

**International Sports Centre
Indoor Field Hockey League Rules
(As of 12/16/14)**

1. **Goalies need to be suited up and ready to play 5-10 minutes before scheduled game time. If goalie equipment is needed, it is available to borrow, in exchange for a valuable item. The item will be returned when the equipment is returned. NO EXCEPTIONS! If no one is willing to put on the available goalie equipment, that team will play with only 6 field players. (If, upon mutual agreement between the referee and the coaches, a 7th player may be added to the playing field. That designated 7th player cannot be substituted for until halftime, and is limited to play only in the circle.)**
2. **All HIGH SCHOOL players must wear protective eyewear, a mouth guard, shin guards, sneakers or turf shoes. No spikes are allowed. Protective eyewear remains OPTIONAL for Middle School players.**
3. All jewelry needs to be removed prior to playing.
4. Games will consist of two 22-minute halves. 6 field players and a goalie. The clock never stops.
5. Rolling substitutions. An adult/coach presence is welcomed to join the girls on the bench.
6. Ball must be passed back to start & restart game.
7. Tie games will stand during the regular game schedule. Three points for a win, one point for a tie, and no points for a loss.
8. **The ball may be dribbled, pushed, stopped, or jabbed. No driving will be permitted. All legally lifted balls will be judged on danger. Because of space limitation, we will be placing a knee height restriction on lifted balls in the playing field. The only exception being a “shot on goal” when a player is “one on one” with the goalie. This shot may be lifted higher and will be judged by officials whether it is dangerous or legal. Placement and speed of shot will be the criteria the lift will be judged on.**
9. The usual calls will be made including dangerous stick, stick interference, advancing, wrong side of stick, lifting, and hitting the ball.
10. Four players defend a penalty corner including goalie.
11. The defensive team must be fifteen feet away from the ball during a free push, sixteen-yard push, side-in, or pass back.
12. During the pass-back, the defensive team may not attack until the ball has been touched by a second player.
13. No off sides will be called.
14. You must have five players including a goalie to play the game. Less than five players will equal a forfeit. You may play for fun with less than five players.
15. Goalies are not permitted to slide-tackle.
16. Any misconduct will be dealt with by the card system
 - Green verbal warning
 - Yellow 2 min off
 - Red Ejection from game & will not play next game.
17. The team captain/coach will be held responsible for their team’s fans. Any unacceptable language or behavior by the team’s fans will result in a card issued to the team captain/coach per item.