



2016

POLICY AND PROCEDURES

FOR

FIELD HOCKEY



NHIAA FIELD HOCKEY COMMITTEE

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1. REQUIREMENTS:

I. In order to be considered for tournament play, each school must meet the following schedule requirements:

- A. Minimum number of games – 10
- B. Maximum number of games – 14
- C. In order to be eligible for post-season tournament play, each team must play at least fifty percent (50%) of its games with New Hampshire Schools.
- D. All games will count - regardless of division.

II. COMPLETED SCHEDULE AND FORFEIT:

All teams must complete their entire schedule submitted to the NHIAA. Any scheduled game(s) not played must be reported (in writing by both schools) to the NHIAA prior to the date of NHIAA pairings with an explanation. The Committee will determine if games not played will be considered a forfeit(s) or a no game(s). A team CANNOT forfeit a game to the other team under any circumstances.

MAKE-UP GAMES:

Make-up games may not be scheduled into the last week of the season. The only games that can be played during the last week of the season are games on the original schedules submitted to the NHIAA.

Exception to Reschedule into the Last Week of the Season: If for some reason, a game must be moved into the last week of the season a letter, prior to the game being played, must be submitted to and received by the Chair of the Committee through the NHIAA Executive Director by both outlining the reason(s) for the request.

Please note that any game approved to be moved into the last week of the season must be played by the last date to play. No extension of the season will be granted. In the event the game(s) are not played both teams will be issued forfeit losses.

2. PLAYING RULES:

- A. National Federation Field Hockey Rules will be considered the official Field Hockey Rules.
- B. Tie breaking procedures developed by the Field Hockey Committee upon recommendation of the National Federation will be used in tournament play only. Overtime Procedures for Regular Season Play are outlined in Sect. 5 of this manual.
- C. All varsity games are to be officiated by two (2) NHIAA registered officials. Exception to this may be sought by contacting the NHIAA Office before the game.

3. No field hockey player may play in more than three (3) halves per day. Entering play in a half constitutes a full half of play.
- Sub varsity matches are not to be longer than 25 minute halves. If the Athletic Directors of both schools participating agree to play a 30-minute game, it must be broken up into two (2) 15 minute halves. The official's rate for this game would remain at the sub varsity rate for Field Hockey Officials as defined in NHIAA By-Law Article XI: Sports Officials fees for 2015-16 School Year.

4. **SPORTSMANSHIP:**

The NHIAA Field Hockey Committee has established the following procedures for dealing with unruly spectators:

- A. First Offense: Official suspends game on the first dead ball situation and requests appropriate coach or site management to resolve the situation. Once the coach or site management has been made aware of the situation, play shall resume.
- B. Second Offense: Official suspends game on the first dead ball situation and requests the appropriate coach or site management to remove the offending spectator (s) from the venue. Play shall resume upon removal of offending spectator.
- C. Third Offense: The team of the offending spectator(s) shall forfeit the game.

5. **MERCY RULE FOR REGULAR SEASON PLAY:**

When score differential is five or more goals, the clock will continue to run throughout the second half after a goal is scored. The clock will stop for timeout, injuries, issuing of cards, penalty strokes, and official's timeout. If the goal differential is below five in the second half, normal timing will resume NFHS Rule 4-2-2.

6. **OVERTIME PROCEDURES FOR REGULAR SEASON PLAY:**

When the score is tied at the end of regulation time, the tie will be broken in the following manner: A single, fifteen (15) minute "sudden victory" overtime period shall be played with teams consisting of six (6) field players and a goalkeeper (7 vs. 7). There shall be a five (5) minute intermission during which the coach will designate the seven players who will start the overtime period. The teams will change ends, and the officials shall have a coin toss with the team captains to determine who has the centerpass. The captain of the visiting team shall call the toss.

- A. All game rules shall apply with the following modifications:
 1. Each team will begin the overtime with six (6) field players and a goalkeeper. If a team finished the regulation game playing short because of a disqualified player, **it shall play the overtime period short. If a team finished the regulation period playing short because of a suspended player, it shall play short until the suspension time has been served**
 2. Any player who has been disqualified during regulation play is not eligible for the overtime period.
 3. A player suspended during regulation play would be eligible at the end of the suspension.
 4. On penalty corners, the defending team is permitted to have only four (4) players behind the goal line (goalkeeper and three (3) field players).
 5. Any timeouts not used during the regulation game may be used during the overtime period.
 6. **Note:** For yellow card suspensions or red card disqualifications during the sudden victory overtime period the offending team shall play short.
- B. The game is complete as soon as a goal has been scored.
- C. The game will be considered a tie if the score is still tied after the single fifteen (15) minute sudden victory period has been played.

7. ALIGNMENT:

Field Hockey will be separated into three divisions, Division I, II, and III. The following is the alignment to be used for this season:

DIV. I (1151+)		DIV. II (651-1225)		DIV. III (1-650)	
16 Schools		17 Schools		20 Schools	
Pinkerton	3167	Goffstown	1106	*Pembroke	840
Nashua South	1875	Portsmouth	1098	*John Stark	700
Nashua North	1748	Milford	857	Pelham	628
Exeter	1741	Windham	851	Bow	595
Concord	1714	Souhegan	828	Laconia	590
Man. Central	1688	Merrimack Valley	823	Kearsarge	566
Man. Memorial	1583	Kennett	819	Stevens	545
Londonderry	1579	Hollis/Brookline	815	Monadnock	531
Bedford	1484	Kingswood	814	Gilford	510
Keene	1388	ConVal	794	Winnisquam	492
Dover	1349	Oyster River	715	Berlin	443
Timberlane	1240	Hanover	702	Conant	435
Merrimack	1231	Plymouth	686	White Mountains	402
Salem	1215	Sanborn	686	Franklin	388
*Winnacunnet	1109	*Lebanon	609	Newfound	383
*Bishop Guertin	743	*St. Thomas	527	Bishop Brady	348
				Newport	346
				Mascenic	344
				Mascoma	340
				Hopkinton	269
*petition					

8. TOURNAMENT SELECTION:

Tournament team selection will be determined in accordance with the present alignment. Eleven (11) teams will qualify in Divisions I and II and fourteen (14) teams will qualify in Division III.

8. TOURNAMENT ROSTER:

All tournament teams will be limited to a maximum of twenty-five (25) players, two (2) managers, and two (2) coaches. Rosters shall be completed via the NHIAA website. If a team is going to make the tournament, a team photo in uniform (no warm-ups and no mascots allowed) must be submitted with a photo lineup. If no photo is received a logo will be supplemented.

Rosters are now to be submitted on-line utilizing the AD's Admin login.
Field Hockey Rosters and Photos Due: October 7, 2016

9. TOURNAMENT OFFICIALS:

Selection of tournament officials will be made in accordance with NHIAA By-Law Article I Policy, Section 15: Tournament Officials Selection.

10. **TOURNAMENT FORMAT:**

The higher seeded teams will host the preliminary round of the tournament. The home field will be of legal size with legal goals in tournament play.

- Preliminary Round - played at the site of the higher seeded team
- Quarterfinal Round - played at the site of the higher seeded team
- Semifinal Round - to be played at a neutral site
- Final Round - to be played at a neutral site
- The FIH International Walkout Procedure shall be used for the introduction of teams, captains, coaches, and umpires are all semifinals and final games.
- The National Anthem should be played before all semifinal games.

Interrupted or Suspended Games

Any tournament game interrupted due to circumstances beyond the control of the responsible administrative authority shall be completed as follows:

- A. If interrupted during the first half, the entire game shall be replayed;
- B. If interrupted after the start of the second half, the game could be resumed at the point of interruption or by mutual agreement be considered a completed game.

11. **FIELD PREPARATION EXPENSES:**

Field preparation expenses will only be approved by the Field Hockey Committee when a tournament game is played at a neutral site.

12. **TOURNAMENT TIE-BREAKING PROCEDURES:**

A. TWO 15 MINUTE "SUDDEN VICTORY" OVERTIME PERIODS (7 VS. 7)

Play two (2) "sudden victory" overtime periods not to exceed fifteen (15) minutes each with teams consisting of six field players and a goalkeeper (7 vs. 7). Prior to the start of the first overtime period there shall be a five-(5) minute intermission during which substitutions may be made. **The officials shall have a coin toss with the team captains to determine direction or possession.** The captain of the visiting team shall call the toss. If a second-(15) minute overtime period is necessary the team that lost the coin toss in the first overtime period will have the choice of ball possession or direction of attack.

During fifteen (15) minute "sudden victory" overtime periods all game rules shall apply with the following modifications.

1. Each team shall begin the overtime period with six field players and a goalkeeper (7 vs. 7). **If a team finished the regulation game playing short because of a disqualified player, it shall play the overtime period short. If a team finished the regulation period playing short because of a suspended player, it shall play short until the suspension time has been served.**
2. A player who has been disqualified (red card) during regulation play is not eligible for the overtime period.
3. A player suspended (yellow card) during regulation play would be eligible at the end of the suspension.
4. NOTE: For yellow card suspensions or red card disqualifications during the "sudden victory" overtime period, the offending team shall play short.
5. On penalty corners, the defending team is permitted to have only four players behind the goal line (goalkeeper and three field players).

6. Any time-outs not used during the regulation game may be used during the overtime period.
7. The game is complete as soon as a goal has been scored.

PENALTY CORNERS

If the score is still tied at the end of two- (2) "sudden victory" overtime periods, penalty corners shall be played as follows:

There shall be a five-minute intermission during which the coach shall designate the eleven players who will participate in penalty corners. These players shall remain on the field during penalty corners.

1. The officials shall have a coin toss with the team captains. The captain of the visiting team shall call the toss. The winner of the toss shall elect to start on offense or defense.
2. There will be no substitutions allowed from the bench except in the case of injury.
3. A player who was disqualified (red card) during regulation play or during the first overtime periods is not eligible for penalty corners. **The offending team shall play the penalty corner overtime period short. (10 players on the field) However, the team shall not play short on corners.**
4. A player who has not completed a suspension (yellow card) during the first overtime periods shall not be eligible to play until a minimum of six (6) penalty corners (AB, AB, AB) has been completed. The offending team shall start the penalty corner overtime period with 10 players on the field. **However, the team shall not play short on corners.**
When the suspension has been served the coach may add a player.
5. A player who receives a yellow card suspension during penalty corners will not be allowed to re-enter until a series of six penalty corners has passed: (AB, AB, AB). However, her team need not play short on the corner.
6. For a red card disqualification, substitution will not be allowed. However, the offending team need not play short on the corner.
7. The officials shall select the end of the field to be used for penalty corners. The head official shall remain the lead official. The team whose bench is at the far end of the field may move it across the field and place it between the twenty-five yard line and the centerline of the field.
8. Teams shall play with six (6) players during a corner. The other eligible players (11 players total) must remain on the field and behind the fifty-yard line. Six (6) offensive players alternate with six (6) defensive players. Any combination of six (6) players may be used except that the goalkeeper cannot play on offense. On penalty corners, the defending team is permitted to have only four players behind the goal line (goalkeeper and three field players). When a team is on defense, two defensive players must stay behind the fifty-yard line until the penalty corner injection is hit. At that point they may run down and become involved in the play.
9. Any time-outs not taken during the regulation game may be used in the overtime period.
10. Teams shall alternate putting the ball into play with a penalty corner until one-team scores more goals than its opponent after each has had an equal number of penalty corners.

11. A penalty corner ends:

- When a goal is scored.
- An attacker violates any rule.
- A defender violates any rule except that if another penalty corner or stroke is called.
- On the initial injection the ball travels outside the five-yard apron
- The ball is played over the end line by an attacker or unintentionally by a defender after the initial hit from the end line.
- There is an unintentional foul by the defense outside the circle, but inside the five-yard apron.
- A ball that has travelled outside the circle (but within the five-yard apron) enters the circle and then leaves the circle again.

NOTE: When subsequent penalty corners or a stroke are called, they are considered part of the original penalty corner.

THE FINAL SCORE OF A TIED GAME SHALL BE REPORTED AS ONE MORE THAN THE SCORE AT THE END OF REGULATION PLAY.

13. **AWARDS:**

Official NHIAA championship and runner-up plaques, in addition to twenty-nine (29) individual medals, will be awarded to the respective champion and runner-up teams in each division.

14. **GAME BALLS:**

For all tournament games, the home team shall provide a white game ball to be used during tournament play, except at the semifinal and final games where the NHIAA provides a white tournament game ball.

All game balls at all levels of play shall have the NFHS Authenticating Mark imprinted.

The following procedure is to be followed:

- a. Prior to the start of the game the head official is to inspect the game ball(s) to ensure the NFHS Authenticating Mark is imprinted. If the home team's ball does not have the mark the visiting team's ball with the Authenticating Mark is to be used.
- b. In the event neither ball has the mark, the game is to be played and the head game official is to report the matter to the Supervisor of Officials, who in turn will notify the NHIAA office.

15. **TEAM BENCHES:**

During all rounds of tournament play held at neutral sites the higher seeded team will have the bench to the right of the scorer's table as it faces the field.

16. **PROTEST PROCEDURE AT STATE TOURNAMENTS:**

During State Tournament play, there shall be no appeals of protests to the Executive Director. All protests shall be resolved at the game site at the time of the protest.

17. **BLOOD SPILLAGE AND BODY FLUIDS:**

The NHIAA Sports Medicine Committee suggests that each school develop a local policy in cooperation with their local medical personnel, on how to handle blood spillage.

Housekeeping Procedures for Blood and Body Fluids:

Disposable latex gloves should be worn to avoid contamination of the hands of the person cleaning spillages involving blood or other body fluids and secretions. Persons involved in cleaning contaminated surfaces should avoid exposure of open skin lesions or mucous membranes to blood or body fluids. A freshly prepared solution of dilute household bleach (one quarter cup of bleach diluted in one gallon of water) or other disinfectant labeled as *virucidal*, *Tuberculocidal*, *staphylocidal* is useful. Allow the disinfectant to stand wet for a minimum of one minute to start killing pathogens and

disinfecting the area (10 minutes of disinfection time guarantees surface sterility). Whenever possible, disposable towels, tissues, and gloves should be used and properly discarded and mops should be rinsed in disinfectant.

INTERPRETATION OF EXCESSIVE BLEEDING:

National Federation Rules call for a player who is bleeding, has an open wound or excessive blood on the uniform, to leave the court/field.

The NHIAA interprets "excessive blood on the uniform" to mean that part of the uniform is saturated with blood. Saturated does not mean a wet spot. Saturated means a major portion of the garment is covered and soaked with blood. For this to occur, significant bleeding would have had to take place. For any blood on uniform less than "saturated", the uniform does not have to be changed. School personnel have the responsibility of treating the blood area with the appropriate disinfecting solution before the athlete may participate. If the uniform is "saturated" with blood, the uniform must be changed before the athlete may participate. This interpretation is to be followed in the conduct of all NHIAA athletic events.

18. **TOURNAMENT EVENT POSTPONEMENTS (WEATHER):**

If weather causes a tournament event postponement, the following guidelines must be followed:

- **Home of Higher Seed:** The decision to postpone a tournament game held at the home of the higher seed will be left to the discretion of the home site Game Director to make the decision to postpone and reschedule games to the next day. The officials and the NHIAA must be notified of the postponement and the reschedule date and time.
- **Neutral Site – During the Week:** The decision to postpone a tournament event during the week will be made by the NHIAA. Schools, Supervisor of Officials, Game Directors, Police and Trainers will be notified by the NHIAA.
- **Neutral Site – Weekends & Holidays:** The decision to postpone a tournament event on weekends and holidays will be made by the NHIAA. **SCHOOLS WILL NOT BE NOTIFIED.** It will be the responsibility of the schools playing to check the NHIAA website (visit www.nhiala.org and click on the "tournament info" link. The NHIAA will notify Game Directors, Supervisor of Officials, Police and Trainers. **TEAMS SHOULD NOT LEAVE FOR THE TOURNAMENT SITE UNTIL THE NHIAA WEBSITE HAS BEEN CHECKED.**

19. **NHIAA SITE SELECTION CRITERIA POLICY:**

NHIAA Sports Committees will make every effort to provide sites with the following criteria in mind. The criteria are not listed in order of priority.

- a. If the home team cannot fulfill all criteria necessary to host a tournament game, including charging an admission fee for the preliminary or quarterfinal games, the school shall locate another site or forfeit the home advantage.
- b. Health and safety of participants.
- c. Comfort and safety of spectators (including adequate seating and parking, and restrooms).
- d. Handicapped accessible for spectators.
- e. Relative travel requirements of participating schools.
- f. The ability to sell, collect and account for ticket sales.
- g. Playing surfaces must meet the requirements as established for that sport.
- h. Facility rental charge (if applicable).
- i. Sufficient parking.
- j. Other costs associated with running the event.
- k. Public Safety – Approximate costs
- l. Ice Charges – If applicable
- m. Custodial
- n. Receptivity and cooperativeness of personnel working at site.

- o. Provide concessions (Facility keeps all sales).
- p. Provide area for NHIAA memorabilia sales.

20. **JEWELRY AND BODY PIERCING RULE:**

No jewelry, which includes body-piercing objects, shall be worn. Religious or medical alert medals must be properly secured under the uniform. Per the NFHS, Dermal Piercings are considered jewelry and are not allowed. These piercings are inserted into the skin and require a medical procedure to remove them. The decorative part screws onto the pin or screw that protrudes from the skin. Even with a bandage over it would seem to pose a potential hazard to the athlete. Coaches will be asked if their athletes are properly equipped, which includes no jewelry. If discovered, the athlete will be removed from the competition until rectified.

21. **OUTDOOR ENVIRONMENTAL SAFETY LIGHTNING:**

Lightning is the most consistent and significant weather hazard that may affect outdoor athletics. Within the United States, the National Severe Storm Laboratory (NSSL) estimates that 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes every year. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike. Additionally, thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment, and its distance from the observer.

The following guidelines are recommended:

- a. All athletic staff and game personnel are to monitor threatening weather. Establish a chain of command as to who makes the decision to remove a team or individual from athletic sites or events (athletic/site/event director, game officials/umpires, sports medicine staff?). An emergency plan should include planned instructions for participants as well as spectators.
- b. Be aware of potential thunderstorms that may form during scheduled athletic events or practices. Included here should include National Weather Service – issued (NWS) thunderstorm “watches” and “warnings” as well as signs of thunderstorms developing nearby. A “watch” means conditions are favorable for severe weather to develop in an area; a “warning” means that severe weather has been reported in an area and for everyone to take proper precautions.
- c. Know where the closest “safe structure or location” is to the field or playing area, and know how long it takes to get to that safe structure or location.

Safe structure or location is defined as:

- Any building normally occupied or frequently used by people, i.e., a building with plumbing and/or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and **do not use** the showers or plumbing facilities during a thunderstorm.
- In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle safe shelter, but the hard metal roof, which dissipates the lightning strike around the vehicle. **DO NOT TOUCH THE SIDES OF THE VEHICLE!**
- d. **WHEN YOU FIRST HEAR THUNDER OR SEE LIGHTING, SUSPEND ACTIVITIES AND GO TO A SAFE SHELTER OR LOCATION. “IF YOU CAN SEE IT (LIGHTNING), FLEE IT (TAKE SHELTER). IF YOU CAN HEAR IT (THUNDER) CLEAR IT (SUSPEND ACTIVITIES).” WAIT UNTIL 30 MINUTES AFTER THE LAST OBSERVED LIGHTNING OR THUNDER BEFORE RESUMING ACTIVITIES.**

- e. If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground, because lightning current often enters a victim through the ground rather than by a direct overhead strike. **MINIMIZE YOUR BODY'S SURFACE AREA, AND MINIMIZE CONTACT WITH THE GROUND! DO NOT LIE FLAT!** Stay away from the tallest trees or objects (such as light poles or flag poles), metal objects (such as bleachers or fences), individual trees, standing pools of water, and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.

22. **HEAT STRESS AND ATHLETIC PARTICIPATION:**

Early fall football, cross country, soccer, and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. During the 1998 season, there were four heat stroke deaths in football. There are no excises for deaths if the proper precautions are taken. During hot weather, the athlete is subject to the following:

HEAT CRAMPS—Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

HEAT SYNOCOPE—Weakness, fatigue, and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.

HEAT EXHAUSTION (WATER DEPLETION)—Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headaches and sometimes unconsciousness.

HEAT STROKE—An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, 1991). The following practices and precautions are recommended:

- a. Each athlete should have a physical exam with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school association's recommendations should be followed.
- b. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly
- c. Along with physical conditioning, the factor of acclimatizing to heat is important. Acclimatization is the process of becoming adjusted to the heat and it is essential to provide for **GRADUAL ACCLIMATIZATION TO HOT WEATHER**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80 percent acclimatization can be expected to occur after the first seven to 10 days. Final states of acclimatization can be expected to occur after the first seven to 10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.

HEAT ACCLIMATIZATION:

- A minimum of three (3) days before interscholastic scrimmaging
- A minimum length of time between practices (3 hours)
- d. The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of an athlete is the replacement of water. Water must be on the field and readily available to athletes at all times. It is recommended that a minimum of 10 minutes be scheduled for a water break every half hour of heavy exercise in the heat. **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES**. Check and be sure athletes are drinking the water. Cold water is preferable. Drinking ample water before practices and games has also been found to aid performance in the heat.
- e. Salt should be replaced daily. Modest salting of foods after practice or games will accomplish this purpose. Salt tablets are not recommended. **ATTENTION MUST BE DIRECTED TO REPLACING WATER—FLUID REPLACEMENT IS ESSENTIAL**.
- f. Know both the **TEMPERATURE** and the **HUMIDITY**. The greater the humidity, the more difficult it is for the body to cool itself. Test the air prior to practice or game using a wet bulb, globe, relative humidity index (WBGT Index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index (ACSM’s Guidelines for the Team Physician, 1991):
 Below 64.....unlimited activity
 65-72....moderate risk
 74-82....high risk
 82+.....very high risk
 There is also a weather guide for activities that last for 30 minutes or more (Fox Matthews, 1981) which involves knowing the relative humidity and air temperature.

AIR TEMP	DANGER ZONE	CRITICAL ZONE
70 F	80% RH	100% RH
75 F	70% RH	100% RH
80 F	50% RH	80% RH
85 F	40% RH	68% RH
90 F	30% RH	55% RH
95 F	20% RH	40% RH
100 F	10% RH	30% RH

RH = Relative Humidity

One other method of measuring the relative humidity is the use of a sling psychrometer which measures the bulb temperature. The wet bulb temperature should be measured prior to practice and the intensity and duration of practice adjusted accordingly. Recommendations are as follows:

- Under 60 F.....safe but always observe athletes
- 61-65 F.....observe players carefully
- 66-70 F.....caution
- 71-71 F.....shorter practice sessions and more frequent water and rest breaks
- 75 + F.....danger level and extreme caution

- g. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather, reduce the amount of clothing covering the body as much as possible. **NEVER USE RUBBERIZED CLOTHING**.

- h. Athletes should weigh in each day before and after practice and **WEIGHT CHARTS CHECKED**. Generally, a 3% weight loss through sweating is safe and over a 3% weight loss is in the danger zone. Over a 3% weight loss that athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.
- i. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes are his/her capacity. Some trouble signs are nausea, incoherence, fatigue, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
- j. Teams that encounter hot weather during the season through travel or following and unseasonably cool period should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
- k. Know what to do in case of an emergency and have your emergency plans written with copies to all of your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.

HEAT STROKE – *This is a medical emergency- DELAY COULD BE FATAL.*

Immediately cool the body while waiting for transfer to the hospital. Remove clothing and place ice bags on the neck in the axilla (armpit) and on the groin area. An increasing number of medical personnel are now using a treatment for heat illness that involves applying either alcohol or cool water to the victim's skin and vigorously fanning the body. The fanning causes evaporation and cooling. (Source, The First Aider – September 1987).

HEAT EXHAUSTION—*OBTAIN MEDICAL CARE AT ONCE.* Cool the body as you would for heat stroke while waiting for transfer to the hospital. Give fluids if athlete is able to swallow and is conscious.

SUMMARY—The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times per hour is better than one break an hour. Probably the best method is to have water available at all times and allow athletes to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting foods at meals. Talk to your medical personnel concerning emergency treatment plans.

23. NHIAA GUIDELINES ON OZONE POLLUTION AND PHYSICAL ACTIVITY:

School Administrators and coaches as well as other appropriate staff are to use this document in making decisions regarding indoor and outdoor activities during periods of high ozone pollution.

CHARTING AIR QUALITY:

Local officials use a simple scale to forecast and report on smog levels and other air pollution.

Depending on where you live, it might be called Air Quality Index (AQI) or Pollutant Standards Index (PSI).

Current air quality is reported as a percentage of the federal health standard for a pollutant. If the current index is above 100, air pollution exceeds the level considered safe.

At Ozone smog levels above 100, children, asthmatics and other sensitive groups should limit strenuous exercise. Even otherwise healthy people should consider limiting vigorous exercise when ozone levels are at or above the health standard.

If the index is above 200, corresponding to an ozone pollution level of .20 parts per million (ppm), the pollution level is judged unhealthy for everyone. At this level, air pollution is a serious health concern. Everyone should avoid strenuous outdoor activity, as respiratory tract irritation can occur.

U.S. EPA Air Quality Index

Index Value	Descriptor	Color	1 hr. Ozone ppb
0 – 50	Good	Green	---
51 – 100	Moderate	Yellow	---
101 – 150	Unhealthy for Sensitive Groups	Orange	125 – 164
151 – 200	Unhealthy	Red	165 – 204
201 – 300	Very Unhealthy	Purple	205 – 404
301 – 500	Hazardous	Maroon	405 – 604

OBSERVING AIR QUALITY:

1. Watch the Calendar

Ozone smog tends to be worst during the May – to – September “smog season.” Be especially conscious of smog levels during warm weather. In warm areas, smog can be a problem at any time of the year. Carbon monoxide pollution levels also are related to the weather, as well as to altitude. In the western U.S., the highest carbon monoxide levels are found in the winter months.

2. Watch the Clock

Since sunlight and time are necessary for ozone smog formation, the highest levels of ozone typically occur during the afternoon. Since carbon monoxide is produced primarily by motor vehicles, the highest carbon monoxide levels usually occur during rush hour or during other traffic congestion situations.

3. Watch the News

GUIDELINES FOR PARTICIPATION:

1. Observe appropriate physical activity restrictions represented above.
2. If an ozone exceedance is expected, but has not yet occurred at the time an interscholastic practice or contest is scheduled to begin, that event may begin as scheduled.
3. If an interscholastic practice or contest is scheduled to begin and an E.P.A. warning is in effect (PSI 201 or higher), the event shall be cancelled, delayed or rescheduled.

When ozone levels reach a national PSI level of 201 (.201 parts per million), exercising indoors or outdoors may cause significant respiratory tract irritation and a decline in lung function. Therefore, strenuous exercise indoors and outdoors is to cease.

RECOMMENDED RESTRICTION OF PHYSICAL ACTIVITY:

The following limits on activity for each type of episode are as follows:

A. Level Orange, PSI 101-150 (Unhealthy for Sensitive Groups)

1. Active children and adults and people with heart or respiratory disease, such as asthma or allergies, should limit prolonged outdoor exertion.
2. Healthy individuals with noticeable health effects associated with existing conditions should minimize outdoor activity.

B. Level Red, PSI 151-200 (Unhealthy)

1. All athletes should discontinue prolonged, vigorous exercise indoors and outdoors.
2. Sensitive individuals, primarily children who are active outdoors and people with heart or respiratory disease such as asthma or allergies, should avoid indoor and outdoor activity.
3. Indoor and outdoor activities that should be avoided include, but are not limited to, calisthenics, basketball, baseball, running, field hockey, soccer, football, tennis, swimming and diving.

C. Level Purple, PSI 201-300 (Very Unhealthy)

1. All athletes shall discontinue vigorous indoor and outdoor activities, regardless of duration.
2. All indoor and outdoor physical education classes, sports practices and athletic competitions shall be rescheduled.

Note: Indoor practices may be held if an air-conditioned facility is available.

MISCELLANEOUS INFORMATION

- Be sure to bring an additional set of goalie pads with you to any "away" games. If a goalkeeper is yellow carded and a substitution is necessary, another set of pads should be available. Presently, there is no procedure to award an official time out to allow goalkeepers to change pads.
- **Field of Play:** Field Hockey playing facilities must meet the National Federation regulations. A regulation size field is 100 yards long by 60 yards wide. When space limitations mandate a smaller field, 90 yards long by 50 yards wide may be used. Schools are urged to be certain that the playing surfaces meet safety requirements to insure proper playing conditions.
- **NFHS Guidelines for Management of Concussions:** The NHIAA mandates the following of the NFHS guidelines for management of Concussions.

Concussions: Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.

Please visit www.nhcaa.org; "What's New" to view the NFHS Guidelines for Management of Concussions and the New Hampshire SB402 and its language as written.



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Sports have different requirements; you must check the NFHS Sports Rule Book for specifics.

*This list does not preclude athletes from wearing mouth guards in other sports.

The Sports Medicine Committee has been trying to facilitate the availability of proper fitting mouth guards for the student athletes of the state. Although unsuccessful to date in attempts to get clinics provided around the state, they have compiled a list of vendors and companies that provide form fitted mouth guards. Please understand that the information provided is for your use as a reference and decisions must be made by the individual school and/or student athlete. Neither the NHIAA nor the Sports Medicine Committee is in any way recommending or endorsing the following vendors or service providers supplied in this list.

<u>Name</u>	<u>Contact Information</u>	<u>Price</u>
CustMbite	www.custmbite.com monroe@custmbite.com	\$19.99 Wholesale pricing is available to schools, sports teams, and other organizations.
Pro-Tekt	www.protektmouthguards.com customerservice@protektinc.com	\$49.99 - \$89.99
Sport Guard International	www.customguards.com 1-877-8guards	\$45.00 - \$82.00
Opro	www.opro.com/opd CustomerCareUS@opro.com	\$61.95 - \$94.95
Custom Fit Mouth Guards/Ifit Mouth Guards	Heather Chase, RDH LeeAnn Grandmason, RDH Destinee Diprina, DA Atkinson, NH 1-603-362-5582	\$55 - They may be able to go to you for larger groups
Sports Guard Labs	www.sportsguard.com customerservice@sportsguard.com 1-800-401-1776	\$55
Mouth Guards and More	mouthguardsandmore@comcast.net	\$40-\$45
Defender Mouth Guards	www.defendermouthguards.com 1-888-65-defender	\$57-\$93