

Rules governing indoorhockey.co.uk Tournaments.

Last updated Dec 2011

1 General Terms

1.1 Organisers Dr Hilary Allan

Dr Mervyn Patterson

1.2 AGE CRITERION

All age groups are defined as from 1st September of the respective tournament's season. Players may only play for one team in each group.

1.4 Points to be awarded as follows:

- 3 points for a win
- 2 points for a score draw
- 1 point for a no score draw.

1.5 If on completion of the tournament, teams are equal on points their positions will be decided as follows in the order given

- most games won
- fewest games lost
- greater number of goals scored
- least number of goals conceded
- toss of coin or penalty flicks if time allowed

1.6 All games centrally timed.

1.7 Rolling substitutions can be made at any time. Goalkeepers to be changed from the nearest corner.

1.8 The match balls will be provided by the organisers and remain on the pitch throughout the tournament.

1.9 In the event of a dispute the organiser's decision will be final.

1.10 Club coaches are responsible for the behaviour of both players and spectators. Unsporting behaviour will result in the team captain being suspended for the match. Continued unsporting behaviour by spectators or players may result in the team being suspended from the tournament.

2 Permitted Actions

2.1 Push

Both the ball and stick are in contact with the ground.

2.2 Flick

Pushing the ball so that it is raised off the ground. This is only allowed for a shot on goal.

3 Unpermitted actions

3.1 Hit

3.2 Striking the ball using a swinging movement of the stick towards the ball.

3.3 Slap

Long push or sweeping movement with the stick making contact with the ball, is regarded as a hit and is therefore not permitted.

3.4 Drilling

Where the attacker plays the ball into the stick or feet of the defender at close range to manufacture a foul

4. Layout of tournament in Main Hall

Side boards mark the long perimeters of the pitch. Back-lines mark the short perimeters of the pitch.

Goals are positioned outside the pitch at the centre of and touching the each back-line.

A bench for each team will be placed outside and along one side of the pitch. For each half of the match teams occupy the bench nearest the goal they are defending.

5. General Play of the Match

A match is played between two teams with not more than 6 players of each team on the pitch at the same time with a squad of 10.

For the under 10's tournament there must be a minimum of 2 girls on the pitch at all times, not including the goal keeper.

Each team must have a goalkeeper on the pitch at all times.

The game can be stopped by the umpire at anytime.

The ball is lightweight.

It is more likely that there will be two umpires controlling the match, however there may be only one on some occasions. Any decision they make will be final.

A player who is injured or bleeding must leave the pitch.

6. Substitution

Substitution is permitted at anytime except within the period from the awarding of a penalty corner until after it has been completed. During this period substitution is only permitted for injury to or suspension of a goalkeeper.

One or two players can be substituted at the same time

Substitution of a player is only allowed after a player has left the pitch

Substitutions are not permitted for suspended players during their suspension

7. Team Kit and Protection equipment

Field players must wear the same top as designated by the organisers.

It is recommended that field players wear shin and mouth protection.

We strongly advise protective clothes particularly for the left hand of all players.

Goalkeepers must wear over any body protection a shirt or garment which is different in colour from that of both teams.

Protective headgear and clothing is compulsory for goalkeepers.

8. Ball outside the Pitch

When the ball is played over the back-line and no goal is scored if played by an attacker, unintentionally by a defender or deflected by a goalkeeper, play is re-started with the ball up to 9 metres from and in line with where it crossed the back-line or from anywhere in the circle and the procedure for taking a free push apply or if played intentionally by a defender, unless deflected by a goalkeeper play is re-started with a penalty corner.

9. Conduct of play for players

Players must not play the ball with any part of the stick when the ball is above shoulder height.

Except that defenders are permitted to use the stick to stop or deflect a shot at goal at any height. If a defender attempts to stop or deflect a ball travelling towards the goal which will actually miss the goal, any use of the stick above the shoulder must be penalised by a penalty corner and not a penalty stroke. If dangerous play results after a legitimate stop or deflection, a penalty corner must be awarded. If instead of stopping or deflecting a shot the ball is hit while above shoulder height and a goal is prevented, a penalty stroke must be awarded.

Players must not play the ball dangerously or in a way that leads to dangerous play. A ball is considered dangerous when it causes legitimate evasive action by players. The penalty is awarded where the action causing the danger took place.

Players must not raise the ball of the pitch except for a shot at goal.

Not an offence if the ball rises unintentionally of the pitch by less than 100 mms unless an opponent is within playing distance.

Field players must not stop, kick, propel, pick up, throw or carry the ball with any part of their body.

Not an offence if the ball touches foot, hand etc unless a benefit occurs from this.

Not an offence if the ball touches the hand holding the stick but would have otherwise have touched the stick.

Players must not obstruct an opponent who is attempting to play the ball.

Players obstruct if they back into an opponent, physically interfere with the stick or body of an opponent, shield the ball from a legitimate tackle with their stick or any part of their body.

A player who runs in front of or blocks an opponent to stop them legitimately playing or attempting to play the ball is obstructing (this is third party or shadow obstruction). This also applies if an attacker runs across or blocks defenders (including the keeper) when a penalty corner is being taken.

Players must not tackle unless in a position to play the ball without body contact. Playing the ball clearly and intentionally into any part of an opponents body may be penalised as an attempt to manufacture an offence. Forcing an opponent to obstruct (often emphasised by running into an opponent or waving a stick must be penalised).

10. Conduct of play for Goalkeepers

When the ball is inside the circle they are defending and they have their stick in their hand,

goalkeepers are permitted to use their stick, protective equipment or any part of their body to deflect the ball in any direction including over the back-line, use their stick, kickers or leg guards. Goalkeepers must not lie on the ball.

When the ball is outside the circle they are defending, goalkeepers are only permitted to play the ball with their stick.

A free push is awarded to the opposing team for an offence by an attacker in the half of the pitch they are attacking, for an unintentional offence by a defender outside the circle but within the half of the pitch they are defending.

11. Penalty Corner

A penalty corner is awarded for an intentional offence by a defender outside the circle but within the half of the pitch they are defending, for intentionally playing the ball over the backline by a defender, when the ball becomes lodged in a player's clothing or equipment while in the circle they are defending.

12. Penalty Stroke

A Penalty stroke is awarded for an offence by a defender in the circle which prevents the probable scoring of a goal, for an intentional offence in the circle by a defender against an opponent who has possession of the ball or an opportunity to play the ball, for defenders persistently crossing over the back-line before permitted during the taking of penalty corners.

13. PROCEDURES FOR TAKING PENALTIES

A free push is taken close to where the offence occurred. 'Close to' means within playing distance of where the offence occurred and with no significant advantage gained. The location from which a free push is taken must be more precise when the offence occurs close to the circle.

A free push to the attacking team a small distance outside the circle must not be dragged inside the circle; the ball must leave the stick before entering the circle. A 'dragging' action used to play the ball at a free push must not result in playing the ball twice.

A free push awarded outside the circle to the defence within 9 metres of the back-line is taken up to 9 metres from the back-line in line with the location of the offence, parallel to the side-board

A free push awarded inside the circle to the defence is taken anywhere inside the circle or up to 9 metres from the back-line in line with the location of the offence, parallel to the side-board. The ball must be stationary first then pushed and must move at least 100mm before another player of the team which took the free push is allowed to play it

A 'dragging' action used to play the ball at a free hit must not result in playing the ball twice. After playing the ball, the player taking the free push must not play the ball again or approach within playing distance of it until it has been played by another player opponents must be at least 3 metres from the ball. If a player is standing within 3 metres of the ball but not influencing play, the free push need not be delayed. When a free push is awarded to the attack within 3 metres of the circle, all players other than the player taking the free push must be at least 3 metres from the ball.

13.1 TAKING A PENALTY CORNER

Ball is placed on the back-line inside the circle at least 6 metres from the goal-post on whichever side of the goal the attacking team prefers. An attacker pushes the ball without intentionally raising it. The attacker taking the push from the back-line must have at least one foot outside the pitch. Other attackers must be on the pitch, outside the circle with sticks, hands and feet not touching the ground inside the circle. No defender or attacker other than the attacker taking the push from the back-line is permitted to be within 3 metres of the ball when the push is taken. **The defending goalkeeper must be in the goal; all other defenders must be positioned behind the back-line on the side of the goal furthest from where the penalty corner is being**

taken with their sticks, hands and feet not touching the ground inside the pitch.

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. After playing the ball, the attacker taking the push from the back-line must not play the ball again or approach within playing distance of it until it has been played by another player. No shot at goal is permitted until the ball has travelled outside the circle. If a defender is within three metres of a shot during the taking of a penalty corner and is struck by the ball below the knee, another penalty corner must be awarded. If a defender is within three metres of a shot and struck above the knee in a normal stance, the shot is judged to be dangerous and a free push must be awarded to the defending team. The attacker taking the push from the back-line is not permitted to score directly. The ball must be played inside the circle by another attacker before a goal can be scored. Penalty corner Rules no longer apply if the ball travels more than 3 metres from the circle.

The penalty corner is completed when a goal is scored, an attacker commits an offence, ball travels more than

3 metres outside the circle , ball travels outside the circle over the circle line for the second time or over the side-boards and a penalty corner is not awarded , ball is played over the back-line and a penalty corner is not awarded , ball travels over a side-board and a penalty corner is not awarded ,a defender commits an offence which does not result in another penalty corner , a penalty stroke is awarded. If play is stopped during the taking of a penalty corner because of an injury or for any other reason and no penalty has been awarded, the penalty corner must be taken again.

13.2 TAKING A PENALTY STROKE

The player taking a penalty stroke must start by standing behind and within playing distance of the ball and must not approach either the ball or the goalkeeper after taking the stroke, whistle will be blown to start a penalty stroke when both players are in position

The player taking the stroke must stand behind and within playing distance of the ball before beginning the stroke .The defending goalkeeper must stand with both feet on the goal-line and must not leave the goal-line or move either foot until the ball has been played.

Whistle is blown when the player taking the stroke and the defending goalkeeper are in position. The player taking the stroke must not take it until the whistle has been blown The player taking the stroke or the goalkeeper defending it must not delay the taking of the stroke. The player taking the stroke must not feint at playing the ball The player taking the stroke must push, flick or scoop the ball and is permitted to raise it to any height. Using a 'dragging' action to play the ball at a penalty stroke is not permitted. The player taking the stroke must play the ball only once and must not subsequently approach either the ball or the goalkeeper.

14 PERSONAL PENALTIES

For any offence, the offending player will be cautioned by spoken words, warned (indicated by a green card), temporarily suspended for a minimum of 2 minutes playing time (indicated by a yellow card) ,permanently suspended from the current match (indicated by a red card).

15 TERMINATION OF MATCH - Departure from normal rules

In order that the tournament is kept strictly to time, the games will finish with the blast of a hooter from the central timer. The only exception is that a team will be allowed to complete a penalty stroke. Short corners will also finish with the sound of the hooter and no further play will be allowed.

New Rules introduced in 2010

Self Pass

This is now allowed in indoor hockey.

Free push inside attacking half.

All players must start 3 metres away from the free push. The ball must not be played directly into

the circle. It may be played into the circle against the side board.