



## **NFHS FIELD HOCKEY UNIFORM RULES**

### **(2018)**

#### **RULE 1-5: PLAYER UNIFORM**

**Art. 1.** . . Members of each team shall be dressed uniformly, except the goal keeper. The uniform top shall have clearly visible numbers on the front and back. The numbers shall be of a solid color contrasting to any surrounding colors. Numbers on the front shall be 3 to 6 inches in height, and 6 to 8 inches in height on the back. Any number from 00 through 99 is legal. A team may not use both numbers 0 and 00. Three-digit numbers and duplicate numbers on players of the same team are not permitted.

The following are the color requirements for the jersey/top:

- a. The home team shall wear single solid white uniform tops front and back on the torso, and the visiting team shall wear single solid black or dark-colored uniform tops front and back on the torso. The "torso" is the portion of the top from an imaginary horizontal line at the base of the neckline extending to each armhole/sleeve, down to the bottom hem of the top and from side seam to side seam.
- b. Team names and/or abbreviations may be placed on the front or back of the jersey/top.
- c. Lettering must be placed horizontally and may be arched. Names may also be on multiple lines.
- d. The first and last letters, either above or below the number, must be on the same horizontal plane. When above the number, the plane may not be below a plane extending through the top of the number(s). When below the number, the plane may not be above a plane extending through the bottom of the number(s).
- e. Any point on any letter shall not be closer than one inch to any point on any number(s).
- f. Any form of decorative accent (i.e. paw, halo, crown, star, etc.) in a name or abbreviation is only permitted above the number. If a tail is used in the lettering of an identifying name or abbreviation, the name or abbreviation must be located below the number.
- g. There are no restrictions in the area of the jersey/top from an imaginary horizontal line at the base of the neckline extending to each armhole/sleeve, up to the shoulder seam.
- h. Different colors and/or designs may be used in this area.  
Neckline and Armhole/Sleeve Trim Requirements
- i. Trim shall not exceed 1 inch around the neck and arm openings.
- j. Side inserts must be centered vertically below the armpit.
- k. The width of the side inserts, including trim, must be a maximum of 4 inches (2 inches on each side of the seam).
- l. The style/design of the side insert may be of any color or design. Side inserts must be the same width for all team jerseys.
- m. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without



compromising its integrity.

- n. One manufacturer's logo/trademark or reference, not to exceed 2¼ square inches or 2¼ inches in any dimension, is permitted on the outside of each item. The manufacturer logo/trademark restriction includes any company reference.

**NOTES:**

1. Some shirts may need the numbers superimposed on a solid-color block background or outlined with a contrasting color in order for the numbers to be clearly visible.
2. It is recommended for junior high teams that members of each team be dressed uniformly with the goalkeeper in a contrasting color top; numbers on uniforms are required.

**ART. 2 . . .** In the case of similar team uniforms, the team not wearing proper uniform tops shall wear contrasting pinnies with visible numbers.

**ART. 3 . . .** The home team shall wear solid knee-length white socks/sock guards (not rolled down) and the visiting team shall wear solid knee-length contrasting dark-colored socks/sock guards (not rolled down).

**ART. 4 . . .** Individual players may wear mittens/gloves, knitted hats and soft headgear.

**ART. 5 . . .** Players may wear full length, solid-colored warm-up pants/tights provided the knee-length socks/sock guards are visible. If worn, all players must wear the same color.

- a. Players shall not wear any other undergarment which extends below the uniform bottom.
- b. All players on a team shall wear the same color compression shorts.

**ART. 6 . . .** Players are permitted to wear a single-color undershirt, short or long-sleeved. If worn, the undershirts shall be white for the home team and black or dark color for the visiting team. All players on the same team who choose to wear an undershirt must wear the same color.

**ART. 7 . . .** Jewelry shall not be worn except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical-alert bracelet must be taped and may be visible.

**ART. 8 . . .** Hair control devices may be worn if made of soft material.

**PENALTIES:**

1. A field player wearing an illegal uniform shall be removed from the game at the first stoppage of play following the discovery of the violation. The re- moved player may re-enter if she has complied with the rules, or she may be replaced, in a manner consistent with the substitution rules. Misconduct penalties will be assessed to the head coach, using the card progression.
2. When an illegally uniformed team is unable to correct the situation or cannot verify state association approval of the uniform, the game shall be played. The official must, however, notify the state association following the game.

**RULE 1-6: PLAYER EQUIPMENT**

**Art. 5. . .** All field players shall wear eye protection that meets the ASTM standard for field hockey at the time of manufacture.

NOTE: Effective January 1, 2019, all eye protection shall be permanently labeled with the ASTM 2713 standard for field hockey at the time of manufacture.



## **RULE 1-8: GOALKEEPER EQUIPMENT**

**Art. 1.** . . . The goalkeeper shall wear:

- a. A uniform top of a color or colors contrasting to the color of the uniform tops of both teams, and with a visible number on the front and back, effective with the 2017 season;
- b. Field hockey goalie pads, not to exceed 12 inches in width per pad (frontal view);
- c. Field hockey goalie shoes or kickers;
- d. A full face/cage mask-helmet which covers the entire head including the back of the head (cage must be rounded at all points); mask helmets shall not have a hard, visor-type protrusion which extends beyond the cage.
- e. A chest protector specifically manufactured for field hockey goalkeepers. The chest protector must be worn under the uniform jersey;
- f. Field hockey goalie gloves with separate fingers (no webbing) that do not exceed 8 inches in width when lying flat; or foam hand protectors which are no more than 9 inches wide when laid flat, face up, and no more than 14 inches long when measured from the base to the extremity of the hand protector. Hand protectors shall not be altered;
- g. A wrap-around type throat protector.
- h. A tooth protector, which may be attached to the facemask/helmet. A tooth protector shall be of any readily visible color, other than white or clear. A tooth and mouth protector (intraoral) shall include occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures) portions and shall cover the posterior teeth with adequate thickness. It is recommended the protector be properly fitted and
  - 1) constructed from a model made from an impression of the individual's teeth or
  - 2) constructed and fitted to the individual by impressing the teeth into the tooth and mouth protector itself.

**ART. 2** . . . The goalkeeper may wear field hockey shoulder pads and/or elbow pads.

**PENALTY:** For a goalkeeper wearing/using illegal equipment or removing or not wearing/using required equipment and/or uniform, the game shall be temporarily suspended at the first stoppage of play until she complies with the rule or is replaced. Misconduct penalties will be assessed to the head coach, using the card progression. If the offending team cannot provide a goalkeeper in compliance with the equipment/uniform requirement, then that team shall forfeit the game.