

# 2026 SPONSORS

## CHAMPIONS CIRCLE



## PLATINUM



## GOLD



# 27TH ANNUAL SPRING TOURNAMENT EVENT GUIDE

IN MEMORY OF ALLIE ROSE ZAMBITO

APRIL 17-19, 2026

## ABOUT US

The mission of the National Field Hockey League is to promote and grow the sport of field hockey by providing a member-centered governing structure for club teams, improving access to competitive play, facilitating educational trainings, and building community.

Since 1997, the NFHL has grown to include more than 120 colleges and universities from across the United States. The NFHL is the official governing body for USA collegiate club field hockey.

The National Field Hockey League is a registered 501c3 organization. For more information, visit our website at [www.nationalfieldhockeyleague.com](http://www.nationalfieldhockeyleague.com).

## PLAYER ELIGIBILITY

**Player eligibility is determined by each school's governing club sports participation policies.**

The NFHL abides by and enforces each school's eligibility policies. Each school must submit a roster that is verified by a Club Sports Representative, validating that all players are eligible to participate based on their specific school policies.

**The NFHL is a coed league** and has been since its inception in 1997.

The NFHL is deeply committed to the safety and well-being of all participants in league events. **Effective 1/1/24, the NFHL adopted a zero-tolerance Code of Conduct policy** and believes that these measures will contribute towards a more positive and enjoyable experience for everyone involved. ***The Code of Conduct applies to anyone attending or participating in an NFHL event.***

## 27TH ANNUAL SPRING TOURNAMENT

This is the 27th Annual Spring Tournament weekend, open to all active NFHL members. This is a highly competitive tournament, showcasing incredible collegiate field hockey clubs from schools across the US.



ABOUT US

## SPRING TOURNAMENT ELIGIBILITY

- The Spring Tournament is open to all active NFHL teams. There are no minimum game requirements.

## POOL PLACEMENT

Teams are seeded into pools based on Fall regular season rankings. There are exceptions based on accommodations made to suit teams' travel arrangements.

- Average game points per game (**AVE GP** = total game points / # games played)
  - Tiebreaker #1: greatest average goal differential (**AVE GD** = total goals scored - total goals against / # games played)
  - Tiebreaker #2: least average goals against (**AVE GA** = total goals against / # games played)
  - Tiebreaker #3: greatest average goals scored (**AVE GS** = total goals scored / # games played)

## TOURNAMENT STRUCTURE & SCHEDULE\*

- Teams will play 4 pool play games, consisting of 23-minute halves with a 5-minute halftime.
- Pool play games will be held on Friday and Saturday of the tournament.
- 14 teams will advance to their respective playoffs.
  - First place teams from each pool will advance (11 total).
  - First place teams from each pool will be ranked against each other and seeded #1-11. #1 and #2 have a first-round playoff BYE. Second place teams from each pool will be ranked against each other. The top 3 will advance to playoffs and seeded #12-14.
- Sunday Playoff Games: 20-min halves, 5-min halftime. No timeouts. Overtime: shootout (best of 5, sudden victory). Championship game will have 10-min halftime.
  
- Games may need to be switched/rearranged due to reasons outside of our control.

*\*Subject to change due to inclement weather, cancellations or extenuating circumstances.*

# ELIGIBILITY, TOURNAMENT STRUCTURE & SCHEDULE

**SCHEDULE:**  
**Version 2**  
**[CLICK HERE](#)**

## SPRING TOURNAMENT TEAMS

American University	Rowan University	University of North Carolina Wilmington
Auburn University	Rutgers University	University of Pittsburgh
Binghamton University	Salisbury University	University of Rhode Island
Coastal Carolina University	Towson University	University of South Carolina
College of William and Mary	University at Albany	University of Tennessee
East Carolina University	University of California San Diego	University of Virginia
Florida International University	University of California Santa Barbara	University of Wisconsin- Madison
George Mason University	University of Colorado	Virginia Commonwealth University
George Washington University	University of Connecticut	Virginia Tech
Georgetown University	University of Florida	Washington University in St. Louis
James Madison University	University of Maine	West Chester University
Loyola University Maryland	University of Maryland	West Virginia University
Messiah University	University of Massachusetts Lowell / Stonehill*	West Virginia University
Old Dominion University / Christopher Newport*	University of New Hampshire	
Penn State University	University of North Carolina Charlotte	

*\*denotes merged team*



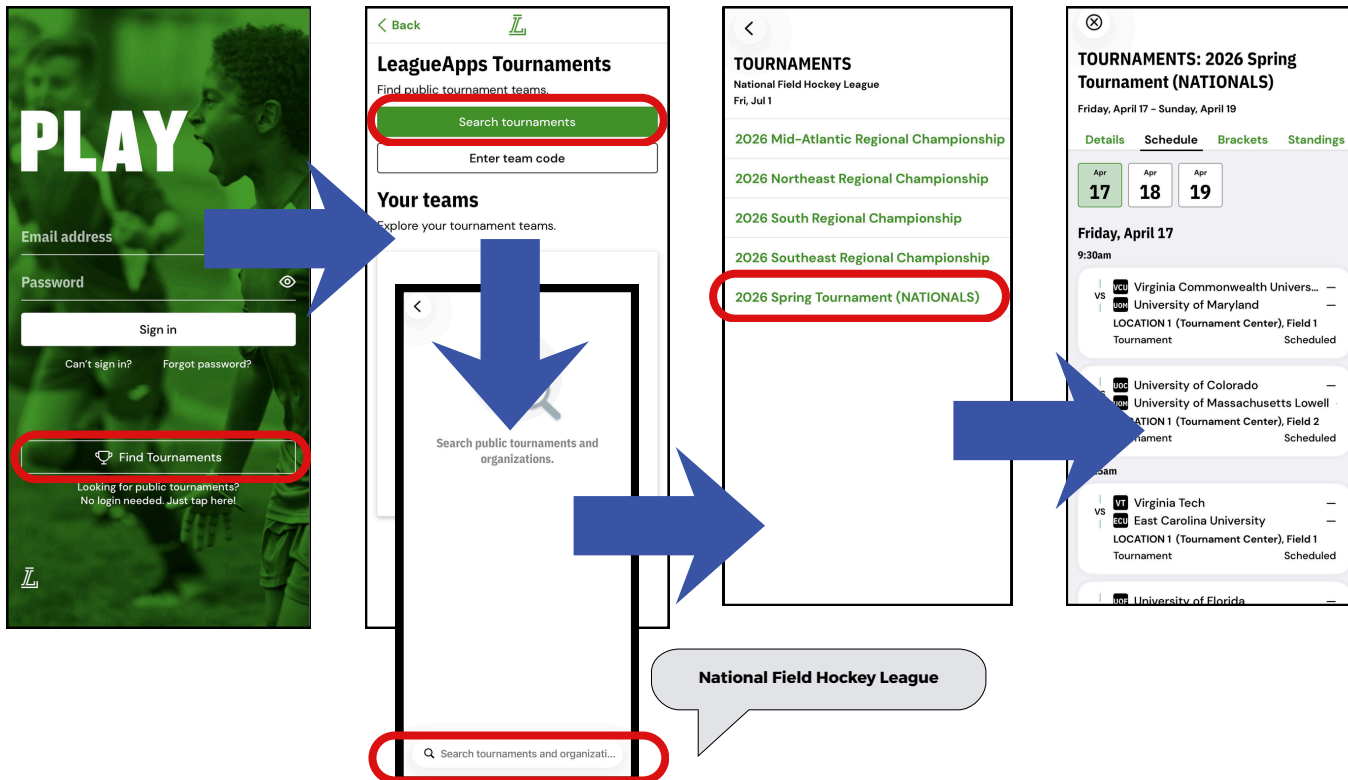
## SPRING TOURNAMENT TEAMS

## RESULTS & STANDINGS in the LeagueApps PLAY app:

Coaches, players and spectators can easily see live results and standings using the LeagueApps PLAY app!

To follow your tournament and see results and standings:

- Download LeagueApps PLAY in the app store.
- You DO NOT need to login to follow the tournament. Instead, click "Find Tournaments".
- Hit "Search Tournaments".
- Type "National Field Hockey League".
- Click "TOURNAMENTS" for our organization.
- Select "2026 Spring Tournament (Nationals)"
- Follow a specific team by hitting the "bell" icon.
- Click "Tournament Details" to see the schedule, results, and standings for all teams!



## RESULTS & STANDINGS



## APPAREL ORDERS - DUE 4/1

All apparel must be pre-ordered by April 1st. Items must be picked up at the Information Table at Field 1 (we cannot ship orders). We do not carry a lot of inventory at the tournament, so we highly recommend you pre-order if you would like tournament swag!



## Tournament T-Shirt



Sweatpants

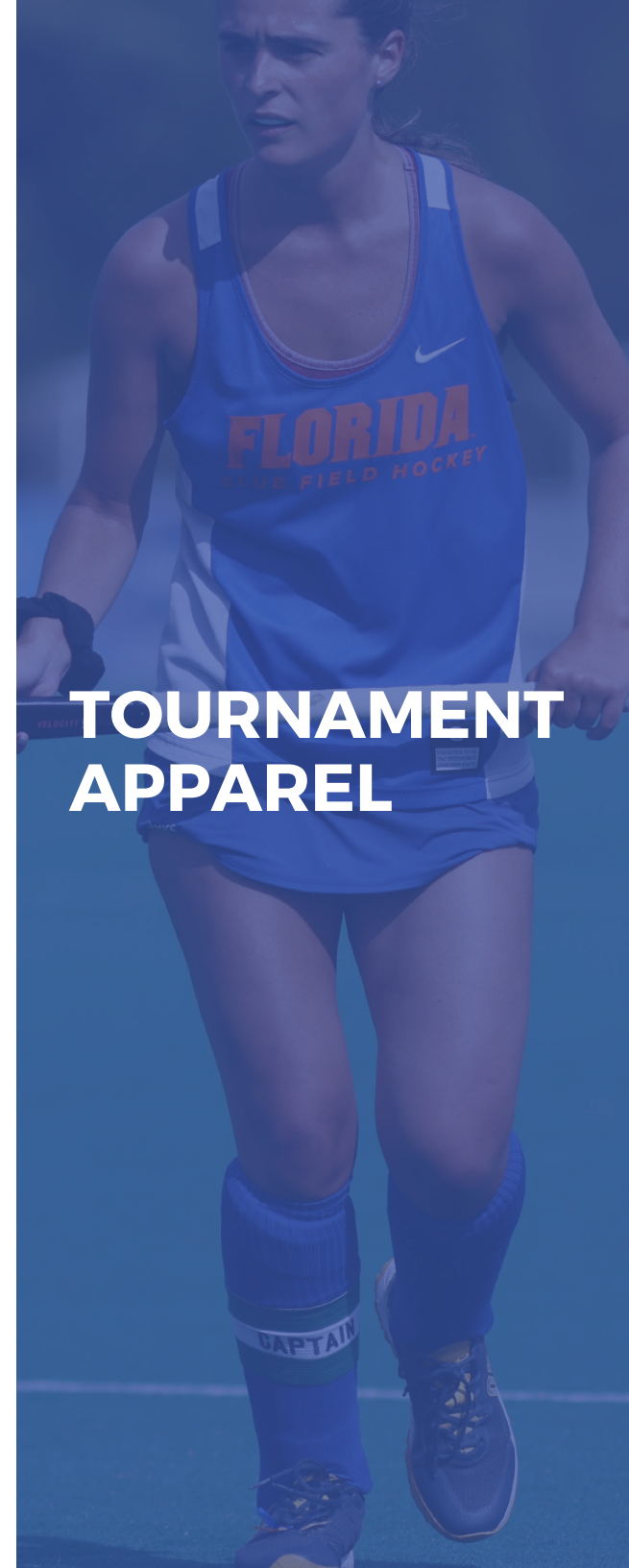


Hooded Sweatshirt



Crewneck Sweatshirt

[ORDER ONLINE](#)



## TOURNAMENT APPAREL

## FIELDS

- Due to the large number of participating teams, there will be TWO different playing locations and FIVE different fields. Please pay close attention to the location of your games!
- Teams are not permitted on the facility properties or fields before they open.
  - Friday: 9:15am
  - Saturday: 6:45am
  - Sunday: 6:45am
- Trainers will be scheduled at fields 15 minutes before each game starts. There will be one trainer at each field.
- Refer to the Field Locations page for more details.
- Locations are subject to change and more information will be released along with the preliminary and final schedules closer to the tournament.

## LIVE STREAMING & GAME PHOTOS

- The Championship game on Sunday will include commentary! Visit [our website](#) for more details.
  - Links to stream will be provided closer to the tournament.
- Professional photos will be taken of every team during at least 1 game. Photos will be available for purchase ~1 week after the tournament.



**GAME  
INFORMATION**

## PLAYERS

- All players must be registered, verified, and deemed eligible per the team's Club Sports policies and NFHL rules prior to the tournament. Any team found to have ineligible or unregistered players will have their games disqualified (forfeit loss) and the team can face up to suspension from the league.
- Male Players (Regular and OT): Before the start of each game, teams must confirm (with each other and the umpires) how many male field players each team has on their roster (excluding the goalie). The team with more male field players is allowed to play "up two" during regulation and overtime play (excluding the goalie). The number of male field players allowed (confirmed at the start of the game) cannot be changed during the game (penalty cards, injuries, etc. do not affect it) – regardless of how many male players are fielded.

## RED CARDS

- A red card requires the removal of the offending player from the remainder of the match, and the team plays short one player for the remainder of that match. In addition, the offending player may not participate in the next game schedule for that team, though the previously offending team may play with a full 11-person squad on the field.
- If a red card is issued, umpires should inform both the Umpiring Director and the NFHL immediately upon completion of the game so that suspension can be enforced. The offending player's name and jersey number must be provided.

## INCLEMENT WEATHER

- Games and/or the format of the tournament may need to be rearranged in cases of extreme weather.
- The NFHL will keep all teams informed of any changes via email and GroupMe – please keep your notifications on and check them on a regular basis!



**GAME  
INFORMATION  
cont.**

## CODE OF CONDUCT: ZERO TOLERANCE

- All teams will be required to send a signed [Code of Conduct](#) simultaneous with the submission of your verified roster for all NFHL tournaments and events. Please note that it is the captain/coach's responsibility to ensure that all individuals associated with your team, including, but not limited to, players and spectators, are aware of and understand the policy ahead of the tournament. The NFHL is deeply committed to the safety and well-being of all participants in league events and believe that these measures will contribute towards a more positive and enjoyable experience for everyone involved.

### Key Points:

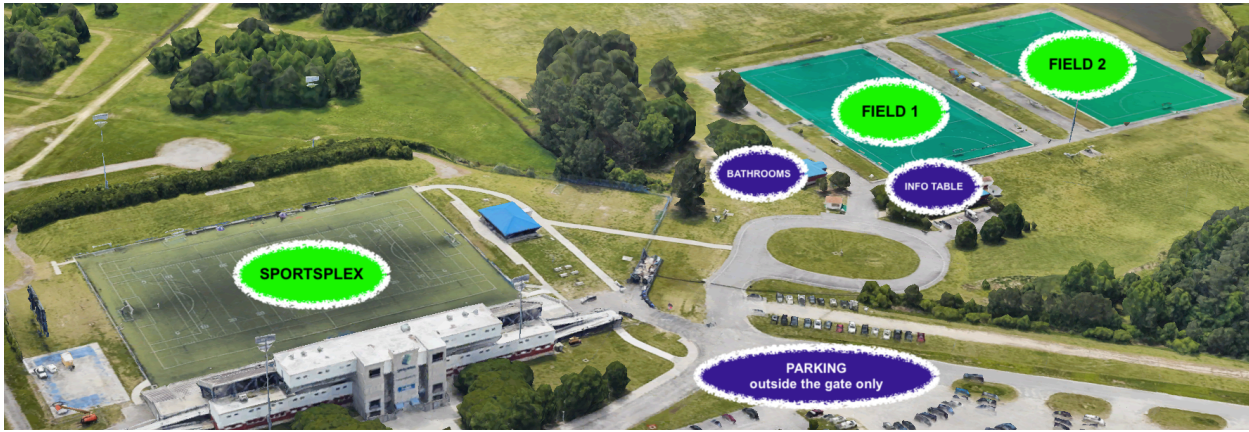
- Zero Tolerance Policy: The NFHL operates under a zero-tolerance policy for any form of discrimination, harassment, or derogatory comments based on race, gender, religion, sexual orientation, or any other protected characteristic.
- Immediate Consequences: Any individual found in violation of the zero-tolerance policy will face immediate consequences, including removal from the premises or expulsion of their team from the tournament.
- Team Responsibility: Teams, especially coaches/captains, are responsible for ensuring that their fans/spectators adhere to the Code of Conduct. Separate incidents involving different individuals supporting the same team will result in the entire team's disqualification from the tournament.
- Reporting: All instances of misconduct or violations of the Code of Conduct should **immediately** be reported to the NFHL via GroupMe message or in-person at the Info Table, followed by a detailed email to [info@nationalfieldhockeyleague.com](mailto:info@nationalfieldhockeyleague.com).

We appreciate your cooperation in helping us promote our mission and uphold the values of respect and sportsmanship. If you have any questions or concerns regarding the [Code of Conduct](#), please contact [info@nationalfieldhockeyleague.com](mailto:info@nationalfieldhockeyleague.com).

[CODE OF CONDUCT](#)



CODE OF  
CONDUCT



## LOCATION 1: FIELD HOCKEY TOURNAMENT CENTER & SPORTSPLEX

2044 Landstown Road, Virginia Beach, VA 23456

Fields 1 & 2 - Water-Based AstroTurf      Sportsplex - field turf

The information table, shirt pickup and NFHL staff are located at Field 1.

*Dogs permitted; must be leashed, not tied to any fences or stands, and in direct supervision of owner at all times.*

## LOCATION 2: HAMPTON ROADS SOCCER COMPLEX

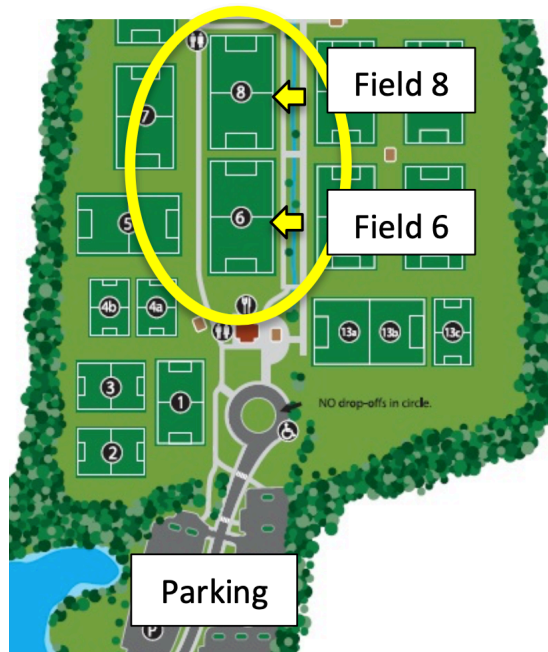
2276 Recreation Drive

Virginia Beach, VA 23456

Fields #6 and #8 - field turf

This location is not within walking distance from Location 1 (5-min drive, 1.8 miles).

*Dogs not permitted.*



# FIELD LOCATIONS

## PARTNER HOTELS

all hotels are 20-25 minutes from the fields

### Moxy Virginia Beach Oceanfront

1201 Atlantic Ave  
Virginia Beach, VA 23451

### Delta Hotels Virginia Beach Waterfront Suites (THURS CHECK-IN NOT AVAILABLE)

2800 Shore Dr  
Virginia Beach, VA 23451

### Hyatt Place Virginia Beach Town Center (BUS PARKING AVAILABLE)

355 Independence Blvd  
Virginia Beach, Virginia, 23462

### The Westin Town Center (THURS CHECK-IN NOT AVAILABLE)

4535 Commerce St  
Virginia Beach, VA 23462

### Courtyard by Marriott Virginia Beach Norfolk (BUS PARKING AVAILABLE)

5700 Greenwich Rd  
Virginia Beach, VA 23462

### Hilton Garden Inn Town Center

252 Town Center Dr.  
Virginia Beach, VA



# HOTELS

If you are arriving by bus/van, you must contact the hotel in advance to coordinate (fees may apply)!

## CREDIT CARD AUTHORIZATION FORMS & CHECK IN

Due to changes to the hotel reservation process this year, all teams should have received communication from their assigned hotel including a credit card authorization form. This allows teams to check-in and pay for their rooms without a credit card present.

The deadline to fill out the credit card authorization form was 3/1. Please communicate ASAP if this was not completed.

## BOXED LUNCH DELIVERY - Deadline April 10th

If you would like to order boxed lunches for your team, delivered to the Tournament Center Field 1, please email [marisa@beachsportsplex.com](mailto:marisa@beachsportsplex.com) to place your order from the menu below.



All Lunch Boxes \$16.80

INCLUDES:

*Fruit*  
*Chips*  
*Chocolate Chip Cookie*  
*Water or Gatorade*



**Box #1 Burrito**

(Chicken or Steak), Cheese,  
& Rice)



**Box #2 Quesadilla**

Chicken & Cheese



**Box #3 Tacos**

(Chicken or Steak), Cheese,  
& Sour Cream



+\$3.36 Add on

**tropical CAFE**  
SMOOTHIE

- Jetty Punch
- Mango Magic

## RESTAURANT RECOMMENDATIONS

- El Azteca
- Plaza Degollado
- Duck Donuts
- Huddle House
- Everbowl
- Nando's PERi-PERi
- Pochahontas Pancake House
- Tupelo Honey Southern Kitchen
- Yard House
- Ynot Italian
- Mannino's Italian Bistro
- Eat: An American Bistro
- Beachside Social
- Pelon's Baja Grill Oceanfront
- Smokey Bones Virginia Beach

## DOWNTIME ACTIVITY SUGGESTIONS

- Walk along the Virginia Beach Boardwalk
- Visit the Virginia Aquarium
- Visit [Virginia Beach Town Center](#) - restaurant, stores, and entertainment
- Go to Apex Entertainment Virginia Beach (bowling, go-karts, arcade, laser tag, & more)
- Play Mini Golf
- Escape an Escape Room with your team

**FOOD & FUN**

## HOTEL/FACILITY CONCERNS

If you have any significant concerns or issues with your hotel, please contact the NFHL immediately. We are here to help! It is important to the league that we continue to have great partnerships with our hotels, so we appreciate your help in making sure your team has a great stay. Please refrain from posting any negative reviews or comments about the hotel or facilities without addressing them with the NFHL first.

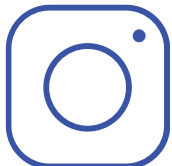
**Please remember that your team represents the NFHL and your school, on and off the field. Disciplinary action will be taken against any player or team that causes damage to a hotel or facility property, or neglects any guidelines, protocols or rules.**

## IMPORTANT CONTACTS

- Kristin Franck, *NFHL President*
  - (713) 396-0589
  - kristin@nationalfieldhockeyleague.com
- **Sentara Virginia Beach General Hospital** - 1060 First Colonial Rd, Virginia Beach, VA 23454
  - (757) 395-8000

Follow  
-US-

@nationalfieldhockeyleague



**CONCERNS &  
CONTACTS**

