



Field Hockey

Sport Handbook – Fall of 2025

Section 1: Rules

- A. All contests under the jurisdiction of the RIIL shall be played according to the National Federation of State High School Association Rules, except for any special rulings adopted by the RIIL and listed in this handbook below.
- B. The RIIL strongly recommends head coaches/officials obtain a copy of the most recent NFHS Rulebook.

Section 2: Mandatory Coaches Certification & Continuing Education

- A. ALL Coaches must be appointed by their School Administration and upload their valid certificates to the Coaches' Certification website below. A coach is any adult with access to student-athletes through an education-based athletic program.
 - a. Including, but not limited to: Volunteer Coaches, Assistant Coaches, and Head Coaches.
- B. Coaching Requirements: [Article 13](#)
- C. Coaches' Certification Website: [Here](#)
- D. Coaching Out of Season Rules: [Article 7, Section 8](#)

Section 3: Medical Coverage/Emergency Action Plans

- A. Medical Coverage should be provided by the host school, be in attendance and on duty for the duration of all interscholastic scrimmages and games during the regular season and all tournament round games. The medical personnel must introduce themselves to both coaches and referee prior to the start of the game.
 - a. Pre-Game Safety Checklist: [Here](#)
- B. Schools are responsible for providing Medical Coverage for their team throughout the playoffs, including the Semis and Finals/Championships.
- C. Home team medical coverage shall be responsible for both teams unless the visiting school provides its own medical coverage.
- D. The judgment of the medical personnel will be final with regard to the medical condition of a player. No player may continue to play against the medical personnel's advice under any circumstance.
- E. Levels of Medical Coverage:

<p><u>Medical Professional:</u></p>	<p><i>A. Education/Schooling/Training & Licensure</i> <i>B. Scope of Practice</i> <i>C. Able to Return to Play</i></p>
<p>Medical Doctors- MD/DO Advanced Practice Provider-NP/PA</p>	<p>A. Advanced degree (Medical School/Successfully passed the licensing board, and RI Licensed) B. Preventative Care, On field Evaluation, Immediate Care, Diagnosis C. Can they Return to Play – Yes</p>
<p>Athletic Trainer RI Licensed</p>	<p>A. Minimum Bachelor's Degree (Successfully pass the BOC exam, and RI licensed) B. Preventative Care, On field Evaluation, Immediate Care, Assessment of injury, referral for further diagnosis C. Can they Return to Play during a game/contest? – YES</p>
<p>Physical Therapist RI Licensed</p>	<p>A. Degree varies from BS, MS to DPT (Successfully pass the board exam, and RI licensed.) B. Preventative Care, Rehabilitation, Orthopedic exam evaluation C. Can they Return to Play during a game/contest? – NO</p>
<p>Physical Therapist w/ Orthopedic Clinical Specialist (OCS) credential & RI Licensed</p>	<p>A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the OCS exam, and RI licensed) B. Rehabilitation, Orthopedic exam evaluation. On the field coverage - not qualified, no emergency training incorporated into initial certification or required to be annually updated. C. Can they Return to Play – NO (During a Game/Contest), Yes (In Clinical Setting)</p>
<p>Physical Therapists w/ Sports Certified Specialist (SCS) credential & RI Licensed</p>	<p>A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the SCS exam, and RI licensed) B. Rehabilitation, Orthopedic exam evaluation. On-the-field coverage – Qualified C. Can they Return to Play during a game/contest? – YES</p>
<p>EMT - Basic, Intermediate & Paramedic</p>	<p>A. Successfully complete the EMT program, pass the board exam, and RI licensed) B. Emergency care C. Can they Return to Play during a game/contest? – NO, per RI EMS laws/regulations/protocols</p>
<p>School Nurse (RN)</p>	<p>A. Successful completion of a nursing program (Successfully pass the board exam, and RI licensed) B. Emergency care, referral for further treatment/diagnosis C. Can they Return to Play during a game/contest? – NO</p>

- F. An Emergency Action Plan with clearly defined written and practice protocols as required by RI General Laws must be developed and in place at every high school.
 - a. When possible, an athletic trainer should be present at all practices and games. An athletic trainer is a key component in any strategy to minimize injury risk and optimize safety for all participants.
 - b. *Rationale:* An effective emergency action plan (EAP) must be in place as a prompt and appropriate response to any emergency situation that can save a life. The EAP should be designed and practiced to address all teams (freshman, junior varsity, and varsity) and all practice and game sites.

Section 4: General Regulations for all Sports

- A. Heat Acclimatization: [Article 7, Section 3](#)
- B. Definition of a Game/Scrimmage: [Article 7, Section 2](#)
- C. Coaching Out of Season Rules: [Article 7, Section 8](#)
- D. Use of Equipment During the Summer: [Article 6, Section 13](#)
- E. Sportsmanship Expectations for Coaches, Student-Athletes, & Spectators: [Article 12, Section 3](#)
- F. Loyalty to Home School: [Article 7, Section 7](#)
- G. National Events: [Article 7, Section 11](#)
- H. Penalties for Ejections: [Article 6, Section 7](#)
- I. Protest Procedure: [Article 5](#)

Section 5: Sport Advisory Committee

- A. Each Sport Advisory Committee is comprised of Member School Administrators, Athletic Directors, Coaches, Officials, and other relevant individuals who work with and report to the RIIL on all matters concerning their sport.
- B. Field Hockey Sport Advisory Committee Membership:
 - a. Sport Director: Jean Angell (Retired Scituate Athletic Director)
 - b. RIIAAA Representatives: Casie Rhodes (East Greenwich), Cindy Blodgett (Lincoln School), Greg O'Connor (Lincoln), Justin Cahoone (Chariho).
 - c. Coaches Representatives: Lea Miguel (Linc), Stephanie Shields (Pilg).
 - d. Officials Representatives: Jeanie Records and Anna Saccocio.
- C. The 2024-25 and 2025-26 Alignment received the following endorsements & approvals:
 - a. Sport Committee Approval: 01/11/24
 - b. Survey of all Member Schools: 01/18/24
 - c. RIIAAA Executive Board Endorsement: 01/19/24
 - d. Principal's Committee on Athletics Approval: 01/22/2024

Section 6: Regular Season:

A. Important Dates (all dates below are subject to change by the RIIL):

a. Scheduling:

- i. Schedule Confirmation Deadline: Friday, June 6, 2025
- ii. Final Day to add a League Game: Friday, August 8, 2025

b. Preseason:

- i. First Day of Practice: Monday, August 18, 2025
- ii. First Day to schedule a Scrimmage: Saturday, August 23, 2025

c. Regular Season:

- i. First Day to schedule a Game: Friday, August 29, 2025
- ii. Week #1: begins on Monday, September 1st
- iii. Week #2: begins on Monday, September 8th
- iv. Week #3: begins on Monday, September 15th
- v. Week #4: begins on Monday, September 22nd
- vi. Week #5: begins on Monday, September 29th
- vii. Week #6: begins on Monday, October 6th
- viii. Week #7: begins on Monday, October 13th
- ix. Week #8: begins on Monday, October 20th
- x. Last Day of the Regular Season: Tuesday, October 21, 2025

d. Postseason:

- i. Quarterfinals: Thursday, October 23rd or Friday, October 24th
- ii. Semifinals: Tuesday, October 28th or Wednesday, October 29th
- iii. Championships: Saturday, November 1st or Sunday the 2nd at Roger Williams University

B. Score Reporting for all Regular Season and Postseason League Games: In accordance with Article 6, Section 14, all contest scores are to be reported on-line on the RIIL Website. Coaches obtain access to the system through their Athletic Director.

C. It shall be the responsibility of school officials/administrators/supervisors to provide a safe and secure environment for the teams and officials by ensuring the playing field and sidelines are continuously cleared of everyone except certified & appointed coaches, team managers/scorers, student-athletes, medical personnel, and school designated personnel. Media are allowed with prior permission of the host school.

D. Divisions:

- a. Field Hockey has Three (3) Divisions

State Championship Division (Div. 1)	Division 2	Division 3
<u>5 Teams</u>	<u>6 Teams</u>	<u>6 Teams</u>
Barrington	Chariho/Prout Co-op	Classical
East Greenwich	Cumberland	Cranston Co-op
La Salle	Lincoln HS	Smithfield
Moses Brown	Lincoln School	Tiverton/Bay View Co-op
North Kingstown	Pilgrim	Toll Gate
	South Kingstown	Woonsocket/Burrillville Co-op

E. Game Cap: 20 Regular Season Games prior to the start of the playoffs

F. Home teams shall set a date/time for all contests.

- a. If there is a conflict in the date/time of the contest with the visiting team(s) and mutual agreement cannot be reached, the visiting school Principal/Athletic Director shall submit *a written request* to the RIIL to review the circumstances of the disagreement and render a decision. **This must be done prior to the submission of the Home Confirmation Schedule.**
- b. Once the Home Confirmation Schedule is submitted, *changes will not be allowed unless there are extenuating circumstances.*

G. Postponement of Regular Season Games after the confirmation deadline:

- a. Where unusual circumstances prevail or where weather conditions are unfavorable, a game may be postponed by mutual consent of the Principals and/or Athletic Directors
- b. Postponed games shall be rescheduled to the next day (including weekends and/or school vacations) when the teams, facility, and officials are available.
- i. League games must take precedent over non-league games or lesser events
- c. Additional Officials Fees for Games Changed within Two Weeks of original date/time: [Article 6, Section 5](#)

H. Practice Limitations:

- a. Preseason Practice Limitations are also located in Heat Acclimatization: [Article 7, Section 3](#)
- b. Scrimmages allowed after 5 days of practice
- c. Games allowed after 10 days of practice, not including Sundays

I. Rosters shall be completed via the RIIL website and made available to the public no later than 10 days after the start of practice. Rosters must be updated when students are added/removed from the team.

- a. Rosters must include: name, grade, and jersey number.

Section 7: Postseason Qualification & Format:

- A. Teams must complete all league games to be eligible for the postseason
- B. Teams will be ranked according to the total points accrued in all league games
 - a. Win = 2pts, Tie = 1pt, Loss = 0pts
- C. Single Elimination throughout the playoffs
- D. Straight Bracket, no reseeding
- E. Postseason Qualification:
 - a. In D1. D2. And D3: All teams will qualify for the postseason
 - i. Quarterfinals – Semifinals – Finals
- F. In the event a “playoff game” must be suspended because of conditions which make it impossible to continue to play, the game will be rescheduled and restarted from the time of the suspension of play.

Section 8: RIIL Rules & Regulations Specific to Field Hockey – Article 18

- A. Uniforms:
 - a. Schools shall consult the NFHS Rulebook for specific regulations pertaining to uniforms
 - b. In field hockey, the home team shall wear “dark” uniforms, while the away team shall wear “white” uniforms.
- B. It shall be the responsibility of the home team to:
 - a. Supply the time clock, scorer and table at mid-line.
 - b. Supply score book and score sheet.
 - c. Mark the field with restraining lines and cones.
 - d. Report results to the Director of Field Hockey.
 - e. Mouth-pieces must be worn by all players at all games and practices..
- C. Field Hockey Goalie Equipment Progression:
 - a. Days 1 & 2: Goalie helmet may be worn on the first two days.
 - b. Day 3 and beyond: Full protective (field hockey goalie) gear is permitted
- D. Protective Gear:
 - a. Eye Goggles
 - i. All players must wear eye goggles in all games and practices. The eye goggles are not to be altered in any way.
 - ii. Exception: In accordance with NFHS Field Hockey rules, a face mask may be worn in place of eye goggles. The face mask must be smooth, rounded, preferably transparent or single colored and fit flush with the face. It shall not be attached to any hard, unyielding headgear (even if padded). It is the school’s responsibility to confirm that this equipment meets the standards before allowing a student to wear it in practice/competition.
 - b. The goalie must also wear a mask or helmet and mask
 - c. All uniforms must have a distinctive color. In the event of color clash, the home team must wear a different shirt.
- E. Penalty Corners allowed 20 seconds

- a. Regarding penalty corner administration in Rhode Island RIIL contests, a team shall take no more than 20secs between the time the penalty corner was called and insertion.
 - i. If a team is attempting to play and moving towards setting up the penalty corner, officials will not card
 - ii. If 15 secs have already passed and a team is still in a huddle, the officials are instructed to give verbal cues and encourage players to "please be ready to play".
 - iii. IF the team is STILL huddling after the 20secs has elapsed with no effort to insert, the penalty card progression will be as follows:
 1. 1st infraction = green card administered for "delay of game" to head coach (no player leaves the field), the penalty corner will still be administered.
 2. 2nd infraction = yellow-5 (remove 1 field player for 5mins) "delay of game" to head coach, the penalty corner will still be administered.
 3. 3rd infraction = Yellow-10 (remove 1 field player for 10mins), "delay of game" to head coach, the penalty corner will still be administered.
 4. 4th infraction = Red (ejection of Coach and team plays short for remainder of the game), "delay of game" to head coach, the penalty corner will still be administered.
- F. During regularly scheduled RIIL games and playoff games, a team ahead by five (5) or more goals, the official game clock will not stop after a goal is scored.
- G. Overtime Procedures:
 - a. **Regular Season**
 - i. During the regular season, overtime will become a 10 minute 7 on 7 **sudden victory** OT. If teams are still tied after 10 minutes, it is a tie. The visiting team will call the flip to start the overtime and **the winner of the coin toss will choose whether or not to take possession of the ball.**
 - b. **Playoff Overtime Format:**
 - i. During the play-offs, the first overtime will be a 7 on 7 **sudden victory** OT (10 minutes). If teams are still tied after the first overtime, a second 7 on 7 sudden victory OT (10 minutes) will be played. The visiting team will call the flip to start the first overtime and **the winner of the coin toss will choose whether to take possession of the ball or not. Teams will then alternate ball for the second overtime.**
 - ii. If teams are still tied after the second overtime, a series of five shots on goal shall be taken by individual players in a one on one situation (attacker 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.
 1. A foul or violation by the attacker ends the procedure.
 2. For an unintentional foul by the goalkeeper, the one on one shall be retaken.
 3. For an intentional foul by the goalkeeper, a penalty stroke shall be awarded.
 4. Any player on the approved roster may take the penalty stroke
 5. The procedure also ends when:
 - a. The 10 seconds has elapsed.

- b. A goal is scored.
 - c. The ball goes out of play over the end line, sideline.
 - 6. Each coach will present a list of five players to the official and the shots will be taken in the order they are listed. The team attempting the first shot will be decided by a coin toss. On subsequent overtime shootouts, teams will alternate going first. 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.
 - 7. The first five players 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.
 - 8. If the game is still tied, a list of any five players from the roster will be submitted to attempt "sudden victory" shots on an alternating basis. This procedure will continue until the tie is broken.
 - 9. All play-off games must be completed. If a game is suspended due to darkness, weather, etc., the game is restarted at the point of suspension. If the first half is not completed, the game does not count and will be restarted from the beginning.
- H. Postseason Seeding Tiebreaker:
- a. Teams will be seeded according to their point total. If there is a tie, the seeding position will be determined by:
 - i. Head to head results
 - ii. The tied teams result in competitions with teams above them. Starting with the highest seeded team, compare results against them.
 - iii. The tied teams result in competitions with teams below them. Starting with the next seeded teams, compare results against them.
 - iv. If more than two teams are tied, this formula will be used to determine seeding position as well.
 - v. If the teams are still tied after this process, a coin flip will be used to determine seeding position.

Section 9: Officials

- A. RIIL assigned official's authority extends to pre- and post- game oversight. Fighting and unsportsmanlike penalties will be within the authority of the officials at all times at the contest site.
- B. Police protection, when necessary, must be provided by the home school. The home school is responsible for all crowd control measures. There is an urgent need for increasing vigilance in this matter. Schools must make every effort to ensure that players, officials, and spectators are protected. Duties of the police will be determined and outlined by the home school.
- C. With the assistance of the home team supervision, it shall be the responsibility of the officials to see that benches are cleared of everyone except certified & appointed coaches, team managers, scorers, players, medical personnel, and school designated personnel.
- D. The home team should provide an adult game supervisor at all home events. In particular, an adult game supervisor must be present at ice hockey, basketball, field hockey, lacrosse, baseball, softball, football,

soccer, volleyball and wrestling contests. The supervisor shall not be a student nor a coach involved with the game. The supervisor shall identify himself or herself to the game officials thirty (30) minutes prior to the start of the game. The supervisor shall be responsible for game administration and crowd control. They should notify police, and rink representatives to seek appropriate assistance when applicable. In the event of a problem, the Principal/Athletic Director must notify the RIIL office the next day and submit a written report detailing the incident(s).