

FAQ- Field House Leagues

1. What sports are played at the Field House?

- Soccer, Lacrosse, Flag Football, Field Hockey, Volleyball, Dodgeball, and Quickball

2. When are these sports played?

- Adult Soccer, Flag Football, Volleyball, and Field Hockey run year round during five seasons:
 - Winter II(Jan-Feb)
 - Spring(March-May)
 - Summer(June-Aug)
 - Fall(Sept- Oct)
 - Winter I(Nov-Dec).
- Adult Lacrosse plays in the Summer and Fall seasons.
- We play youth Soccer, Lacrosse, and Field Hockey during Winter I and II
- Youth Flag Football plays during Spring and Fall.
- Adult Dodgeball plays during Spring and Fall.
- Youth Quickball plays Winter I

3. How long are the seasons?

- Seasons take from 8 to 11 weeks depending on the number of teams. Each team will have a minimum of eight games in some combination of regular season and playoff games.

4. What are the fields like?

- All of our playing surfaces are in-fill turf, an artificial playing surface with two inch blades of thiolon grass filled in between with crumb rubber.

5. How do I register to play sports in the Field House?

- Go to our website and click on the buttons for the sport in which you are interested. Click through to the youth or adult page and look for the registration link for the upcoming session. There is also a single page on the website that has all sports currently registering. You may also come in to our front counter to register in advance of the season.

6. Are there different competitive levels for the sports leagues in the Field House?

- Yes. There is information on each sport's webpage detailing the competitive differences between leagues in the same sport with some guidance as to which you should register. Generally, in adult sports we have A, B, C, and D levels with A being the top league. Youth sports are divided generally between competitive, recreational, and house team leagues, with house teams being made up of individuals who have signed up separately and have not played together before.

7. How do I pay?

- All players in all sports must pay before playing. Players are charged on an individual basis. Payment can be made when you register online by credit card or you may pay by credit card, cash, or check at our front counter.

8. Can I pay for my whole team?

- Yes. You will still be charged on a per player basis, but can pay for all the players together. You can do this several ways:
 - bring a roster with complete player info by the Field House and pay by credit card, check or cash;
 - enter all player info online and click "pay by check", paying the full amount at the Field House;
 - register each player online and pay for each by credit card.

9. Are there discounts available?

- Yes, in our youth leagues. If you register and pay during early bird registration, you will receive a \$5 discount. If you register and pay late, you will be charged an extra \$5. If you register and pay on the first game day or later, you will be charged an additional \$15.

10. When do I need to register my team?

- Leagues are on a “first come, first served” basis. Youth teams should have the minimum players for the particular sport registered and PAID by the date on which the schedule will be made. Youth teams without the required players by the schedule date risk not being scheduled and will not be refunded any payments made.

11. Do teams registered in Field House leagues get practice?

- No. Field House leagues are “game only” and are meant for players to have fun, gain game experience, and to be physically active for about an hour each week. Skill development programs are available at the Field House in our camps and clinics. Occasionally, if there is time available, teams will be allowed to come in to use fields for practice. This is usually only possible during the Fall and Spring Youth Flag Football seasons. Priority goes to house teams first, then rec-level teams, and finally competitive teams. There is never practice time available in Winter I and II.

12. What equipment do we need and what can we not use?

- We recommend turf shoes for all sports. Outdoor cleats may be used if they are clean and do not have any metal parts. For safety reasons, no screw in cleats.
- Soccer: shins guards required, jewelry not permitted.
- Flag Football: no shorts with pockets.
- Field Hockey: stick, mouth guard, and shin guards.
- Lacrosse: stick, helmet, gloves, elbow pads, mouth guard. Cups are strongly recommended.

13. Can we add players late in the season?

- Organized teams may add players throughout the season. The fee will be based on when they are entering the league. Full price up until halfway through season. \$40 if they are adding after the halfway point.

14. Can we use un-rostered substitute players?

- All players must register, pay, and be rostered on their team before playing.

15. My cousin Vinny is town and wants to play for my team. Can he drop-in?

- If Vinny can prove he is not from the area, he can drop in for \$10.

16. Will the Field House provide game or practice balls?

- The Field House does not provide game or practice balls.

FAQ- Facility Questions

1. What are your hours?

- The Field House is open 7 days a week. Games run from 4 to midnight during the week and from 6:00 AM to midnight on the weekends. The business office is open from 9 to 6 during the week. These times may vary with the seasons of play and our field bookings. We are only closed on major holidays.

2. Do you close for bad weather?

- Because we are an indoor sports facility, we try to stay open in all weather. We do not follow any of the city or county cancellation policies. If we decide to close we will post it on our website and blast email our customer list. If we remain open in bad weather and you feel it is unsafe to come, please stay home.

3. **You've remained open during bad weather but we can't come. Will we receive a forfeit?**
 - You may. Generally if teams are not showing up during bad weather when we've stayed open, we declare all games to be "friendly's" and will not count the results in the league standings. We may do this in advance of the games, during, or after.
4. **Do you make up games we miss due to weather cancelations?**
 - No games missed due to a weather cancellation will be rescheduled.
5. **Can we bring our pets into the facility?**
 - Pets are not permitted in the Field House other than companion animals for those who require them..
6. **Is everything you do inside?**
 - All the Field House activities are indoors with the exception of a few camps.
7. **Can we bring in outside food?**
 - The Field House does not allow any outside food or drink into the facility. Players may bring water bottles for their game.

FAQ- Field House Camps

1. **What camps do you offer?**
 - We have soccer, football, lacrosse, field hockey, SoccerTots, All Sport, Run and Fun, and Adventure Sport Camps.
2. **When are your camps?**
 - We run camps for ten weeks during the summer and during school and holiday breaks. Camps are set up to be "morning" (9AM to noon), "afternoon" (1PM to 4PM), or "full day" (9PM to 4PM). Camps usually run Monday to Friday.
3. **Who runs your camps?**
 - The skills camps for each sport are run by outside professional camp organizations. The fun camps such as SoccerTots, Run and Fun, All Sport, and Adventure Sport are run by Field House personnel. The Adventure Sport Camp also uses personnel from Elements to Excellence for the outdoor portion of the camp.
4. **Do I have to pay to secure a spot?**
 - Yes, a spot will not be GUARANTEED until it is paid for.
5. **What time is drop off and pick up?**
 - Drop off starts a half hour before camp starts and your child needs to be picked up no more than a half hour after camp ends.
6. **Can I drop off my child early or pick up late?**
 - For an additional charge, campers may be dropped off early or picked up late.
7. **Is lunch provided?**
 - Lunch is not provided, but can be purchased from the Field House if desired.
8. **How long is provided for lunch?**
 - One hour
9. **Where will Adventure Sport Camp be eating lunch?**
 - At the Field House
10. **Will transportation be provided between the Field House and Virginia Outdoor Center?**
 - Yes
11. **What is a meal card?**
 - A meal card may be purchased ahead of time and will act as a credit towards the concessions counter. The cost is \$20 for \$25 worth of concessions
12. **What do I do with the leftover balance on my meal card?**

- It will still be valid for use at the concessions counter

13. What will be served for lunch?

- The Field House will have pizza, hotdogs, nachos, PB&J, and an assortment of fruits and vegetables as well as the normal concessions fare that is usually available for lunch.

FAQ- Billing and Payment

1. What is your refund policy?

- Field House does not issue cash refunds. We do not offer refunds unless the Field House has to cancel an event or program. We offer a Field House credit in that event.

2. I sprained my ankle and won't be able to play anymore. Can I have a refund?

- If your injury happens in the first three games of the seasons, then you will receive a pro-rated Field House credit.

2. What type of credit cards do you accept?

- Visa, Master Card, Discovery, and American Express

3. Can I pay over the phone with a credit card?

- Yes

4. Can I sign up and pay online?

- All league, class, and clinic registration is available online. You may also pay online when you register.

5. Can I pay half now and half later?

- Full payment is due upon signing up

6. If I sign up now but pay later will I still get the discount?

- No discount will only be given when payment is received within the discounted time period

7. If I put down a \$60 deposit for a party and change my mind can I be refunded?

- All party deposits are nonrefundable. Customers may change the date of the party if there is a conflict.

FAQ- Soccer Tots

1. How long is each session?

- 8 weeks. We run SoccerTots sessions as follows:
 1. January-February
 2. March-April
 3. May-June
 4. July-August
 5. September-October
 6. November-December

2. How long is each class?

- 50 minutes

3. How much does it cost?

- \$105 per child per session

4. What should my child wear?

- Sneakers and comfortable clothes, turf shoes are allowed

5. Do they need to bring a water bottle?

- No, we have water fountains, as well as bottled water and other drinks for sale
- 6. Are t-shirts included in the price?**
- Yes
- 7. Can we make up a class if we miss one?**
- Yes, but please call ahead to make the class you want is not full.
- 8. Is there a sibling discount?**
- Yes, 10 dollars
- 9. Can we join a class even if it's already started?**
- Yes, we will pro-rate the cost.
- 10. Should I pay before the class starts?**
- Yes, this ensures your spot in the class
- 11. How can I register for Soccer Tots?**
- Online, go to our SoccerTots page and see the registration button. We open registration one month prior to each session. You may also register over the phone or in person.