



MEDIA RELEASE

VIRGINIA MARINE RESOURCES COMMISSION

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FOR IMMEDIATE RELEASE

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Free Fishing Days in Virginia: June 6-8

VMRC Invites Families to Enjoy the Water and Celebrate Young Anglers

HAMPTON, VA — The Virginia Marine Resources Commission (VMRC) encourages everyone to take advantage of Free Fishing Days from June 6 through June 8, 2025. During this special weekend, you can fish in Virginia's saltwater areas without a recreational saltwater fishing license.

"Fishing is one of the simplest and most rewarding ways to spend time together outdoors," said VMRC Commissioner Jamie Green. "Free Fishing Days are a perfect invitation to families across Virginia to slow down, enjoy the natural wonders of the Commonwealth, and introduce kids to the joy of being on the water. You don't need a license, just a rod, some bait, and a sense of adventure."

This year, VMRC is also highlighting the new Junior Expert Angler Awards Program, part of the long-running Virginia Saltwater Fishing Tournament. Are you 15 or younger and love fishing in Virginia's saltwater? You could earn your very own Junior Expert Angler Citation Plaque just by catching and releasing some of our amazing saltwater species.

Whether you're casting from a pier, the beach, or a boat leaving a Virginia port, your saltwater adventure could lead to official recognition from the tournament. To learn more, visit the [Junior Expert Angler Awards Program page](#).

While no license is required during Free Fishing Days, all fishing regulations, including size, season, and possession limits, still apply. For up-to-date information on saltwater fishing rules, visit: <https://webapps.mrc.virginia.gov/public/reports/swrecfishingrules.php>

So, grab your gear, gather the family, and enjoy a weekend on the water filled with fresh air, fun, and the chance to spark a lifelong love of fishing.

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