

SPark INDOOR FIELD HOCKEY 2019-2020

PLAYING RULES

1. The league will use the [2019 FIH rules of Indoor Hockey](#).
 - a. Here are the major points of emphasis:
 - i. No hits - no back swing; only push passes.
 - ii. No intentionally lifting the ball except to shoot on goal.
 - iii. No intentionally playing the ball into an opponent with their hand on the ground with a flat stick.
 - iv. No playing a ball put in the air by your own team.
 - v. No deliberately holding the ball against the boards
 - vi. No playing the ball while anything other than your feet and stick are touching the ground.
 - vii. Repeat offenses will be punished according to the card system:
 1. Green: 1 minute
 2. Yellow: 2 minutes
 3. Red: expulsion from that game.
 - viii. A ball played over the endline unintentionally by the defense is now a long hit for the attack, to be taken at the halfway line in line with where it went over the endline (similar to outdoor)
 - ix. Free hits for the attack must travel 3m. before being played into the circle; if the boards are used, the ball must still travel 3m. before hitting the boards.
 - b. Here are the non-FIH rules that are used for the SPark league:
 - i. Teams must have a minimum of 5 players to play.
 - ii. Teams that have 6 players must fully dress a GK.
 - iii. In addition, our officials are more lenient for the 2/3/4 league in accordance with the developmental level of the athletes.
2. Equipment required:
 - a. Indoor stick
 - b. mouthguard
 - c. shinguards
 - d. In line with FIH guidance, wire goggles are NOT permitted, plastic face protection is permitted to defend corners and in the case of a specific medical necessity.
3. Game Times: 2 games @ 25 minutes, running time. (2/3/4: 10 minute clinic, 2 games @ 20 minutes, running time)
4. Teams required to wear SPark issued t-shirts
5. Spectators
 - a. Only coaches are allowed on the team bench side of court.
 - b. As this is a children's league, spectators and coaches are expected to exhibit the same behaviors we hope to instill in the children as athletes:
 - i. respect towards opponents and officials at all times.
 - ii. those that cannot exhibit this respect will not be allowed in the court area of the facility.