

MARYLAND YOUTH FIELD HOCKEY LEAGUE – 2026 ADAPTED RULES (ed. 8/31/2026)

www.mdoyouthfieldhockey.com

UMPIRES SHOULD CONTACT COACHES BEFORE GAME TO CONFIRM TIME AND LOCATION

www.arbitersports.com

All levels will use the 2026 NFHS RULES and REGULATIONS with the following modifications:

Clock does NOT stop after goals.

Level/ Pay	Length of Periods	Field	Sticks	Aerials (Throws)	No. Players	Corners	Non- Engagement Rule	Bench Rule
3rd/4th or Clinic One ref @ \$60.00 Clinic Play Days will be paid at \$35 per 20 min game.	22 min halves w one 2 min TO allowed in each half	50 x 30 yards minimum. Penalty circles not mandatory but highly recommended – use of tape or flat disc cones is acceptable. Clinic will use 4 ft goal width. 3rd/4th will use standard goal width.	No sticks above shoulder anytime, anywhere. Call immed. for danger	Not permitted	5v5 (Clinic) or 7v7 (3rd/4th) one of which MAY be a goalkeeper. No more than 1 person each team on ball; coaches are asked not to place a defender on the goal line unless the ball is in the goal area. PLAYERS <i>MAY</i> WEAR GOGGLES	Penalty corners will be played. 4 defenders permitted (one may be GK) and 3 players back to top of opp circle. Ball must be touched by attack in the circle for goal to count. ALL players 5 yds away at ALL times for set pieces; free hits for attack into circle area may NOT be hit hard directly at goal. Player must dribble 5 yards in any direction or pass.	If a team falls behind by 6 or more goals they will restart the ball at centerline. The opposing team may not engage (play defense) until the ball crosses the attacking ¼ line of the field. Losing team must attempt 1 pass prior to crossing the line.	1 coach per team allowed on field until Oct. 3rd. On Oct. 4th no coaches permitted on field.
5th/6th A or B Two refs @\$55 ea Or one ref @\$70	4 - 12 min. quarters w 2 min break after qtr 1 & 3. 5 min break after qtr 2	Full field	Permitted subject to danger per rulebook	Permitted subject to danger. NO stick above shoulder to play aerials.	11 v. 11 one of which MUST be a goalkeeper PLAYERS <i>MAY</i> WEAR GOGGLES	Per NFHS Rulebook	Does Not Apply	Coaches may move along entire sideline until Oct. 3rd. On Oct. 4th, coaches may move on their side of the 50 up to their endline.

7 th /8 th A or B Two refs @\$55 ea Or one ref @\$70	4 - 12 min. quarters w 2 min break after qtr 1 & 3. 5 min break after qtr 2	Full field	Permitted subject to danger per rulebook	Permitted subject to danger per NFHS Rulebook	11 v. 11 one of which MUST be a goalkeeper PLAYERS <i>MAY</i> WEAR GOGGLES	Per NFHS Rulebook	Does Not Apply	Per NFHS Rulebook
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BOYS Applies to ALL age groups								
Boys are permitted at ALL AGE LEVELS!								
No more than 2 boys permitted as field players at a time.								
Goalie is gender neutral so could be an add'l boy.								
Boys ARE permitted to defend on corners.								

GAME CANCELLATION PENALTY: A team that cancels their game with less than 24 hour notice OR does not show will be charged a \$100 Cancellation Fee.

Travel fees for those games outside the metropolitan area. Refs traveling 25+ miles according to the Arbiter. Paid via ArbiterPay.

Central Carroll	\$10.00
North Carroll	\$10.00
South Carroll	\$10.00
FSK Eagles	\$15.00
Jarrettsville	\$10.00
Howard County	\$10.00
Freedom	\$10.00
Frederick	\$15.00
GVAA	\$15.00