NFHS FIELD HOCKEY UNIFORM RULES (2020)

RULE 1-5: PLAYER UNIFORM

ART. 1 . . . All uniforms shall adhere to the following:

a. Members of each team shall be dressed uniformly, except the goalkeeper.
   The uniform top shall have clearly visible numbers on the front and back.

b. 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.

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

   NOTE: 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.

   c. Uniform bottoms shall be like-colored.
      1. Multiple styles of uniform bottoms may be worn by teammates and may include: shorts, skirts, kilts or pants provided the shin guards are visible. (1-6-2)
      2. Any undergarment that extends below the team uniform shall be the same color.

   d. The school’s name, nickname, logo, mascot and/or team player’s name are permitted on the uniform top and/or bottom.
      1. Lettering must be placed horizontally and may be arched. Names may also be on multiple lines.
      2. 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.

   e. Neckline and Armhole/Sleeve Trim Requirements
      1. Trim shall not exceed 1 inch around the neck and arm openings.
      2. Side inserts must be centered vertically below the armpit.
      3. The width of the side inserts, including trim, must be a maximum of 4 inches (2 inches on each side of the seam).
      4. 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.

   f. 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).
g. A single partial/whole manufacturer’s logo/trademark/reference, no more than 2¼ square or 2¼ inches in any dimension, inches is permitted on each piece of the uniform provided placement does not interfere with the visibility of the player’s number.

h. One American flag patch, 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.

ART. 2 . . . The number shall be:
   a. Clearly visible;
   b. A solid color contrasting with any surrounding colors;
   c. No more than two digits (00-99)
      NOTE: A team may not use both 0 and 00. Duplicate numbers are not permitted on the same team.
   d. At least 3 inches in height on the front of the uniform top;
   e. At least 6 inches in height on the back of the uniform top;
   f. If a visible number is worn on the uniform bottom, it shall be the same number as on the uniform top.

ART. 3 . . . In the case of similar team uniforms, the team not wearing proper uniform tops shall wear contrasting pinnies with visible numbers.

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

ART. 5 . . . 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. 6 . . . Hair-control devices may be worn if made of soft material.

ART. 7 . . . 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.

PENALTY: 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 removed 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.

RULE 1-6: PLAYER EQUIPMENT

ART. 5 . . . Goggles may be worn by all field players.
RULE 1-8: GOALKEEPER EQUIPMENT
ART. 1 . . . The goalkeeper shall wear:
   a. A uniform top of a color or color(s) contrasting to the color of the uniform tops of both
tools field players, and with a visible number on the front and back. Opposing
goalkeepers may wear the same color;
b. 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.
c. A tooth and mouth 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 ad- equate 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.
d. A wrap-around type throat protector.
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. Field hockey goalie pads, not to exceed 12 inches in width per pad (frontal view);
h. Field hockey goalie shoes or kickers;
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