

Equipment & Uniform Requirements

Uniforms

Reversible Jerseys or Pinnies

- Every 3rd/4th grade athlete will be issued a reversible pinnie – which is to be worn at every game and is optional at practices. All other athletes have the option to purchase a pinnie.
- 5th-8th grade athletes will receive a loaner uniform that must be returned at the end of the season. ANY UNIFORMS NOT RETURNED WILL INCUR A \$100 NON-RETURN FEE CHARGE TO YOUR CREDIT CARD ON FILE.

Shorts/Skorts

- 5th-8th grade athletes must wear either black shorts or skort to all games.
- 3rd/4th grade athletes do not have this requirement.

Socks

- Players will be provided long green socks as part of their registration and must wear them over hard shin guards.
- Soft shin guards are allowed but not recommended.

Jewelry

NYFH's policy is simple, **NO JEWELRY**, this includes bracelets, watches, necklaces, hair clips & earrings.

1st – 4th grade – Athletes may wear small stud earrings, but they must be taped or covered.

5th – 8th Grade – Athletes may only wear newly pierced earrings per the new National Guidelines. Otherwise, all other jewelry must be removed unless you are required to wear a medical alert bracelet – however it must be taped.

Equipment

Required Gear for ALL Play

For every clinic, practice or game – all athletes **MUST** have the following 3 items before stepping on the turf:

1. Stick
2. Shin Guards
3. Mouthguard

Note on Eyeguards – (ASTM F803 Standards for Field Hockey) – Optional as of Fall 2021

PLAYERS ARE REQUIRED TO HAVE MOUTHGUARD AND SHIN GUARDS OR THEY WILL NOT BE ALLOWED TO PLAY DUE TO PLAYER SAFETY CONCERNS. NO EXCEPTIONS.

Highly Recommend Equipment – *but not required*

1. Turf Shoes or RUBBER Cleats – All NYFH games are played on field turf. For field turf, the best footwear can be turf shoes or RUBBER cleats. The grip allows you to change direction well and allow for safer play in wet conditions. Turf shoes, for field hockey, are often made with additional protection like toe reinforcement for impacts from the water and water.
2. Water Bottle – Please bring your own water bottle, to prevent the spread of viruses and germs we discourage athletes from sharing water bottles

Goalie Gear

- NYFH provides goalie gear. However, athletes may use their own equipment.