



1 Harry S Truman Parkway, Annapolis, MD 21401

A.A. COUNTY YOUTH FIELD HOCKEY RULES

I. POLICY

It shall be the policy that the rules of play of this league shall be the National Federation of State High Schools, unless amended or modified herein, and are governed by the Anne Arundel County Department of Recreation and Parks' Guidelines and Reference Manual.

https://www.aacounty.org/sites/default/files/2023-03/RecPark_Guidelines_Reference_Manual.pdf

A. TOBACCO, DRUG, AND ALCOHOL PROHIBITION

- No drugs, alcohol, or tobacco products, including e-cigarettes and/or vaporizers of any kind, are permitted in or on any Board of Education-owned or leased buildings or grounds at any time.
- No drugs, alcohol, or tobacco products, including e-cigarettes and/or vaporizers of any kind, are permitted in or on any R&P buildings or grounds at any time. To include, but not limited to:
 - restrooms, spectator and concession areas, dog parks, aquatic facilities, or playgrounds in any R&P recreational facility or park.
 - Tobacco use of any kind is prohibited within 100 yards of an organized activity at an R&P recreational facility or park.

An organized activity is defined as an event with a defined start and end time that is held in a designated or permitted area. Examples of organized activities include athletic events, concerts, etc.

B. BACKGROUND CHECK POLICY

As a prerequisite for any personal involvement with children, all adults who have care, custody, or control of youth participants in any program or activity are required to successfully complete a criminal history records check as described in the Background Check process in the Guidelines and Reference Manual. <https://www.aacounty.org/recreation-parks/sports/become-coach/background-check>

C. ZERO TOLERANCE PROCEDURES

PURPOSE: To implement and provide a procedure that allows for a safe environment for player participation, Coach Instruction, Fan support, and officials. The following procedure is designed to be implemented and used to deter unsportsmanlike behavior displayed at youth sporting events.

In cases where unsportsmanlike behavior is being displayed, the referee/official (s) have the authority to:

- Stop the game and warn the offending sideline (s).
- The next display of unsportsmanlike behavior by the offending sideline(s) will result in termination of the game.
- If the officials cancel a game due to unsportsmanlike behavior, the Recreation & Parks Department will determine the contest's outcome.

II. DISCIPLINARY ACTION FOR UNSPORTSMANLIKE CONDUCT

The Department has the authority to impose disciplinary sanctions for inappropriate and/or unsportsmanlike behavior and/or non-compliance with departmental policies, guidelines, or standards. **This authority is not limited to programs sponsored by the Department of Recreation and Parks.**

A. **EJECTIONS IN YOUTH SPORTS**

- Players ejected for unsportsmanlike conduct by departmental personnel or game officials will be suspended for a minimum of one (1) game, including playoffs and tournaments.
- Coaches or spectators ejected by departmental personnel or game officials for unsportsmanlike conduct will be suspended for a minimum of two (2) games, including playoffs and tournaments.
- Ejections occurring at the end of the season will result in the suspensions being carried over to the next sport or season. The suspended individual may be barred from all sites where County-sponsored activities are being held.
- A coach who refuses to provide the full name of an ejected player and/or coach to departmental personnel or game officials will be subject to disciplinary action.

B. **NON-APPEALABLE DISCIPLINARY SANCTIONS**

The following disciplinary sanctions may not be appealed:

- Probation
- One or two-game Suspension for Participants in Youth Activities (includes coaches)
- Two-week Suspension for Participants in Adult Activities
- Recruiting violations

C. **PHYSICAL CONFRONTATIONS**

- A player, coach, or spectator who makes or threatens physically aggressive contact with another individual, other than a game official, may be suspended from all county-sponsored sports for a minimum of one (1) year from the date of the incident.
- A player, coach, or spectator who threatens physically aggressive contact with a game official may be suspended from all County-sponsored sports for a minimum of two (2) years from the date of the incident.
- The suspended individual may be barred from all County parks, facilities, and County-sponsored activities.

III. **INCLEMENT WEATHER POLICY**

Inclement weather: Check website: <https://www.aacounty.org/recreation-parks/sports> or the [Team Sports Portal](#)

- Inclement weather decisions made by the County will be posted approximately 2 hours before the first game.
- If games have not been cancelled (*there will **NOT** be an update*), go to the field where the official will determine whether the game is playable.
- ***If game cancellation is due to inclement weather and play has entered the second half, game counts as played. Rainout games will not be rescheduled, unless minimum number of “rained out” games (50%) have not been played.***
- If lightning is present, the officials must wait 30-min before resuming the game. This could shorten the game, as there are only 75-minutes between games and it is the official's responsibility to keep the games on schedule...or close to schedule.
- If a game is suspended during the game, efforts will be made to get as much of the game in within the scheduled time frame, this could mean the game would be shortened. If the game is suspended or canceled after half-time, it is considered a regulation game. If suspended or canceled before half-time *and there is time in the schedule for a make-up game*, the game *could* be rescheduled and will begin at the time of suspension of play.

HIGH TEMPERATURE (HEAT) WATER BREAKS - when the following situation exists:

- 90 Degrees or above Air Temperature
- One Minute Water Breaks are to be given at the first stoppage of play after 12 minutes of elapsed time during the first and 2nd quarter. 10 Minutes of elapsed time for Pee Wees. Goalies are allowed to water bottles outside of the cage, below the end line.
- If the air temperature drops below 90 Degrees, no stoppage of play is required unless requested and agreed to by both coaches.
- Game Clock will stop for one minute water breaks.
- Half time will be reduced to 3 Minutes, if one minute water breaks are given.
- Notification whistle to get players back on the field will be blown at 30 seconds into one minute water break and 2-1/2 minutes into half time. The players have 30 seconds to return to the field after the notification whistle is blown.

IV. COACHES' RESPONSIBILITIES

A. COACHES TRAINING

- **Concussion Awareness:** All coaches should know the Symptoms of a Concussion and the Action Steps to take for a concussion. All players and parents must read and complete the A.A. County Recreation & Parks Concussion Awareness form. This form is to be signed by the player and parent and kept on file with the Player's Team Organization.
- Head Coach and Assistant coaches must sign into the Coaches Portal and complete the Coach's Pledge.
- **Coaches' Pledge & Training:** Prior to coaching, the head coaches must watch the training modules ([Nays Training](#)) and upload training certificates on their "My Info" page in the [Team Sports Portal](#) when completed.
- The head coach is responsible for the conduct of any person connected with his team at all times. This includes conduct towards the officials.
 - The head coach is responsible for the behavior of his players and all team members.
 - The head coach is also responsible insofar as can be reasonably expected to control the spectators.
 - Abuse of an official or an opposing player by a fan with no attempt by the management of the team to eliminate it will be dealt with by the Department of Recreation and Parks.

B. PLAYER ELIGIBILITY, TEAM ROSTERS AND PAPERWORK

- **ALL registration paperwork must be submitted to the Recreation & Parks Department via the Team Sports Portal.**
 - All players/parents must complete a player contract, concussion form, and, if needed, a player release to participate in the AA County league.
- Completed rosters should have player name, DOB, parent email, and jersey number (if applicable). If parents' email is not provided, then Player's Contract and concussion form for each player on the roster must be submitted to the supervisor.
- It is recommended that each player receive a thorough examination by a health practitioner, to include concussion baseline testing, before entering any sports program.

- Any coach who signs or plays an ineligible player is subject to disciplinary actions. Upon discovery of an ineligible player, all games in which the ineligible player participated will be forfeited

V. **FIELD HOCKEY LEAGUE SPECIFIC GUIDELINES**

2025 leagues are playing High School Federation rules (with the below exceptions) and are governed by the Recreation and Parks Guidelines and Reference Manual.

A. **PLAYER AGE ELIGIBILITY:**

<u>Leagues</u>	<u>Eligibility</u>	<u>Divisions</u>	
STICKLETTES	K – 1 ST & 1 ST - 2 ND GRADE	Even & Mixed	6v6
PEE WEE	3 RD – 4 TH GRADE	3 rd , 4 th & Mixed	7v7
MIDDIE	5 TH & 6 TH GRADE	(A), (B) & (C)	11v11
JUNIOR	7 TH – 8 TH GRADE	(A), (B) & (C)	11v11

- Players can only play on one (1) team.** *An ineligible player and the coach are liable for suspension and disciplinary action.* Players playing on a public, private, and/or parochial High School interscholastic field hockey team at any level may not play in the County leagues.

ROSTERS, PLAYERS' CONTRACT AND COACHES PLEDGE:

Due: August 28, 2025

Deadline to add players: Junior & Middie players Sept 28, 2025. *No Deadline: PeeWee & Sticklettes*

MINIMUM PLAY

- Sticklettes, Pee-Wee, Middie & Junior divisions - Each player in uniform shall play a minimum of **50% of the game, based on roster size**. Does not apply to High School League.
- The guidelines shall be used in league and tournament play except in cases of illness, injury or disciplinary action.

B. **RULE EXCEPTIONS - ALL LEAGUES**

- Players can only play on one (1) team.** Players cannot play down, but they can play up.
- Spectators must be on the opposite side of the field of all players and coaches.
- Uniforms - Teams must have numbered shirts (same color). Goalie jersey shall be the same color or contrasting color. Teams must have matching color leg protection. Home Team will wear the color uniform. Visitor will wear white. Home team is listed second in the schedule.
- Mouth guards: must be colored worn by **all** players. Mouth guards may be any color, white or clear and may cover the mouth in a "pacifier-like" manner. Goalies mouth guard can be attached to helmet.
- Goggles may be worn by all field hockey players but not required. Face shield (not goggles) are required during a penalty corner. Face shields are worn on corners by defenders. Face shields can be made of smooth plastic or wire-caged. The smooth plastic shield can be worn during the entire game. The wire-caged mask must be removed before crossing the 25-yard area, failure to remove will result in a player misconduct.
- Field Hockey Shin guards are required to be worn and fit just below the knee. No more than 1/2 inch from the base of the kneecap and have ankle-padded protection.
- Games may be played without regulation number of players; however, a goalie must be in full pads along with 4 field players to start the game.
- Officials will keep time on the field.*
- Coin toss will determine possession of ball OR which goal to defend.

10. For Sticklettes and PeeWee leagues, a maximum of three (3) coaches are allowed on each team sideline at any time. Middie and Junior leagues a maximum of four (4) coaches are allowed on each team sideline at any time. Spectators and guests should not be on the team sidelines.
11. There will be (one) 90-second time-out per game, unless the heat rule is in effect. Players should hydrate during the quarter breaks and halftime.
12. Players may stop, receive and deflect or play the ball in a controlled manner, in any part of the field when the ball is at any height, other than above the shoulder, unless it is dangerous or creates danger.
13. Injury: The player can play with a cast on their arm if the cast has been wrapped in slow rising foam, (No bubble wrap), if there is not protruding broken finger(s). A doctor's note releasing the player to play.
14. The Substitution Area marked as follows on the same side of the field as the official's table, 10-yard wide area, 5 yards on either side of the center line, for all players including goalkeepers.
15. Fouls include rough and dangerous play and unnecessary delay of the game. For deliberate fouls by the defense inside the 25-yard line, but outside the circle, the official shall award a penalty corner.
16. Open space is not having a player in playing distance, Playing distance is able to reach and play the ball.
17. During captains meetings the coach cannot ask for a rule interpretation. Coaches are encouraged to use their designated captains for any questions to the officials. Comments or concerns should be made in writing to your specific Organization's Field Hockey Commissioner
18. CORNERS WILL BEGIN ON THE OFFICIALS WHISTLE.

Junior League

Playing by High School Federation rules with modifications:

1. (4) 12-minute quarters, 2 minutes between quarters with a 5-minute half-time. Running clock - time only stopped for injuries. One 90-second time-out per game.
2. All subs must wait in the sub area until the field player leaves the field.
3. Teams play 11 on 11. Must have a Goalkeeper in full goalie gear (Lacrosse Chest Protector is acceptable).
4. Aerials are permitted. All aerial balls must be returned to the ground. Players may not approach the receiving player until the play is on the ground. When 2 opposing players are side by side the aerial ball immediately goes to the defending team.
5. Air dribbling is allowed. When a defender approaches within playing distance and in good defensive position the ball needs to return to the ground.

Middie League

Playing by High School Federation rules with these modifications:

1. (4) 12-minute quarters, 2 minutes between quarters with a 5-minute half-time. Running clock - time only stopped for injuries. One 90-second time-out per game.
2. All subs must wait in the sub area until the field player leaves the field.
3. Teams play 11 on 11. Must have a Goalkeeper in full gear (Lacrosse Chest Protector is acceptable).
4. Aerials are permitted. All aerial balls must be returned to the ground. Players may not approach the receiving player until the play is on the ground. When 2 opposing players are side by side the aerial ball immediately goes to the defending team.

5. Air dribbling is allowed. When a defender approaches within playing distance and in good defensive position the ball needs to return to the ground.

Pee Wee League

Playing by High School Federation rules with these modifications:

1. (4) 10-minute quarters, running clock - time only stopped for injuries. 5-minute half-time. One 90-second time-out per game.
2. Teams will play 7 on 7. The playing field is approximately 50 yards in length.
3. Substitutions on whistles only. All subs must wait in the sub area until the field player leaves the field.
4. "Kick" in the circle will not be scored as a Goal.
5. The third player Obstruction rule will not be enforced. If the amount of players on the ball is uneven and has more than two players per team, then the whistle will be blown. The team with fewer players will be awarded the ball.
6. Penalty corners will be given. 3 players back at midline.
7. Aerials and lifts not permitted.
8. Goalkeeper optional. If a team uses a goalkeeper, the goalkeeper must be in full gear. (Lacrosse Chest Protector is acceptable)

Sticklette League

Playing by High School Federation rules with these modifications:

1. (4) 9 minute quarters, running clock - time only stopped for injuries. 5-minute half-times. No Sticklette game will continue play after 50 minutes of the scheduled time. One 90-second time-out per game.
2. Teams will play 6 on 6. The playing field is approximately 50 yards in length.
3. Substitutions on whistles only.
4. "Kick" in the circle will not be scored as a Goal.
5. The third player Obstruction rule will not be enforced. If the amount of players on the ball is uneven and has more than two players per team, then the whistle will be blown. The team with fewer players will be awarded the ball.
6. One Coach from each team will officiate the game.
7. No Penalty corners will be given.
8. Aerials and lifts not permitted.

Play Offs

There will be a Single Elimination Tournament with the top 4 teams in the Junior divisions & Middie Divisions.

Standings will be determined by awarding the best record overall. In the event of a tie for any placement, head-to-head competition will be the tiebreaker. If teams are still tied, a coin toss will be done for seeding purposes.

Teams will pay the officials for the first game of the tournament; the County will pay remaining games.

Additional tournament rules may be provided with the playoff bracket.

Field Hockey Playoff Tie-Breaking Procedures - MPSSAA

- After regulation play, take a 3-minute break. Play up to two 5-minute 7v7 “sudden victory” periods.
- Perform coin toss with team captains. The winner of the coin toss (visitors make a call) chooses whether or not to take possession of the ball first. Teams do not change goals after the end of regulation for the first 7v7.
- Substitution is permitted. Three defenders plus goalie back on penalty corners.
- Team shall start with 7 players unless someone was sitting out during regulation due to a card. That team will play short until the time on the suspension (GC/YC) is served. If a player was red-carded, that player is ineligible for overtime and the team shall play short for the rest of the game.
- If still tied after the first overtime, play another 5-minute 7v7 “sudden victory” period. Take 3-minute break, change goals and other team starts with the ball. GC/YC suspensions carry into the second overtime.
- If still tied after second 7v7, one set of five 1v1’s with follow-up shots will be taken alternately by each team. GY/YC players are not eligible for the 1v1’s if time on the card is not served.
- Umpires select goal at which the 1v1’s will be administered. One official keeps the 10-second clock and the other official umpires the 1v1’s. Players and coaches remain in the team area during the 1v1’s.
- Each coach presents a list of 5 players in shooting order to the official. A coin toss will determine which team shall shoot first. A player shooting out of order is considered a “no-goal” and correct player order resumes with the team’s next turn.
- Attacker begins on 25-yard line and will have 10 seconds against opposing goalie (who begins on the goal line) to move the ball into the circle, take a shot and any follow-up shots as time permits.
- Procedure ends when: there is a foul or violation by the attacker, 10 seconds has elapsed, a goal is scored, or the ball goes over the end line or side line. An unintentional foul by goalie shall result in the 1v1 being retaken. For an intentional foul by goalie, a penalty stroke is awarded (Any eligible player on the roster may take penalty stroke. Players currently serving GC/YC/RC penalties are not eligible).
- If score is still tied after the first set of 1v1’s with follow-up shots has been completed then “sudden victory” 1v1’s with follow-up shots will be taken on an alternating basis.
- Coaches shall present a list of any five eligible players from the roster to the official for the “sudden victory” 1v1’s. Players and/or the order may be changed.
- The team not having the ball first in the previous set shall start the second set of “sudden victory” 1v1’s. Continue with “sudden victory” 1v1’s with follow-up shots on an alternating basis until one team is ahead after an equal number of 1v1’s has been taken and the tie is broken.
- 3-minute in-between OT periods.
- Teams may sub in OT.

STANDINGS & SCHEDULES:

The schedules and standings for the Field Hockey Season will be available at:

<https://www.aacounty.org/departments/recreation-parks/sports/adult-youth-sports/>

The schedules will be updated as reported. **Submit scores for the Middie & Junior leagues immediately after play.** Sticklette and Pee-Wee Leagues **do not** keep score or standings.

- Commissioners and Coaches can submit scores
- Select which function (role) screen - if applicable
- Coach
- Commissioner
 - Under Header Menu - click on **Manage Account**
 - Under Manage Account - click on **Coach's View**
 - Coach's View - click on Blue Box next to the coach's name



August 28, 2025

- Schedule & Scores Page will display, there will be an active link under the Our Score & Their Score, We Won/Loss columns after the game is played.
- Rain Delays - Please email the Sports Supervisor rpshal96@aacounty.org immediately for any rain delays or cancellations. If a game is suspended and canceled after half-time, it is considered a regulation game. If suspended and canceled before half-time and there is time in the schedule for a make-up game, the game will begin at the time of suspension of play.
- Forfeits - The team who forfeits must pay the official(s) for both teams at the start of the scheduled game. This means someone from the organization should go to the field and pay the official(s)...even in inclement weather.

Failure of winning team submitting game score could result in a LOSS!

Rescheduling of Games

The county will **NOT** reschedule games cancelled by the coaches or organizations.

REFEREE FEES – Head Coach of each team is required to have cash on the field to pay referee(s) for the games assigned by the County. Payment is Due BEFORE the game begins.

Refs will not start the game until paid in full.

<u>STICKLETTES</u>	<u>PEE WEE</u>	<u>MIDDIES</u>	<u>JUNIORS</u>
<i>Coach Officiated</i>	<u>\$25.00</u> team-1 ref	<u>\$55.00</u> /team-2 refs	<u>\$60.00</u> /team-2 refs

If one referee works when there should be two referees, the one referee will be paid 1-1/2.
The fee is for 1 ref: Middle- \$ 41.25/team Junior- \$ 45.00/team

Note: number of scheduled games played may be less than assigned, due to inclement weather and scheduling conflicts.

OFFICIALS (NO-SHOW) - If no Officials show for an assigned game; the coaches can ref the game and the game cannot be protested; Official fee will be paid 1-1/2 times the fee.

FORFEITS – if Team B does not show, then Team B must pay the refs fee for both Team A & Team B. The official's fee for Team A & B **MUST** be paid by Team B **BEFORE** Team B can play any other scheduled game. Official's fee from Team B can be dropped off at the R&P office. All subsequent games are subject to forfeit until payment is received.