



## **Rules for Indoor Field Hockey Tournament**

*Updated 11/23/09*

Games are 25-minutes (running clock). NO OVERTIME. Players must wear shin and mouth protection. Sneakers or running shoes are to be worn on the taraflex indoor surface (no cleats). Refs must keep score and time using the scoreboard provided. Tournament format is 5v5, plus a goalie. All teams must have a goalie or it will be recorded as a forfeit for that team.

**Playing the ball:** In indoor hockey, players may NOT "hit" the ball using a sweeping movement of the stick as is allowed in the outdoor game. Players must move the ball down the pitch using a "push" shot or deflection. In the circle, attackers may push, flick, scoop or deflect the ball in an attempt to score.

The definition of the push stroke states that the stick must be placed at or close to the ball before the ball is moved with both the ball and stick in contact with the floor. "Slap shots" or long pushing or sweeping shots are not allowed

**Stick:** The stick requirements are the same for both indoor and outdoor hockey; however players often prefer a lighter, quicker stick specially made for indoor use.

The stick consists of a straight handle with a curved head. The lower part of the stick's left-hand (playing side) is smooth and flat. The back of the stick (right-hand side or non-playing side) is smooth and rounded for the entire length of the stick. The ball must be played with the flat side of the stick. The stick cannot weigh more than 737 grams. (See The FIH [Rules of Indoor Hockey](#) for additional information on the Stick)

**Substitutions:** Each team is permitted to substitute from its players not on the pitch:

Substitution is permitted at any time except within the period from the award of a penalty corner until after it has been completed ; during this period substitution is only permitted for injury to or suspension of the defending goalkeeper

**Scoring:** A goal is scored when the ball is played within the circle by an attacker and does not travel outside the circle before passing completely over the goal-line and under the crossbar. A goal is scored when an attacker pushes, flicks, or scoops into the opponent's goal from within the scoring circle.

**Penalties:** Advantage: a penalty is awarded only when a player or team has been disadvantaged by an opponent breaking the Rules.