

**NATIONAL FEDERATION OF STATE  
HIGH SCHOOL ASSOCIATIONS**



**NEWS RELEASE**

**NFHS Releases Video on Field Hockey's Self-Pass**

**FOR IMMEDIATE RELEASE**

Contact: Elliot Hopkins

INDIANAPOLIS (June 30, 2010)—A video is available online from the National Federation of State High School Associations (NFHS) explaining a new field hockey rules change. In February, the NFHS Field Hockey Rules Committee approved the self-pass as a means of ball insertion in some situations, and the video helps clarify the rule.

The 15-minute video was created in conjunction with USA Field Hockey to address the self-pass rules. Narrator Terry Walsh, technical director for high performance of USA Field Hockey, breaks down the rules, techniques and best uses for the self-pass. There are also animated examples of when and how to use the self-pass.

The self-pass allows one player to start the offense on her own and may be used as a means of inserting center passes, 16-yard hits, side-ins, free hits, long hits and all free hits awarded outside the 25-yard area.

“We really felt it would be good for the game,” said Elliot Hopkins, NFHS liaison to the Field Hockey Rules Committee. “It will increase excitement and provide another set of offensive strategies.”

Field hockey, which is most popular on the East Coast, is played in 19 states and has almost 65,000 female participants. Hopkins said he hopes that the addition of the self-pass will help to increase participation in the sport.

“Self-pass has been used in college for a few years now and we’re really hoping to encourage more girls to participate,” Hopkins said.

The video was made to be watched several times and paused throughout to discuss and fully understand the self-pass technique. It is available on the NFHS Web site, [www.nfhs.org](http://www.nfhs.org). Click on “Athletics & Fine Arts Activities” on the home page, and select “Field Hockey.”

###

*This press release was written by Arika Herron, a summer intern in the NFHS Publications/Communications Department and a senior at Butler (Indiana) University.*

**About the National Federation of State High School Associations (NFHS)**

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and fine arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and fine arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and Rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing Rules for 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.5 million in high school sports. As the recognized national authority on interscholastic activity

programs, the NFHS conducts national meetings; sanctions interstate events; produces publications for high school coaches, officials and athletic directors; sponsors professional organizations for high school coaches, officials, spirit coaches, speech and debate coaches and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS Web site at [www.nfhs.org](http://www.nfhs.org).

**MEDIA CONTACTS:** Bruce Howard or John Gillis, 317-972-6900  
National Federation of State High School Associations  
PO Box 690, Indianapolis, Indiana 46206  
[bhoward@nfhs.org](mailto:bhoward@nfhs.org) or [jgillis@nfhs.org](mailto:jgillis@nfhs.org)