



2023

Field Hockey By-Laws

1. PURPOSE

- 1.1 To teach and/or develop the fundamental knowledge and skills for the game of field hockey.
- 1.2 To develop good sportsmanship, teamwork, and fair play.
- 1.3 To provide the opportunity for fun and exercise in a healthy environment.

2. AGE DIVISIONS

- 2.1 Ages 6 – 8
- 2.2 Ages 9 - 11

3. COACHES' DUTIES

- 3.1 Each team is allowed two coaches: one head coach and one assistant. All coaches MUST be approved by Stafford County Parks, Recreation, Facilities and Tourism Department (PRFT). A current approved background check is required before working or meeting with players. Coaches must also complete all certification trainings.
- 3.2 Coaches will not meet alone with a player that is not their child.
- 3.3 To safeguard and maintain all equipment issued by Stafford County PFFT and be responsible for the return of the equipment to the game box. (located between Ebery Mill fields 7 & 8.
- 3.4 To ensure player safety, by inspecting the field and equipment conditions before all practices and games. Concerns regarding field conditions should be discussed with PFCF staff and game officials. Concerns regarding individual player equipment or ware should first be discussed with game officials, then parent/guardian and the player.
- 3.5 To maintain proper conduct among team members, the assistant and team spectators.
- 3.6 To conduct parents'/guardians' meeting at the first practice.
- 3.7 To notify all team members of schedules and make-up games and practices.
- 3.8 To abide by all rules and regulations as set forth by the league.
- 3.9 To ensure that every player participates in at least half of each game time minutes. Any player who did not start the prior game must start the next game (unless that player was absent from the prior game).
- 3.10 It is highly encouraged that each player has approximately the same playing time in each of the positions of defender, midfielder, and forward.

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- 3.11 To abide by the Coaches Code of Conduct and expectations set forth by Stafford County PRFT.

4. RULES & REGULATIONS

- 4.1 We will abide by all rules and regulations as set forth by NFHS/VHSL and Stafford County PRFT.
- 4.2 All participants will be required to wear shin guards and mouth guards.
Players not wearing shin guards or a mouth guard will not be allowed to participate in the game. Anyone wearing glasses must secure them with an athletic strap.
- 4.3 No jewelry or earrings shall be worn. Long hair should be secured with rubber bands or soft fabric headbands. Plastic headbands or barrettes should not be worn.
- 4.4 Players cannot participate while wearing casts or finger splints of any kind.
- 4.5 All coaches and spectators must remain off the field during the game, with one exception. One 6-8 coach can be on the field to teach and guide. Otherwise, coaches must stay within the designated coaching area. No spectators or coaches are allowed by the goal area. Coaches and players will be on one side of the field with spectators on the opposite side of the field.
- 4.6 The use of alcohol and/or tobacco products is prohibited by spectators and coaches at all field hockey games and practices. This includes e-cigarettes. No Gum on Turf, No steaks can be used for canopies as this damages the turf surface.
- 4.7 If an ineligible player is used, the game in question will be declared a forfeit.
- 4.8 Games will be 6 vs 6 with no goalie, and will begin at the appropriate starting time. There will be a five-minute grace period for the first game of that day only. Teams are expected to warm-up before the starting time.
- 4.9 Jerseys are reversible, Home team – White Side, Visitors – Color Side.
- 4.10 Either team may substitute according to the VHSL:
1) When play is stopped for whatever reason, or an injured player is attended to on the field.
2) When a player is cautioned.
3) When a player has been disqualified; the disqualified player may be replaced.
4) In the 9-11 Division, substitutions may occur during game play.
- 4.11 Safety and dangerous situations are subject to game officials ruling.
- 4.12 A green card carries a two-minute timed penalty. The penalized team will play down a player until the penalty time is served. Game officials will time the penalty.

5. GAMES

- 5.1 Each team will start the game with six players on the field; however, a game may start with four players and no less. Less than four players will

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constitute a forfeit, and the League official on-site has the final decision. While the game may be forfeited, the League official on site may approve a scrimmage by players of both teams of the forfeited game. The scrimmage must end no later than the time the forfeited game would have ended.

- 5.2 There are no penalty corners. For fouls that would normally cause a penalty corner, a free hit will be taken by the non-offending team from 5 yards outside the striking circle. The offending team will be penalized by having two players start behind the center line.
- 5.3 If the first half of a game has been completed and bad weather becomes a factor which prohibits play (i.e., canceling the remainder of game), the completion of the first half will stand as an official game and the game will not be rescheduled.
- 5.4 If available, teams will warm-up before games on a designated field. Teams must share the space with other teams. If no designated field is available, then a warm-up period will be provided before the start of each game.

6. RULES & REGULATIONS:

6.1. 6-8 Division

- 1) No goalies.
- 2) No playoff tournament.
- 3) No official score will be recorded.
- 4) "Dangerous play" fouls for stick elevation (i.e., above waist) will be enforced for all shot/pass attempts regardless of another players proximity. "Dangerous play" will be decided by the game officials.
- 5) There will be no swinging of sticks in a dangerous manner on or off the field. This includes people on the field and/or side-line areas.
- 6) Games shall consist of two 15-minute halves with a 5-minute halftime.
- 7) Game times and practices will be scheduled by League officials.
- 8) One coach per team may be on the field to provide player instruction.
- 9) The playing field size will be approximately 25 yards by 50 yards.

6.2. 9-11 Division

- 1) No goalies.
- 2) No playoff tournament.
- 3) An official score will be recorded and kept by the officials. The home team coach is responsible for submitting the scores to league officials, who will hand over to the PRFT Facility Attendant.
- 4) "Dangerous play" fouls for stick elevation (i.e., above waist) will be enforced for all shot/pass attempts regardless of another player's proximity. "Dangerous play" will be decided by the game officials.
- 5) There will be no swinging of sticks in a dangerous manner on or off the field. This includes people on the field and/or side-line areas.
- 6) Games shall consist of two 20-minute halves with a 5-minute halftime.
- 7) Game times and practices will be scheduled by League officials.
- 8) The playing field size will be approximately 50 yards by 60 yards.

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7. INCLEMENT WEATHER

- Cancellations due to inclement weather will be announced through the Stafford Alert Information Notification System. The web site <https://member.everbridge.net/892807736722299/ov> will post all cancellations.
- It is recommended that coaches and team parents register to receive Stafford Alerts.
- PRFT reserves the right to cancel practices/games when weather conditions present possible dangers. Should the event arise where cancellations were not made prior to the close of business hours the Facility Attendants and Officials possess the right to cancel practices/games if weather is a potential threat. All parties will use extreme caution when making these decisions.
- PRFT reserves the right to schedule postponed games at its convenience. The Sports & Facilities Division also reserves the right to cancel practices/games due to conditions that are not within the department's control.
- The safety of everyone is our primary concern.

8. COMMUNICABLE DISEASE PROCEDURE

- While risk of one athlete infecting another with HIV/AIDS during competition is close to nonexistent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example: Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to the following.
 - The bleeding MUST be stopped, the open wound covered, and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
 - Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
 - Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
 - Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
 - Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.

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Although saliva has NOT been implicated with HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.

- Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athlete care until the condition resolves.
- Contaminated towels should be disposed of properly
- Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards, and other articles containing body fluids.

9. UNSPORTSMANLIKE CONDUCT

- The use of profanity by players and/or coaches is PROHIBITED. Violation of this rule may result in suspension of the individual involved.
- PFFT WILL NOT TOLERATE unsportsmanlike conduct from coaches, players or spectators towards opposing team coaches, players and spectators or officials. Coaches, players and spectators may be subject to disciplinary action if unsportsmanlike conduct is displayed.
- Any player or coach that receives two (2) unsportsmanlike penalties in a game will be ejected for the remainder of the game and suspended indefinitely. The coach must report the ejected player's name to the Sports & Facilities Division and is responsible for sitting that player for the ruled number of games.
- Any player or coach ejected from the game by an official shall be immediately suspended indefinitely.
- Any player or coach guilty of unsportsmanlike conduct in any manner on the field or adjacent to the field, towards officials, players or spectators will be subject to suspension by the Stafford County PRFT. Any individual guilty of displaying unsportsmanlike conduct shall be suspended indefinitely and may not assume their duties until permission is granted by the Sports & Facilities Division to do so.
- Any player or coach guilty of striking an official in any manner before, during or after a game shall be suspended by the Sports Division and may not assume their duties until otherwise notified.
- Any players involved in fighting at any time during an activity must be reported to the Sports Division office. Players involved in a fight will be suspended indefinitely.

10. HAVE FUN!

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