

Youth Field Hockey League

Frederick County Division of Parks and Recreation

3rd/4th Level

- Halves are 20 minutes with 5 minutes for halftime.
- 7 versus 7 with no goalies. No more than one person each team on ball. Coaches are asked not to place a defender on the goal line.
- Field of Play: 50 feet by 40 feet (circles not mandatory). Not using the circle ruling for free hits inside the 25 yard area.
- No corners. Carry on as a Free Hit.
- Sticks not permitted above waist anytime, anywhere.
- Air dribbling or throws are not permitted.
- Only one coach per team allowed on field.
- Uses self-pass. All players 5 yards away at all times for set pieces. Free hits for attack into circle area may not be hit hard directly at goal. Must dribble in or pass.
- Roster maximum is 12 people.
- Boys are permitted.

5th/6th Level

- Halves are 22 minutes with 5 minutes for halftime.
- 11 versus 11. Teams have the option to have 11 field players or 10 field players plus a goalie.
- Field of play is full field.
- Regular setup on corners per National Federation of State High School Associations (NFHS) rulebook.
- Sticks not permitted above waist anytime, anywhere.
- Air dribbling or throws are not permitted.
- Coaches may move along the entire sideline.
- Scoops into the goal are permitted only on 1 versus 1 situations if the team has a goalie. Scoops into the goal are not permitted if any additional players are in the path of the shot.
- Roster maximum is 16 people.
- Any player requesting to play up a level must be approved by the League first. No player will be permitted to play down.



- Boys are permitted with a limit of two boys as field players at a time. Goalie is gender neutral and will not count as a field player.

7th/8th Level

- Halves are 22 minutes with 5 minutes for halftime.
- 11 versus 11 with goalie.
- Field of play is full field.
- Regular setup on corners per NFHS rulebook.
- Sticks not permitted above waist anytime, anywhere.
- Air dribbling or throws are permitted.
- Bench Rule follows the NFHS rulebook.
- Scoops into the goal are permitted only on 1 versus 1 situations. Scoops into the goal are not permitted if any additional players are in the path of the shot.
- Roster maximum is 18 people.
- Any player requesting to play up a level must be approved by the League first. No player will be permitted to play down.
- Boys are permitted with a limit of two boys as field players at a time. Goalie is gender neutral and will not count as a field player.

All Levels

Equipment/Jerseys

- Protective eye wear (goggles/mask), mouth guards, and shin guards are required for all ages.
- Home team jerseys are white. Away team wears colored jerseys.

Scores/Standings

- Scores will be recorded for the 5/6 and 7/8 divisions only. Referees will report scores to the league director. [Standing will be updated weekly and found on the league webpage:](#) . For ties in end of season records, goals scored will be the tie breaker.
- No overtime for regular season games. Games will end in a tie. For end of season tournament, tie games at the end of regulation may be decided by numbers of corners earned in the game. Intentionally creating a corner will not count.

Sportsmanship

Per the coaches and parent code of ethics agreement, unsportsmanlike conduct from coaches, players or spectators will not be tolerated, and should be



immediately reported to the league director. Violators could face suspension from Frederick County Parks and Recreation programs.

The League Director reserves the right to make final determination on any rules or interpretations that may arise throughout the season

