



October 22, 2025

NFHS Field Hockey Weekly Rule Interpretations

Rule References: 1-5-1f– Team Uniforms/Socks

Rule Language

Rule 1-5-1f – *The home team shall wear solid knee-length contrasting dark-colored socks/sock guards (not rolled down), and the visiting team shall wear solid knee-length white-colored socks/sock guards (not rolled down).*

Interpretation

The visiting team is required to wear solid white knee-length socks. Officials should not allow alternate colors, such as pink, even if they appear to contrast with the home team's socks. Allowing non-standard colors places the responsibility on the official to determine contrast on a case-by-case basis, which can lead to inconsistent enforcement.

Officials must enforce the white sock requirement consistently to maintain fairness and clarity:

- Legal uniform compliance – The visiting team wears solid white knee-length socks.
- Illegal uniform violation – Any other color, including pink, is not permitted and must be corrected before play begins.

GAME SCENARIO:

Team B arrives for a game wearing solid pink knee-length socks. Team A is wearing solid dark-colored socks. The official observes the uniform violation before the game starts. The official requires Team B to change to solid white knee-length socks before the game begins. Play may not start until the visiting team complies with the uniform rule or the state association is notified.

RULING: Correct Procedure **COMMENT:** This interpretation ensures consistent enforcement and prevents subjective decisions about contrast:

- Only white socks are permitted for the visiting team.
- Requiring compliance prior to the start of the game avoids disputes during play.
- Consistent enforcement upholds fairness and professionalism for both teams.

Points of Emphasis for Officials and Coaches

- Verify both teams' socks comply with uniform rules before the game.
- Non-white socks for the visiting team must be corrected before play begins.
- Consistent enforcement avoids confusion and ensures fair competition.