



2010 Elementary Indoor Field Hockey League Rules and Regulations

Equipment

- All players **MUST wear a mouth guard and shin guards to play.** Goalies **MUST wear all of the required equipment** (helmet, hockey pants, upper body gear, kickers, leg pads & gloves.)

Start of the Game

- Each coach must fill out the team roster on the game sheet, and check off their starting line up for the game.
- A coin toss will be used to start the game; one player from each team meets with the umpire for the coin toss. Winner of the coin toss chooses when they want the ball (either first or second half). When a goal is scored, the opposite team gets possession of the ball and will bring the ball back to the centerline.
- The **Push Back-** is when the ball starts from the center either at the beginning of a half or when there is a goal scored. Requirement: both teams must be on their side of half. The team that does not have the ball must be 3 meters away (3 stick lengths), each team can move once the ball has been put in play. The ball does not have to be pushed back to your own team, however is the most beneficial.

End of the Game

- Each coach or manager is required to sign the game sheet at the end of the game.

Gym Set Up and Number of Players

In school gyms the size equivalent to Massy, McVeety, Davin, Coronation Park or Arcola teams are required to play with 5 players including a goalie on the court. This is to keep the play up and allow easier umpiring and field play in a small area.

- In bigger gyms teams will have 6 players on the court, with 1 being the goalkeeper.
- There will be no out of bounds, the walls on the side and end will be used to keep the ball in play. If the ball gets stuck along the walls, then a bully (see terms below) will be taken between 2 players at that spot. If the ball goes

behind the net, then the ball is given to the defending team as a free push from the end line.

- Two floor hockey nets tied together to mark the goal area will be used for each game. The field hockey net measures 3 meters in width. If schools have other nets, like a small soccer net, ask the umpire if it is correct in size. The nets are pushed back against the wall.

Game Length

- The duration of the game will be 2 x 20 minute halves, a maximum of five minutes at half-time. If the game starts late, then games will go as long as they can.
- All games are to start at 4:00 p.m. and 5:00 p.m.
- If the game is tied at the end of regulation time, a shootout will occur. The rule is the same as the penalty shot described below, but each team will have five shooters. The team with the most goals at the end of the five shooters wins. If it is still tied, then each team will select one shooter each until the tie is broken. Your shooter can be a player from the 5 that shoot out, but one of the five players can only go once during the one shooter sudden death stroke off.

Rules

- All players **must play the ball with the flat side of their sticks** at all times. This includes the goalie.
- The **GOALIE** is the only player who is allowed to play the ball with their feet.
- You can only score a goal from over the center line. You cannot score from a free push. You must pass the ball before a shot is taken and the ball must travel 1 meter (a stick length).
- You cannot turn your back to an opponent to shield or protect the ball or dribble the ball backwards into a defending player. (You can spin around as long as it is done quickly with your feet continuously moving.) If the ball gets stuck in the corner or on the wall, the defending team must allow the player to rotate out; otherwise it is a call against them. This rule is called obstruction.
- While carrying the ball another teammate cannot cross in front of you and the defender. This rule is called third party.
- Push passes are allowed with a drag of no more than 6 inches. The backswing of a stick cannot be longer than 6 inches (a length of 1 gym tile) Wrist shots are allowed for passing/shooting. Slap shots or hitting of the ball are **NOT** allowed.
- The ball cannot be raised off the ground unless you are shooting at the net and it is not dangerous to any player and you have a **CLEAR** path to the net shooting on the goalie. (For example a raised ball over someone's stick on net is legal as long as it is not deemed dangerous).
- The goalie can use their stick to stop the ball and clear it out of the way, as long as they don't have a wild swing and it is **PUSHED** not hit.
- The Goalie cannot at any time obstruct a player from playing the ball or use

their body to prevent a player from playing the ball- they must clear the ball out of the way.

- The only players who can play the ball with their hands are the goalies.(the goalie can deflect the ball, BUT MAY not swing across their body to hit the ball out of the way)
- You cannot hit another player's stick at any time, even when trying to steal the ball from an opposing player. (No slashing.) If sticks hit, it is up to the discretion of the umpire on the call; if it was intentional or going after the ball.
- If a foul happens anywhere on the field of play, a free push is awarded to the opposing team. The free push is taken as close as possible to where the infraction occurred. During a free push, the defending team will then have to stand at least 3 meters away (3 stick lengths). The opposing team does not have to be 3 meters away, but must push the ball to another teammate that travels at least 1 meter (1 stick length). During a free push the ball must be stationary and the person taking the free push cannot double touch the ball, if a bad push occurs and does not travel a meter, another player the that team must touch the ball, or it is awarded to the opposing team.
- If a foul occurs close to the net or anywhere in the B-ball key (see court diagram) a free push is to be taken at the top of the B-ball key.
- A player cannot force a pass through a defender, instead they must pass the ball around them.
- A player may not have their back turned to a defender and pass it between their legs, or turn and shoot.
- All players must be 3 meters when a free hit is in the corners of the attacking zone.

Substitutions

- All subs can occur on the fly. The player must come off the court first before the new player can go on.

Flagrant Fouls

- Hitting or pushing another player will result in a warning (GREEN CARD- Applies to everyone). If it occurs again, the player will receive a (YELLOW CARD-player must sit out with the umpire deciding the time period, when this happens that team must play short-handed). If the player commits a flagrant foul again a RED CARD is given resulting in a game suspension.
- A penalty shot may be awarded if the foul prevents a scoring opportunity. (For example a player uses their foot or round side of the stick that prevents a sure goal).

Penalty Shots

- A penalty shot is taken on the foul line with the goalie's heels on the end line. The offensive player shoots at the net after the umpire's whistle. The

goalkeeper cannot move until the offensive player strikes the ball.

- A penalty stroke will be awarded if the goalkeeper sits on the ball to freeze it or if a defending player stops a sure goal with a foot or hand or if a defending player commits an intentional foul.
- A penalty shot is taken from the basketball foul line. **The shooter can now move their back foot as well but cannot run forward with the ball. They must still stand next to the ball no running starts are allowed.** The shooter must wait for the referee's whistle before shooting. If this technique is not followed then the referee will disallow the shot or goal. The shot is still a wrist shot and should have no back swing (stick must start completely on the ball).

Terms

BULLY- Two players stand face to face with their sticks parallel to the ball, when the whistle is blown, each player lifts their stick hitting the flat side of the oppositions stick and then proceeds to play the ball.

FLAGRANT FOUL- Body checking, slashing, hooking, tripping, pushing, verbal abuse, throwing the stick, tackling from behind. All fouls result in giving one of the three cards (Green, Yellow, and Red).

GREEN CARD-is a warning to all the players. It can be given to any player/coach.

YELLOW CARD- follows a green card usually, but can be given without giving out a green card first depending on the umpire's discretion regarding the foul. This card can be given to any player/coach. If a coach receives this

RED CARD- received after a yellow card is given, if a player receives a red card them must sit the remainder of the game as well as the following regulation season game. If a coach receives a red card the coach is required to leave the gym for the remaining time left in the game.

- All **YELLOW & RED CARDS** are documented and given to the technical director of SFHA after each game.

Umpiring

- **Playing the advantage:** is when the umpire does not blow their whistle because the foul such as hitting a foot does not cause a disadvantage for the opposing team.
- Also if the ball hits a foot or bobbles off the ground that was seen as accidental and there is no disadvantage to the other team the umpire will say play on.

Court Diagram

- If a foul occurs in the b-ball key (shaded area) the free push is taken at the top of the b-ball key. If a foul occurs in the corners the free push will be taken from the dashed square area nearest to that corner. If any fouls occur around the center line but not in the corners the free hit will be taken around where the foul occurred.

