



INDOOR FIELD HOCKEY RULES

All games will be played according to outdoor rules set by NFHS for youth with the following modifications

1. Duration of games for league play
 - Two (2) halves, 25 minutes each
 - Half time shall be two (2) minutes
 - During the regular season, games may end in a tie
2. Dimensions of field
 - ITN Air Dome #4 – 180' x 105'
3. Roster
 - All teams will play with 6 field players plus a goalkeeper (7 v 7)
 - Teams must always have a goalkeeper
 - Female only league – no male players allowed
 - Roster limit is 15 players
 - The first team listed on the schedule should attempt to wear white or light colored jerseys. If this is not possible, pinnies can be provided by In The Net as needed.
4. Start of the game
 - The team listed first on the umpires score sheet will have possession of the ball at the start of the first half. At the start of the game the ball may be passed in the direction and/or may be started with the self-pass. Players must remain in their half until the ball is hit.
5. Free Hits & Side-Ins
 - Self-start pass may be used according to NFHS rules
 - Opponents must be at least 5 yards away
 - When a free hit is awarded to the attack within their offensive half, all players other than the player taking the free hit must be at least 5 yards from the ball.
 - From a Free Hit awarded to the attack within their half, the ball must not be played into the circle until it has travelled at least 5 yards or has been touched by a defensive player
 - If the player taking the free hit continues to play the ball(no other player has yet played)
 - That player may play the ball any number of times, but
 - The ball must travel(controlled) at least 5 yards, before
 - That player plays the ball into the circle by hitting or pushing the ball again

- An attacking free hit awarded within 5 yards of the circle is taken at the point of the foul. The ball still has to travel at least 5 yards before it can be played into the circle, or alternatively has to be touched by a defensive player.

6. Lifts

- Lifts, flicks, scoops and lofted balls are permitted. Umpires decision for dangerous play shall be observed. Dangerous play if the ball hits ceiling, change of possession to opponents at that point

7. Penalty Corners

- 4 Defenders & the goal keeper
- NOTE: Penalty corners will NOT be played out if time expires, unless it impacts the win/loss outcome of the final score

All other defenders must return to the opposite striking circle. If the first shot on goal is a hit (as opposed to a push, flick or scoop), the ball must cross the goal-line, or be on a path which would have resulted in it crossing the goal-line, at a height of not more than 460mm (boards)

**Substitution is allowed after the ball is inserted*

Until the ball has been played, no attacker other than the one taking the push from the back line is permitted to enter the circle and no defender is permitted to cross the back line or leave the opposite-side circle.

8. Unintentionally over End-Line by Defender

- Play will now be restarted with the ball on the Mid-Line and in line with where it crossed the back line. Players must move the ball (controlled) 5 yards before the ball enters the circle unless it has been touched by a defensive player.

9. Substitutions

- Substitutions are permitted at any time and will be allowed on the fly, as long as the player running off the field is 5 yards from their own bench area. The player running onto the field will substitute from the center line. There is no limit to the number of players who are permitted to be substituted at the same time or to the number of times any player is permitted to substitute or be substituted

10. Cards

- **Green Card** – Where a green card is issued, player suspended: 2 minutes
- **Yellow Card** – Where a yellow card is issued, a player suspended: 5 minutes
- **Red Card** – Where a red card is issued, a player shall be ejected from the game
 - *Teams will play short a player during suspension or ejection*



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11. Players

- Field players are permitted to play on more than one team in the same division. Goalies may play on more than one team in the same division

12. Team Forms

- All players must complete the online individual player registration prior to play

13. Equipment

- All players MUST wear chin guards and mouth guards. Players may wear molded rubber cleats, turf or indoor shoes. Metal cleats are prohibited
- ASTM approved eye protection must be worn by Middle School and High School Players
- Goalkeeper must wear a throat protector

14. Tie Breakers

- Heat-to-Head
- Total goals against
- Total goals for