

Memorandum – Field Hockey Sticks

2006-07 – Rule 1, Section 6, Article 4 “Effective January 1, 2007, the player’s stick shall weigh no more than 23 ounces, not to exceed a bow of 25 mm, and must pass through a 2” (5.1 cm) ring.”

2007-08 – Rule 1, Section 6, Article 4 “Effective January 1, 2009, the player’s stick shall weigh no more than 23 ounces, not to exceed a bow of 25 mm, which must be visible and permanently labeled on the stick, and must pass through a 2” (5.1 cm) ring.

2008-09 – Rule 1, Section 6, Article 4 “Effective January 1, 2009, the player’s stick shall not exceed a bow of 25 mm, which must be visible and permanently labeled on the stick. The player’s stick shall weigh no more than 23 ounces, and pass through a 2” (5.1 cm) ring.”

2009-10 – Rule 1, Section 6, Article 4 “The player’s stick shall not exceed a bow of 25 mm, which must be visible and permanently labeled on the stick. The player’s stick shall weigh no more than 23 ounces, and must pass through a 2” (5.1 cm) ring.

Clarification from the National Federation of State High School Associations:

We have received numerous calls regarding the legality of older field hockey sticks that do not have the bow measurement labeled on the stick. Some sticks manufactured prior to the rule meet the 25mm bow requirement and do not have a label attached; others do not meet the bow requirement and should not be labeled. Beginning this 2009 field hockey season, all sticks that meet the 25 mm or below bow measurement must have their bow measurement permanently labeled on the stick. If a stick does not have a label and meets the bow requirement, then the owner should contact the dealership where they bought the stick from and request that they provide or have the dealer contact the stick’s manufacturer for the label that designates the correct bow measurement. No other wording is necessary to make the stick compliant to NFHS rules. No specific color of the bow measurement label is required to make the stick compliant to NFHS rules. NFHS registered officials are trained to look for the bow measurement label on the stick. If it is present on the stick then it is presumed to be compliant with NFHS rules. If it is not present on the stick, then it is presumed not to be compliant with NFHS rules and will not be allowed to be used in competition. Thank you for your attention to this matter by sharing this memo with your schools.

August 19, 2009

A recent phenomena with the adidas field hockey stick has developed. Adidas has chosen to incorporate the bow dimension in the name of their products (i.e. Center 17, Center 24, Xtreme 17 or Xtreme 24). This practice is acceptable.