



September 24, 2025

NFHS Field Hockey Weekly Rule Interpretations
Rule 1-5-1b – Uniform Requirements (Home vs. Away)

Purpose

This interpretation provides clarification on the new uniform requirement under Rule 1-5-1b, which updates the designation of dark and white uniforms for home and away teams beginning with the 2025 season.

Rule Change

- New Requirement (Rule 1-5-1b):
 - Home team shall now wear dark-colored uniforms.
 - Visiting (away) team shall wear white uniforms.
 - Socks must match the primary color of the team's uniform for consistency and visibility.

Clarification (Official Guidance)

1. Dark vs. White Contrast:
 - "Dark" is defined as any color that clearly contrasts with white.
 - Teams should ensure clear differentiation between home and away uniforms to minimize confusion for players, officials, and spectators.
2. Matching Socks Requirement:
 - All players on the same team must wear matching socks in the primary color of their designated uniform (dark for home, white for away).
 - This assists in proper identification during play, especially in penalty corners and free hits.
3. Compliance Expectations:
 - Uniforms must comply with these requirements at the start of the game.
 - Officials should address any discrepancies during pregame inspection.
 - If violations are discovered during play, they should be handled under Rule 8-2-1 misconduct provisions.

Game Scenario, Ruling & Explanation

SCENARIO: In a regular-season game, the home team takes the field wearing white jerseys and white socks, while the visiting team also arrives in white uniforms. Officials direct the home team to change into dark uniforms before the match begins, in accordance with Rule 1-5-1b. If no alternate uniforms are available, the game may still be played, but the officials shall file a report with the state association regarding the uniform violation. **RULING:** Correct Procedure **COMMENT:** Rule 1-5-1b designates home = dark, away = white. This rule ensures clarity and visibility. Matching socks reinforce uniformity and aid officiating. The home team is responsible for correcting the violation.