



RULES AND REGULATIONS

FOR

**JUNIOR PREMIER OUTDOOR LEAGUE
U14, U16, & U19 AGE DIVISIONS**

APRIL 18 – JUNE 7, 2026



Notes:

- Text indicated in *blue* corresponds to the *2026 USA Field Hockey* rules modification.
- Text indicated in *green* corresponds to the *May 2025 FIH Outdoor Tournament Regulations*.
- A vertical line in the righthand margin indicates a change from the previous year.

1. RULES OF THE COMPETITION

- 1.1. The Junior Premier Outdoor League (JPOL) is governed by Junior Premier Hockey (JPH) and is a USAFH Sanctioned Event.
- 1.2. All JPOL competitions shall be conducted in accordance with the FIH Rules of Hockey in force on the first playing day of the outdoor competition season except as varied by these Regulations and associated Appendices.
- 1.3. Modifications to these Rules are listed below and as follows. Any conflict in the modifications will give precedence to the document listed first in the list directly below.
 - 1.3.1. Rules and Regulations for Junior Premier Outdoor League
 - 1.3.2. JPH Appendix 9 – JPH Code of Conduct
 - 1.3.3. JPH Appendix 2 – Competition Plan and Ranking
 - 1.3.4. Current FIH General Tournament Regulations Outdoor Competitions Appendices listed below
 - 1.3.4.1. Appendix 1
 - 1.3.4.1.1. Captains – APPLIES
 - 1.3.4.1.2. Match Periods – DOES NOT APPLY
 - 1.3.4.1.3. Green Card – Two Minutes Suspension - APPLIES
 - 1.3.4.1.4. Yellow Card – Temporary Suspension– APPLIES
 - 1.3.4.1.5. Penalty Corner Countdown Clock – Masks required to defend PC, countdown managed by Umpires
 - 1.3.4.2. Appendix 1 – JPOL Elite Only
 - 1.3.4.2.1. Captains – APPLIES
 - 1.3.4.2.2. Match Periods –APPLIES with 5 minute half-time and no 40-second clock
 - 1.3.4.2.3. Green Card – Two Minutes Suspension - APPLIES
 - 1.3.4.2.4. Yellow Card – Temporary Suspension– APPLIES
 - 1.3.4.2.5. Penalty Corner Countdown Clock – Masks required to defend PC, countdown managed by Umpires
 - 1.3.4.3. Appendix 3 – Ranking in a Pool
 - 1.3.4.4. Appendix 12 – Shoot Out Competition
 - 1.3.4.5. Appendix 14 – Hearing Process
 - 1.3.5. Current FIH Rules of Hockey
- 1.4. All Rules & Regulations documents are available on the Junior Premier Hockey website.
- 1.5. The JPH Directors in their absolute discretion will formulate and publish the Match Schedule for the competition. JPH reserves the right to amend this schedule as a result of any circumstances that may arise.
- 1.6. Plan of Competition
 - 1.6.1. Varies by competition. See JPH Appendix 2 – Competition Plan and Ranking
 - 1.6.2. When competing in crossover or classification matches, if at the end of the regulation time the result is a draw, in order to establish an outright winner of the match for the purpose of the competition, a shoot-out competition as specified in Appendix 12 will be played to establish the winner of the match.
- 1.7. Ranking in a Pool – detailed in Appendix 3
 - 1.7.1. In each pool, the following points will be awarded for each match:
 - 1.7.1.1. Three points to the winner;
 - 1.7.1.2. One point to each team, in the event of a draw;
 - 1.7.1.3. No points to the loser
 - 1.7.2. At the end of Pool competition, teams will be ranked as specified in Appendix 3
 - 1.7.2.1. Points
 - 1.7.2.2. Matches Won
 - 1.7.2.3. Goal Difference
 - 1.7.2.4. Goals For

- 1.7.2.5. Head to Head result
- 1.7.2.6. Ranking only within teams involved in tie
- 1.7.2.7. Field Goals in pool matches
- 1.7.2.8. Shoot Out Competition

2. TOURNAMENT OFFICIALS

- 2.1. A site Technical Delegate is appointed by the JPH Technical Director. The Technical Delegate has the full power and authority of the JPH in relation to technical matters concerning the conduct of the competition in accordance with these Rules and Regulations.
- 2.2. The Technical Delegate appoints the Technical Officers for each match and ensures that all participants abide by the JPH Code of Conduct and JPH Rules and Regulations.
- 2.3. With the consent of a JPH Director, the Technical Delegate may delegate the exercise of his/her powers and authorities to a JPH Director, Technical Official, or Umpires Manager, in whole or in part and for such duration as the Technical Delegate deems necessary.
- 2.4. Each site will have an Umpires Manager appointed by the JPH Director of Umpiring. The Umpires Manager shall appoint the umpires for each match from among those selected to officiate in the League.
- 2.5. Judges – **Mandatory request:**
 - 2.5.1. All clubs must provide one responsible person to sit at the technical table as a Judge for each of their respective matches, in order to make sure that the correct results and statistics of each match are recorded.
 - 2.5.2. The Judges will manage the clock/scoreboard, manual official Match Report, and record the scores in the official match report system, AltiusRT. The results will be posted on JPH and other web sites. The Judges ensure that the match results, goal scorers, cards, and other statistics are correctly recorded.
 - 2.5.3. Judges are not allowed to coach during the match they are serving as a Judge.
 - 2.5.4. Failure to provide a dedicated Judge will result in no individual player goal(s) statistics recorded for that team, and consequentially may affect player rankings for the Top Goal Scorer Award.

3. TEAM ROSTER

- 3.1. In order to be eligible to compete in any of the age group divisions offered, a player must be of age (as applicable according to USAFH guidelines) on July 31, 2025.
 - 3.1.1. A player may play up one or two age divisions.
 - 3.1.2. A player may play in two age divisions simultaneously, provided they are on the Team Roster and Match Lineup for the team they are playing with and they are age eligible.
 - 3.1.3. A player may only play for one team within each age division of each competition.
 - 3.1.4. Boys may play in all JPH competitions except for JPOL Elite provided they follow the guidelines detailed in the “Boys Participation Policy” in the Rules section of the JPH website.
- 3.2. Participating teams may register an unlimited number of Players on their Team Roster to be used throughout the competition.
- 3.3. Participating teams may register an unlimited number of Team Staff members on their Team Roster to be used throughout the competition.
- 3.4. Each Club is responsible for entering and submitting their own Team Roster (unlimited) and Match Lineups (no more than 18) directly into AltiusRT.
 - 3.4.1. Each team is required to submit at least one person designated as the AltiusRT Team Manager. This AltiusRT Team Manager(s) is in charge of managing Team Rosters and Match Lineups.
 - 3.4.2. The AltiusRT Team Manager adds players to their Team Roster and must finalize their initial Team Rosters submissions no later than Sunday 23:45pm ET prior to their first competition date.
 - 3.4.2.1. Initial Team Rosters must be submitted for all Elite & Combined competitions by Sunday, April 12 at 23:45pm ET.
 - 3.4.2.2. Initial Team Rosters must be submitted for all Region 8/South competitions by Sunday, April 19 at 23:45pm ET.
 - 3.4.3. Match Lineups (no more than 18) are due no later than Friday 12 Noon ET prior to each competition date

- 3.4.4. Clubs are able to modify Team Rosters Monday 12 Noon ET thru Friday 12 Noon each week without penalty.
 - 3.4.5. Clubs will not be able to modify Team Rosters nor Match Lineups after the Friday 12 Noon ET deadline.
 - 3.4.5.1. Any Requests to modify Team Rosters or Match Lineups can be made to the TD on site up to one hour prior to the start of the team's first scheduled match.
 - 3.4.5.2. Any Team Roster modifications requested after the Friday deadline must be accompanied by a \$50 fee.
 - 3.4.5.3. Payment to be sent via Venmo to @JuniorPremierHockey
 - 3.5. All players must be identified by their respective playing shirt numbers as listed on the Team Roster. This number must be different from all other players listed on the Team Roster and it must remain the same throughout the competition.
 - 3.6. By entering and submitting Players and Team Staff into AltiusRT, the AltiusRT Team Manager attests to the fact that all entries are current USAFH members in good standing with membership valid through June 8, 2026. This may be challenged by any JPH tournament official at any time and it will be the Club's responsibility to provide proof of USAFH membership to prove eligibility to participate.
 - 3.7. Club affiliation is not required; however, players may only play for one club within each competition.
 - 3.8. College players are not eligible to participate.
 - 3.9. In the event of withdrawal of one or more teams, the participation of a replacement team(s) is the prerogative of the JPH. The participating teams will be notified accordingly.
4. **COMPOSITION OF TEAM**
- 4.1. The AltiusRT Team Manager responsible for maintaining the Team Roster in AltiusRT must ensure the Match Lineups are confirmed in AltiusRT by noon (12:00) ET on the Friday before the scheduled weekend matches.
 - 4.1.1. Modifications may be made to the confirmed Match Lineups in AltiusRT up to 1 hour prior to the start of the match
 - 4.1.2. Failure to provide Match Lineups as required will result in no individual player goals statistics recorded for that team.
 - 4.2. Players and Team Staff confirmed on the Match Lineups may only be selected from those listed on the official Team Roster as described in section 3.
 - 4.3. A maximum of eighteen (18) Players may be used by a team in a match. If a player(s) has been suspended for one or more matches then, for those matches, the number of players the team concerned may use will be reduced by the number of players suspended.
 - 4.4. No more than two (2) Team Staff members will be permitted in the team bench area during a match.
5. **TEAM CLOTHING AND EQUIPMENT**
- 5.1 Members of all teams must be in proper uniform (shirts and socks of matching color) with numbers on at least the back of the shirt and with numbers highly recommended on the front of the shirt or kilt/shorts. Shorts or kilts must be of like color. Each team must have two sets of uniform shirts and socks, one distinctly light and one distinctly dark.
 - 5.1.1 Shirts and Socks must be a minimum of 75% of one color.
 - 5.1.2 Reversible jerseys are acceptable with numbers on both sides.
 - 5.1.3 It is strongly recommended that all teams have both sets of uniforms pitch side for all games.
 - 5.2 The team listed first on the schedule will wear light uniform shirts and socks. The team listed second will wear dark uniform shirts and socks.
 - 5.2.1 The non-compliant team will be required to change uniforms at the request of the Technical Officer.
 - 5.2.2 If both teams are compliant and a conflict still exists, the team listed first will be required to change. The Technical Officer will determine if a conflict exists.
 - 5.2.3 If a team refuses to change or does not have a second set of uniforms that will make them compliant, the non-compliant team will be considered in breach of the Code of Conduct.

- 5.2.4 Individuals not in uniform compliance will be ineligible to play in a match until their uniform issue is resolved.
- 5.3 Goalkeepers must wear a colored shirt or garment which is completely different in color and distinctive from that of both teams. Goalkeepers are required to have a minimum of two completely different colored shirts or garments with their unique number on the back that contrast with the colors of both of their own team's field player shirts.
- 5.3.1 Clarification on "contrasting colors:" For example, a combination of shirts or garments that are Black/dark Blue or Yellow/Gold are not considered contrasting colors.
- 5.3.2 Goalkeepers must retain their same unique number as listed on the Team Roster throughout the competition
- 5.4 Additional items worn by a player during a match, must not conflict with the colors of the opposing team.
- 5.4.1 Additional items worn by the team listed first must be light in color.
- 5.4.2 Additional items worn by the team listed second must be dark in color.
- 5.4.3 Additional items added by a player should be uniform with the rest of the team (i.e. if one player wears long sleeve blue Under Armour, then their teammate may not wear long sleeve green Under Armour).
- 5.4.4 It is acceptable if one player wears an additional item and another chooses not to.
- 5.5 All players must wear a mouth guard while participating on the field of play.
- 5.6 As according to FIH Rule 4.2, Field players are permitted to wear throughout a match for medical reasons only a smooth preferably transparent or single colored face mask which fits the face, soft protective head-covering or eye protection in the form of plastic goggles (i.e., goggles with a soft-covered frame and plastic lenses); the medical reasons must be assessed by an appropriate authority, with notification provided to the site Technical Delegate and Athletic Trainer, and the player concerned must understand the possible implications of playing with the medical condition.
- 5.7 A player on the field of play must not use or be equipped with any device to receive communication.

6. DURATION OF MATCHES

- 6.1. Unless modified by a JPH Director or site Technical Delegate (e.g. due to constraints of venue and schedule), a match consists of four quarters of 12 minutes each, an interval of 2 minutes between quarter 1 and 2 and between quarter 3 and 4 and a half-time interval which shall not exceed 5 minutes between quarter 2 and 3. The score at the end of the regulation time will be registered as the result of the match.
- 6.1.1. JPOL Elite Only: Match consists of four quarters of 15 minutes each
- 6.2. Time-keeping is controlled by the Technical Officials on duty; they are responsible for signaling the end of each period. If a match, however, is prolonged at the end of a quarter to allow for the completion of a penalty corner as specified in the Rules of Hockey, the Umpires will signal the end of that quarter.
- 6.2.1. Technical table officials may sound an audible signal when the official clock is started.
- 6.2.2. The Umpire's whistle always starts the match play.
- 6.3. Because use of the facility is limited by time, the official clock will be a running clock with no stoppages. Time lost due to injury or other "stoppage of play" (penalty strokes, issuance of cards, etc) will not be added to the match.
- 6.3.1. JPOL Elite Only: Official Clock will be stopped as per the FIH Rules of Hockey and as described in Appendix 1 – JPOL Elite Only

7. SUBSTITUTION OF PLAYERS

- 7.1. Substitution takes place as specified in the FIH Rules of Hockey from the players named in the Match Report.
- 7.2. Substitution takes place under the supervision of the Technical Officer on duty
- 7.3. After leaving the field of play having been substituted, a player must immediately go to the team bench.
- 7.4. Team Staff are responsible for the proper application of the procedures.

8. ADMISSION TO THE FIELD OF PLAY

- 8.1. The Team Staff on the team bench may not enter the Field of Play during playing time under any circumstances but may do so during a shoot-out competition or to assist in an emergency situation if sufficient medical support is not available.
- 8.2. The substitute players nominated for that match must remain near or within the team bench during playing time, including time stoppages, or when implementing the substitution procedures. The Team Staff nominated for the match must remain in an area designated by the Technical Officer on duty. Substitutes may leave their seats to warm up in an area designated by the Technical Officer on duty.
- 8.3. The Team Staff for a match is responsible for the conduct of all persons occupying the team bench
- 8.4. Vocal communication by Team Staff and/or Players on the team bench must not be directed at the Umpires, Judges, and/or players of the opposing team.
- 8.5. If misconduct occurs after Team Staff has been warned about acts of misconduct on his/her team bench, the Technical Officer on duty is empowered to order the person or persons involved to leave the team bench and game area for the rest of the match. After the match, the Technical Officer will report the circumstances to the Technical Delegate who may take further disciplinary action.
- 8.6. No incapacity treatment is permitted on the Field of Play unless the medical personnel reasonably believe that a player requires medical attention and for that reason they may enter the Field of Play without permission.
 - 8.6.1. persons authorized to enter the field of play are required to assist and remove the player concerned from the field of play as soon as it is safe to do so
- 8.7. If any person from the team bench and/or the on-duty Medical Officer/Athletic Trainer enters the field of play and attends a player at any time:
 - 8.7.1. that player must leave the field of play and return to the team bench area for a minimum of two minutes of playing time;
 - 8.7.2. the two minutes period will be managed by the Technical Officials on duty;
 - 8.7.3. the player required to leave the field of play may be substituted in accordance with the FIH Rules of Hockey
 - 8.7.4. As an exception to the above, if a goalkeeper is treated on the pitch for an injury incurred immediately prior to the award of a penalty corner or penalty stroke, the goalkeeper does not have to leave the pitch for two minutes of playing time.
- 8.8. If blood staining to the Field of Play occurs cleaning must immediately take place using a Non-Acid Disinfectant Surface Cleaner which is effective against antibiotic-resistant bacteria or, if such a material is not available, an 80% alcohol solution. During this operation there must be a stoppage of play, however the official clock will continue to run.
 - 8.8.1. JPOL Elite only: Official Clock will be stopped for injuries when indicated by the Umpire
- 8.9. Team officials and players may leave the technical facility area surrounding the Field of Play during half time.
- 8.10. Coaching and audible vocal communication may only take place from designated areas only, namely from the team bench, coaches boxes (if provided) and designated seats, as identified by the site Technical Delegate.

9. INTERRUPTIONS OF A MATCH

- 9.1. If a match is interrupted by the Umpires (e.g. because of weather or Field of Play conditions) or by the Technical Delegate (e.g. because of thunderstorm with lightning), this match must be resumed as soon as possible, under the following conditions:
 - 9.1.1. the match must be completed up to the regulation full time unless otherwise stated by the Technical Delegate, the score on the resumption being that at the time the interruption took place;
 - 9.1.2. on resumption, Regulation 7 relating to the substitution of players shall apply as though there had been no interruption to the match.
- 9.2. The Technical Delegate and the JPH Directors have authority to modify the match schedule, including postponing, reducing the duration, or cancelling a match due to weather, forfeits, or other unforeseen circumstances.

9.2.1. This includes, but is not limited to changing the match schedule, adjusting match lengths, finding replacement teams, scheduling friendly matches, etc

10. MATCH REPORT FORMS

10.1. At the end of a match, a Match Report is produced at the technical table. This is a summary of the match showing the names of all players, team officials and technical officials nominated for the match and the key match statistics, including the result.

10.2. Within five minutes of the end of the match, the Team Staff of each participating team must sign the Match Report.

10.3. The match officials must also sign the Match Report once both Teams have done so.

11. DISQUALIFICATION OR FAILURE TO PLAY

11.1. Match clock will start promptly as stated on the schedule. If a team fails to take the field with any eligible players after ten (10) minutes of the scheduled start time, the umpires or Technical Officer will officially call the match off, and award the win to the team that is ready. **The result of the match will be recorded as 5 – 0 “Forfeit”.**

11.2. In the case of a Forfeit where neither team is ready to play as described in 11.1, the result of the match will be recorded as 0 – 0 “Cancelled” and zero points will be awarded.

11.3. Any matches forfeited due to insufficient players or use of ineligible players will be assessed as follows:

11.3.1. Level 0: No fine if forfeited due to unavoidable weather conditions or disasters that prevent travel to the site *and* the JPH Director or site Technical Delegate is notified and made aware of the situation well before the start of the match. Does not count towards withdrawal.

11.3.2. Level 1: Fine of \$0 if forfeited but played with age-appropriate player(s) who are current USAFH members. *There is no minimum number of players required to qualify as “played” (e.g. while not recommended, one (1) player is sufficient).*

11.3.3. Level 2: Fine of \$250 per day if any matches are forfeited and not played as described in 11.3.1 or 11.3.2

11.3.4. All fines must be paid at least 72 hours before the final day of competition in order for the team to be allowed to compete on the final day.

11.3.4.1. Fines assessed on the final day of competition will be due within 30 days to avoid additional penalties including USAFH notification

11.3.5. Three (3) or more Level 1 or 2 forfeited pool matches will be assessed as a withdrawal.

11.4. During Pool Play, a team refusing to play or to complete a match for any reason beyond those described in 11.3 will be assessed a Forfeit, a Level 2 Fine, withdrawn from pool play, and may incur additional penalties from JPH and USAFH.

11.5. During Crossover and Classification matches, a team refusing to play or to complete a match for any reason beyond those described in 11.3 will be assessed a Forfeit, a Level 2 Fine, will be ranked last in the final standings, and may incur additional penalties from JPH and USAFH.

11.6. If a team is assessed with a withdrawal, all previous and subsequent pool matches will also be considered as having been withdrawn. The points table shall be adjusted accordingly with all pool matches recorded as a 5-0 result.

11.6.1. If a team is considered withdrawn, it is still required and entitled to play in all subsequent scheduled matches - including any crossover and classification matches. However, this team will be ranked last at the end of Pool play.

11.6.2. Opposing teams must also play any scheduled match against a withdrawn team in order to qualify for the Win, the points, the 5 – 0 result, and to avoid being assessed with a forfeit.

11.6.3. If more than one team withdraws, the team withdrawing first will be ranked lower at the end of pool play.

11.6.4. Clubs withdrawing and also failing to complete their remaining match schedule including crossover and classification matches, will be fined in accordance with 11.3 and a report will be submitted to USAFH for further disciplinary action.

11.7. Goals scored during forfeited matches will not count towards individual or team statistics.

11.8. The final decision as to whether the circumstances qualify as a forfeit or a withdrawal and if the team is subject to any further disciplinary action will be decided on a case-by-case basis by the site Technical Delegate or JPH Directors.

12. CODE OF CONDUCT AND SANCTIONS

12.1. The JPH Code of Conduct applies to all participants in JPH competitions, including all club representatives, team officials and players, and JPH tournament officials.

12.2. The following documents provide details of the JPH Code of Conduct and associated guidelines for a Technical Delegate.

12.2.1. JPH APPENDIX 9 - Code of Conduct

12.2.2. Appendix 14 – Hearing Process

12.3. In deciding on the duration of any suspension, the Technical Delegate is limited to the remaining matches in the competition but, if the Technical Delegate decides that the appropriate penalty may or ought to include the imposition of a suspension that affects matches or should otherwise take effect beyond the conclusion of the competition, the Technical Delegate must, within one week of the decision being published, give written notice of the decision to the JPH Technical Director, who will decide on any further period of suspension or other penalty to be imposed, including the possibility of referring it to USAFH Ethics Committee for further action.

12.4. Suspended persons may not enter the field of play or the technical facility areas (including the team benches) until completion of the match or matches comprising the suspension.

12.5. In cases of red carded players, when the Team Staff expresses there is no adult available to supervise the player outside the technical table or team bench areas, the red carded player must remain seated at the technical table until the end of the match and may not join their team at halftime. Any misconduct will be reported to the Technical Delegate for possible additional suspension.

12.6. Code of Conduct violations may be referred to the USA Field Hockey Ethics Committee to decide on any further penalty.

13. PROTESTS & APPEALS

13.1. No protest will be entertained

13.2. The decision of the Technical Delegate is final and no appeal will be entertained

13.3. No refunds will be granted after registration deadline(s).

14. MEDIA POLICY

14.1. Image & Data Rights

14.1.1. Participants consent to be filmed, televised, photographed, identified and / or otherwise recorded during JPH Events, and that their captured or recorded images, together with their name, likeness, voice, performance and biographical information, may be used in any content, format and through any media or technology whether now existing or created in the future, by JPH and third parties authorized by JPH during and after a JPH Event in perpetuity in relation to the promotion of the JPH Event, and the sport of Hockey, in a commercial or non-commercial manner

14.2. Social Media Activities

14.2.1. Participants are to abide by the Social Media Guidelines as outlined by USA Field Hockey here:

https://www.juniorpremierhockey.com/wp-content/uploads/2021/08/USAFH_SocialMediaGuidelines_2020.pdf

14.2.2. Violations of the Social Media Guidelines will be addressed according to the JPH Code of Conduct.

15. UNFORESEEN EVENTS

15.1. If circumstances arise which are not provided for in these Regulations, the site Technical Delegate or a JPH Director will determine any actions necessary.