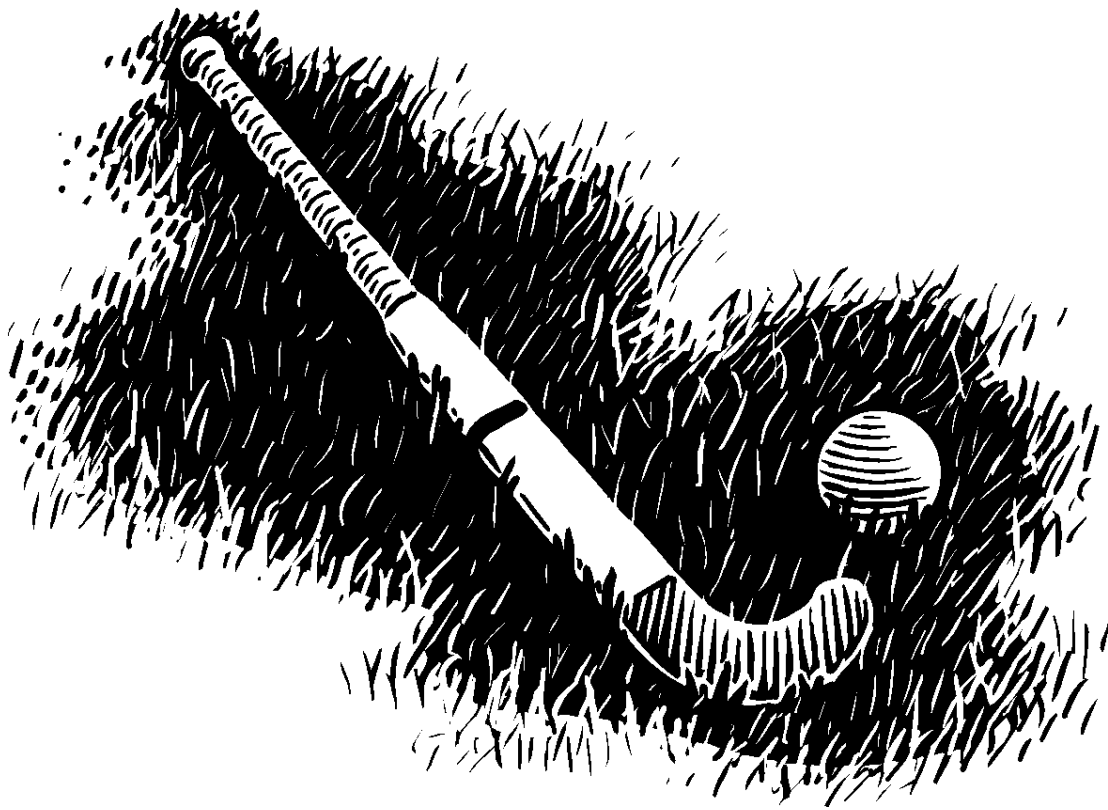


# **Section IV**

# **Field Hockey**

# **Handbook**

# **2026**



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# ***FOREWORD***

This Handbook for Policies and Procedures has been designed as a supplement to the STAC, IAC, and MAC Handbooks. The Section IV Field Hockey will comply with the regulations set forth by the National Federation of State High School Associations, the New York State Public High School Athletic Association and Section IV of the NYSPHSAA Listed below are adoptions by the NYSPHSAA. The current rulebook issued by the National Federation will be the standard for game administration unless noted otherwise within this handbook. Changes or additions to this handbook must be approved by the Field Hockey Committee. All policy changes must be approved by the Section IV Athletic Council.

## **Congratulations to the 2025 Section IV Champions**

Class A: Windsor State Champions

Class B: Vestal State Semifinalist

Class C: Whitney Point State Champions

## SECTION FOUR OFFICERS

### **PRESIDENT:**

Brandan Coyle  
Unadilla Valley Central School  
School: 607-847-7500  
[bcoyle@uvstorm.org](mailto:bcoyle@uvstorm.org)

### **EXECUTIVE DIRECTOR:**

Jeff Ferrara  
Section IV Office  
Office: 607-561-2347 / Cell: 607-283-6224  
276 State Highway 7  
Sidney, NY 13838  
[jferrara@dcmoboces.com](mailto:jferrara@dcmoboces.com)

### **ASSISTANT DIRECTOR:**

Mike Brown  
Section IV Office  
Office: 607-561-2347 / Cell: 607-431-0696  
276 State Highway 7  
Sidney, NY 13838  
[mbrown@dcmoboces.com](mailto:mbrown@dcmoboces.com)

### **NYSPHSAA Chair:**

Bev Hooper  
[bhooperhead@gmail.com](mailto:bhooperhead@gmail.com)

### **SECTION IV CHAIR:**

Chris Klumpp  
Windsor CSD  
School: 607-655-8254 / Cell: 607-427-9279  
[cklumpp@windsor-csd.org](mailto:cklumpp@windsor-csd.org)

### **SECTION IV COORDINATOR:**

Nicole Huston  
Whitney Point, NY 13862  
Cell: 607-237-6870  
[NickyHus12@gmail.com](mailto:NickyHus12@gmail.com)

### **STAC REPRESENTATIVE:**

TBA

### **MAC REPRESENTATIVE:**

TBA

### **IAC REPRESENTATIVE:**

Scott Wandell, Athletic Director  
Newark Valley Office: 607-642-8351  
[swandell@nvcs.stier.org](mailto:swandell@nvcs.stier.org)

### **ASSIGNER (Binghamton):**

MaryJo Macrabie  
[Sect4FHAssignor@gmail.com](mailto:Sect4FHAssignor@gmail.com)

**ASSIGNER (Finger Lakes):**

Peter Hyde     Home: 315-497-9553 / Cell: 607-341-2427

[Fhockey798@aol.com](mailto:Fhockey798@aol.com)

**INTERPRETERS:**

Dave Bendick     Phone: 607-221-8713

## CALENDAR OF IMPORTANT DATES

- August 1      **Letter of Intent** to Move Up in Classification due to Section IV Executive Director.
- August 24      **Start date** for fall practices may begin
- August 26      **Pre-Season Coaches meeting at** Whitney Point Cafeteria @6:00 pm
- October 19      Tournament Information Form & Team Record due to Field Hockey Coordinator.  
[www.sectionivathletics.com](http://www.sectionivathletics.com) – Field Hockey
- October 19      **Seeding Form due** to Section IV Office by 12pm (noon) and Nicky  
Huston, FH Coordinator [www.sectionivathletics.com](http://www.sectionivathletics.com) – Field Hockey
- October 19      **Seeding Meeting** – @Section IV 5:00pm – Only the Section IV Chairperson,  
Coordinator, **STAC Rep, MAC Rep, and IAC Rep** need to attend.
- October 23      **Quarterfinals** Classes “A”, “B” and “C” October
- October 27      **Semi Finals** Classes A, B, C
- October 31      **Finals** Classes “A,” “B” & “C”
- November 1      Rain date for Classes “A”, “B” & “C”
- November 1      **Senior Classic @ TBA** 5 pm
- November 7      **Regionals VS Section II @ TBD**  
A-11am vs Section 8 @ TBD,  
B- 1pm vs Section 1 @ TBD  
C- 3pm vs Section 9 TBD
- November 13      **State Semi-Finals** all Classes @ Arlington High School
- November 14      **State Finals** all classes @ Arlington High School

**I. PURPOSE:**

The purpose of Section IV field hockey committee is to:

- a. promote field hockey programs in Section IV
- b. assist in alleviating some of the officiating scheduling
- c. have said schedule reviewed annually

**II. MEMBERSHIP:**

All school districts that are members of Section IV and participate in field hockey.

**III. FIELD HOCKEY COMMITTEE:**

- a. The Field Hockey Committee is made up of the Section IV Chairperson (AD), Section IV Coordinator and one appointed representative (AD) from each league that participates in field hockey.
- b. The Field Hockey Committee will organize each year's schedule and send it to the Section IV Field Hockey schools by the 1<sup>st</sup> Monday in June. Consideration will be given to geography, enrollment, and levels of field hockey each school plays.

**NOTE:** The current leagues playing field hockey in Section IV are the Midstate Athletic Conference, the Interscholastic Athletic Conference and the Southern Tier Athletic Conference.

\*\*\*\*\*

**Division I:** Maine-Endwell, Vestal, Whitney Point, Afton/Harpursville and Windsor

**Division II:** Deposit-Hancock, Greene, Owego, Sidney/Unatego, Walton

**Division III:** Marathon, Moravia, Newark Valley, Spencer-Van Etten/Candor and Tioga

**NYSPHSAA Classification** variation for Field Hockey approved at its January Meeting are:

**Class A** 915-up Owego/Ithaca, Maine-Endwell and Windsor  
(Moved up by request to Classification Committee)

**Class B** 914-450 Vestal, Afton/Harpursville and Deposit-Hancock

**Class C** 449-below Greene, Marathon, Moravia, Newark Valley,  
Sidney/Unatego, Spencer-Van Etten/Candor, Tioga, Walton  
and Whitney Point

## CONSTITUTION BY-LAWS & POLICIES

- A) **RULES:** National Federation Rules.
- B) **STARTING TIME:** 4:15 p.m. weekdays, 11:00 a.m. Saturdays (or change by mutual consent.)
- C) **OFFICIALS:** Chapters STBO and Finger Lakes Boards of Field Hockey officials.  
2/contest - J.V. & Varsity  
1/contest - Modified (if 2 are not available)
- D) **DIVISIONAL CHAMPION:** There will be a champion in each division determined by:
  - 1. Head-to-head competition
  - 2. Field Hockey point system (see below)
  - 3. Record vs. common opponents

### **Total points accumulated from division games:**

- 5 pts. win in regulation time against a larger Class
- 4 pts. win in regulation against same Class
- 3 pts. win in regulation against smaller Class
- 2 pts. loss in regulation against a larger Class
- 1 pt. loss in regulation against same Class
- 0 pt. loss in regulation against smaller Class

**\*\*If our Section OT procedure is NOT followed due to out of Section/State play or Tournament Rules the game is considered a Tie and points will be determined by the following:**

Total points available to your team divided by 2-

5pts available for playing a larger Class  $5/2 = 2.5$ pts earned

4 pts for playing same Class  $4/2 = 2$ pts earned

3 pts for playing smaller Class  $3/2 = 1.5$ pts earned

- 4. For all games, ties will be broken in the following manner:
  - a. Two 10-minute OT (Sudden Victory)
  - b. Shoot out 1v1
- 5. If a point tie between 2 teams or more exists for divisional champion, champions will be determined by:
  - a. Head-to-head competition
  - b. Field Hockey point system (as stated above)
  - c. Record vs. common opponents
  - d. Multi-Champions will remain
- 6. Awards: There will be 3 divisional championship plaques (barring ties) and Divisional awards in no way are to substitute for or be in lieu of sectional awards for sectional play.

- E) **ELIGIBILITY:**
1. A senior may play J.V.
  2. Movement of field hockey players between JV and Varsity levels will be allowed according to the NYSPHSAA By-Laws and Eligibility Standards. **NOTE:** A girls' name in the scorebook does not constitute participation - she must have entered the game.
- F) **PROTEST PROCEDURES:** It should be noted that no protest will be allowed if the protest is based on a "judgment" call by the official.

**Rules of protest will be as follows:**

1. The protest must be reported to the Section IV Field Hockey Coordinator immediately after the disputed contest, at which time the Field Hockey Coordinator will contact the protest committee.
  2. If it is a **misinterpretation of the rules**, it must be announced to the officials handling the game at that time and **will not** be allowed after game completion.
  3. If it is an **ineligible player or dangerous situation** protest, it must be made preceding the game or immediately upon recognition of such violation.
  4. All protests must be forwarded to both the Chairman of the Field Hockey Committee and the Director of Athletics of the other school involved by telephone the next school day. A copy of the protest must also be sent to the Director of Athletics of the other school involved and to the Field Hockey Committee.
  5. Upon receipt of a protest, the Field Hockey Coordinator will contact the game officials and the opposing coach requesting written versions of the incident.
  6. All coaches, players and affiliates must abide by the Section IV misconduct policy. All Athletic Directors have copies of the policy. There is an appeal procedure for misconduct.
- G) **REPORTING CONTEST RESULTS:** The **home school** is responsible for reporting contest results to their athletic department **& the Field Hockey Coordinator.**
- H) **COACHES MEETING:** The coordinator will schedule pre- and post-season meetings of all field hockey coaches. The pre-season meeting will be held during the first week of practice.
- I) **ALL STARS:** Selection shall be decided by Divisions at the Post-Season meeting. Awards will be shields and/or certificates

## NFHS 2024 Rule Changes:

**1-8-1, 2 (NEW):** Clarifies that a goalkeeper top is part of the uniform and not required equipment.

**Rationale:** Games should not be forfeited for field player or goalkeeper illegal uniforms. Adding uniforms to the goalkeeper equipment section gives guidance on how an official should handle illegal uniforms vs. illegal/missing required equipment.

**2-1-7:** Provides flexibility for officials holding for advantage to award a penalty corner or penalty stroke after time expires.

**Rationale:** NFHS rules permit the playing of a penalty corner or penalty stroke after time has expired. The addition offers flexibility to the official who is holding for advantage and time expires to award the penalty corner or penalty stroke depending on severity of the violation.

**3-4-5:** Defines stick interference.

**Rationale:** Adds stick interference language to Rule 3 definitions.

**4-2 PENALTY:** Administers a penalty if a second time-out is requested and granted.

**Rationale:** Offers guidance to officials on how to administer a penalty if the clock is stopped as a result of the coach or captain requesting a second time-out.

**10-2-1 :** Establishes a clear signal to initiate the penalty corner with a whistle from the official.

**Rationale:** Establishes standardized procedure for starting penalty corners with an official's whistle. Gives clear guidance to all players when the penalty corner begins.

## 2024 Editorial Changes

2-1-3, 8-2-1g, 12-1-2h

## 2024 Points of Emphasis

1. Penalty Corners
2. Goalkeeper Equipment and Uniform

**12. INTERSCHOOL SCRIMMAGE:** A scrimmage is a practice that is a **SIMULATED CONTEST**.

In scrimmages: (a) both squads use the same field simultaneously with both coaches making corrections and giving instructions, (b) **GAME RULES MUST BE ALTERED - SEE SPORT SPECIFIC REQUIREMENTS** (p. 111-123), (c) no official score is kept, (d) time period(s) are defined in the Sport Standards section of the NYSPHSAA Handbook, (e) no admission is charged.

The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules.

**37. FIELD HOCKEY-**For other requirements see p.108.

**Protective eyewear** which meets the ASTM Standards may be worn by all member school field hockey players (July 2020 NFHS).

If **undershirts** are worn, they must be white in color for the home team and dark in color for the away team (Feb. 2008).

Sections may determine which of the approved **overtime procedures** to follow (May 2006).

**State Association Adoptions:**

1. Officials may wear a colored or black and white striped shirt. (Jan. 2005)
2. The game clock may continue to run after goals are scored and when one team is ahead by 5 or more goals. (Jan. 2005)
3. When a player is yellow carded during overtime, the offending team will play shorthanded.

**Scrimmages:** A field hockey scrimmage must start with a sideline or 16 yard hit and includes one or more of the following:

1. A running clock and/or modified periods
2. Incorporate all or part of the Overtime Procedure into the scrimmage
3. Each team will take 5 offensive corners, playing until either a goal is scored; ball goes out of bounds or crosses the 25 yd line.

# TOURNAMENT INFORMATION

The **2026 Field Hockey Sectionals Tournament** will be held on the following dates:

First Round on October 23-all classes

Semi-Finals October 27- all classes

Finals on November 31 - all classes

All pertinent information relating to the tournament is included in the following pages. The preliminary rounds and semis will be played at the school with the higher seed. The sectional structure is 3 divisions, A, B and C.

A. **TEAMS ENTERING SECTIONALS:**

All teams that post a ".400" season or better overall record OR a ".500" or better in Class who wish to participate may enter sectional play. If there are any open brackets, they will be filled by the teams with the next total points.

B. **SECTIONAL DATES:**

**First Round**

- A      October 23 (rain date October 26)
- B      October 23 (rain date October 26)
- C      October 23 (rain date October 26)

**Semis**

- A      October 27(rain date October 30)
- B      October 27 (rain date October 30)
- C      October 27 (rain date October 30).

**Finals**

- A      November 31
- B      November 31
- C      November 31

C. **SEEDING PROCEDURE:**

The **Seeding meeting will be held on October 19th.** Section IV Field Hockey Committee and official's assignor from both boards should attend.

**Coaches should send updated rosters (in numerical order) and records to the Field Hockey Coordinator by October 19th.** All games played prior to Oct 19th will count toward seeding points. Tournaments and any games outside of Section IV **WILL COUNT.**

**ALL FORMS are found on the Section IV athletics website.**

[www.sectionivathletics.com](http://www.sectionivathletics.com)

**Seeding Method:**

- a. Total points accumulated from division games:
  - 5 pts. win in regulation time against a larger Class
  - 4 pts. win in regulation against same Class
  - 3 pts. win in regulation against smaller Class
  - 2 pts. loss in regulation against a larger Class
  - 1 pt. loss in regulation against same Class
  - 0 pt. loss in regulation against smaller Class

**\*\*If our Section OT procedure is NOT followed due to out of Section/State play or Tournament Rules, the game is considered a Tie and points will be determined by the following:**

Total points available to your team divided by 2

5pts available for playing a larger Class  $5/2= 2.5$ pts earned

4 pts for playing same Class  $4/2=2$ pts earned

3 pts for playing smaller Class  $3/2=1.5$ pts earned

- b. This total will then be divided by the number of games played for the season.

If a tie still exists, the following criteria will be used in order:

- a) Head to head competition
- b) Common opponents
- c) Best overall record should be seeded up
- d) Division record
- e) Coin flip

D. **RULES:**

2026 Federation Rules.

**Tie Breaker is:**

1. 1 - 10 minute - 7 vs. 7
  - a) No offsides
  - b) Sudden victory
  - c) Defensive Corners - 3 plus keeper
2. Second 10 minutes - 7 vs. 7 - same rules as above
3. If the score remains tied at the end of the second 10 minute overtime period, a Shoot-out will take place.  
There is "NO SUDDEN VICTORY" shoot-out process.

A set of 5 alternating shoot outs take place in each series.

(If a tie still exists after the first series of 5 shoot-out, a second series of 5 shoot-outs will take place with the same players, (subject to an incapacitated or suspended defending goalkeeper being replaced). This process is repeated if still tied.)

E. **TEAMS PARTICIPATING MUST BRING:**

Game ball, scorebooks, clock, and an adult to act as official scorekeeper and/or timer as well as a designated adult for a protest committee.

F. **GAME CALLED DUE TO BAD WEATHER:**

Will continue from point of interruption as per rule book under "rules of tournament." Must be complete in the entire game.

G. **OFFICIALS FOR SECTIONALS:**

Officials for all rounds of Sectionals will be supplied by the Southern Tier Field Hockey Officials Board.



Field Hockey Overtime Procedures  
2026-27

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

**The Officials will:**

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

**II. Ten-minute OT 7 V 7 sudden victory OT period:**

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

**III. If a tie still exists after the first 10- minute overtime, the teams will play a second 10 minute**

**7 V 7 Sudden Victory overtime period.**

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

**IV. If the score remains tied at the end of the second 10-minute overtime period; a Shoot-out will take place.**

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

- Players from each team take a 1v1 shoot-out, alternately against the goalkeeper of the other team.
- Five (5) players per team will take the shoot-out in the sequence nominated and communicated by the team to the umpires on duty before the start of the shoot-out competition. The order of shoot-out must be indicated to the umpires at the coin toss.
- The umpires, in conjunction with the tournament committee will choose the goal to be used.
- Toss of coin: The **Visiting team** calls the toss. The team which wins the toss has the choice to take or defend the first shoot-out.
- The team scoring or awarded the most goals is the winner and the competition ceases once an outright winner is determined. Winner is declared: when there is a clear winner and play is not

necessary to finish the group of 5. ex: during the 1<sup>st</sup> group of five 1v1 scenarios, the score is 4-1, there is no need to play out the last two players.

## PLAYERS AND COACHES—

1. When not involved in play, the Goalkeeper may stand on the end line on the side of the goal closest to her team OR may stand behind the 25 yd line with the 5 players involved in the shootout.
  2. Team members, and coaches not involved in the shootout, may stand on the field, behind the 30 yd. line, 5-10 yards from the sideline. One team on each side of the field.
  3. PLAYERS should be ready for the next shootout, but not raced into the set up.
  4. If the goalie is a shooter, she is considered a field player.
- A player who has been excluded permanently (red card) from the field of play during that same match, cannot take part in any shoot-out competition.
  - A team with a player who was carded during the shootout, must play short in the shootout period.

## V. Shootout:

### OFFICIALS:

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

### PROCEDURE:

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

## Replacement situations

- If a penalty stroke is awarded as specified above, it is taken by the two players involved in the

shoot-out concerned, unless either of them is incapacitated or suspended. This penalty stroke will take place before the next available shoot-out takes place.

- If the replacement goalkeeper is a field player, that player is allowed reasonable time to put on protective equipment.
- If during a shoot-out competition, a defending goalkeeper is incapacitated, that goalkeeper may be replaced by another goalkeeper.
- If during the shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player from the team unless suspended by the umpire prior to or during the shoot-out competition.

VI. **If a tie still exists after the first series of 5 shoot-out, a second series of 5 shoot-outs** will take place.

- Coaches may change the order and/or players before the start of the second shootout.
- A coaching intermission lasting 2 minutes, will be allowed prior to the start of the second shoot-out period.
- The coach must inform the umpires as to the order in which the nominated players take the shoot-out.
- The team who had taken the first shoot-out of the first series must defend the second series.

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

VII. **Misconduct:**

1. Each team will begin the first 7v7 overtime with seven players, one of which must be a Goalkeeper, (unless players were disqualified or have not completed a suspension during any previous playing period. Teams will play short during this time.)
2. Any player who has been disqualified (Red Carded) during regulation play is not eligible for the overtime period and the team will play short for the entire overtime.
3. A player suspended (Green/Yellow Carded) during regulation play, would be eligible at the completion of the suspension timeframe of the 7v7 periods. The team plays short until the suspension is completed.
4. At the beginning of the first round of 1v1 shootout, a suspended player with time that is carried over into the 1v1 shootout round will be unable to participate in any future shootout rounds.  
**Teams will start the 1 v1 shootout with 5 players.**
5. If an Attack player is Green / Yellow carded **during** the shootout, that player may be replaced with an eligible shooter to participate in any future shoot outs. However the player carded will be unable to participate in any future shootout rounds. Any further player who is carded during the shootout will follow the same procedure.
6. If an Attack player is Red carded **during** the shootout, their team will only have 4 shooters participate in any future shootouts. The player carded will be unable to participate in any future shootout rounds. Any future shoot-out the player was entitled to take counts as no goal. The spot of the no goal in future shootouts will be determined by the carded player's coach.
7. If a goalie is carded **during** the shootout, she is replaced and is unable to participate in any future rounds. The replacement goalkeeper is allowed reasonable time to put on protective equipment. If the goalie is Red carded, she will be replaced and is unable to participate in any future rounds. An Attack player will be removed from the shootout series and her spot in future

shootouts will count as a no goal. The spot of the no goal in future shootouts will be determined by the carded player's coach.

8. It is expected that the players and coaches will not enter the field of play until the official has signaled the end of the game or overtime. Failure to comply will be treated as misconduct.

Revised: January, 2014  
October, 2014 (final)  
January, 2015



## HEAT INDEX PROCEDURES

### Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) or THI using a Wet Bulb Globe Temperature Indicator (see chart below) on the field will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- Download WeatherBug app to your phone or log into [www.weatherbug.com](http://www.weatherbug.com). Schools may also use a Wet Bulb Globe Temperature Indicator (see chart below) on the field that will be used.
- Enter zip code or city and state in the location section of the app or on-line or determine the THI by using a Wet Bulb Globe Temperature Indicator.
- If the Feels Like temperature (heat index) or the Wet Bulb Globe Temperature Indicator is in the recommended range (yellow - WeatherBug or green, yellow, orange, red - WBGT), the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (heat index) or Wet Bulb Temperature Indicator at halftime or midway point of the contest. If the Feels Like temperature (heat index) or Wet Bulb Temperature Indicator is in the required range (red - WeatherBug or black - WBGT), the contest will be suspended.

Please refer to the following chart when using **Weather Bug app**, to take the appropriate actions:

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

Please refer to the following chart when using **Wet Bulb Globe Temperature Indicator**, to take the appropriate actions:

| Cat 3                        | Cat 2                        | Cat 1                        | Activity Guidelines                                                                                                                                                                                                                                                                                                                                                                       |
|------------------------------|------------------------------|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| < 82.0°F<br><27.8°C          | < 79.7°F<br><26.5°C          | < 76.1°F<br><24.5°C          | Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.                                                                                                                                                                                                                                                       |
| 82.2 - 86.9°F<br>27.9-30.5°C | 79.9 - 84.6°F<br>26.6-29.2°C | 76.3 - 81.0°F<br>24.6-27.2°C | Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.                                                                                                                                                                                                                                            |
| 87.1 - 90.0°F<br>30.6-32.2°C | 84.7 - 87.6°F<br>29.3-30.9°C | 81.1 - 84.0°F<br>27.3-28.9°C | Maximum practice time is 2 h. <u>For Football</u> : players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : Provide at least four separate rest breaks each hour with a minimum duration of 4 min each. |
| 90.1 - 91.9°F<br>32.2-33.3°C | 87.8 - 89.6°F<br>31.0-32.0°C | 84.2 - 86.0°F<br>29.0-30.0°C | Maximum practice time is 1 h. <u>For Football</u> : No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : There must be 20 min of rest breaks distributed throughout the hour of practice.                                                                                                                            |
| ≥ 92.1°F<br>≥ 33.4°C         | ≥ 89.8°F<br>≥32.1°C          | ≥ 86.2°F<br>≥30.1°C          | No outdoor workouts. Delay practice until a cooler WBGT is reached.                                                                                                                                                                                                                                                                                                                       |



Fig. 2. Heat safety regions.

Use this link to determine the category of your location.  
 Link: <http://www.castlewilliams.com/wbgt-regions.html>  
 Approved May 1, 2010 Updated May 3, 2023



## WIND CHILL PROCEDURES

### Administration of Wind Chill Procedures:

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into [www.weatherbug.com](http://www.weatherbug.com).
- Enter zip code or city and state in the location section of the app or on-line.
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Feels Like (wind chill) at halftime or midway point of the contest. If the Feels Like (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

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

|                                                                      |                                                                              |                                                                                                                                                                                                                                                                                                                                                             |
|----------------------------------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                      | Feels Like Temp (wind chill) above 40 degrees                                | Full activity. No restrictions                                                                                                                                                                                                                                                                                                                              |
| <b>R<br/>E<br/>C<br/>O<br/>M<br/>M<br/>E<br/>N<br/>D<br/>E<br/>D</b> | Wind Chill Caution:<br>Feels Like Temp (wind chill) 39 degrees to 20 degrees | Stay adequately hydrated.<br>Notify coaches of the threat of cold related illnesses.<br>Have students and coaches dress in layers of clothing.                                                                                                                                                                                                              |
|                                                                      | Wind Chill Watch:<br>Feels Like Temp (wind chill) 19 degrees to 10 degrees   | Stay adequately hydrated.<br>Notify coaches of the threat of cold related illnesses.<br>Have students and coaches dress in layers of clothing.<br>Cover the head and neck to prevent heat loss.                                                                                                                                                             |
|                                                                      | Wind Chill Warning:<br>Feels Like Temp (wind chill) 9 degrees to -10 degrees | Stay adequately hydrated.<br>Notify coaches of the threat of cold related illnesses.<br>Have students and coaches dress in layers of clothing.<br>Cover the head and neck to prevent heat loss.<br>Consider postponing practice to a time when the Feels Like temp is much higher.<br>Consider reducing the amount of time for an outdoor practice session. |
| <b>REQUIRED</b>                                                      | Wind Chill Alert: Feels Like Temp (wind chill) -11 degrees or lower          | No outside activity, practice or contest, should be held.                                                                                                                                                                                                                                                                                                   |

**Special Note: Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.**

Approved May 1, 2010

Updated July 27, 2016

# **NYSPPHSAA**

## **THUNDER & LIGHTNING POLICY**

*(Effective 10/25/04)*  
*(Revised October 20, 2008)*

Applies to regular season through NYSPPHSAA Finals:

- 1) Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.
  - a) With your site administrator, set up a plan for shelter prior to the start of any contest.
  
- 2) When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:
  - a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
  - b) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.
  - c) After thunder and/or lightning have left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.



## **Tornado Policy**

- Tornado Watch-indicates tornados are possible. Event staff must continue to monitor the situation.
- Tornado Warning-Tornado siren sounds signaling tornado sighted or tornado indicated by radar

## **GUIDELINES/PROCEDURES**

- If a tornado warning is initiated, immediate event delay shall be implemented, and all participants, spectators and athletic staff shall seek shelter immediately. Once inside a secure location, tune to local weather alert radio to be informed of the storm location, path and duration of tornado warning.
- Warning may be extended, or a new warning issued at any time, so continue to monitor.
- Safe shelter from tornado inside lowest building level, away from exterior walls/windows, with windows closed.

All Clear-tornado warning will expire after duration specified by the National Weather Service and the site director will notify all involved that the warning has ended, and the event may resume.

July 2022

Section IV FIELD HOCKEY Tournament Seeding Form

Class 

Home Phone

|        |  |
|--------|--|
| E-Mail |  |
|--------|--|

Home E-Mail \_\_\_\_\_

Home Phone

|        |  |
|--------|--|
| E-Mail |  |
|--------|--|

Home E-Mail

| Overall Record | Class Record |
|----------------|--------------|
| 10-10-10       | 10-10-10     |

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15

5 points for a win in regulation time against higher class team  
 4 points for a win in regulation time against same class team  
 3 points for a win in regulation time against a lower class team  
 2 points for a loss in regulation time against a higher class team  
 1 point for a loss in regulation time against same class team  
 0 point for a loss in regulation time against lower class team  
 \*\* See Field Hockey handbook for OT and Tie Procedure Points  
 Divide total points by total number of games played.

Section IV Entry Policy for Sectional Tournaments shall be 40% win percentage for overall schedule or 50% win percentage for class schedule. Should only one school qualify in any class, the 2nd seeded team would have the option to play in the Sectional Final.

|                                    |           |          |
|------------------------------------|-----------|----------|
| Team Qualifies for Sectional Entry | _____ Yes | _____ No |
| Team will be entering Sectionals   | _____ Yes | _____    |

No ALL games count toward seeding points played up to and including October 20, 2024;

No contest counts toward seeding played on or after 10/21/24

Email completed form to NickyHus12@gmail.com and mcweenej@dcmoboces.com no later than 10/21/24 11:00 am

**LETTER OF INTENT  
FOR  
MOVING TO A HIGHER CLASS**

**Sport**                    Field Hockey

**School**                    \_\_\_\_\_

**Date**                    \_\_\_\_\_

**Current  
Classification**                    \_\_\_\_\_

Our school has elected to move to a higher class to participate in the Section IV Field Hockey Tournament. We will move up to participate as a Class \_\_\_\_\_ school.

**Signature of Coach**                    \_\_\_\_\_

**Signature of Athletic  
Director**                    \_\_\_\_\_

This form must be returned to the Regional Sports Coordinator of Section IV by, ONLY if your school intends to play in the Section IV Field Hockey Tournament at a higher class.

The following policy was approved at the June 2004 Athletic Council Meeting.

“Be it resolved that any school moved up in classification, either by choice or at the discretion of the Classification Committee shall remain in that classification for a two year period. At the conclusion of the two-year period the school(s) so moved may request a review of their future classification.

This means you may or may not be allowed to move back down in class following the two-year period. It will depend on how your team did playing up in classification or other factors the Classification Committee deems pertinent for their consideration of your future classification in this sport.