



**CITY OF NEWPORT NEWS
DEPARTMENT OF PARKS & RECREATION
SUMMER 2026 FIELD HOCKEY
RULES AND REGULATIONS**



The Summer Field Hockey League is sponsored by and under the authority of the Newport News Department of Parks & Recreation.

1. The Youth and Adult Field Hockey Leagues are sponsored by and under the authority of the City of Newport News Parks, Recreation and Tourism Department.
2. All leagues will be played in accordance with the 2022-2023 National High School Rules and the Virginia High School League (VHSL) rules with the following exceptions listed in this document.

3. ELIGIBILITY REQUIREMENTS

a. AGE ELGIBLITY

12-14 DIVISION: All participants must be twelve (12) years old prior to July 1, 2026, and may not be fourteen (14) years old prior to July 1, 2026. Players may play up with parental permission and signed waiver.

15-17 DIVISION: All participants must be fifteen (15) years old prior to July 1, 2026, and may not be eighteen (18) years old prior to July 1, 2026. Players may play up with parental permission and signed waiver.

ADULT DIVISION: All participants must be eighteen (18) years old prior to July 1, 2026. Seventeen (17) year old players may participate in the Adult League if they turn eighteen (18) during the game season AND have graduated high school.

- b. **COACHING ELGIBLITY:** All coaches must be 18 years of age by July 1, 2026. Every coach, assistant coach, and regular team volunteer must submit to an annual background check through NCSI paid by the City of Newport News in order to be involved with any youth team. Any coach that does not submit to a background check and is found coaching a youth team will be removed from the league for the remainder of the season and possibly subsequent seasons. Every team must have a coach with them during all games.

c. PLAYING ELIGIBILITY

- i. Participants must individually register in person or online during the offered registration period to be placed on a team. After initial rosters are created, only Athletic Staff may add additional players to any roster. All participants must re-register with NNPR each season.
- ii. After a participant has been placed on a team, they may not change teams for any reason. A participant can request refunds until the first regular season games are played. After the first games are played, no refund will be given for any reason.
- iii. Any team(s) caught using an illegal player due to age or roster eligibility will forfeit all games in which that player participated. The illegal player may be removed from the league for the remainder of the season and subsequent seasons. In addition, if the illegal player's coach is found to have initiated, condoned or have any knowledge of the illegal player, the coach may also be removed from the league for the remainder of the season and possibly subsequent seasons.
- iv. Each team will have a maximum of twenty (20) players. Coaches may be able to request additional participants for their team if a waitlist has started. Participants will be taken off the waitlist in the order they registered.
- v. The City of Newport News Parks & Recreation Department and Athletic Staff reserve the right to add additional participants to rosters, cap and divide teams, change rosters and deny participants to play up in older divisions due to roster sizes.

4. GAME PROCEDURES

- a. The season can begin as early as June 8, 2026. Exact field locations will be indicated on the schedules, but all games will take place at Stoney Run Athletic Complex. Game schedules can be found on our program website, www.nnathletics.com. No regular season games will be scheduled after July 14, 2026.
- b. Games will consist of one (25) minute period with a running clock. Each team will be allowed one (1) time out per game. Each timeout will last one minute. Timeouts cannot be taken in the final three minutes of the game. Game days in which the heat index reaches over 100 degrees, games will consist of two (2) ten-minute (10) periods. All teams will play a minimum of eight (8) games and teams may play two games in a day. Games will be scheduled every 30 minutes.

- c. All games will be played on a 7 vs. 7 format. Each team may have a maximum of 7 players on the pitch: either 6 field players and a goalkeeper, or 7 field players with no goalkeeper. Penalty corners may be defended by a maximum of 4 players: either 3 field players and a goalkeeper or 4 field players with no goalkeeper. All remaining players on the defending team must go to the top of the opposite circle. A penalty stroke may be defended by a goalkeeper or by a field player wearing a face mask or helmet. A field player defending a penalty stroke may use only their stick to make a save.
- d. There is NO grace period for any games. In order for a game to begin, each team MUST have a minimum of four (4) players to start the game.
- e. At no time may the number of male field players exceed the number of female field players on the pitch. Goalkeepers are neutral for the purposes of this rule.
- f. The Peninsula Field Hockey Officials Association (PFHOA) is contracted by the City of Newport News Parks & Recreation to provide officials for all scheduled games. There will be NO PROTESTS of judgment decisions made by officials during field hockey games. All decisions made by the officials are final. Coach, referee, or player eligibility concerns may be made at any time and must be submitted in writing to Athletic Staff.
- g. The referees are in complete charge of the game at all times. Referees may eject any player and/or coach from the game guilty of unsportsmanlike conduct or use of profane language. Any player and/or coach removed from a game may be suspended for a minimum of one (1) game. Suspensions may be extended or rescinded at the discretion of Athletic Staff. Coaches are responsible for the behavior of their players, coaches and spectators and can be warned or ejected by a referee for the unsportsmanlike conduct of any unruly person on their team.
- h. Referees at a forfeited game will offer a scrimmage or clinic opportunity for all players in attendance. The game will be counted as a forfeit and will be reported as such no matter what the outcome of the scrimmage.
- i. If a team knows in advance that they do not have enough players to field a team for particular game, they are encouraged to inform the Athletic Staff prior to game time so there is an adequate amount of notice provided to the opposing team. If both teams show up at their scheduled game and one team has less than four players at game time, it will be declared a forfeit if the opposing team has enough players to play. If both teams do not have enough players at game time, it will be declared a double forfeit.
- j. Teams are responsible for their own first aid kit, ice, drinks, etc. Injured players should have an accident report filled out and submitted by the Athletic Staff. Teams are required to place accumulated trash in the provided receptacles.
- k. Any player who is bleeding or has an open wound on the pitch will be required to leave the game and stop the bleeding. Such bleed must be completely stopped, and the wound must be covered before he/she is allowed to re-enter the game. If a substitute is available, they may be inserted, and the bleeding may return to the game at the next available opportunity after the bleeding is completely stopped. If no substitutes are available, teams may play down a player. Any uniform saturated with blood, including socks, must be changed. If no matching uniforms are available, any shirt or penny may be worn. Only the referees and the Athletic Staff have the authority to decide on the bleeding or open wound rule.
- l. Scores and standings will be kept for all outdoor field hockey games. Scores will be reported to Athletic Staff and standings will be updated on our program website, www.nmathletics.com.
- m. Standings will be calculated on the following point system:
Win = 3 points, Loss = 0 points, Tie = 1 point
- n. The end of the season standings will determine the seeding for the post season tournament, if time allows. If two teams are tied at the end of the season, the tournament seeding will be determined in the following order:

1. Head-to-Head
2. Overall Points Against for Entire Season
3. Overall Points Accumulated for Entire Season
4. Coin Toss

For example, if two teams are tied in the standings and split their head-to-head matchups or did not play each other, the next step in the tiebreaker process will be used.

In the event of a tie between three or more teams in the standings, the tiebreaker process will be as follows until the first tie is broken. Once the first tie is broken, the process starts over again.

1. Head-to-Head
2. Overall Points Against for Entire Season
3. Overall Points Accumulated for Entire Season
4. Coin Toss

For example, if three teams are tied in the standings and one team has a better head-to-head record as compared to the other tied teams, that team will advance and be the higher seed of the three teams. The process will then restart with the tiebreaker between the two remaining teams. The head-to-head tiebreaker scenario will only be used if the three teams played an equal number of games between the tied teams in the regular season.

- o. **TOURNAMENT TIE-BREAKER:** The first team that scores a goal in the overtime period will be declared the winner. If the score remains tied after two overtime periods, a one-on-one series of five shots on goal shall be taken by individual players versus a 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.

NOTE: The procedure ends when: 1) 10 seconds have elapsed; 2) the attacker scores a goal; 3) the attacker commits an offense; 4) the goalkeeper commits an unintentional offense (the shootout is retaken by the same player); 5) the goalkeeper commits an intentional offense (a penalty stroke is awarded and may be taken by any eligible player on the roster); 6) the ball goes out of play over the backline (this includes the goalkeeper intentionally playing the ball over the blackline), sideline, or out of the circle.

Each coach will present a list of 5 (five) players to the official and the shots will be taken by the players in the order they are listed. The team attempting the first shot will be decided by a coin toss with the visiting team captain calling the toss. If a player participates out of order, that one-on-one play is over, and no goal is awarded. The next correct player is to play the team's next one-on-one.

The five players listed for each team will attempt the shots on goal on an alternating basis and the team scoring the most goals is declared the winner. If the game is still tied, each team will attempt "sudden victory" shots on an alternating basis. This procedure will continue until the tie is broken.

5. EQUIPMENT

- a. Each team must wear at least a shirt of the same color if possible or as close to the color as possible. Team pennies are permitted. NNPR will have team pennies on site if they are needed.
- b. Each participant is **REQUIRED** to have his/her own mouthpiece and legal field hockey stick. Shin guards are also required.
- c. The wearing of protective eyewear which meets the ASTM F2713-09 standard for field hockey will be optional for adults and strongly suggested for youth participants.
- d. Shoes must be always worn. Rubber-soled sneakers are legal, cleats are recommended.
- e. Athletic wristbands and headbands made of cloth material may be worn at any time. Medical alert

necklaces or bracelets may be worn provided they are taped to the body.

- f. Casts or splints made of a hard substance in its final form such as leather, rubber, plastic, plaster or fiberglass will NOT be allowed except for a manufactured knee brace that has not been altered. Newport News Parks, Recreation & Tourism does not allow cast, soft or hard, on any part of the body to be worn during games. There will be no exceptions to this rule.
- g. All balls will be supplied by NNPR.

6. INCLEMENT WEATHER

- a. In case of inclement weather, please check www.nnathletics.com or www.facebook.com/nnprathletics for information. Postponed games will normally be rescheduled to the next available playing date. No games will be scheduled after July 14, 2026. The Athletic Staff may cancel the games due to rain or field conditions up to 5 p.m. Any game canceled after 5 p.m. will be canceled at the field by the official. In case of weather, if at least 15 minutes of the game is completed, the game will be determined as official if stopped by referees. Lightning or thunder will cause the game officials to suspend play for 30 minutes after it has been seen or heard. In the event of a heat index over 105 degrees or if a heat advisory in place, games may be modified or cancelled by Athletic Staff.

7. CONDUCT

- a. The City of Newport News Field Hockey League is a recreational program that places good sportsmanship, teamwork, and the development of the field hockey player above winning and losing. Unsportsmanlike behavior by coaches, players, or spectators will not be tolerated. Coaches are responsible for the behavior of all players on their team and for ensuring that all players have an understanding of the governing and amended rules. Referees and Athletic Staff are instructed to remove any unruly people from the pitch. Repeated violation may result in suspension or permanent expulsion from the program.
- b. The City of Newport News prohibits the use of alcohol, tobacco or tobacco related products on school or recreational facility grounds, including athletic fields, parking lots and surrounding areas within one hundred (100) yards of any of the above locations.
- c. Pets are prohibited inside the Stoney Run Athletic Complex or any fenced in field. Pets are permitted outside the Complex or fence provided they are on a leash.