

2018 Pre-Season Challenge Rules and Information

Welcome and thank you for registering for this year's Field Hockey Pre-Season Challenge. We are anticipating a full day filled with fun and great field hockey. We have an outstanding event planned with 11 High School teams participating.

Event Format:

All of the Pre-season Challenge events will take place at the Virginia Beach Field House as well as the USA Regional Training Center. These two facilities share a parking lot and are walking distance from each other. Team Check in will take place at the Training center prior to game start.

- All match ups and game play will be held at the Training Center.
- The Clinic and Lunch portion of the event will take place at the Virginia Beach Field House on Indoor Turf Fields.

USA Regional Field Hockey Training Center:

Address: 2068 Landstown Centre Way,
Virginia Beach, VA, 23456

Virginia Beach Field House

Address: 2020 Landstown Centre Way,
Virginia Beach, VA, 23456

Directions to the Virginia Beach Field House can be found below.

Rules and Game Format:

All games will be 25 minutes with running clock and no time outs. Game start times are on the hour and half hour with five minutes for finishing teams to clear the field and starting teams to take the field. Both fields will begin simultaneously with an air horn and will end with the siren on the central game clock.

All games will play FIH rules with the exception that all players must wear goggles. Please remind your players of the slight differences from other rules they may play under such as VHSL.

Inclement Weather Plan:

In case of lightning and thunder, the tournament schedule includes an up to 2 hour delay of play. In case of lightning and thunder all outdoor games will be cease until lighting and thunder does. The four teams that are mid-play will take shelter at the USA Regional Field Hockey Training Center. All other teams will proceed to the Virginia Beach Field House. The tournament directors will monitor conditions prior to continuation of the event.

Waivers:

All participants will need to fill out a Virginia Beach Field House Waiver. The easiest way to do this is to have their parents go online. Parents fill out a short profile for themselves and then fill out a profile for their child wherein a participant waiver is signed electronically. There is no charge for this. Find the DASH Account Creation Link on the Virginia Beach Field House Home Page – www.beachfieldhouse.com. If your player has participated at the Virginia Beach Field House in the last year, they should already have this account created and we already have their waiver on file electronically. But they still need to register to the team. Coaches, please complete the roster form that is attached to this packet and return that to us as soon as possible. Additionally, please bring a copy with you on the day of the event so that we can track who is properly waived.

Food and Beverage:

Your team registration includes lunch; however, the Field House Grille will be open throughout the event for any additional purchases. No outside food and beverages except refillable water bottles are allowed per health code regulations. Additionally, we do not allow coolers inside of the facility.

Lunch times will be based on your grouping which is listed below. The lunch buffet will be set up in the Virginia Beach Field House Grille Lounge.

Clinics:

The Field Hockey Pre-Season Challenge combines game play with skills training and development. Your clinic times are based on the same groupings as lunch and are listed below

Schedules and Play Breakdown

Below please find the schedule below. If you have questions or concerns please let us know as soon as possible so that we can assess.

Game Play Schedule:

All teams will check in at the registration table at the USA Regional Field Hockey Training Center prior to first games. Home teams will wear Light and Away Dark.

	<u>Field 1</u>			<u>Field 2</u>	
	<u>Home</u>	<u>Away</u>		<u>Home</u>	<u>Away</u>
8:30 AM	First Colonial	Kempsville Red	8:30 AM	Cox	Cape Henry
9:00 AM	Camden Green	Princess Anne	9:00 AM	Kellam	Great Bridge
9:30 AM	Kempsville Red	Cape Henry	9:30 AM	Kempsville Blue	Cox
10:00 AM	Camden White	Kempsville Blue	10:00 AM	First Colonial	James Monroe
10:30 AM	Camden Green	Kellam	10:30 AM	Kempsville Red	Princess Anne
11:00 AM	Camden White	Great Bridge	11:00 AM	James Monroe	Cape Henry
Clinic, Lunch, and Water					
2:00 PM	Camden White	Cox	2:00 PM	Cape Henry	First Colonial
2:30 PM	Camden Green	James Monroe	2:30 PM	Kempsville Red	Great Bridge
3:00 PM	Camden White	First Colonial	3:00 PM	Kellam	Cox
3:30 PM	Kempsville Blue	Great Bridge	3:30 PM	James Monroe	Princess Anne
4:00 PM	Water	Water	4:00 PM	Water	Water
4:15 PM	Camden Green	Cape Henry	4:15 PM	Princess Anne	Kellam
4:45 PM	Camden White	James Monroe	4:45 PM	Kempsville Blue	Kellam
5:15 PM	Camden Green	Kempsville Red	5:15 PM	Great Bridge	First Colonial
5:45 PM	Kempsville Blue	Princess Anne	5:45 PM	Cox	James Monroe

<u>Pool A:</u>	<u>Pool B:</u>	<u>Pool C:</u>
10:45 Clinic	11:15 Clinic	11:45 Clinic
11:45 Lunch	12:15 Lunch	12:45 Lunch
First Colonial	Kempsville Red	James Monroe
Kempsville Blue	Camden Green	Cape Henry
Cox	Princess Anne	Great Bridge
	Kellam	Camden White

Directions to the Virginia Beach Field House

2020 Landstown Centre Way

Virginia Beach, VA 23456

From I-64

Head Eastbound on I-64 towards Norfolk

Merge onto I-264 E/VA Beach Norfolk Expy E via EXIT 284A toward Virginia Beach.

Merge onto S Independence Blvd/VA-410 via EXIT 17A toward Princess Anne.

Turn slight right onto S Independence Blvd.

Turn left onto Princess Anne Rd/VA-165.

Turn right onto Landstown Centre Way.

The Virginia Beach Field House will be on the right

From I-64 – Tunnel Alternative Route

Head Eastbound on I-64 towards Norfolk

Merge onto I-664 S via EXIT 264 toward Downtown/Newport News/Suffolk/Chesapeake.

I-664 S becomes I-64 W.

Take the Indian River Rd E exit, EXIT 286B.

Merge onto Indian River Rd/VA-407.

Keep left at the fork to continue on VA-407/Indian River Rd.

Stay straight to go onto Ferrell Pkwy.

Turn slight right onto Princess Anne Rd/VA-165.

Turn right onto Dam Neck Rd.

Turn left onto N Landstown Rd.

Turn left onto Landstown Centre Way.

The Virginia Beach Field House is on the right.

From the Virginia Beach Oceanfront

Start out going north on Atlantic Ave toward Laskin Rd.

Turn left onto Laskin Rd/US-58 W.

Take the 1st left onto Pacific Ave/US-60 E.

Pacific Ave/US-60 E becomes VA-149/General Booth Blvd.

Turn right onto Dam Neck Rd.

Turn left onto N Landstown Rd.

Turn left onto Landstown Centre Way.

The Virginia Beach Field House will be on the right

The Virginia Beach Field House and Grand Slam Sports thank you for your support and participation.

Have fun!!

