



# MEDIA RELEASE

## VIRGINIA MARINE RESOURCES COMMISSION

380 Fenwick Road, Building 96, FT. Monroe VA 23651

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CONTACT: Zach Widgeon  
PIO  
(757) 247-2200  
Zachary.widgeon@mrc.virginia.gov

**FOR IMMEDIATE RELEASE**  
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## **Free Fishing Days in Virginia: June 5-7 VMRC Invites Families to Enjoy Virginia’s Saltwater Fishing Opportunities**

HAMPTON, VA — The Virginia Marine Resources Commission (VMRC) encourages residents and visitors to take advantage of Free Fishing Days from June 5 through June 7, 2026. During this special weekend, anglers may fish in Virginia’s saltwater areas without a recreational saltwater fishing license.

“Free Fishing Days are a great opportunity for everyone across the Commonwealth to get outside, spend time on the water, and experience one of Virginia’s most accessible outdoor traditions,” said VMRC Commissioner Joseph Grist. “Recreational fishing connects families to our coast, supports local communities, and helps introduce the next generation to the resources we’re working to manage and protect. For young anglers, the Junior Expert Angler Awards Program is a great way to turn that time on the water into a lasting achievement.”

Part of the long-running Virginia Saltwater Fishing Tournament, the Junior Expert Angler Awards Program gives anglers age 15 or younger the opportunity to earn a Junior Expert Angler Citation by catching and releasing qualifying Virginia saltwater species.

Whether casting from a pier, the beach, or a boat leaving a Virginia port, young anglers can turn a saltwater fishing trip into official recognition through the tournament. To learn more, visit the Junior Expert Angler Awards Program: [https://mrc.virginia.gov/vswft/Junior\\_Anglers.shtm](https://mrc.virginia.gov/vswft/Junior_Anglers.shtm)

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

Free Fishing Days offer an easy way to enjoy Virginia’s waters, introduce someone new to fishing, and spend time outdoors with family and friends.

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