

Indoor Field Hockey Rules

Pitch

- Played in a gym with boards running along the long sides of the field
- End line designated by a line on the gym floor
- Semicircle on each end of the pitch (designated by the 3-point line in our pitch)
- A net on the end line of each pitch

Equipment

- Mouthguard
- Shinpads
- Ball (provided)
- Stick (provided)
- Glove (recommended – will be provided)
- Goalkeeper equipment (provided)

General Play

- Starting the game
 - o Teams start on their respective halves (like in soccer or ice hockey)
 - 5 players + a goal keeper
 - o 1 team begins with the ball and initiates play
 - Can carry the ball forwards, or make a pass
- Scoring
 - o Ball must be shot from within the semicircle (AKA the “D” or “Circle”) prior to entering the net
 - o If ball is shot from outside the circle, it must be touched or deflected by an attacking player prior to entering the net to count as a goal
- Fouls
 - o Using your feet to play the ball
 - Exception – goaltenders
 - o Using the backside (round side) of your stick to play the ball
 - o Lifting the ball
 - Exception – a clear shot on net
 - o Using your stick to contact the stick of an opponent who is carrying the ball (i.e. no stick checks)
 - You can only contact the ball with your stick
 - o Body contact
 - o Deliberately trying to pass the ball through a defender who is close to you with their stick on the ground (drilling)
 - o Hitting the ball

- Players can push-pass, but are not permitted to swing and hit the ball
- Penalty Corners
 - Result when a foul is committed by the defending team within their own circle
 - Team committing the foul must send 1 player back to the centre line. The remaining 4 + goalkeeper defend the corner.
 - Defensive players line up in or beside the net with the goalkeeper with everyone behind the end line
 - Attacking team places 1 player on the end line with the ball – the injector
 - Remaining players line up as they wish around the perimeter of the circle
 - Play begins when the injector pushes the ball to a teammate who is standing outside the perimeter of the circle.
 - Defensive players can now rush the ball
 - Attacking players can now move into the circle
 - The ball must completely exit the circle before it can be shot and a goal can be scored.

- Game flow
 - All fouls result in a free ball for the non-offending team
 - The ball must be completely stopped, then you can choose to make a pass or 'self-pass' (run with the ball yourself)
 - If you receive a free hit in your attacking half you must pass or carry the ball 3 meters before it is allowed to enter the circle. If the free hit is on your defending half, you can make direct passes into your attacking circle
 - Defending players must be 3 meters away from the player taking the free hit
 - Players can use the side boards to progress the ball up the court. There is no end boards, just a line. If the ball crosses the end line it results in a free hit
 - Free ball is awarded to the team that did not put the ball over the end line
 - If the ball is lifted over the side boards, the ball is awarded to the team that did not remove it from play (whether it be directly played out or deflected)