

****Revised Indoor Rules****
Effective as of 2/10/08

Indoor Field Hockey Rules

The following are the indoor field hockey rules for Penn Hershey Sports Training Center.

1. Bobbles/Raised Balls—Any ball raised higher than 4 inches (or 10cm) will be penalized. An accidental raised ball anywhere on the field should not be blown as a foul unless there is an opponent within playing distance or an advantage is gained. Bobbles by the attack in the offensive circle must be called immediately.
2. Shot on Goal—A raised shot on goal must be targeted at or going between the posts. A lifted shot going wide of the posts is a foul. A defender is permitted to use a dead stick (raised and stationary) to stop or deflect a shot at goal at any height. Swinging at the ball is not permitted.
3. Fouls—A player may not:
 - a) Hit the ball (a back-swing is not permitted)
 - b) Lift the ball
 - c) Hit at or play the ball in the air
 - d) “jab” tackle or play the ball intentionally into an opponent
 - e) Play an aerial ball outside the circle with a hand or dead stick. Player must wait for the ball to settle.
4. Substitutions—(Rolling Subs) Subs are permitted at anytime except during penalty corners.
5. Injury—The game will be restarted with a bully no matter who had possession. (for major injuries at the discretion of the official)
6. Bully—The bully has been simplified by requiring sticks to touch only once.
7. Three Point Stance—A player is allowed a three point stance, which is typically 2 feet, 1 stick. If she goes down to block tackle, she may not go down on a knee, or take her hand off her stick to balance herself on the field. The hand is considered part of the stick if it is on the stick.
8. Rebounds—Any rebound in the air off the body or pads of the goalkeeper is not a foul and players must wait until the ball reaches the ground (settles) before attempting to play it. The goalkeeper is not allowed to kick the ball into the air and must allow the ball to settle before kicking a rebounding ball.
9. Penalty Corner—All six defensive players must go behind the defensive endline. The goalkeeper is the only one allowed in the cage. The other 5 defensive players must line up opposite the side from where the push out is being taken. The offensive players feet must be outside the circle. The offensive players taking the push out may have one or both feet out of bounds. The ball has to exit the circle for a goal to count during a penalty corner. The ball must travel outside the circle but need not be stopped before a shot on goal.
10. Penalty Stroke—The player taking the penalty stroke must start by standing behind and within playing distance of the ball. Drag flicks for penalty strokes are illegal. When players are in position for the stroke, the whistle is blown to start the stroke. (No need to ask if players are ready.) The penalty stroke is taken again if a goalkeeper prevents a goal but leaves the goal-line or moves either foot before the ball has been played. For any other offense by the goalkeeper which prevents a goal, a goal will be awarded.
13. Endline—When the ball goes over the back line either by the defense or by the offense, the push out can be taken inside or outside the circle, however, it needs to be in line with where it went out of bounds. When there is a foul by the offense in the circle, the push out may be taken anywhere in the

circle by the defense. If the foul by the offence happens just outside the circle, the push needs to be taken on the spot of the foul.

14. Center pass—Players may not move until the center pass is taken.

15. Players—Five field players and a goalie will play at a time from each team. If a team does not have a goalie, six field players may be used.

16. Free hit—All opponents must be 3 meters away from the place where the hit is taken. (about 4 sticklengths)

17. Formation—Suggested formation of play is two forwards, one midfielder, two backs, and a goalkeeper or covering back.

18. Duration--Games will be 2 – 24 minute halves. Halftime is 2 minutes long. The games will begin promptly as scheduled.

19. Safety—All players must wear mouthguards and shinguards in order to play. (Mouthguards will be available for purchase at the snack bar if needed.) Do not wear jewelry.

20. Game records—Games that end in a tie will remain a tie. There is no record of wins/loses. Games are for practice and fun.

21. Waivers—Each and every player and coach must sign a waiver form. Anyone who has not signed or had parents sign a waiver is not permitted on the playing field. There will be no exceptions. The coach must provide all signed waivers and a completed registration form to Penn Hershey Sports before the start of the first game.

22. Protest—Protests, fighting and unsportsmanlike conduct will not be tolerated. All decisions and calls made by the official for that game are final and are not open to appeal. Unacceptable behavior will result in ejection from the property.

This league is subject to all rules and regulation of Penn Hershey Sports Training Center.

--In the event of bad weather, please call Penn Hershey Sports for closing information.--