

## Updates from the recent NFHS Webinar!

1. Officials are **not** to blow their whistle to start a penalty corner. This is a practice only in NCAA games where the clock is stopped on a corner.
2. Only a coach can call a team time out. Players on the field are **not permitted to call a time out** as was allowed in previous years.
3. A field player may wear goggles or a face mask throughout the game. Cage masks are not permitted. Rule 1-6-5. The face mask must be smooth, rounded, preferably transparent or single-colored and fit flush with the face.
4. Goalies must follow the substitution procedure delineated on p. 70 in the Official's Guide. Any violation of this procedure is a misconduct card to the head coach.

