

QUEEN ANNE'S COUNTY PARKS AND RECREATION

YOUTH FIELD HOCKEY LEAGUE RULES

I. AGE DIVISIONS – As of September 1

Kiddie	Divisions	Girls	5-7 year old	7 vs. 7 Format
Junior	Divisions	Girls	8-10 year old	7 vs. 7 Format
Senior	Divisions	Girls	11-13 year old	11 vs. 11 Format

II. PLAYING RULES

1. All coaches and parents must remain off the playing field /court area during games. Designated coaching area should be observed. **All spectators shall be located on opposite side of field.**
2. All players must participate in all games unless injured or sick. The department requires the minimum player playtime:
– 10 minutes per half
3. Games will begin as scheduled, a five (5) minute grace period will be allowed for the first game only.
4. **Shin guards and mouth guards are required.**
5. JEWELRY is **allowed** this year
6. NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS rules will be followed except for the above changes and division rules will govern play.

III. DIVISION RULES

Kiddie Division

1. Number of players on field: 7 v 7 format – 6 field players and a goalie.
2. Playing time: 10 minutes per Quarter – 2 minutes between quarters and 5 minutes halftime. No timeouts
3. Eyewear is not required.
4. Field size – smaller – Approximately 180 x 120.

Junior Division

5. Number of players on field: 7 v 7 format – 6 field players and a goalie.
6. Playing time: 10 minutes per Quarter – 2 minutes between quarters and 5 minutes halftime. No timeouts
7. Eyewear is not required.

8. Field size – smaller – Approximately 180 x 120.

Senior Division

1. Number of players on field: 11 v 11 format – 10 field players and a goalie.
2. Playing time: 12 minutes per quarter – 2 minutes between quarters and 5 minutes halftime. No timeouts
3. Eyewear is not required
4. Field size – Regulation size field or as close as possible.