<https://nfhslearn.com/courses/concussion-in-sports-2>

EMERGENCY ACTION PLAN FOR OFFICIALS CHAPTERS

Officials’ chapter officers should be aware of emergency exits, AED devices, and other emergency items in the event a chapter member needs medical assistance or emergency action needs to be taken during a chapter or mandatory rules meeting.



PIAA BY-LAWS: ARTICLE XIII, SECTION B

Section 8. Disqualification From Next Contest(s).

General Rule. Preamble

Sportsmanship is a core principle in interscholastic athletics. Actions which are unethical and/or intended to demean, embarrass, intimidate or injure opposing contestants, Teams, spectators and/or officials are considered unsportsmanlike and will not be tolerated since they are contrary to the purposes of PIAA and convey lessons incompatible with the reason why high school sports exist.

A. Mandatory Disqualification. One Game Suspension Any Coach, team personnel and/or contestant who is disqualified from a Scrimmage, Interschool Practice and/or Contest by a state high school association-recognized and/or registered official in that sport for unsportsmanlike conduct or flagrant misconduct is disqualified from Coaching and/or participating for the remainder of the day and in all Contests on the next Contest day of the same level (varsity, junior varsity, or otherwise) of competition from which the Coach and/or contestant was previously disqualified. For a Coach, participation in the next Contest includes any contact by the Coach with members of the Team, including other Coaches, between the time that the Team arrives at the Contest site and the conclusion of the last Contest of the day. The Principal must direct the Coach not to attend all of the Contest(s).

B. Supplemental Disqualification. Two Game Suspension (NEW) Any Coach, team personnel and/or contestant who is ejected from a Scrimmage, Interschool Practice, and/or Contest by a state high school association-recognized and/or registered official and a component of the ejection is any of the following actions: confronting an official, coach, or contestant; physically contacting an official, coach or contestant; directing foul or vulgar language/gestures toward an official, coach, contestant or spectator(s); using ethnic or racially insensitive comments will be disqualified from coaching and/or participating for the remainder of the day and for the next two (2) Contests including all Contests on the next two (2) Contest days of the same level (varsity, junior varsity, or otherwise) of competition from which the Coach, team personnel, and/or contestant was previously disqualified. For the purposes of this provision, the jurisdiction of the official(s) to apply and enforce this rule begins upon the official's arrival at the Contest site and ends when the official (or the last of the team of officials) leaves the Contest site. The Contest site is defined as premises on which the competition surface is located and includes the entirety of the premises and parking areas.

NOTE: What this means for officials is that any disqualification that previously only applied to contests now apply to scrimmages as well. Officials ejecting person from scrimmages must now submit the DQ form for these additional instances also.

When the Supplemental Disqualification implicates a contestant, and in addition to the two (2) Contests disqualification, the contestant may not return to competition representing the contestant's school until the contestant completes the NFHS Sportsmanship program at NFHSLearn (online) and provides a certification of completion of this program to the student's Principal and the Principal submits the certification to the PIAA District Sport Chairman. A Coach disqualified under this provision may not return to competition representing the Coach's school until the Coach completes the NFHS Sportsmanship program and Teaching and Modeling Behavior program at NFHSLearn (online) and provides a certification of completion of these two programs to the Coach's Principal and the Principal submits the certification to the PIAA District Sport Chairman.

A disqualification under this provision supersedes a disqualification under A. above. A PIAA District Committee may, at its discretion, convene a hearing to address any and all disqualifications and may provide additional penalties as warranted by the circumstances.

The Supplemental Ejection is not designed for violations of "Rules of the Game"
The one game sit out penalty still remains for those actions that do not fit the Supplemental Ejection policy.

PIAA Board of Directors has given officials an additional tool to use, if warranted, to curb bad behavior.

This could aid in the recruitment and retention of officials.



SUPPLEMENTAL DISQUALIFICATION CONT'D

A Few Examples :

Situation: After the basketball game has concluded and the officials are in the locker room, varsity head coach Jones begins to bang on the door and use profanity toward the officials.

Ruling: The coach's actions would merit a Supplemental Disqualification. The crew chief must file the Supplemental Disqualification report within 24 hours on Coach Jones who must sit out the next two varsity contests. The crew chief must also make contact with Coach Jones' athletic director immediately or immediately after leaving the contest site to inform them that the Supplemental Disqualification was issued on Coach Jones.

Situation: During a junior varsity soccer game a player from team A commits a handball violation in the penalty area denying an obvious goal scoring opportunity.

Ruling: The referee awards a penalty kick to Team B and properly issues a red card and escorts the player to the sideline. The referee also informs the coach of the reason for ejection. The referee must file the Disqualification Report within 24 hours and the player must sit out the next junior varsity contest.

This is a standard one game sit out disqualification penalty.

Situation: In the third inning of a baseball game the head coach disagrees with a safe/out call and charges onto the field while yelling profanities at the umpire.

Ruling: The umpire must eject the head coach and inform them that they are being assessed a Supplemental Disqualification. The crew chief must file the Supplemental Disqualification report within 24 hours on Coach Smith who must sit out the next two junior varsity contests.

Situation: During the boys varsity soccer match, Player A1 is taken down with a legal tackle by Player B1. Player A1 feels that a foul should have been called and jumps from the ground and yells at the nearest official saying, "Hey Ref, you suck."

Ruling: The official must show the red card and eject Player A1. The official must then inform Player A1's head coach of the ejection and the fact that it is a Supplemental Disqualification due to the foul language directed at the official. The ejecting official must file the Supplemental Disqualification report within 24 hours on the player who must sit out the next two varsity contests.

Situation: After the volleyball match has concluded and the officials are walking through the school lobby to get to their cars a parent confronts the officials and uses profanity toward them.

Ruling: The officials must not engage the parent in discussion and should continue to their vehicle, if possible. Upon reaching their vehicles the crew chief must immediately contact the host school's athletic director and inform them of what occurred. The officials do not retain jurisdiction under the Supplemental Disqualification in this instance. It does not apply to fans, only coaches and contestants. School athletic administrators must take action to prevent this type of occurrence in the future.

Situation: After the varsity football game has ended and the officials are gathering at the 40 yard line to proceed to the locker room, the head coach rushes on to the field and confronts the crew about calls made that evening. The coach while using foul and abusive language contacts one of the officials.

Ruling: The crew chief must inform the head coach that he is being assessed a Supplemental Disqualification for his actions. The crew chief must file the Supplemental Disqualification report within 24 hours on the head coach who must sit out the next two varsity contests.

Final Point:

Question: On the new 2 game DQ is it going to be the officials' decision if it's a 2 game DQ or the PIAA's after reviewing the report?

Answer: As with the previous 1 game DQ, it is always the decision of the official to eject but the actions of the player or coach will be the deciding factor whether the Supplemental DQ is used.

The official really has no decision to make. If the actions are what is listed in the Supplemental Disqualification then the penalty is 2 games, the decision will be made for them by the actions of the offender.

The official will not have the ability to choose between the two different disqualifications. The choice will be made for them.



EXAMPLES OF DISQUALIFICATION PROVISION OF ARTICLE XIII, SECTION 8

The following examples are for players or coaches and are only examples and not a complete list. What this means is a player or coach ejected from a contest at any level must sit out the remainder of the day and the next day of the next contest at that level.

Example #1: Player/coach gets ejected from a junior varsity contest before a varsity contest. This player/coach gets disqualified for the **remainder of the day and the next day** of the next junior varsity contest. If this contest is followed by a varsity contest **on the same day**, the player/coach gets disqualified for the varsity contest also (**the whole day**).

Example #2: Player/coach gets ejected from a varsity contest on Friday, the team's next varsity contest is Friday. Before the varsity contest is a scheduled junior varsity contest, player/coach cannot participate in any of Friday contests.

Example #3: Player/coach gets ejected from a varsity field hockey game Saturday. The next varsity contest is a game on next Friday but the game gets postponed to Saturday. On Saturday, the junior varsity team is to play in another field hockey game, is player and/or coach eligible to participate in the junior varsity game?

Ruling: No. Since the Friday contest was postponed the **next varsity game** is the same day as the junior varsity game and the player/coach are not eligible to participate the whole day.

SECTION 4 VIOLATION OR CANCELLATION OF SPORTS OFFICIAL'S CONTRACT BY A PIAA MEMBER SCHOOL

If a PIAA member school violates or cancels a contract with an official, the District Committee or the Board of Directors, in their respective jurisdictions, may require a school so violating or so canceling to pay to the offended official the fee or fees for the Contest or Contests which have been provided in the official contract. Failure of a PIAA member school to live up to the terms of the contract shall be considered a violation of the Constitution and By-Laws of PIAA.

Comment: It has been brought to our attention on numerous occasions that officials have lost assignments or games because a school or assignor has "double booked" the contest. Officials are reminded that unless there is a written contract executed between the parties, they have no claim to any type of reimbursement from the offending school(s). Many schools have made a "good faith" effort to the officials to get them an additional assignment in the future or offer a scrimmage to pick up the lost fees. However, officially, without a written, signed, properly executed contract between the official(s) and the school(s), there is no recourse for the officials. In this day of technology it is not very hard for assignors, or schools, to execute these contracts. This is part of an assignor's responsibility. Officials should request contracts from their assignors or schools for both parties protection.



OFFICIALS' MANUAL

All officials can access the contents of the Officials' Manual which can be found under the Officials heading on the PIAA website. Click the Official's homepage. Click Official's Manual on the right side of the page. You can also find the manual at the following link:

<http://www.piaa.org/assets/web/documents/SportsOfficialsManual.pdf>

This manual provides valuable information concerning many aspects of officiating as they relate to PIAA policies and procedures

PIAA BY-LAWS, ARTICLE XV; SECTION 5 REQUIREMENTS OF WRITTEN CONTRACT

PIAA member schools should enter into written (paper or electronic) contracts with the officials retained by the schools or assigned by an assignor to officiate regular season contests. The terms of such contracts must not violate the PIAA Constitution and By-Laws, Policies and Procedures and Rules and Regulations. Registered sports officials are independent contractors and therefore, are NOT employees of PIAA, the school, or the assignor.

PIAA CONFLICT OF INTEREST POLICY FOR ALL SPORTS

An official will remove themselves from a contest if they find that they have any personal association with any of the competitors or coaches on any team, with the competitors' school, or with the competitors' community, such as being a relative of a competitor, or being an employee or a relative of a competitor in the competitors school district, or a resident of the competitors' community.

COMMENT: Officials accepting assignments for contest at their local school where they live, or have a relative competing, place themselves in a compromising position in the performance of their duties as a registered official. Every decision and judgment is open to criticism and places the official in a compromising position where it brings into question the integrity and actions of the official. This is an indefensible position for the official and assignments of this nature are not to be taken or accepted by PIAA registered sports' officials. Extreme cases of emergency and situations that may be completely unavoidable are the only exceptions to this policy.



FITNESS AND HEALTH CONDITION

Athletic officiating is a vigorous avocation and it demands that an official be in excellent physical condition, able to give the very best, on every play, in every contest. To that end, the American Medical Association has stated that before one attempts any vigorous physical activity they should first visit their family physician for a check-up. It is part of good personal health maintenance to have an annual physical exam and participate in an exercise program. This type of exercise program should be minimally three days per week and include cardiovascular conditioning, strength training, flexibility and muscle endurance. These components along with proper nutrition will assist in developing one's optimum body composition.

The PIAA Sports Medicine Committee recommends that each registered sports official have an annual physical examination and practice good health habits. Being physically fit and conveying an appropriate, positive image through proper health and nutrition habits will greatly assist all officials in keeping up with the game. After all, the game, the schools, players, coaches, spectators and fellow officials deserve no less. As importantly, officials owe good health habits to themselves and their families if for nothing more, than the health of it. If officials have any chronic health condition, officials are requested to share this information with on site medical personnel at their contest(s).

UNIVERSAL HYGIENE PROTOCOL FOR ALL SPORTS

- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.
- Students should clean hands with an alcohol-based gel or soap and water before and after every practice and contest to decrease bacterial load on the hands.
- Covering up coughs and sneezes in the bend of the elbow.
- Stay home from school and athletic participation if frequent cough, diarrhea, vomiting or fever.



COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza and COVID-19 can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

INFECTIOUS SKIN DISEASES

Strategies for reducing the potential exposure to these infectious agents include:

- Athletes must notify a parent/guardian, and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to practices or competition;
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of infection. All shared equipment shall be properly cleaned/disinfected prior to use;
- Coaches, officials and appropriate health-care professionals must follow NFHS or state/local guidelines on “time until return to competition.” Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

For more detailed information, refer to the Infectious Disease and Blood-borne Pathogens” and “Skin Disorders” sections contained in the NFHS Sports Medicine Handbook

OTHER COMMUNICABLE DISEASES

Means of reducing the potential exposure to these agents include:

- Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).
- During time of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

BLOOD-BORNE INFECTIOUS DISEASE

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity;
- Athletic trainers or other caregivers need to wear gloves and use Universal Precautions to prevent blood or body fluid-splash from contaminating themselves or others;
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water. Skin antiseptics (e.g. isopropyl alcohol) or moist towelettes may be used if soap and water not available;
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning;
- Blood on an opponent’s uniform during competition or teammate’s uniform during practice should be cleaned at that time by wiping with a disinfectant such as isopropyl alcohol;
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.



INSULIN PUMP OR A CONSTANT GLUCOSE MONITOR

The attached form now takes the place of the letter which previously would be authored by our office and the Executive Director.

All The attached form now the host school now has to do now is fill out the form and have the principal sign in order to get approval for a student to wear an Insulin Pump or a Constant Glucose Monitor.

Schools are encouraged to keep this form handy and show it to the officials prior to the game starting.



PENNSYLVANIA INTERSCHOLASTIC ATHLETIC ASSOCIATION, INC. (PIAA) MEMBER SCHOOL AUTHORIZATION FORM FOR STUDENT-ATHLETE USE OF AN INSULIN PUMP / CGM

On March 18, 2026, the PIAA Board of Directors unanimously approved the recommendation of the PIAA Sports Medicine Advisory Committee (SMAC) to add "Rules and Regulations Regarding the Use of Insulin Pumps/Continuous Glucose Monitors (CGM)" to the PIAA Rules and Regulations starting July 1, 2026. This form replaces the prior process requiring Principals to request and obtain PIAA approval and serves as the official documentation for compliance and approval of participation by a student-athlete using an insulin pump/CGM.

RULES AND REGULATIONS REGARDING THE USE OF INSULIN PUMPS / CONTINUOUS GLUCOSE MONITORS (CGMs)

- a) The Principal may authorize, in writing, the use of an insulin pump/continuous glucose monitor (CGM) upon receipt of a written statement from an authorized medical examiner ("AME") which prescribes or requires the use of an insulin pump/CGM;
- b) The Principal, or the Principal's designee, must present the Principal's written authorization to the contest official(s) prior to the start of each contest in which the player will participate while wearing the insulin pump/CGM.

The Principal authorizing the wearing of an insulin pump/CGM, or Principal's designee, is to ensure that it is attached in such a way it is highly unlikely that it will come off during Competition, covered and properly padded with a closed-cell, slow-recovery foam adding no less than 1/2-inch thick and is not abrasive, hard, or dangerous to any other player.

SECTION 1: MEMBER SCHOOL INFORMATION

Member School: _____

Principal Name: _____

Principal's Email Address: _____

SECTION 2: STUDENT INFORMATION

Student Name: _____ Grade: _____

Student's Date of Birth: _____ Student's Age on Last Birthday: _____

Current School Year: 20____ - 20____ Date Enrolled for Current School Year: _____

Sport(s): _____

SECTION 3: PRINCIPAL CERTIFICATION

I hereby certify that (1) I am the Principal of the listed above school; (2) I have reviewed the authorization with the student-athlete; (3) the information contained herein is accurate and complete, to the best of my knowledge, information, and belief; (4) the authorized accommodation is needed for the student to participate in the sport(s) listed in Section 2: Student Information; (5) I understand that this authorization form is valid for the single student-athlete and sport(s) listed for the current school year only; (6) I support the authorization.

Signature of PIAA Member School Principal

Date

NOTE: This form may be duplicated, with the original retained in the student's file. A copy may be presented to contest officials.



GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING OR THUNDER DISTURBANCES

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

PROACTIVE PLANNING

1. Assign staff to monitor local weather conditions before and during practices and contests.
 2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
 - a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
 3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
 - b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
 - c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
 - d. When independently validated lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.
- *– 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.
4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
 5. Inform student-athletes and their parents of the lightning policy at start of the season.

NFHS Revised and Approved October 2024

PENNSYLVANIA INTERSCHOLASTIC ATHLETIC ASSOCIATION, INC.
550 GETTYSBURG ROAD, PO BOX 2008
MECHANICSBURG PA 17055-0708
TELEPHONE (717) 697-0374 OR (800) 382-1392 FAX (717) 697-7721
WEBSITE www.piaa.org

FIELD HOCKEY PLAYER, COACH, OR TEAM PERSONNEL DISQUALIFICATION FORM

During the PIAA field hockey Regular Season and Post Season, a disqualified field hockey player, coach, and/or Team personnel shall not be permitted to participate **for the remainder of the day and in all Contests on the next Contest day of the same level (varsity, junior varsity, or otherwise) of competition from which the player, coach, and/or Team personnel was previously disqualified.** For a coach, participation in the next Contest includes any contact by the coach with members of the Team, including other coaches, between the time that the Team arrives at the Contest site and the conclusion of the last Contest of the day. The Principal shall direct the coach not to attend all of the Contest(s), in accordance with Article XIII, Section 8 of the PIAA By-Laws and NFHS Field Hockey Rules 8-1-2, 8-2-1 PEN, 12-1-PEN. The referee must complete this form on-line, as soon as possible, but no later than 24 hours following the completion of the Contest in which the disqualification took place. This form can be found at www.piaa.org under the Officials Section – Officials' Forms category.

Name of Ejected Player, Coach or Bench Personnel		School Name
Date of Contest	Location of Contest	Time of Contest
Visiting Team	PIAA District	Visiting Team's Final Score
Home Team	PIAA District	Home Team's Final Score
Name of Official Who Ejected Player, Coach or Bench Personnel		Level of Competition

REASON FOR DISQUALIFICATION

DATE OF REPORT	OFFICIAL'S NAME (PERSON ISSUING DQ)	PIAA DISTRICT
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NOTES



OFFICIALLY SPORTS is
the only licensed
supplier for the
Pennsylvania
Interscholastic Athletic
Association

OFFICIALLY SPORTS
"WE TAKE PRIDE IN OFFICIATING"



If you are in need of updating your officiating supplies, please be reminded that Officially Sports is the official vendor of PIAA Sport Officials' Uniforms. Please give them your consideration for any purchases regarding officials' supplies. If interested, you may provide them with your email address to send you their catalog, seasonal specials and discounted items that may be of interest and service to your avocation of sports' officiating. Officially Sports may be contacted via email at sales@officiallysports.com, by calling 412-635-9949 or at www.officiallysports.com.

