



TOWN OF CARRBORO • NC

RECREATION, PARKS &  
CULTURAL RESOURCES



**2026**  
**Girls Field Hockey**  
**Playing Rules**

## I. DEPARTMENT INFORMATION

Sponsor: Carrboro Recreation, Parks & Cultural Resources

Department

Address: 100 N. Greensboro St.  
Carrboro, NC 27510

Phone: 919.918.7364

Fax: 919.918.4475

Weather Information Line: 919.918.7373

Web: [www.carrbororec.org](http://www.carrbororec.org)

Facebook: [www.facebook.com/carrbororec](http://www.facebook.com/carrbororec)

Twitter: @CarrboroRecPark

Office Hours: 8:30am- 5:00pm (Monday - Friday)

### Staff

JG Ferguson Recreation, Parks & Cultural Resources Director

### Programs Division:

Charles Harrington	Recreation Administrator
Ryan Reed	Recreation Supervisor – Primary Contact
Dana Hughes	Recreation Supervisor
Galen Poythress	Recreation Supervisor
	Recreation Supervisor
Michelle Blume	Recreation Supervisor
Robbin Justice-Jones	Recreation Specialist
Karen Kessler	Recreation Specialist
Corina Riley	Recreation Technician

### Facilities Division:

Emily Boykin	Facilities Administrator
Adam Roberts	Facilities Supervisor
Geoff Adams	Activity Manager
Pamela Kirk	Program Support Assistant II
Denise Farrada	Program Support Assistant I

### Program Support Staff

Dianah Alston-Sanders	Administrative Assistant
Kim Henson	Program Support Assistant I

## **II. PLAYING SITES**

Hank Anderson Community Park Multi-Purpose Field#1 (302 Hwy. 54 West) -  
(PRIMARY LOCATION)

The park is located on Highway 54 West, just west of the intersection with Old Fayetteville Rd. The playing area is located on the large open field at the rear of the park.

## **III. NAME**

The name of this organization shall be the Carrboro Recreation, Parks & Cultural Resources Department Youth Field Hockey Program.

## **IV. PRINCIPLES OF YOUTH ATHLETICS**

It is the aim of the Carrboro Recreation, Parks & Cultural Resources Department to provide organized games and activities, recreation facilities, supervision and leadership to the youthful citizens of Carrboro in their ideals and interest in the area of leisure time activities and/or their organization.

To provide the ideals of good sportsmanship, teach basic skills, develop individual talents, and provide these young residents with the opportunity to enjoy the best possible recreation advantages and atmosphere.

To recognize the youth participant as an individual with particular abilities and limitations. A great deal of consideration must be given to his/her physical and mental, emotional and social development to its highest potential.

## **V. LEAGUE MANAGEMENT**

◆The governing body shall be vested in the Carrboro Recreation, Parks & Cultural Resources Department.

◆ The Recreation Supervisor shall serve as League Commissioner.

## **VI. ELIGIBILITY REQUIREMENTS**

- ◆ Participants must be age 10-14 (Ages as of 8/31/2025).
- ◆ Participants must be registered through the Recreation Department.
- ◆ Participants must be placed on a team at registration, through the draft process following a skills assessment or by the Recreation Department.
- ◆ Participants must play on the team which they are assigned by the Recreation Supervisor and will only switch teams at the discretion of the Recreation Department.
- ◆ The use of any illegal player (anyone not officially assigned to that team) will result in:
  - ◆ Forfeiture of all games in which that individual participated.
  - ◆ Possible sanctions against coaches that use the illegal player(s)

## **VII. DUTY OF THE COACH**

- ◆ To make certain that the League Commissioner has ruled each player on his or her team eligible to participate.
- ◆ To be responsible for instructing each of his/her players on the rules and procedures established by the Recreation Department.
- ◆ To maintain an orderly bench. All coaches and participants should remain in their designated bench areas unless they are in the game.

## **VIII. MISCELLANEOUS INFORMATION**

- ◆ Only eligible players listed on the team roster, 3 coaches and a scorekeeper may sit in the bench area during the game.
- ◆ Individuals not registered in the program may NOT participate with the team in either practices or games.
- ◆ Games and practices are scheduled mainly on league format and field availability. Please do not ask for games to be rescheduled for personal convenience.

#### **IV. INCLEMENT WEATHER/CANCELLATION OF GAMES OR PRACTICES**

Before 5pm during the week, the Recreation Department Office Staff will have the responsibility of making all decisions on the status of games and practices.

After 5pm during the week and for the entire weekend, an assigned staff person or the Facility/Activity Supervisor will assume the responsibility of canceling games due to inclement weather. The decision to cancel practice will reside with the coach. Decisions on practice should take into account the current weather and the field conditions. The field must be safe enough for practice and dry enough not to be damaged by the practice.

In the event games are canceled before 5pm on weekdays or before 9am on weekends, a message will be placed on the **Weather Information Line (919.918.7373)**. Participants are encouraged to utilize the line. A message will only be placed on the line if some or all of the games are canceled.

If games or practices are canceled, the Recreation Department will attempt to contact the coaches affected by the decision. Coaches and participants should never assume their activity has been canceled unless an official decision has been given by the Recreation Department.

Games stopped at the site for any reason, while in progress, will be replayed in their entirety if less than one half has been played and a suitable make-up date can be found. Games stopped for any reason in the second half will be recorded as final.

### **CARRBORO YOUTH FIELD HOCKEY 2026 MIDDLE SCHOOL LEAGUE RULES**

#### **I. EQUIPMENT**

- ◆ During League games, all team members must wear the official team jersey and socks supplied by the Recreation Department.
  - ◆ Team uniforms should not be worn to practices.
  - ◆ Undergarments worn by players during games must be the same color as their game jersey or white.
- ◆ **No belts, bracelets, watches, earrings or other jewelry will be allowed to be worn by team members.** EXCEPTION: Medic Alert bracelets may be worn. Hair control devices may only be worn if made of soft material.

- ◆ Mouth Guards: The Recreation Department will furnish players with mouth guards. Players may elect to wear their own mouth guards, but a colored (no clear or white) mouth guard must be worn at all times while participating in practices and games.
- ◆ Shin Guards: All players must wear shin guards while participating in practices and games. Shin guards must extend to just below the knee. The Recreation Department has a limited number of shin guards available for checkout during the season.
- ◆ Sticks: Sticks must abide by National Federation of State High School Associations Field Hockey Rules. The Recreation Department has a limited number of sticks available for checkout if players require a stick.
- ◆ Eye Protection: Eye protection is not required, but is strongly encouraged in practices and games. The Recreation Department has a limited number of goggles available for checkout during the season.
- ◆ Team Equipment: Goalie equipment, balls and first aid supplies will be distributed to each coach prior to the season. Goalies may wear their own gear provided that it meets NFHS Field Hockey Rules.

## II. RULES GOVERNING PLAY

The National Federation of State High School Associations Field Hockey Rules will govern League play. **Local League Rules** will take **precedence** over any NFHS Rule.

## III. PLAYERS

- ◆ Each team shall consist of not more than **seven (7)** players on the field at a given time, one of which must be the goalkeeper.
- ◆ Teams may compete with as few as five (5) players. When a team plays with either 5 or 6 players, a goalkeeper must be one of the players.

## IV. THE PLAYING FIELD & MARKINGS

- ◆ The playing field shall measure 75 yards long X 50 yards wide.
- ◆ The 25 yard lines, striking circles, penalty stroke lines and 5 yard lines will be regulation in accordance with NFHS Rules and measured from the end lines and sidelines.

## **V. LENGTH OF PERIODS**

- ◆ The game shall consist of (4) 12 minute quarters with a 2 minute break between quarters. The clock shall only stop after a goal is scored, a time-out or at the referees' discretion.
- ◆ Half-time shall be 5 minutes.
- ◆ Games tied at the end of regulation play will result in a tie.
- ◆ Each team will be permitted one 90-second time-out per game. The time-out cannot be taken immediately following the intervals between quarters. The time-out is granted at a stoppage of play when the requesting team has possession of the ball, or after a goal has been scored by either team.

## **VI. MANDATORY PLAYING RULE**

One of the main goals of this program is to ensure that each player received a positive experience while playing the sport. Coaches are encouraged to provide as much playing opportunity as possible to each member of their team. Development and playing experience should always prevail over winning.

All participants present will be guaranteed the opportunity to participate in a pre-determined minimal amount of minutes per game. Listed below are the guidelines that will govern the minimal amount of playing time:

Playing time is based upon the number of players present at the start of the game. Players arriving after the start of the game (initial hit back) are not required to meet the Mandatory Playing Status of the team.

1. 14 PLAYERS

Everyone must start two quarters (one per half).

No substitutions may occur during the first eight minutes of each quarter.

2. 10 TO 13 PLAYERS

Everyone must start at least two quarters (one per half).

No player may start more than three quarters.

No substitutions are allowed during the first eight minutes of each quarter.

3. 9 OR LESS PLAYERS

Everyone must start at least three quarters.

No substitutions during the first eight minutes of each quarter.

**\*\* Mandatory Playing Rule may be waived in case a goalie wants to play the entire game\*\***

#### Playing Rule Exceptions:

- ◆ Any player who becomes sick or injured and cannot continue, or is ejected from the game is exempted from the minimal amount of playing time.
- ◆ Any player who becomes sick or injured, but later feels better, may be reinstated back into the game provided they are able.
- ◆ An injured or sick player may enter the game at any point of a quarter. However, if the player is reinserted after the completion of the quarter, they become exempt from the minimal amount of playing time.
- ◆ Disciplinary action reported to and approved by the League Commissioner no later than 48 hours prior to the game.
- ◆ In any overtime period, the mandatory playing rule is not in effect.

### **VII. ILLEGAL/INELIGIBLE SUBSTITUTIONS**

- ◆ Players entering the game illegally or who are ineligible shall be removed from the game at the first dead ball with no further penalty.

### **VIII. FOULS**

- ◆ All fouls described under RULE 8 of the NFHS Field Hockey Rules will be strictly enforced. Points of emphasis will be on rough or dangerous play.

### **IV. PENALTY CORNERS**

- ◆ During penalty corners, a maximum of four (4) defenders (including the goalkeeper) must be completely behind the goal line. The rest of the defending team must be beyond the mid-field line.

### **X. MISCELLANEOUS**

- ◆ Any situations not covered by the NFHS Field Hockey Rules or the Local League Rules will be left to the discretion of the Recreation Department.
- ◆ Officials & Facility/Activity Supervisors will be assigned by the Recreation Department and will have complete control of the game area, including the spectators. Coaches, parents and participants are expected to abide by all rules and guidelines set forth for by the Carrboro Recreation, Parks & Cultural Resources Department.