2020-2021
Field Hockey Bulletin

CHSAA Contacts
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Whitney Cave, Executive Assistant
Office: (303) 344-5050
March 2021

Field Hockey Athletic Directors, Coaches and Officials:

It is with a tremendous amount of excitement that I welcome you all to the 2020-2021 Field Hockey Season on behalf of the Colorado High School Activities Association. The upcoming season will present challenges that we have not had to face during any point in our careers. Collectively, we will overcome these challenges presented by the COVID-19 pandemic and be better for it on the other side. I look forward to working with all the coaches, administrators, and officials throughout the year.

The online Bulletin is published yearly to offer information on the regular and post season, important dates, along with CHSAA and NFHS rules and procedures. It is your responsibility to review and make yourself familiar with the information contained within this Bulletin. Should you have any questions throughout the season, please do not hesitate to contact me directly. You will also be able to find relevant information on both the www.CHSAANOW.com and www2.CHSAA.org websites.

Due to the uncertainty around COVID-19, the location of the 2021 CHSAA Field Hockey Championships are yet to be determined. We look forward to hosting an event worthy of its significance after the conclusion of the Regular Season on April 22nd.

Best wishes to all fifteen of our CHSAA Member Field Hockey schools during the upcoming season. It will not be one that we soon forget.

Sincerely,

Justin Saylor
Assistant Commissioner
Colorado High School Activities Association
Currently, CHSAA has been approved for 25 players per team for practices and games, 50 combined total for two teams in a game. These games and practices will be held outdoors - any indoor activities (including practices) are not included in the variance and should follow CDPHE’s guidance for Organized Sports at the local Dial Level. Please confirm with your school/district/local health department for the restrictions in your area as some counties are more restrictive. In all CHSAA sanctioned athletics and activities, spectators must follow the Indoor/Outdoor Guidance for the dial-level of the county.

For the 2020-2021 Field Hockey season, schools are divided into three groups for a 10-game maximum regular season. Schools will play each of their group opponents twice, plus one non-group opponent twice. The non-group opponents are pre-determined by the CHSAA Assistant Commissioner overseeing Field Hockey.

Minimize travel across county and regional borders.

STUDENTS, COACHES & VOLUNTEERS SHOULD NOT GO TO PRACTICE/PARTICIPATE IF:
- They are exhibiting any symptoms of the coronavirus.
- They have been in close contact with someone with COVID-19 or COVID-19 symptoms in the last 14 days.
- Refer to the CDPHE Quarantine Memo from February 24 for more specifics.

Coaches and administrators must communicate all practice and competition guidelines in a clear manner to student participants and their parents. The following protocols will be put in place to mitigate risk and ensure the safest possible conditions during competition and practice:

General Requirements
- All guidelines from CHSAA must be adhered to.
- **Social distancing** between individuals of at least 6 feet must be maintained at all times. Handshakes, fist bumps, hugging, etc. are not permissible.
- **Spectators** – If host school allows spectators, they must wear facial coverings and maintain 6 feet social distance at all times. When considering spectators, if permitted by the venue, refer to CDPHE’s guidance for Organized Sports.
- **No Scrimmages or Foundation games.**
- Students must wear facial coverings when not engaged in training, practice, competition, or other strenuous physical activity. Coaches must wear facial coverings at all practices and games.
  - Any practice or competition that takes place indoors require face coverings for all players, coaches officials, etc.
  - Consult with your school/district/local health department as some counties are more restrictive and may require use of facial coverings while competing.
- Gloves are permissible for players.
- Field hockey balls should be sanitized before and/or after each practice, whether self-provided or brought by the coach. For competition, field hockey balls should be sanitized pre-game, at halftime, and post-game. This is the host team’s responsibility.
- Players must bring their own rehydration liquids to practice/games in clearly marked or labeled containers with the player’s identity. The container should be re-sealable. Players must NOT plan on refilling their containers on site.
- The use of locker rooms should be eliminated whenever possible unless used as a restroom facility. Athletes should arrive to practice and games ready to participate; however, if a changing area is necessary, a room where social distancing can be maintained should be considered i.e. gym or classroom. Masks must be worn when inside these rooms.
- For all equipment that is used, it must be labeled and not shared (this includes goalie equipment).
  - Goggles will be required for all participants during the 2020-2021 school year.
- Players’ bags/equipment should be placed/stored 6 feet away from others’ bags. Players should store their gear in their bags (as opposed to a community pile or tossed on the bench).
- Players should arrive at the venue no more than 15 minutes before the start of on-field activities. Anyone arriving earlier than 15 minutes before their start time should wait outside the facility and be socially distanced from others.
• If there is an activity occurring on the field before the team’s scheduled start (another game or practice), the incoming team should wait until all players from the prior event have vacated the venue. There must not be interaction between the two groups.

• There must be no on- or off-field interaction (socializing, team meetings) following the conclusion of practice or games. Players, coaches, officials, spectators, etc. must vacate the venue immediately. Have separate entrances and exits for teams, coaches, spectators, officials, etc.

• There must be sanitation materials (disinfecting wipes, sprays, hand sanitizer, etc.) in prime locations for game personnel, team & coaching staff to clean and disinfect frequently touched surfaces and equipment.

Practice Guidance & Considerations

• Refer to CHSAA COVID-19 Requirements & Mandates (listed under Practice) while also adhering to state/county/local health restrictions; schools/districts may have stricter standards. Coaches should review this document with their Athletic Director before engaging in any workout/practice with students and must communicate your guidelines in a clear manner to students and parents.

• Coaches should conduct workouts in “pods” (10 or fewer) of same students who are always training and rotating together. This will ensure more limited exposure if someone develops an infection.

• Must keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

• Pinnies must not be shared amongst student athletes and need to be washed in between uses.

• A limited number of people should handle cones or other equipment for practice drills; should use hand sanitizer after handling this equipment. At the conclusion of practice, coaches should not ask players to participate in picking up cones or other equipment from the field.

• Players should maintain as much separation as possible during practices. Whenever possible, coaches should be promoting social distancing on the field, while recognizing that there will be times of close contact by players.

• Benches should not be used during practices.

Competition Guidance & Considerations

• Refer to CHSAA COVID-19 Requirements & Mandates (listed under Event/Competition) while also adhering to state/county/local health restrictions; schools/districts may have stricter standards. Coaches must review this document with their Athletic Director before hosting competitions at their school/facility and must communicate your guidelines in a clear manner to students, parents, officials, etc.

• Coaches must remain in the regular team box, but box width for student-athletes and other bench personnel should be flexible to allow social distancing.
  - Benches should not be used during games.
  - There must be minimum 15 feet between spectators and team benches.
  - Options:
    - Extend team benches to the end line and have players line up behind each other to promote greater social distancing when available.
    - Utilize stadium seating for team benches to promote greater social distancing when available.

• Coaches/administration should assess and determine appropriate sideline spacing for each individual site. How can you best spread out the bench personnel? What is best for your site?

• Officials Table – must be limited to essential personnel which includes home team scorer and timer with a 6-foot distance maintained between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and must find an alternative location.
  - Press box should be limited to essential personnel only.

• Trainers are allowed to be on the sideline in any capacity that they feel is appropriate while maintaining appropriate social distance and wearing a face covering.

• No Pregame Conference
  - Officials must still check with both coaches that each team is properly equipped.
  - Home team is the de facto winner of the coin toss. The official (socially distanced) will confirm with the head coach of the home team if they want the choice of goal or possession of the ball.

• The pregame introduction line must be suspended. Players should be sent to their field positions with bench personnel lined up on the touch line (6 feet apart) for introductions and National Anthem (or similar adjustment to avoid close player contact).
• Game protocols, such as team huddles, that cause coaches, participants, spectators, and officials to congregate closely together (pregame, post-game and throughout competition) must be avoided.
• Players should handle the game ball, not the officials. Recommendation is to avoid hand contact if possible.
• Substitution Procedure – Implement a substitution area for each team in their neutral zone (between the 45-47 yard lines) so that players from both teams are not waiting too closely together at the 50-yard line. Teammates subbing in should maintain social distancing of 6 feet in this area.
• Ball chasers must not be used. Extra balls should be placed at the end lines and touch lines for easy access.
• Delays in the start of play should be avoided so that players do not have prolonged periods of standing in close proximity. Players should limit direct contact until the ball is ready to be put into play.
• If a team member is carded, there should be a marked location of where the individual is to stand that is socially distant from the officials’ table.
• Inclement weather – if a game has to be postponed due to lightning, when making the decision to wait 30 minutes or postpone to a later date (if the game is in the first or second quarter) or declare the competition complete (if the game is in the third or fourth quarter), administration and officials should work together to consider if student-athletes can be safely socially distanced while taking shelter. If taking shelter will put many participants in a tight indoor space (bus, practice shed, small hallway, etc.) officials and administration must choose to implement a contest-ending procedure prior to waiting 30 minutes.
  o In inclement weather, remind student-athletes to bring appropriate rain gear, etc. (Bench personnel cannot safely all huddle under an 8x8 or 10x10 tent).
• Post-game protocol of shaking hands must be suspended. Teams/coaches should consider other ways to show post-game appreciation for opponents and officials.
• Teams must clean their own bench areas completely, so they are free of ALL trash and belongings.
• OFFICIALS
  o Must wear a face covering at all times except during play; refer to state/county/local health guidelines for stricter standards.
  o Use of electronic whistle is allowed.
  o Gloves are permissible for officials.
  o Should bring personal hand sanitizer and wash your hands frequently.
  o Must not share equipment (i.e. flags, whistles, jerseys, coins, rehydration liquids, etc.)
  o Must follow social distancing guidelines.
  - Communication with coaches, participants, game personnel, or spectators must be done at the appropriate social distance and wearing a facemask.
  o Must refrain from shaking hands.
Thanks to the efforts of the Colorado High School Activities Association, your school can purchase the National Federation of High Schools Association (NFHS) stamped Penn Monto Field Hockey Game Balls at a reduced price saving you 10%.

**Penn Monto** NFHS stamped Game and Multi-Turf Balls

<table>
<thead>
<tr>
<th>Item Number</th>
<th>Description</th>
<th>Pricing 1 - 5 dozen</th>
<th>Pricing 6+ dozen</th>
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<td>GAME BALL</td>
<td>$46.80/ dozen</td>
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Have a Great Season,

Dr. Carol R. Anderson D.P.E.  
President  
Penn Monto
FIELD HOCKEY FIELD DIAGRAM

Except as specifically stated within the rules, any dimensions or other information in diagrams of fields is suggestive only; it is not required by NFHS rules. The construction and layout of all facilities used for high school competition are subject to any applicable laws and building codes, and to the sound judgments of the persons in charge of the facilities.

Hashmark to designate exact center not to exceed 24".

NOTE: The grass should be cut to a height not to exceed 1½". The circle and endline hashmarks should all be measured from the goalpost.
2020-2021 Field Hockey Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>February 4</td>
<td>CHSAA Field Hockey Committee Meeting</td>
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<tr>
<td>March 8</td>
<td>First formal practice</td>
</tr>
<tr>
<td>March 15</td>
<td>First contest</td>
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<tr>
<td>March 15</td>
<td>Academic &amp; Restricted Varsity Eligibility Regain date</td>
</tr>
<tr>
<td>March 15</td>
<td>First contest</td>
</tr>
<tr>
<td>April 22</td>
<td>League play/regular season games must be completed</td>
</tr>
<tr>
<td>April 23</td>
<td>State Pairings posted on chsaaanow.com</td>
</tr>
<tr>
<td></td>
<td>Roster/gate lists due to CHSSA: <a href="#">click here</a> for link</td>
</tr>
<tr>
<td>April 26</td>
<td>Semifinal games</td>
</tr>
<tr>
<td>April 27</td>
<td>State Championship game</td>
</tr>
</tbody>
</table>

All playoff competition in each round must be completed on the scheduled date.

SEMIFINALS
Monday, April 26, 2021 at Stutler Bowl – 6:00 and 8:00 p.m.

CHAMPIONSHIP
Tuesday, April 27, 2021 at Stutler Bowl – 7:00 p.m.

**Important Contact Info:**

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- Larry Zappone
  CFHUA President
  larryzap@msn.com 719-331-8757

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2020-2021 CHSSA FIELD HOCKEY ADVISORY COMMITTEE

- LANCE McCORKLE (CHAIR) – PALMER RIDGE HIGH SCHOOL (1st Term 2022)
- JASON WILKINS – CHERRY CREEK HIGH SCHOOL (2021)
- KELLI LOGAN – ST. MARY’S ACADEMY (2021)
- JIM FLANIGAN – MOUNTAIN VISTA HIGH SCHOOL (2021)
- RUSS MCKINSTRY – Poudre School District (2022)
- ASHLEY LOFTIS – ARAHAOHE HIGH SCHOOL (2023)
- JON HILL – COLORADO ACADEMY (2023)
MAJOR COMMITTEE REPORT CHANGES

I. MAJOR CHANGES FROM LAST YEAR’S REPORT:
   a. Expanded the playoff bracket from 8 to 12 teams starting in the Fall of 2020 (will take effect in 2021-2022 due to COVID).

II. RATIONALE:
   a. To grow the sport and keep more teams engaged throughout the season, the Committee recommends expanding the playoff bracket/qualifiers to 12. Programs have struggled with participation numbers late in the season. Having additional teams playing for playoff berths will promote athlete engagement and growth of the sport.
   b. Seeding Committees have multiple data points available to them. By utilizing a Coaches Poll (all schools ranked), MaxPreps, and RPI in creating a seeding formula, a more accurate bracket is achieved.
2020 NFHS FIELD HOCKEY RULE CHANGES

1-5-1 thru 8: Re-organization of the uniform rule.
Rationale: Re-organization of the uniform rule and added language about uniform bottoms for clarity.

1-6-1: Clarifies that mouth protectors that cover the lips are allowed.
Rationale: Allows the use of mouth protectors that also cover the lips and brings the language in line with other NFHS rules books.

1-8-1a: Clarifies goalkeeper uniforms.
Rationale: The change clarifies the intent of the rule to make goalkeepers distinguishable from opponents not each other.

1-9-1b PENALTY (NEW): Clarifies the penalty for illegal uniforms or equipment after the game has begun.
Rationale: Clarifies penalty for illegal uniform or equipment after the game has begun.

3-2-4: Clarifies that the ball must travel at least 5 yards before being played into the circle.
Rationale: Clarifies that the ball must travel at least 5 yards before being played into the circle and removed redundant language.

4-1-1: Re-defined that a game will consist of four quarters of 15 minutes with intervals of 2 minutes between quarter 1 and 2 and between quarter 3 and 4.
Rationale: Aligns with several other rules codes. This is intended to allow for teams to maximize their play for the entire match. Set stoppage times will offer breaks for rest, hydration and strategizing. This change should be relatively easy for both the timers and umpires to administer.

4-2-3: Removed team timeouts to help keep the game fluid.
Rationale: With the change to four quarters teams have guaranteed breaks for rest, hydration and coaching opportunities. The removal of team timeouts will help keep the game fluid.

12-1-Penalties: Clarifies penalty intent and adds definitions of cards to rule on coaches conduct.
Rationale: Clarifies penalty intent and adds definitions of cards to rule on coaches conduct.

2020 Editorial Changes
1-2-4; 1-6-5; 1-6-7; 1-8-1; 2-1-4c; 10-3-2; 10-3-2a
2020 NFHS POINTS OF EMPHASIS

PROVIDING AN OFFICIAL SCORER AND TIMER
Scorers and timers are an integral part of the official’s team. As a part of the officiating crew they should give appearance to impartiality and neutrality throughout the contest. Verbal or visible reactions to outstanding plays or official’s calls is inappropriate. Rule 2-2 outlines the duties of the scorers and timers for field hockey.

The home team shall supply the official timer and scorer. They are to remain at the scorer’s table for the entire game, including intermissions between quarters. The home team should supply an audible device as well as a game clock and stopwatch. NFHS rules recommend they wear officials pinnies at the table. Social distancing must be maintained.

TACKLING
Smooth passing and dribbling techniques are two core skills all players should know how to do. Players should also know how to tackle the opponent when the ball is in their possession. The NFHS rules book defines tackling as a technique executed by a player in an attempt to gain possession or cause the opponent to lose possession of the ball. To properly execute a tackle, the player must be in the proper position to avoid a foul. The player shall not use the stick dangerously, nor deliberately make body or stick contact to gain any advantage when tackling. Remember that a player can’t hit, hook or hold an opponent’s stick with her stick. There should be clear intent to play the ball by the tackling player and the timing of the movement must be exact.

5-YARD VIOLATION
The opponent (and attack players inside the attacking 25) shall be 5 yards from the selfstart/free hit.

If an opponent is within 5 yards of the ball, she may shadow the opponent but must not interfere with the taking of the free hit/self–start and must not play nor attempt to play the ball. The NFHS rules book defines shadowing as the act of being within playing distance of an opponent and following their movement on the field without impeding their progress. If this player is not playing the ball, attempting to play the ball or influencing play, she has not violated the 5-yard rule. If the player does impede progress or influence play, she shall receive a warning and another free hit may be awarded. For repetitive violations by a player, the official should use the proper card progression. Be aware the player taking the self-pass does not have to delay her start.

ISSUING CARDS FOR FOULS AND MISCONDUCT
Officials must always consider violations for repetitive, non-dangerous fouls, deliberate actions, misconduct or dangerous play. When possible, the official should use preventive officiating.

Card progression is an important tool in game management as well as ensuring player safety and fairness during the game. At times a verbal caution can serve as a warning to both teams from an official. However, when one player or one team commits repetitive fouls and is in the card progression, it is not appropriate game management to include both teams in this same card progression. Both teams have their own card progression and should not be included in the opponents’ card progression.
NFHS FIELD HOCKEY UNIFORM RULES

RULE 1-5: PLAYER UNIFORM

ART. 1. . . Members of each team shall be dressed uniformly, except the goal keeper. The uniform top shall have clearly visible numbers on the front and back. The numbers shall be of a solid color contrasting to any surrounding colors. Numbers on the front shall be 3 to 6 inches in height, and 6 to 8 inches in height on the back. Any number from 00 through 99 is legal. A team may not use both numbers 0 and 00. Three-digit numbers and duplicate numbers on players of the same team are not permitted.

The following are the color requirements for the jersey/top:

a. The home team shall wear single solid white uniform tops front and back on the torso, and the visiting team shall wear single solid black or dark-colored uniform tops front and back on the torso. The “torso” is the portion of the top from an imaginary horizontal line at the base of the neckline extending to each armhole/sleeve, down to the bottom hem of the top and from side seam to side seam.

b. The school’s name, nickname, logo, mascot and/or team player's name are permitted on the uniform top and/or bottom.

c. Lettering must be placed horizontally and may be arched. Names may also be on multiple lines.

d. The first and last letters, either above or below the number, must be on the same horizontal plane. When above the number, the plane may not be below a plane extending through the top of the number(s). When below the number, the plane may not be above a plane extending through the bottom of the number(s).

e. Any point on any letter shall not be closer than one inch to any point on any number(s).

f. Any form of decorative accent (i.e. paw, halo, crown, star, etc.) in a name or abbreviation is only permitted above the number. If a tail is used in the lettering of an identifying name or abbreviation, the name or abbreviation must be located below the number.

g. There are no restrictions in the area of the jersey/top from an imaginary horizontal line at the base of the neckline extending to each armhole/sleeve, up to the shoulder seam.

h. Different colors and/or designs may be used in this area. Neckline and Armhole/Sleeve Trim Requirements

i. Trim shall not exceed 1 inch around the neck and arm openings.

j. Side inserts must be centered vertically below the armpit.

k. The width of the side inserts, including trim, must be a maximum of 4 inch-es (2 inches on each side of the seam).

l. The style/design of the side insert may be of any color or design. Side inserts must be the same width for all team jerseys.

m. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

n. One manufacturer’s logo/trademark or reference, not to exceed 2¼ square inches or 2¼ inches in any dimension, is permitted on the outside of each item. The manufacturer logo/trademark restriction includes any company reference.

NOTES:

1. Some shirts may need the numbers superimposed on a solid-color block background or outlined with a contrasting color in order for the numbers to be clearly visible.

2. It is recommended for junior high teams that members of each team be dressed uniformly with the goalkeeper in a contrasting color top; numbers on uniforms are required.

ART. 2. . . In the case of similar team uniforms, the team not wearing proper uniform tops shall wear contrasting pinnies with visible numbers.

ART. 3. . . The home team shall wear solid knee-length white socks/sock guards (not rolled down) and the visiting team shall wear solid knee-length contrasting dark-colored socks/sock guards (not rolled down).

ART. 4. . . Individual players may wear mittens/gloves, knitted hats and soft headgear.

ART. 5. . . Players may wear full length, solid-colored warm-up pants/tights provided the knee-length socks/sock guards are visible. If worn, all players must wear the same color.

a. Players shall not wear any other undergarment which extends below the uniform bottom.

b. All players on a team shall wear the same color compression shorts.
ART. 6 . . . Players are permitted to wear a single-color undershirt, short or long-sleeved. If worn, the undershirts shall be white for the home team and black or dark color for the visiting team. All players on the same team who choose to wear an undershirt must wear the same color.

ART. 7 . . . Jewelry shall not be worn except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical-alert bracelet must be taped and may be visible.

ART. 8 . . . Hair control devices may be worn if made of soft material.

PENALTIES:

1. A field player wearing an illegal uniform shall be removed from the game at the first stoppage of play following the discovery of the violation. The re-moved player may re-enter if she has complied with the rules, or she may be replaced, in a manner consistent with the substitution rules. Misconduct penalties will be assessed to the head coach, using the card progression.
2. When an illegally uniformed team is unable to correct the situation or cannot verify state association approval of the uniform, the game shall be played. The official must, however, notify the state association following the game.

RULE 1-6: PLAYER EQUIPMENT

ART. 5 . . . All field players shall wear eye protection that meets the ASTM standard for field hockey at the time of manufacture.

NOTE: Beginning in the 2020 fall season, all eye protection shall be permanently labeled with the ASTM 2713 standard for field hockey at the time of manufacture.

RULE 1-8: GOALKEEPER EQUIPMENT

ART. 1 . . . The goalkeeper shall wear:
   a. A uniform top of a color or colors contrasting to the color of the uniform tops of both teams, and with a visible number on the front and back;
   b. Field hockey goalie pads, not to exceed 12 inches in width per pad (frontal view);
   c. Field hockey goalie shoes or kickers;
   d. A full face/cage mask-helmet which covers the entire head including the back of the head (cage must be rounded at all points); mask helmets shall not have a hard, visor-type protrusion which extends beyond the cage.
   e. A chest protector specifically manufactured for field hockey goalkeepers. The chest protector must be worn under the uniform jersey;
   f. Field hockey goalie gloves with separate fingers (no webbing) that do not exceed 8 inches in width when lying flat; or foam hand protectors which are no more than 9 inches wide when laid flat, face up, and no more than 14 inches long when measured from the base to the extremity of the hand protector. Hand protectors shall not be altered;
   g. A wrap-around type throat protector.
   h. A tooth protector, which may be attached to the facemask/helmet. A tooth protector shall be of any readily visible color, other than white or clear. A tooth and mouth protector (intraoral) shall include occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures) portions and shall cover the posterior teeth with adequate thickness. It is recommended the protector be properly fitted and
      1) constructed from a model made from an impression of the individual’s teeth or
      2) constructed and fitted to the individual by impressing the teeth into the tooth and mouth protector itself.

ART. 2 . . . The goalkeeper may wear field hockey shoulder pads and/or elbow pads.

PENALTY: For a goalkeeper wearing/using illegal equipment or removing or not wearing/using required equipment and/or uniform, the game shall be temporarily suspended at the first stoppage of play until she complies with the rule or is replaced. Misconduct penalties will be assessed to the head coach, using the card progression. If the offending team cannot provide a goalkeeper.
High School Field Hockey Moves from Halves to Quarters

FOR IMMEDIATE RELEASE

Contact: Julie Cochran

INDIANAPOLIS, IN (April 23, 2021) — High school field hockey games will be played in four quarters instead of two halves beginning with the 2020 season.

This significant change was one of several rules revisions recommended by the National Federation of State High School Associations (NFHS) Field Hockey Rules Committee at its January 13-15 meeting in Indianapolis. All rules changes were subsequently approved by the NFHS Board of Directors.

“The NFHS Field Hockey Rules Committee continues to strive to find ways to improve the ease and use of the rules for officials and coaches, which is evident in many of the changes made for the 2020 field hockey season,” said Julie Cochran, NFHS director of sports and liaison to the NFHS Field Hockey Rules Committee.

The rules committee’s change moves the game to four 15-minute periods from two 30-minute halves. The committee believes this will allow teams to maximize their play for the entire match. Set stoppage times of two minutes between the first and second quarters – as well as between the third and fourth quarters – will provide student-athletes breaks for rest, hydration and strategizing. The length of halftime is set for 10 minutes, with teams changing goals.

“I think the shift to quarters is going to be interesting,” said Sherry Bryant, Massachusetts Interscholastic Athletic Association (MIAA) associate director and chair of the NFHS Field Hockey Rules Committee. “From an educational athletics point of view, a standardized break between quarters to address health and safety of athletes provides consistent opportunity for coaching, all while enhancing the excitement and flow of the game. It seems like a true win-win scenario.”

Changes to the sport’s period lengths primarily affect Rule 4-1-1; however, they also impact Rules 5-1-1, 5-1-2 and 5-2-2. To be specific, the rules now detail the start of a game with a center pass and the restart of play by a center pass following each goal by a player of the team not scoring.

As a result of the change in periods, the committee removed language pertaining to the starting and stopping of the game clock. Consequently, the sport no longer features time-outs. Rule 4-2-3 previously stated each team is permitted two 90-second time-outs per game. With the change to four quarters, teams now have guaranteed breaks for rest, hydration and coaching opportunities.

Cochran added that the rules committee adjusted team time-outs in an effort to keep the game fluid with the guaranteed stoppage of play now between quarters.
The rules committee also made significant changes that clarify the intent of penalties found as part of Rule 12-1. The committee also added definitions of cards related to coaches’ conduct.

Previously, Rule 12-1 PENALTIES consisted of six items and a note. It has been reduced from six penalties to three penalties, including the removal of definitions for each offense.

Rule 12-1 PENALTY 1 has been expanded to clarify when a penalty card is issued, and it also defines green, yellow and red cards. The newly adopted third penalty details restarting play when a foul is called prior to clock stoppage, when the ball goes out of bounds, and if no foul is called prior to clock stoppage.

An overhaul of the player uniform rule – Rule 1-5-1 through 1-5-8 – was also notable. Changes carried out by the committee reorganized the uniform rule and provided further clarity with the addition of language regarding uniform bottoms.

Changes to the player uniform rule reflect recent changes in high school volleyball rules. In field hockey, players are permitted to wear a single-colored short or long-sleeved shirt. If worn, home-team undershirts must be white. The visiting team’s undershirt must match the color of the jersey or be black or a dark color. All players who choose to wear an undershirt must wear the same color as her teammates.

Other uniform rules changes include like-colored uniform bottoms, which include styles such as shorts, skirts, kilts or pants, provided shin guards are visible. The home team must wear solid, knee-length white socks/sock guards, while the visiting team must have a dark, contrasting color. The committee’s actions also included defining the use of player numbers, which also must be a solid, contrasting color and feature no more than two digits (00-99).

Another rules change for 2020 introduces the definition of shadowing to the rules. Shadowing is the act of being within playing distance of an opponent and following the player’s movement on the field without impeding progress. The new rule, Rule 3-3-9, is found among definitions of techniques within the rules book.

The final change, Rule 10-3-2, specifies that the criteria for completion of a penalty corner during extended play will mirror the procedures for ending a penalty corner during regulation play.

A complete listing of the field hockey rules changes will be available on the NFHS website at www.nfhs.org. Click on “Activities & Sports” at the top of the home page and select “Field Hockey.”

According to the 2018-19 NFHS High School Athletics Participation Survey, field hockey has 60,824 girls participating in more than 1,700 schools nationwide.

###
LIGHTNING AND TORNADO POLICY AND PROCEDURES

Inclement weather – if a game has to be postponed due to lightning, when making the decision to wait 30 minutes or postpone to a later date (if the game is in the first or second quarter) or declare the competition complete (if the game is in the third or fourth quarter), administration and officials should work together to consider if student-athletes can be safely socially distanced while taking shelter. If taking shelter will put many participants in a tight indoor space (bus, practice shed, small hallway, etc.) officials and administration must choose to implement a contest-ending procedure prior to waiting 30 minutes.

- In inclement weather, remind student-athletes to bring appropriate rain gear, etc. (Bench personnel cannot safely all huddle under an 8x8 or 10x10 tent).

DEFINITION
LIGHTNING
In the United States, an average of 300 people are struck by lightning each year. Of those struck, there are approximately 40 fatalities from lightning each year. Approximately 50-60% of lightning casualties occur during organized sports or recreational activities according to the National Weather Service. Most of these fatalities can be prevented.

Weather Apps
- It is strongly recommended that an independent and objectively verified weather app (such as the WeatherBug® SparkTM App, Storm by Weather Underground, or the National Weather Service app) be available at all outdoor activities, including practices and contests. This should be part of your venue-specific emergency action plan.
- Acceptable alternatives to the verified weather apps include but are not limited to: immediate contact with the local weather services, local television or radio. Access to these sources can be through the Internet, cellular telephone and/or any other means that provides the information needed for real time decisions to be made.

GUIDELINES/PROCEDURES
In your venue-specific emergency action plan, you must:

1. Assign a staff member to monitor local weather conditions before and during practices and contests. This staff member is designated to make the final call on suspending and resuming the game.
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. Utilize announcements/public address announcer to help guide teams and fans to the appropriate shelter and identifying safe places as noted below.
   b. Safe locations need to be identified and shared with teams, spectators and workers prior to the start of the activity or athletic event.
   c. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium, locker rooms or buses/cars. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus. Reference inclement weather tab in COVID guidance & considerations.
   d. Unsafe locations include but are not limited to: Picnic areas, parks, open sided shelters (dugouts), storage sheds, open garages, tents, press boxes, areas close to open water, tall objects such as trees, poles, towers, elevated areas and anywhere social distancing cannot be maintained.
3. When a thunderstorm seems imminent, lightning is seen or heard, or the weather app indicates that lightning is within 8-10 miles, the outdoor venue (small or large) needs to be evacuated. Proceed to a lightning safe area.
4. Activities shall be suspended, and all personnel are directed to move to safe locations. At a minimum, by the time the lightning storm has reached 8 miles away from the location of the outdoor activity, all individuals should have left the outdoor athletic site and reached a safe location. Weather monitoring subscriptions should be set at an 8-mile radius from the center of the sporting event (venue specific).
5. 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 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 8 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. Reference inclement weather tab in COVID guidance & considerations.
   * – PER NFHS 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.

6. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.

7. Inform student-athletes and their parents of the lightning policy at start of the season in your pre-season meeting.

No App or Technology Available
When a weather app is not available, the default NFHS policy that appears in the Rules Book of each sport shall be followed. In brief, that policy requires suspension of all activity when cloud-to-ground lightning is observed, or thunder is heard. If thunder is heard, lightning is assumed to be striking within 10 miles. Implement the Thirty Minute Rule as noted in the NFHS Policy.

MANAGEMENT
People who have been struck by lightning do not carry an electrical charge and are safe to be touched by others.
   • Call 911
   • If possible, an injured person should be moved to a safer location before starting CPR.
   • Start cardiopulmonary resuscitation (CPR).
   • Lightning-strike victims with signs of cardiac or respiratory arrest need immediate emergency help.
   • Activate the local emergency management system and utilize an AED if available. Prompt, effective CPR has been highly successful for the survival of lightning strike victims.
LIGHTNING AND TORNADO POLICY AND PROCEDURES (Cont.)

DEFINITIONS

TORNADO
- Tornado Watch - indicates tornadoes are possible
- Tornado Warning - tornado siren sounds signaling tornado sighted or tornado indicated by radar

GUIDELINES/PROCEDURES

- Develop a tornado specific EAP for each venue or event.
- Designated weather watcher (above) notifies site or athletic director of approaching storm and communicates direction and speed of storm.
- If a tornado warning is initiated, immediate event delay should be implemented, and all participants, spectators and athletic staff should SEEK SHELTER IMMEDIATELY. Once inside a secure location, tune to local weather alert radio to be informed of storm location, path and duration of tornado warning.
- Warning may be extended, or a new warning issued at any time, so continued monitoring is needed. During tornado warning, sirens will sound for 3 minutes at a time. Depending on duration of warning, sirens may re-sound multiple times.
- Safe shelter from tornado = inside lowest building level, away from exterior walls/windows, with windows closed. If outside, lie flat in a ditch or depression and cover head with hands or stay in a car with seatbelt on. Be aware of potential flooding. DO NOT take cover under an overpass or bridge. Never try to outrun a tornado in urban or congested areas. Be aware of flying debris.

All clear - tornado warning will expire after duration specified by National Weather Service and weather watcher notifies site director that warning has ended and event can resume.

REFERENCES


National Weather Service Lightning Safety Tips and Resources: https://www.weather.gov/safety/lightning

The CHSAA Sports Medicine Advisory Committee’s mission is to provide information, vision and guidance to the CHSAA while emphasizing the health, and safety of students participating in interscholastic sports and activities. For more information about the Sports Medicine Advisory Committee, click here.

CHSAA Emergency Action Plan-

Every member school is required to create a venue-specific Emergency Action Plan (VEAP) for each site that the member school practices and hosts athletic contest. (Please use this template that has been created for consistency).
**Sportsmanship Protocol at all CHSAA Contests and Activities**

1. **Cheerleaders/Fans/Spectators**
   - It is recommended that there be positive cheers only.
   - Only cheerleaders may use megaphones.
   - All patrons must wear shirts and shoes. Face painting is allowed.
   - Cheer and tumbling routines must be in front of your team’s student body. Routines that spill into the area of the opposing team are prohibited.
   - Cheer squads may perform under the basket area outside the free vertical lane lines at all times.

2. **Banners**
   - One cloth or vinyl banner may be used, but must be sanctioned by the game management, principal, and/or athletic director before the contest. Note: Some facilities, including venues used for CHSAA playoffs, may not allow any banners. Paper banners are not allowed at CHSAA sponsored playoff events.
     - The words and graphics on banners must be positive: i.e. “beat”, “outscore”, “conquer”, etc.; Negative banners: i.e. “kill”, “maim”, “scalp”, etc., will be confiscated and may result in no future use of banners.
   - Banners must not block the view of others.

3. **Noisemakers**
   - All artificial noisemakers are prohibited. This includes: cowbells, drums, whistles, horns, plastic clackers, thunder sticks, etc. Exception: bleacher kicking is permitted if the facility management allows it.
   - An air horn or cannon may be used on the field and only if supervised by a school designee. It should never be disruptive to the playing of the game and used only during dead ball periods at the end of playing action.
   - No musical instruments and/or amplified music, including drums, shall play while the game clock is running or when a ‘live-ball’ situation is applicable by rule, whether the game is indoor or outdoor. This includes fanfares, drum rolls, etc. The only time the game, once started, is not “in progress” is during a timeout or intermission. This applies to the use of outdoor, in-gym, or in-arena sound systems and public address announcements. The announcer is an integral member of game administration and is a reporter of information not necessarily obvious to spectators. Great care must be exercised to see that neither team gains an advantage from announcements over the public address system. Announcers are not “play-by-play” announcers.
   - There shall be no amplified instruments at any CHSAA playoff events.

4. A list of acceptable and unacceptable behaviors can be found on CHSAAnow.com under Activities>SPORTSMANSHIP in the Game Management and Sportsmanship Expectation Guide.

5. **CHSAA Venue Sportsmanship Expectation Poster**
   All schools are strongly encouraged to post the poster/flyer at all school contest venues, with or without using the card system protocols. The Sportsmanship Expectation Poster provides a consistent message for our schools to fans and spectators in our gyms about how to treat referees, judges, umpires, and other sports officials. Any size of the poster/flyer will do. Download the 8 ½ x 11 version at Chsaanow.com.

   **CHEER FOR YOUR TEAM AND NOT AGAINST THE OPPONENT!!**
OFFICIALS’ INFORMATION

OFFICIALS’ FEES

Officials’ game fees for the 2020-2021 season:

$57.12 - Varsity Game; $42.33 - Sub-Varsity Game.

Mileage - $.40 cents per mile or a $6.00 stipend within the Denver-Metro area.

For regular season contests, the most an official should receive for mileage reimbursement is 75 miles. This does not apply to post season contests where officials are assigned by CHSAA. Please refer to the current Officials’ Report in the Legislative Council Minutes for more information.

EVALUATE YOUR OFFICIALS

Coaches are asked to evaluate the crew of officials after each game.

The CHSAA and the CFHUA value your input on the officiating in our state. Under http://www2.chsaa.org/coaches/rate-contest-official.asp click on Rate Your Contest Officials link. Depending on the browser used, your coach may print the completed document in a pdf form and send to Tom Robinson at trobinson@chsaa.org. It is important that coaches approach this with the mindset that constructive criticism is the best way to improve officiating in Colorado.

State Playoff Voting Information

The Officials’ voting for the playoffs will be April 12-16, 2021. This is your opportunity to vote for the official you will see in the playoffs. Please take a moment to vote for the best official.

ALL ATHLETIC DIRECTORS, COACHES (HEAD & ASSISTANT), AND OFFICIALS WILL BE INVITED TO PARTICIPATE.

Selections will then be made by a committee consisting of Justin Saylor, one non-top 8 coach, and 1 non-board member official.
A MESSAGE FROM CFHUA

Colorado Field Hockey Umpires Association (CFHUA) is the organization which recruits, trains, evaluates, and, when necessary, disciplines high school field hockey umpires in Colorado. As of July, for the 2020-2021 school year, CFHUA has a total of 22 returning members state-wide, plus 6 new members. That said, we continue to have an umpire shortage. Each year, we recruit enough umpires to replace the ones who move out of state, retire, or switch to coaching. We need everyone involved in high school field hockey to step up and help us recruit new high school field hockey umpires.

CFHUA officials must pass a 100-question rules test each year. In addition, CFHUA provides specific training for its members each year consisting of clinics delineating rules changes and points of emphasis received from the National Federation of High Schools (NFHS) Field Hockey Rules Committee and discussions based on coaches’ reports and game evaluations of umpires during prior years.

CFHUA uses trained individuals to evaluate umpires in game situations. The primary purpose of those evaluations is to suggest improvement ideas and corrective actions, based upon both game observations and experience level of the umpire being evaluated. This is done at no cost to schools. CFHUA also provides training and rules interpretations to CHSAA, its member schools, and coaches upon request – including instruction at the annual rules clinics which coaches are required to attend. These services are also provided at no cost to CHSAA, the schools, or the coaches.

Assignments of CFHUA members to specific games are made by an assignor who is paid by the schools or leagues. The assignor uses Arbiter to manage the assignment process. Each school should provide feedback to the assignor to ensure any issues involving an umpire or the school are resolved in a timely manner. For example, if an umpire fails to appear for a game assignment, the assignor needs to be informed of that failure immediately.

CFHUA continually strives to recruit new members, as the needs of the schools, at both the varsity and the sub-varsity levels, increase each year. CFHUA also strives to improve the competency of its members in order to enhance the “classroom” experience that is high school field hockey. The reward for a good umpire is the assignment to a postseason game. Toward the end of each season coaches are asked to vote for those umpires they think are the best for the student-athletes. To assist the coaches in that endeavor, umpires are requested to provide their names to both head coaches prior to each contest. Please vote for playoff umpires, and please provide feedback throughout the season.

Larry Zappone, President, CFHUA

July 2020
CHSAA FIELD HOCKEY REGULAR SEASON GUIDELINES

Following are points of emphasis field hockey coaches should review with their staffs and players in reference to CHSAA rules and regulations. This list is not all-inclusive; highlighting only key areas.

1. **Student/Parent Information** - Parents and students are required to review the [Competitor’s Brochure](#) and acknowledge their understanding of the CHSAA Bylaws by signing at the end and submitting to their school's Athletic Director. Parents and students, as part of the Competitor’s Brochure, acknowledge the inherent risks of participating in athletics and activities including the risk of COVID-19. Serious, catastrophic and fatal accidents may occur.

2. **Physical Exam/Parent Consent** - No student shall represent his/her schools in interscholastic athletics (practice or contest) until there is on file with the school administration a statement signed by his parent or legal guardian and a practicing physician certifying he/she has passed an adequate physical examination within the past year (12 calendar months) and is physically fit to participate in high school athletics and has the consent of his parents or legal guardian to participate.

3. **Trainer's Kit** - The CHSAA recommends that a trainer's kit, with all the necessary medical supplies needed for your sport, be available at all practices and contests.

4. **Language** - Coaches are reminded that the CHSAA focuses on exemplary behavior. The use of bad language may be penalized by disqualification. Work with your athletes at the beginning of the season to understand that whenever the uniform is worn, they represent their school and the philosophies of the CHSAA.

5. **Taunting** - Taunting is considered any action(s) or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule or demean others, whether or not the deeds or words are vulgar or racist. Game officials shall, in all sports, follow the rules set forth by the National Federation for each sport. Penalties under these rules may include ejection or other penalties for flagrant unsporting-like behavior-like offenses. Taunting in all sports and/or activities is an unsporting-like offense that may result in a game ejection with penalties as outlined in the student ejection policy in the CHSAA Handbook.

6. **Sunday Contact** – In accordance with Bylaw 2310.5, no high school interscholastic contests, practices for interscholastic contests, camps, nor association between participants and coaches/directors of any CHSAA sanctioned sport from the student's school shall take place on Sundays during the school year. The Commissioner may, when deemed advisable, allow postponed state-level events to be played on Sunday. Teams playing on Monday in district, regional or in a state-culminating event will be exempt from this rule.

7. **All regular season games will be played according to the NFHS and be completed by Thursday, April 22, 2021 for all schools.**

8. **MaxPreps** is the official site we use to collect data for regular season scores and statistics. Please report all game information to this site (www.maxpreps.com). More information and a user guide may be found on the CHSAA homepage: www.chsaanow.com. All scores must be posted in MaxPreps by the home team within 24 hours of the end of the game.

9. **Team Area** – The team area shall extend from each team's own end-line to the substitution line on its side of the scorer’s table. Have your players line up behind each other to promote greater social distancing when available. The officials’ table and team benches shall be placed on the same side of the field. The officials’ table shall be placed slightly in front of the team line. The team line is a broken line parallel to, and 5 yards from, the sideline. This area shall be free of obstructions except for the officials’ table.
10. **Field Markings** – The CHSAA asks that you work with your maintenance and field staffs to make sure your field of play is marked as per the NFHS rule book guidelines. They can be found in this bulletin as well as the NFHS field hockey rule book on the page following the table of contents. Except as specifically stated within the rules, any dimensions or other information in diagrams of fields is suggestive only; it is not required by NFHS rules. The construction and layout of all facilities used for high school competition are subject to any applicable laws and building codes, and to the sound judgments of the persons in charge of the facilities.

11. Both varsity coaches must (junior varsity and freshman may) present to the home team scorekeeper a copy of the up to date and accurate team roster, including names and numbers of all team players, before the game begins. The names shall be recorded in the home team scorebook and checked by the officials prior to the start of the game.

12. The host school and tournament higher seed is responsible for keeping a varsity scorebook, which contains a team roster, including numbers and names of all team players for all varsity matches.

13. **Team Roster** – Each team roster is not to exceed a maximum of 25 athletes in uniform. Each team shall consist of not more than 11 players on the field, one of whom is the goalkeeper. Each team shall have a captain on the field who wears a distinctive arm/leg band. The captain is the only player permitted to confer with the officials. A team may compete with a minimum of seven players on the field. When a team plays with fewer than 11 players, a goalkeeper shall be one of the players. A team not having a properly equipped goalkeeper shall forfeit the game.

14. **Mandatory Mercy Rule:**
   a. Once a 5-goal differential between the teams is reached, the official clock will run for the remainder of the game after goals and referee's disciplinary action. The clock will only stop for a team or injury timeout. The clock will continue to run even if the goal differential goes below 5 goals.
   b. Once the goal differential between the two teams reaches:
      i. 6 goals – A field player is removed
      ii. 7 goals – A second field player is removed
      iii. 8 goals – A third field player is removed
   c. If the team that is behind scores a goal and reduces the differential, the coach of the team that is ahead MAY add a field player back through the substitution area.
   d. The game WILL NOT be ended early due to goal differential.

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

16. **Tiebreaking procedure in Regular Season**: Ties in the regular season shall be broken by playing one (1) full 10-minute period. Teams play a 10-minute overtime period with a team of ten field players and one goalkeeper (11v11). The teams do not change goals at the end of the regular game. The winner of the coin toss chooses whether or not to take possession of the ball. The overtime is considered over when the time has expired. Games may end in a tie, but only after the 10-minute period has been played. (See pg. 75, E-1 and E-2 in the NF Rules Book)

17. **Statement Concerning Running Up Score**: The CHSAA has deemed it necessary for schools to refrain from running up scores on opponents.

18. **Maximum Student Participation**: A student may not participate in more than 48 quarters (across all levels) exclusive of state qualifying games. Example: A student playing in 24 JV quarters and 26 Varsity quarters would violate this rule.

19. **Maximum Team Participation**: No member school shall permit any of its field hockey teams to participate in more than 10 games exclusive of state playoffs.

20. **Game Minimum** – No game minimum for 2021 season.
21. NO Overtime for JV/Sub-Varsity: If tied at the end of regulation, the game will end in a tie.

22. If any member schools elect to play junior varsity schedules only, they will not be included in the CHSAA state championship postseason tournament.

23. Ejections & Officials:

EJECTION OF A PLAYER: An ejection is when a student-athlete receives a red card. Any player who has been ejected from a match or contest (regular or post-season) shall be disqualified for the remainder of that match or contest. In addition, the player shall be suspended from competition for the next scheduled match or contest played at the same level. They may not take part in any other games or contests at any level during this time. There is no appeal to this rule and coaches are urged to review the rule with team members prior to the start of the season and provide a constant reminder as the season progresses.

If a player is ejected or disqualified for a second time during the season, he/she will be required to miss the next two contests. A third ejection during the same season will result in a consequence determined by the Commissioner. **It is the responsibility of the coach and athletic director to enforce all ejection policies regardless of whether or not they receive notification from the CHSAA.** NOTE: Sitting out scrimmages or foundation games does not satisfy the penalty for player ejections.

A player ejected from the game shall not occupy the team bench or any area designated or reserved for players. The disqualified player must be supervised by school personnel for the remainder of the contest. A student manager is not considered appropriate/validation school personnel.

If a player ejection occurs in the final match or contest of the season, then the player shall be ineligible for the first match or contest of the next season of sport that player elects to play. In satisfying the penalty, the player must sit out a game in a sport in which he/she completes the season. See the CHSAA Handbook for more information.

EJECTION OF A COACH: A coach ejected from a contest for committing an unsportsmanlike act shall be suspended from coaching for 10 percent (1 game) of the season’s regularly scheduled matches or contests of the same level (10 games). Standard mathematical rounding rules apply. They may not coach in any other contest or level during this time.

Bylaw 2210.22: A coach ejected from a game is required to complete the following courses offered on-line by the National Federation of State High School Associations (NFHS): Sportsmanship; Teaching and Modeling Behavior. These courses shall be completed before he/she will be removed from probation and must be finished in a reasonable amount of time during the season to be determined by the school’s athletic director.

- A coach ejected from a game is automatically placed on probation according to policies established by the Board of Directors.
- A coach ejected from a second contest during the same season shall be suspended from coaching for 20 percent (2 games) of the season’s contests of the same level (10 games). Standard mathematical rounding rules apply. They may not coach in any other contest or level during this time.
- A coach ejected from two contests during a three-year period shall be required to appear at a hearing before the Commissioner or his/her designee and shall be subject to a penalty to be determined by the Commissioner.
- A coach ejected from three contests in a five-year period shall be placed on restriction from playoffs.

CHSAA FIELD HOCKEY YELLOW CARD RULE - The following rule is related to the accumulation of yellow cards by a field hockey player during regular season and the playoff tournament:

- **FIELD HOCKEY/GOALS’ LACROSSE CUMULATIVE YELLOW CARDS**
  - A field hockey or girls’ lacrosse player who receives a third, fourth, fifth, etc., yellow card during the regular season will not be eligible to compete in the next regular season contest of the same level following the game in which she received the third, fourth, fifth, etc. yellow card.
At the end of the regular season, all yellow cards accumulated to that time will be cleared. Each player who accumulates a third, fourth, fifth, etc. yellow card during any portion of the playoffs (district, regional or state level competition) will be suspended from competition for the next contest of the same level following the game in which she received her third, fourth, fifth, etc. yellow card. The player may complete the game in which she received the third yellow card.

REPORTING YELLOW CARDS
- Officials bear the responsibility of contacting the CHSAA when a yellow card is given.
- The CHSAA Office will track the cards, **but it is the responsibility of each coach and school to track their own cards and to implement the penalty regardless of whether you have been notified by the CHSAA.**
- If a player who has accumulated three yellow cards (or a fifth, sixth, etc.) fails to miss the prescribed contest, that contest will be forfeited.
- This bylaw was recommended by the CHSAA’s Field Hockey Committee in the belief that it establishes consistency in yellow card accumulation and provides a basis for improving sportsmanship.

24. **Protests - Appeals** – Decisions based on the judgement of an official are final and not subject to review. However, coaches may direct questions to the game officials as they pertain to the rules during the break between quarters or halftime, in accordance with the National Federation rules. Once a game has been declared as completed, the outcome is considered to be final and official. Coaches and Administrators are encouraged to use the official evaluation form available on chsaa.org.

25. **ALL Registered Coaches** - Carefully review CHSAA Bylaw 1620 in the CHSAA Handbook regarding the qualification of coaches. Do not allow your athletes to receive instruction from anyone who does not meet the requirements established in CHSAA Bylaw 1620. Assistant coaches must be registered by the school’s AD in accordance with CHSAA policy and must be under contract to the school. To allow a "volunteer" who is not under contract to work with your athletes exposes the "volunteer", the head coach and the school to increased liability and is a CHSAA violation.

26. The host school has the responsibility to ensure that an event is governed in a manner that emphasizes the educational values inherent in interscholastic activities. It is the host school's responsibility to remove any individual(s) creating a disturbance, which disrupt(s), the educational goals of the event and does not keep in mind the positive aspect of sporting behavior. Individuals, who by their actions, have become a constant disruption to the orderly governance of a high school activity shall be barred indefinitely by the school's principal, or his/her designee, from attending all high school activities at member school(s) and all sectional, district, region, and state playoff events. The CHSAA, the league, and offender must receive written notification of such action. (CHSAA Bylaw 2240)

27. **CHSAA Drone Policy** - “The use of drones, also known as unmanned aerial vehicles, is prohibited for any purpose by any persons at all CHSAA-sanctioned events, unless express written permission is obtained: 1) from the host school district during regular season contests, or 2) the CHSAA for any postseason/playoff contest. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium/field/arena structure. For the purposes of this policy, a drone is any aircraft without a human pilot on board.”
The following information is relative to the 2021 Field Hockey Playoff Season. It is expected that coaches and Athletic Directors will review and become familiar with all information contained within.

If you have questions, interpretations, or suggestions, please do not hesitate to contact Assistant Commissioner Justin Saylor at the CHSAA office. During playoffs, any cooperation between schools to reduce costs would be appreciated.

**QUALIFYING FORMAT & HOME SITES**

In the semifinals and finals, the higher seeded team will wear home uniforms (predominantly light-colored uniform tops).

Results of regular season play will determine the four postseason qualifiers. Each group will receive one automatic qualifier while the fourth and final qualifier will be determined by the Assistant Commissioner overseeing Field Hockey based on the New Seeding Formula and geographic location (an attempt to avoid 1st Round league matchups will be made; however, they are a possibility). If two teams have the same final ranking in the New Seeding Formula, the following tiebreakers shall be used:

1. Head-to-head competition
2. Winning percentage
3. Opponents’ winning percentage
4. Opponents’ opponents’ winning percentage
5. Highest-rated win against a team in the final RPI standings
6. Next-highest rated win until the tie is broken
7. Coin flip

**EQUAL FACILITIES**

Although it is necessary that one team be designated as the home team at common sites, it shall be kept in mind that the game belongs equally to both competing schools. It is strongly advised that a pre-game planning meeting be held to cover all details connected with the staging of every postseason contest. Game fields must be legal size fields for high school soccer and be in safe and playable condition. The CHSAA reserves the right to make sure all playoff fields are legal fields, as per NFHS rules and recommendations for high school field size. This will allow both teams a fair opportunity to compete and ensure proper seating for spectators with a restricted area between participants and fans.

**TEAM ARRIVALS & WARM-UP**

For semifinal games & championship game, teams should arrive at a designated time.

Teams may not begin warm-ups on the field prior to 30 minutes before the game time for the semifinals. For the championship, teams can get on the field one hour before the game. No running around the track during game play. Warm-up location will be given to teams upon checking in at the stadium. Second semifinal game is guaranteed 30 minutes on the turf prior to the start of the game.

**TEAM AREAS**

The designated home teams (higher seed of the bracket) will use the south bench while the lower seeds of the bracket are designated as the visiting teams and will use the north bench. Team benches are located on the east side of the field.

No parents, spectators or non-school officials may be present on the track, sideline or in the vicinity of the playing field.

**Above team areas are dependent on the site being All-City Stadium.**

The decision for the CHSAA semifinal and final ball (white or orange) color will be left to the discretion of the officials assigned to these games. Safety, lighting, and field markings will help determine which color is best.
FIELD MARKINGS
The CHSAA asks that you work with your maintenance and field staff to make sure your field of play is marked, as per the NFHS rule book guidelines found in the NFHS field hockey rule book on the page following the table of contents. Located there is the NFHS diagram. It includes the markings for team benches and officials’ areas located on the same side of the field, as per NFHS rules.

PRACTICE
Practice will not be permitted at the site of the State Championship unless a participating school’s practice facility is also the tournament site.

SELECTION OF OFFICIALS
Officials for the state playoffs will be voted on by coaches, AD’s and officials from April 12-16, 2021. Selections will then be made by a committee consisting of Justin Saylor, one non-top 4 coach, and 1 non-board member official.

TRAINER
A trainer will be provided at the semifinal and final contests by CHSAA.

ANNOUNCER
The announcer should be a school staff member or responsible individual who can set the tone of the game by calling the fans’ attention to the following points of reference: (1) CHSAA playoff contests are conducted under the strictest code of good sporting-like behavior; (2) The officials are neutral individuals and have been selected because of demonstrated ability; (3) Fans are to be encouraged by the announcer to support their own team and display proper protocol and sporting-like behavior.

TIEBREAKING PROCEDURES FOR PLAYOFF GAMES (Refer to the NFHS rulebook for page numbers)

1. Play one (1) full 10-minute period with teams of ten field players and one goalkeeper (11v11), see page 75, E-1 for format.
2. If the contest remains tied at the end of the 10-minute overtime period the teams will change ends and will play one (1) 10-minute Sudden Victory Period with six field players and one goalkeeper (7v7), see pages 75-76, E-2b & E-5 for format.
3. One-on-One - A series of five shots on goal shall be taken by individual players in a one-on-one situation (attackers vs. goalkeeper). To begin this procedure, the attacker stands on the 25-yard line and the goalkeeper stands on the goal line. Play continues for 10 seconds with follow-up shots permitted, see page 76, E-4.

NOTE: A foul or violation by the attacker ends the procedure. A goal is awarded for a foul or violation by the goalkeeper. The procedure also ends when: 1. The 10 seconds has elapsed; 2. A goal is scored; 3. The ball goes out of play over the end line or sideline.

a. Each coach will present a list of 10 players to the official and the shots will be taken by the players in the order they are listed. The team attempting the first shot will be decided by a coin toss. If a player participates out of order, that one-on-one is over and no goal is awarded. The next correct player is to play the team’s next one-on-one.
b. The first five player listed for each team will attempt the shots on goal on an alternate basis and the team scoring the most goals is declared the winner.
c. If the game is tied, the last five players listed for each team will attempt “sudden victory” shots on an alternating basis. This procedure will continue until the tie is broken. If necessary, the original list of 10 players will be repeated. The order of players may be changed at this time.

EXAMPLES: (1) No. 6 of A scores; No. 6 of B fails to score; A declared winner (2) No. 6 of A scores; No. 6 of B scores; (No. 7 player from each team must attempt shot-on-goal.) No. 7 of A scores; No. 7 of B scores; (No. 8 player from each team must attempt shot-on-goal.) No. 8 of A fails to score; No. 8 of B scores; B declared winner.
PROTESTS
Decisions based on the judgement of an official are final and not subject to review. However, coaches may direct questions to the game officials as they pertain to the rules during the break between quarters or halftime, in accordance with the National Federation rules. Once the game has been declared over, the outcome is considered final.

OFFICIAL TIME
Official time will be kept on the stadium clock throughout the game; however, the horn will not go off and a certified official will alert the head official that one minute is remaining in the first half, at the end of the game and any subsequent overtimes, and the official will count down beginning at 10 seconds remaining in the contest. Half time shall be five minutes with the clock running.

INCLEMENT WEATHER POLICY
In the event inclement weather prevents either the semifinals or finals being held on the regularly scheduled date(s), the CHSAA office will work with the host site to select the next available date for competition. The game(s) will be rescheduled as quickly as possible and will be played close to the originally scheduled date depending on facility constraints.

AWARDS
Awards for the CHSAA Field Hockey Tournament will include a trophy for both the championship and second place teams. No third-place game will be played.

AWARDS CEREMONY
The CHSAA will have an awards ceremony at the conclusion of the championship game. The award ceremony will be located in the center of the field. School administrators and coaches are expected to assist in the award ceremony by not allowing students and fans to join their team on the field.

BANNERS & NOISEMAKERS
Only one official school banner may be displayed at the field hockey semifinal and final contests. No paper signs or placards will be allowed. Artificial noisemakers of any kind are prohibited at the state tournament. This includes thunder sticks and drums used as noisemakers.

GATELIST & PROGRAM INFORMATION
It is imperative that each team that has a chance to qualify for the CHSAA Field Hockey Tournament, complete the field hockey gatelist online. All gatelists MUST be completed online by April 23, 2021. This information is very important, as it will be used to develop the program as well as any press releases. You will not be allowed to make any changes or additions to your gatelist at the event. Any changes MUST be submitted online via the gatelist.

Each participating team in the final four tournament is entitled to a maximum of 28 entries at each contest in which the team participates. NO MORE THAN 21 PLAYERS MAY BE CERTIFIED TO PLAY ON A TEAM IN THE STATE TOURNAMENT. The 28 team entries are to include team members, coaches and managers. Only those people listed on the gatelist will be admitted free of charge.

TICKETING & TOURNAMENT FINANCES
Ticket prices and financial reporting information will be sent out from the CHSAA prior to postseason play.
In the semifinals and finals, the higher seeded team will wear home uniforms (predominantly light-colored uniform tops). One semifinal will be at 6:00 p.m.; the other will be at 8:00 p.m. The championship game will be played at 7:00 p.m.

**GROUP 1**
- Arapahoe (2251)
- Cheyenne Mountain (1291)
- Colorado Academy (413)
- Liberty (1592)
- Palmer Ridge (1224)

**GROUP 2**
- Dakota Ridge (1460)
- Fossil Ridge (2041)
- Mountain Vista (2332)
- Regis Jesuit (1466)
- St. Mary's Academy (251)

**GROUP 3**
- Cherry Creek (3728)
- Denver East (2603)
- Grandview (2896)
- Kent Denver (484)
- Smoky Hill (2020)

**PARTICIPATING SCHOOLS (15)**

PLEASE NOTE: The CHSAA has granted an exception for those schools playing against Graland Country Day School. 8th graders may play against 9th grade teams only.