



OFFICIALS RESOURCE SERIES

Field Hockey Gear Guide

A practical checklist for arriving prepared, looking professional, and handling the assignment with confidence.

**THE
STANDARD**

Confirm every item against your state association, governing body, conference, and assigner requirements.

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Field Hockey Assignment Checklist

Build your bag around reliability: the correct uniform, duplicate critical tools, comfort items, and protection for the conditions.

UNIFORM & PRESENTATION

- Approved umpire shirt in a color distinct from both teams
- Black skirt, shorts, or pants as permitted
- Black socks and stable turf shoes
- Weather layer that preserves uniform visibility

ESSENTIAL TOOLS

- Two whistles, cards, match wallet, pencil
- Two watches/timers and coin
- Small rule and penalty-stroke reference for pregame use
- Communication headset only when assigned and approved

SMART BAG EXTRAS

- Sunscreen, hydration, towel, rain protection
- Spare shirt color, whistle, cards, watch, and laces
- Protective eyewear if permitted and comfortable

Pack, Inspect, Perform

WHEN	WHAT TO DO
48-24 HOURS	Confirm venue, level, crew, uniform, arrival time, parking, payment process, and special instructions.
NIGHT BEFORE	Lay out the complete uniform. Charge devices. Test whistles/timers. Check weather and travel time.
ON ARRIVAL	Change or finish dressing privately. Inspect equipment. Meet the crew. Complete the required pregame.
AFTER GAME	Record game details, clean and dry gear, replace used supplies, and note anything needed before the next assignment.

AVOID THESE MISTAKES

- Matching either team's colors
- Depending on the stadium clock alone
- Using footwear without lateral support

Starter Budget Strategy

PRIORITY	BUY FIRST	UPGRADE LATER
1	Required uniform and footwear	Second full uniform set
2	Required tools and protection	Premium bag/organizer
3	Backup whistle/timer and basics	Weather-specific duplicates

Important: This guide provides general preparation recommendations, not a universal uniform rule. Requirements vary by sport, season, level, state, conference, and governing body.