



RULES OF INDOOR HOCKEY

From 1 October 2019





Rules of Indoor Hockey
including explanations

Effective from 1 October 2019

Copyright © FIH 2019
The International Hockey Federation
Rue du Valentin 61
CH – 1004 Lausanne
Switzerland

Tel. : + 41 21 641 0606
Fax : + 41 21 641 0607
E-mail: info@fih.ch
Internet : www.fih.ch

Responsibility and Liability

Participants in Indoor Hockey must be aware of the Rules of Indoor Hockey and of other information in this publication.

They are expected to perform according to the Rules.

Emphasis is placed on safety. Everyone involved in the game must act with consideration for the safety of others. Relevant national legislation must be observed. Players must ensure that their equipment does not constitute a danger to themselves or to others by virtue of its quality, materials or design.

The International Hockey Federation (FIH) does not accept responsibility for any defects or non-compliance of facilities and is not liable for any consequences resulting from their use. Any verification of facilities or equipment conducted before a match is limited to ensuring an overall appearance of compliance and sporting requirements.

Umpires exercise an important role controlling the game and ensuring fair play.

Implementation and Authority

The Rules of Indoor Hockey apply to all Indoor Hockey players and officials. National Associations have discretion to decide the date of implementation at national level provide that this be no later than 30 June 2020.. The date of implementation for international competition is 1 October 2019.

The Rules of Indoor Hockey are issued by the FIH Rules Committee under the authority of the International Hockey Federation. Copyright is held by the International Hockey Federation.

Availability of the Rules

A copy of the Indoor Rules is available on the FIH website www.fih.ch

CONTENTS

Introduction	4
Terminology	9

PLAYING THE GAME

1	Pitch	11
2	Composition of teams	12
3	Captains	16
4	Players' clothing and equipment	17
5	Match and result	20
6	Start and re-start the match	21
7	Ball outside the pitch	22
8	Method of scoring	23
9	Conduct of play: players	24
10	Conduct of play: goalkeepers	28
11	Conduct of play: umpires	29
12	Penalties	31
13	Procedures for taking penalties	32
14	Personal penalties	41

UMPIRING

1	Objectives	43
2	Applying the rules	44
3	Umpiring qualifies & skills	46
4	Umpiring signals	51

PITCH AND EQUIPMENT SPECIFICATIONS

1	Pitch and pitch equipment	52
2	Stick	59
3	Ball	65
4	Goalkeeper's equipment	65
Additional Information Available		66

INTRODUCTION

THE RULES CYCLE

The Rules of Indoor Hockey in this new publication are effective from 1 October 2019 at international level. National Associations have discretion to decide the date of implementation at national level which must be no later than 30 June 2020. Additionally, National Associations may apply to FIH to opt out of particular Rules at levels below their top domestic leagues and/or particular age groups should they so wish.

The procedure for National Associations and Continental Federations to apply to FIH to opt out of particular Rules or Regulations which vary the Rules of Indoor Hockey continues to be available in the respective workrooms on the FIH website.

As usual, a starting date is specified but not an end date. In exceptional circumstances the International Hockey Federation (FIH) retains the right to make changes which will be notified to National Associations and published on the FIH website: www.fih.ch.

RULES REVIEW

The FIH Rules Committee regularly reviews all the Rules of Indoor Hockey. It takes account of information and observations from a wide variety of sources including National Associations, players, coaches, officials, media and spectators together with match and competition reports, video analysis and Rules trials. The main review of the Indoor Rules occurs in the year following the Men's and Women's World Cups and this is the case with this edition. These Rules have been amended following the feedback from the 2018 Men's and Women's Indoor World Cups. Ideas which have already been trialed with the FIH Rules Committee's approval in local or limited circumstances are especially valuable. Rules changes can then be based on practical experience.

The Indoor Rules of Hockey and FIH Tournament Regulations

apply to all International Indoor Hockey. The FIH Executive Board has agreed that the same Indoor Rules and FIH Tournament Regulations which vary the Rules of Indoor Hockey also apply to the top domestic league level of National Association Hockey. This is mandatory at top domestic league level unless a National Association wishes to opt out of particular Rules or Regulations which vary the Rules of Indoor Hockey by applying to FIH and receiving sanction from the FIH Executive Board to do so.

RULES CHANGES

The main changes in this edition of the Indoor Rules result from feedback following the Men's and Women's Indoor World Cups of 2018 in Berlin and comments from Continental Federations and National Associations. It is FIH's objective wherever possible to bring a consistent approach to the Rules of Outdoor and Indoor Hockey and this edition further progresses that objective.

During the World Cups consistent feedback from players and coaches was received that Time Outs were being 'abused' to frustrate play rather than for positive coaching usage. As a result it has been determined to remove timeouts from the Rules. However, to provide coaches with positive coaching opportunities quarters have been introduced. This approach also provides the benefit of predictable intervals for broadcasters to show highlights and to make the Outdoor and Indoor Rules consistent.

The elimination of the requirement for teams to change benches at halftime saves considerable time as well as upheaval to players and coaches. As a result, the length of the halftime interval has been reduced.

This reduction of timing when coupled with the saving of 4 minutes for time outs provides the time to stop the clock at penalty corners. This change of Rule addresses concerns that officials, players and coaches had voiced regarding the returning of players after suspension at penalty corners.

A further matter raised in feedback was that players sent beyond

the centre line often were able to interfere with play at a penalty corner. The solution is that players will in future be sent to 9.1 meters (ie level with the top of the circle) at the far end of play.

The situation in which teams play with too many players on the field has been considered in light of the Outdoor Rule in which a personal penalty on the captain may be awarded. This has also now been introduced in the Indoor Rules. In addition, the situation of the taking of a free push within 3 metres of the circle has been made consistent with the Outdoor Rule.

A number of requests have been received to introduce the Indoor Rules in October rather than January to compliment the timing of the majority of Indoor Competitions around the world.

Finally, the successful trial of eliminating goalkeeping privileges for field players has been extended to Indoor Hockey which again enhances the consistency between the Indoor and Outdoor rules.

The Rules Committee is grateful to all National Associations, Continental Federations, players, officials and coaches for their positive feedback and support in enhancing the Indoor Rules.

REGULATIONS IN INTERNATIONAL MATCHES

There will remain some differences between the Rules of Indoor Hockey and the conduct of international matches where some Rules may be varied by the Tournament Regulations. These recognise that these matches are played under the control of a technical table, with experienced players and officials. Some other small variations in the playing Rules also occur in these top level matches. It must be understood, however, that they only apply in these matches; all other matches must be played in accordance with the Rules of Indoor Hockey unless otherwise agreed by the FIH Rules Committee after submission by a Continental Federation or National Association.

APPLYING THE RULES

The FIH Rules Committee reiterates the guidance provided within the Outdoor Rules in respect of free hits, or free pushes in Indoor Hockey, around the circle. The Committee wish to highlight Rule 13.2e which provides clear guidance on the attacking free push within 3 metres of the circle.

RULES DEVELOPMENT

We believe indoor hockey is enjoyable to play, officiate in and watch. The Indoor World Cups held in Berlin in 2018 showcased the very best of Indoor Hockey and provided a wonderful atmosphere for spectators and players. Nevertheless, we will continue to seek ways of making the game even more enjoyable for all its participants while retaining its unique and attractive characteristics. This enables our sport to develop which is necessary in a world which makes large demands on personal time and in which recreation and sport can contribute to personal wellbeing.

The FIH Rules Committee will therefore continue to welcome suggestions for Rules developments or for clarification of current Rules of Indoor Hockey especially from National Hockey Associations. National Associations are an important primary source of advice and guidance but, if appropriate, Rules suggestions or questions can be sent by email to info@fih.ch or to the FIH postal address.

**MEMBERSHIP OF
FIH RULES COMMITTEE 2019:**

Chair: Dr. David Collier OBE

Secretary: Andre Oliveira

Members :

Margaret Hunnaball Katrina Powell

Ahmed Essmat Youssef Steve Horgan

Billy Dillon Scott Tupper

TERMINOLOGY

Player

One of the participants in a team.

Team

A team consists of a maximum of twelve persons composed of a maximum of six players on the pitch and up to six substitutes.

Field Player

One of the participants on the pitch other than the goalkeeper.

Goalkeeper

One of the participants of each team on the pitch who wears full protective equipment comprising at least headgear, leg guards and kickers and who is also permitted to wear goalkeeping hand protectors and other protective equipment.

Attack (Attacker)

The team (player) which (who) is trying to score a goal.

Defence (Defender)

The team (player) which (who) is trying to prevent a goal being scored.

Back-line

The shorter (22 metres) perimeter line.

Goal-line

The back-line between the goal-posts.

Side-boards

The boards comprising the longer (44 metres) perimeter of the pitch.

Circle

The area enclosed by and including the two quarter circles and the lines joining them at each end of the pitch opposite the centre of the back-lines.

Playing the ball: field player

Stopping, deflecting or moving the ball with the stick.

Push

Moving the ball along the ground using a pushing movement of the stick after the stick has been placed close to the ball. When a push is made, both the ball and the head of the stick are in contact with the ground.

Flick

Pushing the ball so that it is raised off the ground. Raising the ball off the ground by placing the head of the stick under the ball and using a lifting movement.

Hit (which is not permitted in indoor hockey)

Striking or 'slap' hitting the ball using a swinging movement of the stick towards the ball.

'Slap' hitting the ball, which involves a long pushing or sweeping movement with the stick before making contact with the ball, is regarded as a hit and is therefore not permitted.

Shot at goal

The action of an attacker attempting to score by playing the ball towards the goal from within the circle.

The ball may miss the goal but the action is still a "shot at goal" if the player's intention is to score with a shot directed towards the goal.

Playing distance

The distance within which a player is capable of reaching the ball to play it.

Tackle

An action to stop an opponent retaining possession of the ball.

Offence

An action contrary to the Rules which may be penalized by an umpire.

PLAYING THE GAME

I Pitch

The information below provides a simplified description of the pitch. Detailed specifications of the pitch and equipment are provided in a separate section at the end of these Rules.

- 1.1 The recommended size of the pitch is rectangular 44 metres long and 22 metres wide.

Use of a full-size pitch is strongly recommended but a smaller size pitch may be specified in regulations. The minimum size of a pitch is 36 metres long and 18 metres wide.

- 1.2 Side-boards mark the longer perimeters of the pitch; back-lines mark the shorter perimeters of the pitch.
- 1.3 A centre-line is marked across the middle of the pitch.
- 1.4 Areas referred to as the circles are marked inside the pitch around the goals and opposite the centres of the back-lines.
- 1.5 Penalty spots 100 mm in diameter are marked in front of the centre of each goal with the centre of each spot 7 metres from the inner edge of the goal-line.
- 1.6 All lines are 50 mm wide and are part of the pitch.
- 1.7 Goals are positioned outside the pitch at the centre of and touching each back-line. No equipment or items, such as helmets, face masks, hand protectors, towels, water bottles etc. may be placed inside the goals.

A bench for each team is placed outside and along one side of the pitch. The first named team shall occupy the bench to the left of the technical table and the second named team the bench to the right of the technical table unless otherwise directed by the umpires for the entire match . Substitutes must sit on their team's bench when not on the pitch.

2 Composition of teams

- 2.1 A maximum of six players from each team take part in play at any particular time during the match.

If a team has more than the permitted number of players on the pitch, time should be stopped to correct the situation. A personal penalty may be awarded against the captain of the team involved for an accidental breach. For a serious breach a personal penalty must be awarded. Decisions taken prior to correcting the situation cannot be changed, if time and/or play has already been re-started.

Time and play is restarted with a penalty corner awarded against the team responsible in accordance with 3.4 below

- 2.2 Each team has either a goalkeeper on the pitch or plays only with field players.

Each team may play with:

- a goalkeeper wearing a different colour shirt and protective equipment comprising at least headgear, leg guards and kickers; this player is referred to in these Rules as a goalkeeper;*
or

- *only field players; no player wears a different colour shirt; no player may wear protective headgear except a face mask when defending a penalty corner or a penalty stroke; all team players wear the same colour shirt.*

Any change between these options must take place as a substitution.

2.3 Each team is permitted to substitute from a maximum of twelve players:

- a 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

If another penalty corner is awarded before completion of the previous penalty corner, substitution other than for an injured or suspended defending goalkeeper must not take place until that subsequent penalty corner has been completed.

At a penalty corner, a defending goalkeeper (ie wearing full protective equipment) who is injured or suspended may be substituted by another goalkeeper wearing full protective equipment.

If a team has only field players, no substitution is permitted at a penalty corner until it has been completed.

If the goalkeeper is suspended, the offending team plays with one fewer player.

- b there is no limit to the number of players who are permitted to be substituted at the same time or to the number of times any player is permitted to substitute or be substituted, except that the number of times a team may substitute their goalkeepers off the pitch with another field player is limited to a total of two per match

Substitutions between goalkeepers (i.e. those wearing full protective equipment) do not count towards the total number of allowed substitutions off the pitch.

If a team has used their full allocation of goalkeeper substitutions and their goalkeeper is injured and incapable of continuing then the only possible permanent substitution onto the pitch is that of another goalkeeper who is wearing full protective equipment. The substitution of this replacement goalkeeper should take place in accordance with Rule 2.3g and its guidance. If necessary, play should continue with the temporary substitution of a field player while the substitute goalkeeper puts on full protective equipment prior to entering the pitch.

In the event that a goalkeeper receives a temporary suspension, their return to the pitch following its completion does not count towards the total number of goalkeeper substitutions.

If a team has used their full allocation of goalkeeper substitutions and their goalkeeper receives a temporary or permanent suspension then the only possible permanent substitution onto the pitch is that of another goalkeeper who is wearing full protective equipment. The substitution of this replacement goalkeeper should take place in accordance with Rule 2.3g and its guidance. If necessary, play should continue with the temporary substitution of a field player while the substitute goalkeeper puts on full protective equipment prior to entering the pitch.

- c substitution of a player is permitted only after that player has left the pitch
- d substitutions are not permitted for suspended players during their suspension

For the duration of a temporary suspension, the offending team plays with one fewer player. For each permanent suspension, the offending team plays for the remainder of the match with one fewer player.

- e after completing a suspension, a player is permitted to be substituted without first returning to the pitch
- f players must leave or enter the pitch for substitution purposes within 3 metres of the centre-line on the bench side of the pitch agreed with the umpires

g time is not stopped for substitutions

This includes not stopping the time for a goalkeeper substitution, including following a goalkeeper injury or suspension.

2.4 Field players who leave the pitch for injury treatment, refreshment, to change equipment or for some reason other than substitution are only permitted to re-enter within 3 metres of the centre-line on the side of the pitch used for substitutions.

Leaving and re-entering the pitch as part of play (eg when a defender puts on a face mask at a penalty corner) takes place at any appropriate part of the pitch.

2.5 No persons other than field players, goalkeepers and umpires are permitted on the pitch during the match without the permission of an umpire.

2.6 Players on or off the pitch are under the jurisdiction of the umpires throughout the match including the half-time interval and intervals at the end of each quarter

2.7 A player who is injured or bleeding must leave the pitch unless medical reasons prevent this and must not return until wounds have been covered; players must not wear blood stained clothing.

3 Captains

3.1 One player of each team must be appointed as captain.

3.2 A replacement captain must be appointed when a captain is suspended.

- 3.3 Captains must wear a distinctive arm-band or similar distinguishing article on an upper arm or shoulder or over the upper part of a sock.
- 3.4 Captains are responsible for the behaviour of all players on their team and for ensuring that substitutions of players on their team are carried out correctly.

A penalty corner is awarded if a substitution does not take place correctly. A personal penalty may be awarded in accordance with 2.1 above or if a captain does not exercise any other responsibility.

4 Players' clothing and equipment

Competition Regulations available from the FIH website provide additional information and requirements about players' clothing, personal equipment and advertising. Refer also to regulations established by Continental Federations and National Associations.

- 4.1 Field players of the same team must wear uniform clothing.
- 4.2 Players must not wear anything which is dangerous to other players.

Field players:

- are permitted to wear hand protection which does not increase the natural size of the hands significantly; any hand protection used, both for normal play and to defend penalty corners, must fit comfortably (without the need for compressing it) into an open-ended box of internal dimensions 290mm long x 180mm wide x 110mm high;*

- *are highly recommended to wear shin, ankle and mouth protection;*
- *are permitted to wear any form of body protection (including leg protection, or knee pads, when defending a penalty corner) underneath normal playing clothing; knee pads, used for this purpose, may be worn outside the socks provided that their colour is exactly the same as the colour of the socks;*
- *are permitted to wear throughout a match for medical reasons only a smooth preferably transparent or white but otherwise single coloured face mask which closely fits the face, soft protective head-covering or eye protection in the form of plastic goggles (ie goggles with a soft-covered frame and plastic lenses) ; the medical reasons must be assessed by an appropriate authority and the player concerned must understand the possible implications of playing with the medical condition;*
- *are permitted to wear a smooth preferably transparent or white but otherwise single coloured face mask or metal grill face mask, which closely follows the contours of the face when defending a penalty corner or penalty stroke for the duration of that penalty corner or penalty stroke and when they are in the circle they are defending; the primary objective of wearing a face mask to defend a penalty corner or penalty stroke is safety; wearing of face masks which are consistent with the underlying spirit of this guidance should be allowed;*
- *are not permitted, when wearing face masks, to conduct themselves in a manner which is*

dangerous to other players by taking advantage of the protective equipment they wear;

- *are not permitted to wear protective headgear (face mask or other protective head covering) in any other circumstances.*

- 4.3 Goalkeepers must wear a coloured shirt or garment which is different in colour from that of both teams.

Goalkeepers (ie wearing full protective equipment) must wear this shirt or garment over any upper body protection. Elbow protection does not need to be covered by the shirt or garment.

- 4.4 Goalkeepers must wear protective equipment comprising at least headgear, leg guards and kickers except that the headgear and any hand protectors may be removed when taking a penalty stroke.

The following are permitted for use only by fully equipped goalkeepers: body, upper arm, elbow, forearm, and thigh protectors, leg guards and kickers.

- 4.5 Clothing or protective equipment which significantly increases the natural size of a goalkeeper's body or area of protection is not permitted.

- 4.6 The stick has a traditional shape with a handle and a curved head which is flat on its left side:
- a the stick must be smooth and must not have any rough or sharp parts
 - b inclusive of any additional coverings used, the stick must be able to pass through a ring with an interior diameter of 51 mm
 - c any curvature along the length of the stick (the rake or bow) must have a continuous smooth profile along the whole length, must occur along the face side or the back of the stick but not both and is limited to a depth of 25 mm
 - d the stick must conform with the specification agreed by the FIH Rules Committee.
- 4.7 The ball is spherical, hard and white (or an agreed colour which contrasts with the playing surface).

Detailed specifications of the stick, ball and goalkeeper's equipment are provided in a separate section at the end of these Rules.

5 Match and result

- 5.1 A match consists of four quarters of 10 minutes, an interval of 1 minute between quarter 1 and 2 and between quarter 3 and 4 and a half-time interval of 3 minutes.

Other periods and interval may be agreed by both teams except as specified in regulations for particular competitions.

- 5.2 The team scoring the most goals is the winner; if no goals are scored, or if the teams score an equal number of goals, the match is drawn.

Information about a shoot-out competition as a way of reaching a result in a drawn match is included in Competition Regulations which are available, if required, from the FIH website.

6 Start and re-start the match

- 6.1 A coin is tossed:
- a the team which wins the toss has the choice of which goal to attack in the first two quarters of the match or to start the match with a centre pass
 - b if the team winning the toss chooses which goal to attack in the first two quarters of the match, the opposing team starts the match and the 2nd quarter
 - c if the team winning the toss chooses to start the match and the 2nd quarter, the opposing team has the choice of which goal to attack in the first two quarters of the match.
- 6.2 Direction of play is reversed in the second half of the match.
- 6.3 A centre pass is taken:
- a to start the match and to start the second quarter by a player from the team winning the toss if they chose this option; otherwise by a player from the opposing team
 - b after half-time and to start the fourth quarter by a player of the team which did not take the centre pass to start the match
 - c after a goal by a player of the team against which the goal was scored.

- 6.4 Taking a centre pass:
- a taken at the centre of the pitch
 - b it is permitted to play the ball in any direction
 - c all players other than the player taking the centre pass must be in the half of the pitch which includes the goal they are defending
 - d the procedures for taking a free push apply.
- 6.5 A bully takes place to re-start a match when time or play has been stopped for an injury or for any other reason and no penalty has been awarded:
- a a bully is taken close to the location of the ball when play was stopped but not within 9 metres of the back-line and not within 3 metres of the circle
 - b the ball is placed between one player from each team who face each other with the goal they are defending to their right
 - c the two players start with their sticks on the ground to the right of the ball and then tap the flat faces of their sticks together once just over the ball after which either player is permitted to play the ball
 - d all other players must be at least 3 metres from the ball.
- 6.6 A free push is taken by a defender 9.10 metres in front of the centre of the goal-line to re-start a match when a penalty stroke has been completed and no goal has been scored.

7 Ball outside the pitch

- 7.1 The ball is out of play when it passes completely over the side-board or back-line.

7.2 Play is restarted by a player of the team, which was not the last team to touch or play the ball before it went out of play.

7.3 When the ball travels over the side-board:

- a play is re-started within one metre of where the ball crossed the board

If this would result in a re-start inside the circle, play is instead re-started with the ball one metre outside the circle and one metre from the side-board.

- b the procedures for taking a free push apply.

7.4 When the ball is played over the back-line and no goal is scored:

- a If played by an attacker, play is re-started with the ball up to 9.10 metres from and in line with where it crossed the back-line
- b If played unintentionally by a defender or deflected by a goalkeeper, play is re-started with the ball on the centre-line and in line with where it crossed the back-line
- c the procedures for taking a free push apply.
- d if played intentionally by a defender, unless deflected by a goalkeeper, play is re-started with a penalty corner

8 Method of scoring

8.1 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 cross-bar.

9 Conduct of play: players

Players are expected to act responsibly at all times.

9.1 A match is played between two teams with not more than six players of each team on the pitch at the same time.

9.2 Players on the pitch must hold their stick and not use it in a dangerous way.

Players must not lift their stick over the heads of other players.

9.3 Players must not touch, handle or interfere with other players or their sticks or clothing.

9.4 Players must not intimidate or impede another player.

9.5 Players must not hit the ball.

9.6 Players must not play the ball with the back of the stick.

9.7 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.

When saving a shot at goal, a defender must not be penalised if their stick is not motionless or is travelling towards the ball while attempting to stop or deflect the shot. Only if the ball is genuinely hit and a goal is prevented should a penalty stroke be awarded.

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.

- 9.8 Players must not play the ball dangerously or in a way which leads to dangerous play.

A ball is also considered dangerous when it causes legitimate evasive action by players of the opposition.

The penalty is awarded where the action causing the danger took place.

Playing the ball deliberately and hard into an opponent's stick, feet or hands with associated risk of injury when a player is in a 'set' or stationary position; and players collecting, turning and trying to play the ball deliberately through a defending player who is either close to the player in possession or is trying to play the ball are both dangerous actions and should be dealt with under this Rule. A personal penalty may also be awarded to offending players.

- 9.9 Players must not raise the ball off the pitch except for a shot at goal.

It is not an offence if the ball rises unintentionally off the pitch by less than 100 mm unless an opponent is within playing distance of the ball.

- 9.10 Players must not play the ball when it is in the air except that a player from the team which did not put the ball in the air may stop it.

If the ball is in the air as a result of a legitimate

shot at goal which has rebounded from the goalkeeper, defender or from the goal-post or cross-bar, the ball may be stopped by a player of either team.

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

It is not always an offence if the ball hits the foot, hand or body of a field player. The player only commits an offence if they gain an advantage or if they position themselves with the intention of stopping the ball in this way.

It is not an offence if the ball touches the hand holding the stick but would otherwise have touched the stick.

- 9.12 Field players must not play the ball while lying on the pitch or with a knee, arm or hand on the pitch, other than the hand holding the stick.

- 9.13 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 stationary player receiving the ball is permitted to face in any direction.

A player with the ball is permitted to move off with it in any direction except bodily into an opponent or

into a position between the ball and an opponent who is within playing distance of the ball and attempting to play it.

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 goalkeeper) when a penalty corner is being taken.

Umpires should place particular emphasis on limiting time spent in situations where the ball becomes trapped in the corners of the pitch or close to the side-boards (especially towards the end of matches) when the player in possession effectively shields the ball such that an opponent is prevented from being able to play it. Early interventions by the Umpires will make teams aware that this type of play or tactic is of no benefit to them.

- 9.14 Players must not tackle unless in a position to play the ball without body contact.

Reckless play, such as sliding tackles and other overly physical challenges by field players, which take an opponent to ground and which have the potential to cause injury should attract appropriate match and personal penalties.

- 9.15 Players must not intentionally enter the goal their opponents are defending or run behind either goal.

- 9.16 Players must not change their stick between the award and completion of a penalty corner or penalty stroke unless it no longer meets the stick specification.

- 9.17 Players must not throw any object or piece of equipment onto the pitch, at the ball, or at another player, umpire or person.

Following a penalty corner, if the ball hits any discarded equipment, such as a hand protector, knee pads or a face mask, a free push should be awarded if this occurs outside the circle, a penalty corner awarded if this occurs inside the circle or a penalty stroke if this prevents a certain goal from being scored.

- 9.18 Players must not delay play to gain benefit by time-wasting.
- 9.19 Players must not trap or hold the ball against the side-boards. A player in possession of the ball may not be 'trapped' either in the corner of the pitch or against the side-boards by opponents with their sticks flat on the floor. Opponents must leave an outlet of reasonable size through which the ball may be played.

Umpires should recognise and interrupt play, with a bully re-start, when the ball is either trapped between players' sticks or becomes unintentionally trapped against the side-boards.

Repeated instances of players trapping or holding the ball against the side-boards should be viewed as an intentional offence and penalised accordingly.

Similarly, players who deliberately aim to trap the ball between their and an opponent's stick should be penalised and not rewarded with a bully.

10 Conduct of play: goalkeepers

- 10.1 A goalkeeper who wears protective equipment comprising at least headgear, leg guards and kickers must not take part in the match outside the half of the pitch they are defending, except when taking a penalty stroke.

Protective headgear must be worn by a goalkeeper at all times, except when taking a penalty stroke.

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

- a goalkeepers wearing full protective equipment are permitted to use their stick, feet, kickers, legs or leg guards to propel the ball and to use their stick, feet, kickers, legs, leg guards or any other part of their body to stop the ball or deflect it in any direction including over the back-line

Goalkeepers are not permitted to conduct themselves in a manner which is dangerous to other players by taking advantage of the protective equipment they wear.

- b goalkeepers wearing full protective equipment are permitted to use arms, hands and any other part of their body to push the ball away.

The action in rule b above is permitted only as part of a goal saving action or to move the ball away from the possibility of a goal scoring action by opponents. It does not permit a goalkeeper to propel the ball forcefully with arms, hands or body so that it travels a long distance.

10.3 Goalkeepers must not lie on the ball.

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

10.5 Goalkeepers are permitted to play the ball inside the circle while lying on the pitch inside the circle.

II Conduct of play: umpires

11.1 Two umpires control the match, apply the Rules and are the judges of fair play.

- 11.2 Each umpire has primary responsibility for decisions in one half of the pitch for the duration of the match.
- 11.3 Each umpire is responsible for decisions on free pushes in the circle, penalty corners, penalty strokes and goals in one half of the pitch.
- 11.4 Umpires are responsible for keeping a record of goals scored and of suspension cards used.
- 11.5 Umpires are responsible for ensuring that the full time is played and for indicating the end of time for each quarter and for the completion of a penalty corner if a quarter is prolonged.
- 11.6 Umpire blow the whistle to:
- a start and end each quarter of the match or to start a bully
 - b enforce a penalty
 - c start and end a penalty stroke
 - d indicate a goal
 - e re-start the match after a goal has been scored
 - f re-start the match after a penalty stroke when a goal was not scored
 - g stop the match for any other reason and to re-start it
 - h indicate, when necessary, that the ball has passed wholly outside the pitch.
- 11.7 Umpires must not coach during a match.
- 11.8 If the ball strikes an umpire, unauthorised person or any loose object on the pitch, except as specified in the guidance to Rule 9.17, play continues.

12 Penalties

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

12.2 A free push is awarded to the opposing team:

- a for an offence by an attacker in the half of the pitch they are attacking
- b for an unintentional offence by a defender outside the circle but within the half of the pitch they are defending.

12.3 A penalty corner is awarded:

- a for an offence by a defender in the circle which does not prevent the probable scoring of a goal
- b for an intentional offence in the circle by a defender against an opponent who does not have possession of the ball or an opportunity to play the ball
- c for an intentional offence by a defender outside the circle but within the half of the pitch they are defending
- d for intentionally playing the ball over the back-line by a defender

Goalkeepers are permitted to deflect the ball with their stick, protective equipment or any part of their body in any direction including over the back-line.

- e against the team which carried out a substitution incorrectly
- f when the ball becomes lodged in a player's clothing or equipment while in the circle they are defending.

12.4 A penalty stroke is awarded:

- a for an offence by a defender in the circle which prevents the probable scoring of a goal
 - b 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
- 12.5 If there is another offence or misconduct before the awarded penalty has been taken:
- a a more severe penalty may be awarded
 - b a personal penalty may be awarded
 - c the penalty may be reversed if the subsequent offence was committed by the team first awarded the penalty.

13 Procedures for taking penalties

13.1 Location of a free push:

- a 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.

- b a free push awarded outside the circle to the defence within 9 metres of the back-line is taken up to 9.10 metres from the back-line in line with the location of the offence, parallel to the side-board
- c a free push awarded inside the circle to the defence is taken anywhere inside the circle or up to 9.10 metres from the back-line in line with the location of the offence, parallel to the side-board.

13.2 Procedures for taking a free push, centre pass and putting the ball back into play after it has been outside the pitch:

All parts of this rule apply as appropriate to a free push, centre pass and putting the ball back into play after it has been outside the pitch.

- a the ball must be stationary
- b opponents must be at least 3 metres from the ball

If an opponent is within 3 metres of the ball they must not interfere with the taking of the free push or must not play or attempt to play the ball. If this player is not playing the ball, attempting to play the ball or influencing play, the free push need not be delayed.

- c when a free push is awarded to the attack within the half of the pitch they are attacking, all players other than the player taking the free push must be at least 3 metres from the ball
- d the ball is moved using a push
- e from a free push awarded to the attack within the half of the pitch they are attacking, the ball must not be played into the circle until it has travelled at least 3 metres, not necessarily in a single direction, or has been touched by a defending player. The ball may also be played into the circle off the side-boards, providing that it has travelled at least 3 metres before rebounding off them.

If the player taking the free push continues to play the ball (ie no defending player has yet touched it):

- *that player may play the ball any number of times, but*
- *the ball must travel at least 3 metres, not necessarily in a single direction, before*

- *that player plays the ball into the circle by pushing the ball again.*

Alternatively:

- *after a defending player has touched the ball, it can be played into the circle by any other player including the player who took the free push*

At an attacking free push awarded within 3 metres of the circle, the ball cannot be played into the circle until it has travelled at least 3 metres or it has been touched by a defending player or it has travelled at least 3 metres before being rebounded off the side-boards. If the free push is taken immediately the defenders who are inside the circle within 3 metres of the free push may shadow around the inside of the circle provided that they do not play or attempt to play the ball or influence play until it has either travelled at least 3 metres or alternatively been touched by a defending player who can legitimately play the ball. If the attacker chooses not to take the free hit immediately, all other players must be at least 3 metres from the ball before the free push is taken.,

Other than as indicated above, any playing of the ball, attempting to play the ball or interference by a defender or an attacker who was not 3 metres from the ball, should be penalized accordingly.

Players inside or outside the circle who were 3 metres or more from the point of the free push at its award are not allowed to move to and then remain in a stationary position within 3 metres of the ball as the free push is taken.

Following a time stoppage after the award of

an attacking free push inside the defending half, upon the re-start all players other than the player taking the free push must be at least 3 metres from the ball.

13.3 Taking a penalty corner:

- a time and play is stopped after a penalty corner is awarded and re-started when the teams are ready. Teams must take the minimum time to take their positions and put on protective equipment (as a guide 20 seconds) and play is re-started when the teams are ready.
- b the 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
- c the attacker taking the push from the back-line must have at least one foot outside the pitch
- d the other attackers must be on the pitch, outside the circle with sticks, hands and feet not touching the ground inside the circle
- e no 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
- f the defending goalkeeper if there is one, must be in the goal ; up to five other members of the defending team may 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

If the team defending a penalty corner has chosen to play only with field players, up to six members of the defending team may be positioned behind the back-

line outside the goal.

- g any defender not behind the back-line must be beyond the point of the top of the circle at the other end of the pitch ie within 9.1 metres of the back line at the far end of the pitch.
- h 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 or a point within 9.1 metres of the back line at the far end of the pitch.
- i 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
- j a goal cannot be scored until the ball has travelled outside the circle

A defender who is clearly running into the shot or into the taker without attempting to play the ball with their stick must be penalised for dangerous play.

Otherwise, if a defender is within three metres of the first shot at goal during the taking of a penalty corner and is struck by the ball below the knee, another penalty corner must be awarded or is struck on or 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.

- k the penalty corner Rules no longer apply if the ball travels more than 3 metres from the circle.
- 13.4 The match is prolonged at the end of each quarter and full-time to allow completion of a penalty corner or any subsequent penalty corner or penalty stroke
- 13.5 The penalty corner is completed when:

- a a goal is scored
- b a free push is awarded to the defending team
- c the ball travels more than 3 metres outside the circle
- d the ball is played over the back-line and a penalty corner is not awarded
- e the ball travels over a side-board and a penalty corner is not awarded
- f a defender commits an offence which does not result in another penalty corner
- g a penalty stroke is awarded
- h a bully is awarded.

If play is stopped because of an injury or for any other reason during the taking of a penalty corner at the end of a prolonged quarter and a bully would otherwise be awarded, the penalty corner must be taken again.

13.6 For an offence during the taking of a penalty corner:

- a the player taking the push from the back-line does not have at least one foot outside the pitch: the penalty corner is taken again
- b the player taking the push from the back-line feints at playing the ball, the offending player is required to go to within 9.1 metres of the back line at the far end of the pitch but is replaced by another attacker: the penalty corner is taken again

If this feinting leads to what otherwise would be a

breach of this rule by a defender, only the attacker is required to go to within 9.1 metres of the back line at the far end of the pitch

- c a defender, other than the goalkeeper, crosses the back-line before permitted, the offending player is required to go to within 9.1 metres of the back line at the far end of the pitch and cannot be replaced by another defender: the penalty corner is taken again

If a defender at this or any subsequently re-taken penalty corner crosses the back-line before permitted, the offending player is also required to go to within 9.1 metres of the back line at the far end of the pitch and cannot be replaced.

If a defender crosses the line 9.1 metres from the backline before permitted, the penalty corner is taken again

- d a goalkeeper crosses the goal-line before permitted, the defending team defends the penalty corner with one fewer player: the penalty corner is taken again

The defending team nominates which player is required to go to within 9.1 metres of the back line at the far end of the pitch, and they cannot be replaced by another defender

If a goalkeeper at this or any subsequently re-taken penalty corner crosses the goal-line before permitted, the defending team is required to nominate a further player to go to within 9.1 metres of the back line at the far end of the pitch, and they cannot be replaced

A subsequently awarded penalty corner, as opposed to a re-taken penalty corner, may be defended by up to six players

- e an attacker enters the circle before permitted, the offending player is required to go to a point within 9.1 metres of the back line at the far end of the pitch: the penalty corner is taken again.

Attackers who are sent to a point within 9.1 metres of the back line at the far end of the pitch may not return for re-taken penalty corners, but may do so for a subsequently awarded penalty corner

- f for any other offence by attackers: a free push is awarded to the defence.

Except as specified above, a free push, penalty corner or penalty stroke is awarded as specified elsewhere in the Rules.

13.7 Taking a penalty stroke:

- a time and play is stopped when a penalty stroke is awarded
- b all players on the pitch other than the player taking the stroke and the player defending it must stand outside the half of the pitch in which the penalty stroke is being taken and must not influence the taking of the stroke
- c the ball is placed on the penalty spot
- d the player taking the stroke must stand behind and within playing distance of the ball before beginning the stroke
- e the player defending the stroke must stand with both feet on the goal-line and, once the whistle has been blown to start the penalty stroke, must not leave the goal-line or move either foot until the ball has been played.
- f if the player defending the stroke is a goalkeeper

they must wear protective headgear; if the player defending the stroke is otherwise taking part in the game as a field player, they may wear only a face mask as protective equipment

If the team defending a penalty stroke has chosen to play only with field players and not to use a substitute goalkeeper to defend the penalty stroke, the defender may only use their stick to make a save.

- g the whistle is blown when the player taking the stroke and the player defending it are in position
- h the player taking the stroke must not take it until the whistle has been blown

The player taking the stroke or the player defending it must not delay the taking of the stroke.

- i the player taking the stroke must not feint at playing the ball
- j 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.

- k the player taking the stroke must play the ball only once and must not subsequently approach either the ball or the player defending the stroke.

13.8 The penalty stroke is completed when:

- a a goal is scored
- b the ball comes to rest inside the circle, lodges in the goalkeeper's equipment, is caught by the goalkeeper or goes outside the circle.

13.9 For an offence during the taking of a penalty stroke:

- a the stroke is taken before the whistle is blown and a goal is scored: the penalty stroke is taken again
- b the stroke is taken before the whistle is blown and a goal is not scored: a free push is awarded to the defence
- c for any other offence by the player taking the stroke: a free push is awarded to the defence
- d for any offence by the player defending the stroke including moving either foot before the ball has been played: the penalty stroke is taken again

If the player defending the stroke prevents a goal being scored but moves either foot before the ball has been played, this player may be cautioned and for any subsequent offence must be suspended (green card, and for further offences with a yellow card).

If a goal is scored even though there has been an offence by the player defending the stroke, the goal is awarded.

- e for an offence by a player of the defending team and a goal is not scored: the penalty stroke is taken again
- f for an offence by a player of the attacking team other than the player taking the stroke and a goal is scored: the penalty stroke is taken again.

14 Personal penalties

14.1 For any offence, the offending player may be:

- a cautioned (indicated by spoken words)
- b temporarily suspended for 1 minute of playing time (indicated by a green card)

- c temporarily suspended for a minimum of 2 minutes of playing time (indicated by a yellow card)

For the duration of each temporary green and yellow card suspension of a player on or off the pitch, the offending team plays with one fewer player.

- d permanently suspended from the current match (indicated by a red card).

For each permanent suspension, the offending team plays for the remainder of the match with one fewer player.

A personal penalty may be awarded in addition to the appropriate penalty.

As time is stopped from the award of a penalty corner to the recommencement of play no offending player will be permitted to re-enter the pitch until play has restarted.

- 14.2 Temporarily suspended players must remain in a designated place until permitted by the umpire who suspended them to resume play.
- 14.3 Temporarily suspended players are permitted to rejoin their team at quarter and half-time after which they must return to a designated place to complete their suspension.
- 14.4 The intended duration of a temporary suspension may be extended for misconduct by a player while suspended.
- 14.5 Permanently suspended players must leave the pitch and its surrounding area.

UMPIRING

I Objectives

- 1.1 Umpiring indoor hockey is a challenging but rewarding way to participate in the game.
- 1.2 Umpires contribute to the game by:
 - a helping to raise the standard of the game at all levels by ensuring that players observe the Rules
 - b ensuring that every game is played in the right spirit
 - c helping to increase the enjoyment of the game for players, spectators, and others.
- 1.3 These objectives can be achieved by umpires being:
 - a consistent: umpires maintain the respect of players by being consistent
 - b fair: decisions must be made with a sense of justice and integrity
 - c prepared: no matter how long an umpire has been officiating, it is important to prepare thoroughly for every match
 - d focused: concentration must be maintained at all times; nothing must be allowed to distract an umpire
 - e approachable: a good understanding of the Rules must be combined with a good rapport with the players
 - f skilled: umpires must aim to become even better with each and every match
 - g natural: an umpire must be themselves, and not try to be something or someone they are not, at all times.

- 1.4 Umpires must:
- a have a thorough knowledge of the Rules of Indoor Hockey but remember that the spirit of the Rule and common sense must govern interpretation
 - b support and encourage skillful play, deal promptly and firmly with offences and apply the appropriate penalties
 - c establish control and maintain it throughout the match
 - d use all the available tools for control
 - e apply the advantage Rule as much as possible to assist a flowing and open match but without losing control.

2 Applying the rules

2.1 Protecting skillful play and penalising offences:

- a the relative seriousness of an offence must be identified and serious offences such as dangerous or rough play dealt with early and firmly in a match
- b intentional offences must be penalised firmly
- c umpires must demonstrate that if players co-operate, skillful play will be protected and the match will be interrupted only when essential for its proper conduct.

2.2 Advantage:

- a it is not necessary for every offence to be penalised when no benefit is gained by the offender; unnecessary interruptions to the flow of the match cause undue delay and irritation

- b when the Rules have been broken, an umpire must apply advantage if this is the most severe penalty
- c possession of the ball does not automatically mean there is an advantage; for advantage to apply, the player/team with the ball must be able to develop their play
- d having decided to play advantage, a second opportunity must not be given by reverting to the original penalty
- e it is important to anticipate the flow of the match, to look beyond the action of the moment and to be aware of potential developments in the match.

2.3 Control:

- a decisions must be made promptly, positively, clearly and consistently
- b strict action early in a match will usually discourage repetition of an offence
- c it is not acceptable for players to abuse opponents, umpires or other technical officials verbally or through body language and attitude. Umpires must deal firmly with abuse of this sort and in appropriate circumstances issue a caution, or a temporary (green and yellow cards) or permanent (red card) suspension. Cautions and suspensions can be given in isolation or in combination with another penalty
- d cautions can be given to players in close proximity without stopping the match
- e it is possible, although umpires are not encouraged to do so, for a player to receive two green or two yellow cards for different offences during the same match. However, when an offence for which a card has already been awarded is repeated, the same card must not be used again and a more severe penalty must be awarded

- f when a second yellow card is awarded, the period of suspension must be significantly longer than the first suspension
- g there must be a clear difference between the duration of a yellow card suspension for a minor offence and the duration for a more serious and/or physical offence
- h when a player intentionally misbehaves in a serious manner towards another player, umpire or other match official the red card must be shown immediately.

2.4 Penalties:

- a a wide range of penalties is available
- b two penalties can be used together to deal with bad or persistent offences, such as a penalty corner and a personal penalty.

3 Umpiring qualities & skills

The main qualities in umpiring are:

- a match preparation
- b. co-operation
- c. mobility and positioning
- d communication
- e control.

3.1 Match preparation:

- a umpires must prepare thoroughly for each match by arriving at the pitch in good time

- b before the match commences, both umpires must check the pitch markings, the goals and the nets and check for any dangerous playing equipment or pitch equipment
- c the two umpires must wear similar colours to one another, but different from those of both teams
- d umpiring equipment includes a copy of the current Rules, a loud and distinctive whistle, a stopwatch, coloured cards to indicate personal penalties and a way to record match details.

3.2 Co-operation

- a good teamwork and co-operation between umpires is essential
- b prior to a match, umpires must discuss and agree how they are going to work together to assist each other. Eye contact between umpires must be practised and maintained
- c umpires must take responsibility and be prepared to assist when their colleague is unsighted or has difficulty seeing certain parts of the pitch. If necessary and if mobility is good, umpires must be prepared to cross the centre-line and go as far as appropriate into a colleague's half of the pitch to assist. This helps to reassure players that decisions are correct
- d a record of goals scored and cards issued must be kept by both umpires and confirmed at the end of the match.

3.3 Mobility and positioning

- a umpires must be mobile so they can move to appropriate positions throughout the match.
- b static umpires cannot view play clearly enough to make correct decisions at all times
- c fit, mobile and well positioned umpires are better able to concentrate on the flow of the match and on the decisions which need to be made
- d each umpire operates mainly in half of the pitch with the centre line to their left
- e for play between the centre-line and circle, umpires must be positioned near their side-board
- f when play is in the circle, umpires must move further into the pitch away from the side-boards and, when necessary, into the circle itself to see important offences and to judge whether shots at goal are legitimate
- g for penalty corners and after the ball has gone outside the pitch, umpires must take up a position which gives a clear view of all potential action
- h for penalty strokes, the controlling umpire must take up a position behind and to the right of the player taking the stroke, the supporting umpire takes up a position on the backline, to the left of the goal
- i umpires must not allow their positioning to interfere with the flow of play
- j umpires must face play all the time.

3.4 Whistling:

- a the whistle is the main way in which umpires communicate with players, each other and other persons involved in the match
- b the whistle must be blown decisively and loudly enough for all involved in the match to be able to hear it. This does not mean long loud whistling at all times
- c the tone and duration of the whistle must be varied to communicate the seriousness of offences to players.

3.5 Signalling:

- a signals must be clear and held up long enough to ensure that all players and the other umpire are aware of decisions
- b only the official signals must be used
- c it is preferable to be stationary when giving a signal
- d directional signals must not be made across the body
- e it is bad practice to look away from the players when a signal or decision is made; further offences might be missed, concentration can be lost, or this can indicate a lack of confidence.

4 Umpiring signals

4.1 Timing

- a start time: turn towards the other umpire with one arm straight up in the air

- b stop time at any other time: turn towards the other umpire and cross fully-extended arms at the wrists above the head
- c two minutes of play remaining: raise both hands straight up in the air with pointing index fingers
- d one minute of play remaining: raise one hand straight up in the air with pointing index finger.

Once a timing signal has been acknowledged no further time signal is needed.

4.2 Bully: move hands alternately up and down in front of the body with palms facing each other.

4.3 Ball out of play

- a ball out of play over the side-board: indicate the direction with one arm raised horizontally
- b ball out of play over the back-line by an attacker: face the centre of the pitch and extend both arms horizontally sideways.
- c ball out of play over the back-line unintentionally by a defender: using right or left arm as appropriate, with the arm well below shoulder level, draw an imaginary line from the point where the ball crossed the back-line to the point on the centre-line from which the re-start should be taken.

4.4 Goal scored: point both arms horizontally towards the centre of the pitch.

4.5 Conduct of play

Signals for conduct of play offences must be shown if there is doubt about the reason for the decision.

- a dangerous play: place one forearm diagonally across the chest
- b misconduct and/or bad temper: stop play and make a calming movement by moving both hands slowly up and down, palms downward, in front of the body
- c kick: slightly raise a leg and touch it near the foot or ankle with the hand
- d raised ball: hold palms facing each other horizontally in front of the body, with one palm approximately 150 mm above the other
- e obstruction: hold crossed forearms in front of the chest
- f third party or shadow obstruction: alternately open and close crossed forearms in front of the chest.
- g stick obstruction: hold one arm out and downwards in front of the body half-way between vertical and horizontal; touch the forearm with the other hand
- h 3 metres distance: extend one arm straight up in the air showing an open hand with three fingers extended.

4.6 Penalties

- a advantage: extend one arm high from the shoulder in the direction in which the benefiting team is playing
- b free push: indicate the direction with one arm raised horizontally
- c penalty corner: point both arms horizontally towards the goal
- d penalty stroke: point one arm at the penalty stroke mark and the other straight up in the air; this signal also indicates time stopped.

PITCH AND EQUIPMENT SPECIFICATIONS

Diagrams are provided to assist interpretation of these specifications but they are not necessarily drawn to scale. The text is the definitive specification.

I Pitch and pitch equipment

- 1.1 The recommended size of the pitch is rectangular, 44.00 metres long bounded by side-boards and 22.00 metres wide bounded by back- lines.

Use of a full-size pitch is strongly recommended but a smaller size pitch may be specified in regulations. The minimum size of a pitch is 36 metres long and 18 metres wide.

Minimum "run-off" areas are recommended outside the back-lines (3 metres) and side-lines (1 metre).

- 1.2 Markings:

- a no marks other than those described in this Rule are to be made on the playing surface

If indoor hockey is played on a surface marked with lines for other sports which cannot easily be removed, they must be a distinctive colour.

- b lines are 50 mm wide and must be clearly marked along their entire length
- c the back-lines and all markings enclosed between them and the side-boards are part of the pitch
- d all marks must be made in a colour which contrasts with the playing surface.

1.3 Pitch side-boards:

- a mark the 36.00 to 44.00 metres long perimeter of the pitch
- b are based on a square 100 mm cross-section
- c the upright surface facing the pitch is inclined by 10 mm towards the pitch.

Side-boards must be made of wood or materials with similar physical properties. They must not have fittings or supports which are dangerous to players or umpires.

1.4 Lines and other marks:

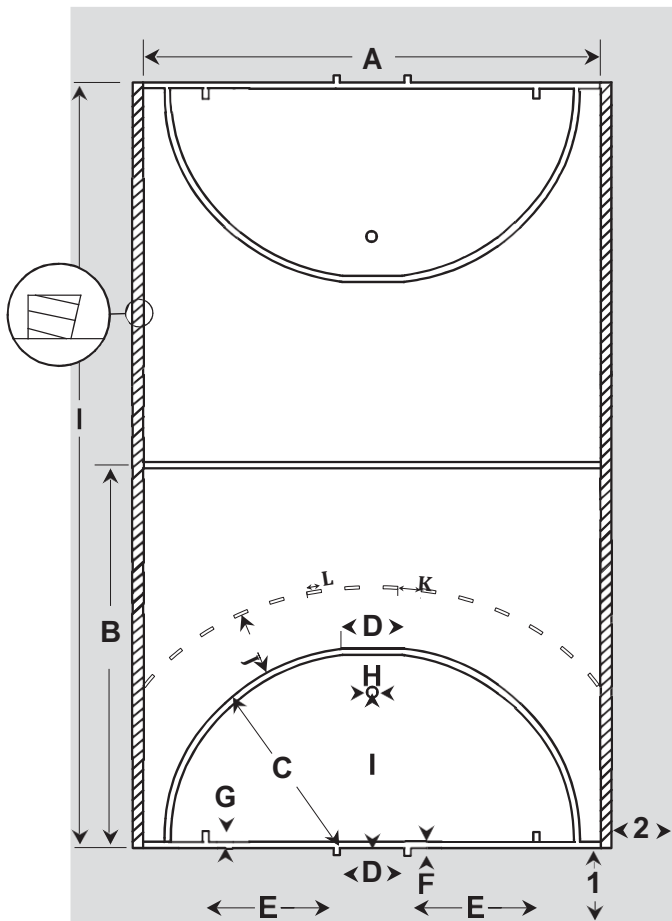
- a back-lines: 18.00 to 22.00 metres long perimeter lines
- b goal-lines: the parts of the back-lines between the goal-posts
- c centre-line: across the middle of the pitch
- d lines 300 mm long marked inside the pitch on each back-line on both sides of the goal at 6 metres from the outer edge of the nearer goal-post, as measured between the furthest edges of each line
- e lines 150 mm long marked outside the pitch on each back-line 1.50 metres from the centre of the back-line, as measured between the nearest edges of these lines
- f penalty spots 100 mm in diameter marked in front of the centre of each goal with the centre of each spot 7 metres from the inner edge of the goal-line.

1.5 Circles:

- a lines 3.00 metres long and parallel to the back-lines are marked inside the pitch with their centres in line with the centres of the back-lines; the distance from the outside edges of these 3.00 metres lines to the outside edges of the back-lines is 9.00 metres
- b these lines are continued in uninterrupted arcs in both directions to meet the back-lines in the form of quarter-circles with centres at the inside front corner of the nearer goal-posts
- c the 3.00 metres line and the arcs are called the circle-lines; the spaces enclosed by these lines, including the lines themselves, are called the circles
- d broken lines are marked with their outer edges 3 metres from the outer edge of each circle-line; each broken line starts with a solid section at the top centre of the circle-line and each solid section is 300 mm long with gaps between the solid sections 2 metres long

These broken lines are only recommended for international matches because it is recognised that many sports halls already have a profusion of markings. Their adoption for other matches is at the discretion of National Associations and Continental Federations.

Figure 1: Indoor Pitch



Indoor Pitch Dimensions

Code	Metres	Code	Metres
A	22.00 (minimum 18.00)	H	0.10
B	22.00 (minimum 18.00)	I	7.00
C	9.00	J	3.00
D	3.00	K	2.00
E*	6.03	L	0.30
F	0.15	1	minimum 3.00
G	0.30	2	minimum 1.00

** Dimension E is measured from the goal-post line and not from the goal-post itself; the dimension from the goal-post is 6.00 metres.*

1.6 Goals:

- a two vertical goal-posts joined by a horizontal cross-bar are placed at the centre of each back-line on the external marks
- b the goal-posts and cross-bar are white, rectangular in cross section, 80 mm wide and 80 mm deep
- c the goal-posts must not extend vertically beyond the cross-bar and the cross-bar must not extend horizontally beyond the goal-posts
- d the distance between the inner edges of the goal-posts is 3.00 metres and the distance from the lower edge of the cross-bar to the ground is 2.00 metres
- e the space outside the pitch, behind but including the goal-posts and cross-bar and enclosed by the net is

a minimum of 800 mm deep at the cross-bar and a minimum of 1.00 metres deep at ground-level.

Goal side-boards and back-boards are not mandatory but if fitted should conform to the following specification:

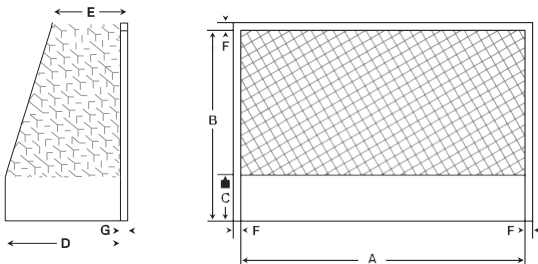
- a side-boards are minimum 0.92 metres long and 460 mm high*
- b back-boards are 3.00 metres long and 460 mm high*
- c side-boards are positioned on the ground at right angles to the back-line and are fixed to the back of the goal-posts without increasing their width*
- d back-boards are positioned on the ground at right angles to the goal side-boards and parallel to the back-line, and are fixed to the end of the goal side-boards*
- e side-boards and back-boards are of a dark colour on the inside.*

1.7 Nets:

- a the maximum mesh size is 45 mm
- b attachment to the back of the goal-posts and cross-bar is at intervals of not more than 150 mm
- c the nets hang outside the goal side-boards and back-board if fitted
- d the nets are secured so as to prevent the ball passing between the net and the goal-posts and cross-bar and between the net and the side-boards and back-boards if fitted

- e the nets are fitted loosely to prevent the ball rebounding.

Figure 2 : Goal



Goal Dimensions

Code	Metres	Code	Metres
A	3.00	E	minimum 0.80
B	2.00	F	0.080
C	0.46	G	0.080
D	minimum 1.00		

1.8 Benches and table:

- a a bench for each team is placed outside and along one side of the pitch
- b a table for timekeeping is placed outside and at the centre of the pitch on the same side as and between the team benches.

The position of the benches and table must not be dangerous to players or umpires.

2 Stick

The following specification has applied to all hockey with effect from 1 September 2013. However, National Associations are requested to use discretion when applying this specification at lower hockey playing levels where it is reasonable to permit continued use of sticks meeting the previous specification.

The change to the maximum length of a hockey stick applies with effect from 1 January 2015.

All measurements are made and other specifications assessed with any coverings or additional fixings attached to the stick (that is, with the stick in the form in which it is used on the field).

- 2.1 This section specifies the properties of the stick. Properties outside the specifications are not permitted. Although the properties are described as explicitly as possible, the FIH reserves the right to prohibit any stick which, in the opinion of the FIH Rules Committee, is unsafe or likely to have a detrimental impact on playing the game.

Figure 3: The stick

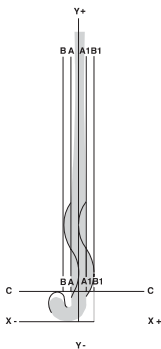
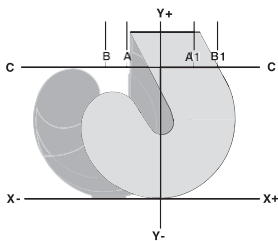


Figure 4: The Head of the stick



- 2.2 The shape and dimensions of the stick are tested by placing the stick playing side downwards on a flat surface marked with the lines shown in figures 3 and 4. Lines A, A1, B, B1 and Y are parallel and are perpendicular to lines C and X. The dimensions in figures 3 and 4 are:

line A to line A1	51 mm
line A to line B	20 mm
line A1 to line B1	20 mm
line A to line Y	25.5 mm
line C to line X	100 mm

- 2.3 The stick has a traditional shape, consisting of the handle and the head:

- a the stick is positioned in figures 3 and 4 so that the line Y passes through the centre of the top of the handle; the handle of the stick starts at line C and continues in the direction Y+.
- b the base of the head of the stick is positioned touching line X; the head of the stick starts at line X and terminates at line C.

- 2.4 The stick is assessed with any covering, coating or fixing belonging to the stick.

- 2.5 In any of the specifications below, the following definitions apply:

- a "smooth" means without any rough or sharp parts. The surface must be even and regular, free from perceptible projections or indentations and not rough, wrinkled, pitted, grooved or scored. No edge shall have an angle with radius smaller than 3 mm.

- b “flat” means without any curved, high or hollow parts having a radius smaller than 2 m, transforming smoothly to an edge with a radius not smaller than 3 mm.
 - c “continuous” means all along the defined subject without interruption.
- 2.6 The playing side of the stick is the entire side shown in figures 3 and 4 and the edges of that side.
- 2.7 The transition from handle to head must be smooth and continuous without any unevenness or other discontinuity.
- 2.8 The head must be a ‘J’ or ‘U’ shape the upturned or open end of which is limited by the line C.
- 2.9 The head is not limited between lines C and X in the direction X- or X+.
- 2.10 The head must be flat on the left hand side only (the side which is to the player’s left when the stick is held with the open end of the head pointing directly away from the player’s front, ie the side shown in the diagrams).
- 2.11 A single convex or concave deviation with a smooth continuous profile and of maximum 4 mm at any point is permitted across the otherwise flat playing side of the head of the stick and any continuation of it along the handle.

Deviation is tested by placing a straight edge of length 53mm across the stick at any point along the playing side and using a standard pointed depth gauge; the device used to measure bow or rake and shown in figure 6 can also be used for this purpose. The depth of concave curvature below the straight edge must not exceed 4 mm.

Other indentations or grooves are not permitted on the playing side of the stick.

- 2.12 The flat playing side of the head of the stick and any continuation of it along the handle must be smooth.
- 2.13 A twist or twists along the flat playing side of the stick from the head and any continuation of it along the handle are not permitted; ie the intersection of the plane comprising the flat playing side of the stick with any plane comprising all or part of the flat side of the handle must remain parallel to line C-C.
- 2.14 It is permitted for the handle to be bent or curved to protrude beyond the line A once only to the limiting line B at maximum or but not also to be bent or curved to protrude beyond the line A1 once only to the limiting line B1 at maximum.
- 2.15 Any curvature along the length of the stick (the bow or rake) must have a continuous smooth profile along the whole length, must occur along the playing side or the back of the stick but not both and is limited to a depth of 25 mm. The point of maximum bow must not be closer to the base of the head (line X in figure 3) than 200mm. Multiple curves are not permitted.

The stick is laid playing side downwards on a flat surface in its natural resting position as shown in figure 5. The device shown in figure 6 is used to measure the bow or rake and is placed with its base on the testing surface. The 25mm high end of the device must not pass freely more than 8mm under the stick at any point; ie this end of the device must not pass freely under the stick to the extent that the edge of the stick touches the remaining part of the device.

Figure 5: Maximum bow measurement

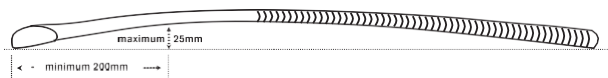
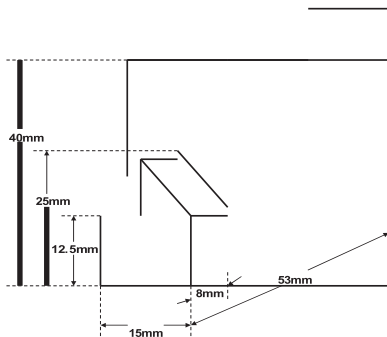


Figure 6 : Device for measuring stick bow or rake



- 2.16 The edges and the non-playing side (back) of the stick must be rounded and must have a continuous smooth profile. Flat sections along the edges or back of the stick are not permitted.

Smooth and shallow undulations or indentations on the back of the handle are permitted to a maximum depth of 4 mm. No undulations or indentations are permitted on the back of the head of the stick.

- 2.17 Inclusive of any additional coverings used, the stick must pass through a ring with an interior diameter of 51 mm.

- 2.18 The total weight of the stick must not exceed 737 grams. The length of the stick as measured from the top of the handle to the bottom of the head of the stick (line X in Figure 3) shall not be more than 105 cm.
- 2.19 Ball speed must not be greater than 98% of stick head speed under test conditions.

Ball speed is determined over a series of 5 tests at a stick speed of 80 km/hour in the simulator of an FIH approved laboratory. Ball speed is calculated from the time the ball passes two measuring points and is expressed as a ratio to the specified stick speed. FIH approved hockey balls are used. The test is carried out at prevailing laboratory conditions with a temperature of approximately 20°C and relative humidity of approximately 50%.

- 2.20 The entire stick must be smooth.

Any stick which poses a potential risk for players is prohibited.

- 2.21 The stick and possible additions may be made of or contain any material other than metal or metallic components provided it is fit for the purpose of playing hockey and is not hazardous.
- 2.22 The application of tapes and resins is permitted provided that they are not hazardous and that the stick conforms to the specifications.

3 Ball

3.1 The ball:

- a is spherical
- b has a circumference of between 224 mm and 235 mm
- c weighs between 156 grams and 163 grams
- d is made of any material and coloured white (or an agreed colour which contrasts with the playing surface)
- e is hard with a smooth surface but indentations are permitted.

4 Goalkeeper's equipment

4.1 Hand protectors:

- a each have a maximum width of 228 mm and length of 355 mm when laid flat, palm upwards
- b must not have any additions to retain the stick when the stick is not held in the hand.

4.2 Leg guards: each have a maximum width of 300mm when on the leg of the goalkeeper.

The dimensions of goalkeeper's hand protectors and leg guards are measured using gauges with the relevant internal dimensions

ADDITIONAL INFORMATION AVAILABLE

The International Hockey Federation can provide information on various topics to assist participation in the sport.

Indoor Hockey

A separate publication provides:

- the Rules of Hockey (ie outdoor/field hockey).

Indoor Facilities

Information is available about:

- providing facilities including pitches for indoor hockey.

Synthetic Fields and Lighting (Outdoor)

Information is available about:

- performance requirements
- irrigation recommendations
- guidelines for care and maintenance
- approved synthetic turf manufacturers
- installing fields and facilities
- artificial lighting.

Competition Regulations and Management

Information includes:

- roles and responsibilities of competition officials
- specification of team clothing, equipment and colours
- advertising on clothing and/on around the pitch
- interruptions of a match
- procedures for handling protests
- competition plan and ranking procedure.

Umpiring

Information of interest to umpires includes:

- grading criteria for FIH umpires
- handbook for international umpires including information about umpiring skills, competition and mental preparation and a fitness programme
- umpire managers' competition checklist including information about duties, umpire coaching, fitness testing, performance feedback and assessor forms.

Hockey Development Resources

Various materials produced by hockey participants throughout the world are available in print, on video and on compact-disk. They include:

- beginner, development and elite coaching
- school and youth programmes
- mini-hockey
- course manuals.

The information above is available on the FIH website:

www.fih.ch

or from the FIH Office :

The International Hockey Federation
Rue du Valentin 61
1004 Lausanne
Switzerland
Tel.: +41 21 641 0606
Fax: +41 21 641 0607
E-mail: info@fih.ch

Copyright © FIH 2019

The Copyright of these Rules is held by the International Hockey Federation. The contents may be reproduced or translated for distribution or resale by affiliated National Associations. Reprints must replicate the appearance of these Rules and incorporate the following text: "Reprinted with permission of the International Hockey Federation". National Associations seeking guidance on the reprinting of this Book must contact the FIH Office.



International Hockey Federation
Rue du Valentin 61
CH-1004 Lausanne, Switzerland
Tel. : +41 21 641 0606
Fax : +41 21 641 0607
info@fih.ch
www.fih.ch