



# Rules of Indoor Hockey

2000

**International Hockey Federation**  
**Avenue des Arts 1 Bte 5**  
**B-1210 Brussels (Belgium)**  
**Tel. + 32(2) 219 45 37**  
**Fax. + 32(2) 219 27 61**  
**E-Mail : [FIH@FIHockey.org](mailto:FIH@FIHockey.org)**  
**<http://www.FIHockey.org>**

## SEQUENCE OF THE RULES

Rule	Page
<b>I. PITCH AND EQUIPMENT SPECIFICATION</b>	
1 Pitch.....	1
2 Goals.....	5
3 The Ball.....	6
4 The Stick.....	7
5 Players' Dress and Equipment.....	10
<b>II. TEAMS, CAPTAINS AND UMPIRES</b>	
6 Teams.....	12
7 Captains.....	14
8 Umpires.....	14
<b>III. APPLICATION OF THE RULES OF THE GAME</b>	
9 Duration of Play.....	16
10 To Start and Restart the Game.....	16
11 Scoring a Goal.....	19
12 Offside.....	20
13 Conduct of Play.....	20
14 Penalties.....	23
15 Procedures for Penalties.....	24
16 Accidents/Injuries.....	31
<b>APPENDICES</b>	
A Hockey Terminology.....	32
B Rules' Interpretations.....	34
C Umpires' Signals.....	44
D Advice to Umpires.....	47
E Technical Information and Advice.....	54
F Penalty Stroke Competition Regulations.....	58
<b>INDEX</b> .....	<b>60</b>



## RULES' CHANGES

The Rules of Indoor Hockey were last revised and published in 1996. A few minor changes were made in 1997 and 1998 and notified in addenda. Various changes have also been made to the outdoor Rules in the interim. Where appropriate they have been incorporated in this Edition of the Indoor Rules.

In this respect the Hockey Rules Board (HRB) believes that the indoor and outdoor Rules of Hockey should be consistent except when one of the playing codes requires a distinct difference.

However, there is a small number of more significant changes to which attention is drawn below.

**Rule 4:**                    *The stick*

After considerable discussion, the Rule has been re-worded and re-styled. Manufacturers and suppliers have been notified of the new wording and what steps need to be taken to obtain FIH approval. Such a procedure takes time. Whilst the new regulation is effective immediately, it will become mandatory that only approved sticks will be acceptable from January 2001 at international level and from January 2003 at all other levels.

**Rule 6.4a:**                *Substitution*

As in outdoor hockey, substitution (of either an attacker or defender) will now be permitted at the award of a penalty stroke.

**Rule 7.2.d:**                *Discipline*

The Hockey Rules Board confirmed that the captains' responsibility for team discipline includes their substitutes. The FIH and HRB continue to be concerned by the level of misconduct, particularly off the pitch and directed at the umpire. The FIH has sent a Code of Conduct to all National Associations.

**Rule 14.4:** *Penalties*

The indoor Rules now allow that if there is another offence by the offending team before the awarded penalty has been taken, the penalty may be progressed up to 5 metres, upgraded and/or dealt with as misconduct or reversed if committed by the previously benefiting team. Applied appropriately by umpires, this Rule can help to deal with bad discipline and other unacceptable player behaviour.

## **RULES' INTERPRETATION**

**Rule 13.1.1.b/c:** *Playing the ball*

The interpretation draws attention to the fact that a long pushing or sweeping stroke with the stick along the pitch before making contact with the ball is not permitted by the Rules. After making a push, it is also not permitted to follow through the stroke with the stick along the pitch such that the ball is dangerously propelled directly at an opponent.

**Rule 13.1.2.d:** *Ball hitting foot*

There is still concern that too many stoppages arise following the ball unintentionally hitting a player's foot. The wording of the advice has been made more positive to emphasise those circumstances under which no penalty shall be awarded.

**Rule 15.2:** *Penalty Corner*

An additional note has been added to draw attention to the possibility of any shot being dangerous if players are in the circle in front of goal.

## **EXPERIMENTAL RULES**

**Current: edge of stick (Rule 4.5.a):** A mandatory experiment has been operating in outdoor hockey for the last year

whereby players may play the ball with the edge of the stick. This experiment has been incorporated in these Indoor Rules. It is relevant indoors, for example the edge is sometimes used in a dragging motion to push the ball or in making a tackle with the stick very low and parallel to the pitch. Because the ball must not be hit indoors, the impact on the stick will not be great. Nevertheless, players should be aware that the majority of sticks in use have not been made for playing the ball in this way and manufacturers may refuse replacement in case of breakage as a consequence of using the edges for playing the ball. Outdoors the experiment is controversial because the ball may be hit with the edge of the stick and there is a concern about potential danger. However, this is not relevant indoors. Therefore it is believed that this experiment is less controversial for indoor hockey but opinions are sought so that all views can be considered when a decision about this experimental rule is finally made in the next year.

**Future: penalty corner (Rule 15.2):** There has been much comment about the danger involved with the existing Penalty Corner Rule. Therefore, trials are being conducted in outdoor hockey to test a possible alternative which might be safer and less of a penalty when an unintentional foul has been committed. In due course the HRB will review feedback from trials and will be making decisions accordingly. The implications for indoor hockey will also be considered by the HRB but no change has been made in the current Indoor Rules relating to the penalty corner. However, views are welcome on this subject.

## PROTECTIVE EQUIPMENT

The safety of players is of paramount importance to the FIH, the HRB and those involved with the Rules of the game. It will take time to establish specifications which will meet the developing and varied national standards.

In the meantime, the HRB asks all National Associations who can afford to enforce the wearing of permitted protective clothing to do so. It is particularly important that young

people taking up hockey, and their coaches, are aware of the potential dangers and what they can wear to reduce them.

Hand protectors for goalkeepers, whether made in a single piece or otherwise, are accepted provided that goalkeepers are able to hold the stick in at least one hand and no attachments are permitted to hold the stick when not in the hand. There must be no danger to either the wearer or other players.

## **RULES' APPLICATION**

Although a players' game, hockey at all levels is even more enjoyable when it is played in the right spirit and supported by competent umpires. The International Hockey Federation and the Hockey Rules Board are concerned that the standard of umpiring should keep pace with other developments in the game. All involved are asked to put in hand umpiring development programmes to ensure that the Rules are as effective as intended. The penalties available within the Rules should be applied strictly but fairly and sympathetically.

## **CONCLUSION**

The challenges and opportunities facing hockey, both indoor and outdoor, over the next few years will require attention of all involved in the game, at whatever level they are involved. The Rules will be only one part of meeting the future, and the Hockey Rules Board will play its part in keeping the game in the forefront of sport.

---

**26 Stompond Lane  
Walton-on-Thames  
Surrey KT12.IHB  
England**

**George Croft  
Secretary  
Hockey Rules Board**

The Rules and Guidance within this Book apply to all indoor hockey players and umpires. The date of their implementation at national level is left to National Associations. They

will be effective for inter-nations competition from 1 November 2000.

The Rules are issued under the Authority of the Hockey Rules Board on behalf of the International Hockey Federation.

The Copyright of this Rules Book is held by the International Hockey Federation. The contents of this Book may be reproduced or translated for distribution or resale by National Associations in good standing. Reprints should replicate the appearance of this Rules Book and incorporate the following text: "Reprinted with permission of the International Hockey Federation". No additional reference to the Secretary of the Hockey Rules Board is required. National Associations seeking guidance on the reprinting of this Book should contact the FIH Communication Department in Brussels.

Rules Books should be ordered from the International Hockey Federation, except for those with addresses in the UK who should direct orders to the English Hockey Association. Cheques for the Rules Book, at £2.00 each, should be made payable to the International Hockey Federation, or for UK orders to the English Hockey Association. Additional Postage charges apply. See the back of the Book for detailed ordering information.

---

## **Membership of the Hockey Rules Board, 2000**

**M H Atif (Chairman)**

**K G D Croft (Secretary)**

**R L Webb (Assistant Secretary)**

**Seif El Dine Ahmed**

**Mrs A Bose**

**E Donegani**

**E Guelfand**

**Miss J Mohlmann**

**Mrs R Pascoe**

**Mrs E Raistrick**

**A Renaud**

**G Vijayanathan**

**E S Wall**

**H J Wöltje**



# I. PITCH AND EQUIPMENT SPECIFICATION

**1 PITCH<sup>(1)</sup>** See plan on page 3

## 1.1 The pitch is rectangular:

- a. length not less than 36 metres nor more than 44 metres
- b. width not less than 18 metres not more than 22 metres

*Whenever possible, maximum pitch width should be used to ensure the circle-lines meet the back-lines before they reach the side-boards.*

- c. clearly marked with lines in accordance with the plan.

## 1.2 All lines are 5 centimetres wide, part of the pitch and marked throughout their length in a colour different from the colour of the pitch:

- a. the longer sides of the pitch consist of side-boards with a cross-section of 100mm x 100mm inclined by about 10mm towards the pitch

*The side-boards to be made of wood (or materials with similar physical properties) and not to have fasteners or supports which could be dangerous to players or umpires.*

- b. the shorter end (18 to 22 metres) lines are called the back-lines
- c. the parts of the back-lines between the goal-posts are called the goal-lines.

*It is recommended that minimum "run-off" areas be provided outside the back-lines (3 metres) and side-boards (1 metre).*

---

<sup>(1)</sup> Information about the specification of pitch surfaces is included in Appendix E to these Rules

### 1.3 Other markings :

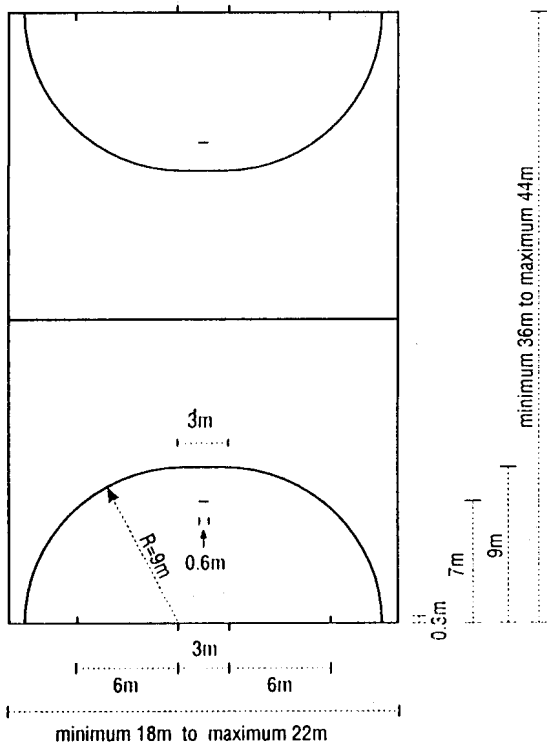
- a. centre-line across the pitch
- b. lines 300mm long are marked inside the pitch on each back-line on both sides of the goal at 6 metres from the outer edge of the nearer goal-post, such distance being to the further edge of these lines
- c. lines 150mm long are marked outside the pitch on each back-line 1.5 metres from the centre of the back-line, such distance being to the nearer edge of these lines
- d. penalty spots 100mm in diameter, or lines 600mm in length and parallel to the goal-line, are marked in front of the centre of each goal with the centre of each spot or line 7 metres from the inner edge of the goal-line.

### 1.4 The shooting circles :

- a. lines are marked inside the pitch, 3 metres long, parallel to and 9 metres from the back-lines, the 9 metres to be measured from the outside of the back-line to the outer edge of the lines
- b. these lines are continued uninterrupted each way to meet the back-lines in the form of quarter-circles with centres at the inside front corner of the nearer goal-posts
- c. these lines are called the circle lines; the spaces enclosed by these lines, including the lines themselves, are called the shooting circles (referred to in these Rules as "the circle").

### 1.5 No marks other than those described in this Rule shall be made on the playing surface.

- 1.6 A bench for each team and a table for the time-keeper(s) to be placed outside the pitch along either of the side-boards.



*The table to be placed if possible at the centre-line with one team bench on each side. The table to be provided with protective boards. Chairs for suspended players to be placed close to the table. The table and benches to be placed on the same side of the pitch and not to hinder players and umpires. All team equipment to be placed behind the benches. For each half of the game teams occupy the bench nearest the goal they are defending.*

## **2 GOALS**

### **2.1 At centre of each back-line :**

- a. goal-posts and crossbar to be white, rectangular, not more than 80mm wide and deep
- b. vertical goal-posts 3 metres apart (inside measurement)
- c. goal-posts must be placed on the external mark and have their front face touching the outer edge of the back-line
- d. horizontal crossbar 2 metres from the pitch (inside measurement) fixed to the goal-posts
- e. goal-posts not to extend upwards beyond the crossbar
- f. crossbar not to extend sideways beyond the goal-posts.

*The shape of both posts and crossbar must reflect the requirements of the relevant national legal standards.*

### **2.2 Goal Sideboards :**

- a. length 1 metre (minimum); height 460mm
- b. positioned on the pitch at right angles to the back-line, fixed to the back of the goal-posts but not increasing their width, and to the ends of the backboard
- c. painted in a dark colour on the inside.

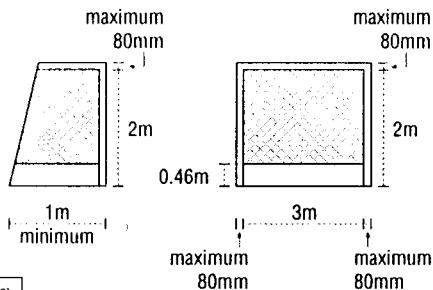
### **2.3 Backboards :**

- a. length 3 metres, height 460mm
- b. positioned on the pitch at the end of the sideboards.
- c. painted in a dark colour on the inside.

## 2.4 Nets :

- attached at intervals of not more than 150mm to the back of the goal-posts and crossbar, and be outside the backboard and sideboards
- shall be secured in such a manner as to prevent the ball passing between them and the goal-posts, crossbar, side-boards and back-boards
- fitted loosely to prevent the ball rebounding
- mesh not more than 38mm.

*For games under their control, national associations may allow deviations in the width of lines, prohibition of other marks, the stipulation that goal-posts touch the outer edge of goal-lines (in which case they shall touch the inner edge of goal-lines). The obligation to have goal back-boards and goal side-boards is not obligatory at International or National level, provided the nets are secured so as not to interfere with play.*



## 3 THE BALL<sup>(2)</sup>

### The ball :

- shall be spherical, hard and of any material

<sup>(2)</sup> Information about balls for playing indoor hockey is included in Appendix E to these Rules.

- b. weight: minimum 156 grammes, maximum 163 grammes
- c. circumference: minimum 224mm, maximum 235mm
- d. surface: smooth
- e. colour: white or as agreed.

## **4 THE STICK**

### **4.1 Shape**

- a. the stick shall have a straight handle and a curved head
- b. the stick shall have a smooth flat face on the lower part of its left-hand side only (playing side)
- c. a stick with a deviation of up to 20mm from either edge of the face or the handle is acceptable (distance A-B and/or A1-B1 in the diagram)
- d. the curve of the head, as measured vertically from the lowest part of the flat face parallel to the handle shall not exceed 100mm (distance C-D in the diagram)
- e. the stick shall have a smooth transition from the handle to the head
- f. the back of the stick or right-hand side or non-playing side is the remainder for the whole length. It shall be smooth and rounded
- g. all edges shall be rounded.

### **4.2 Materials and colour**

- a. the stick and possible additions may be made of or contain (wood or) any material other than metal or metallic components, provided it is fit for the purpose of playing hockey and is no risk to health

- b. tapes and resins may be applied provided the surface remains smooth.

#### 4.3 Size and weight

- a. inclusive of any additional coverings used, the stick shall pass through a ring having an interior diameter of 51mm
- b. the total weight shall not exceed 737 grams

#### 4.4 Ball speed/stick speed ratio

- a. ball speed shall not be higher than 98% of stick speed

##### ***Method of Testing***

*Ball speed is determined at a stick speed of 80km/hour (5 times) in the simulator of one of the FIH approved laboratories.*

*Ball speed is calculated from the time the ball needs to pass two measuring points and is expressed as a ratio to the stick speed mentioned.*

*FIH approved hockey balls are used.*

*The test is carried out at prevailing laboratory conditions: temperature approximately 20°C and relative humidity approximately 50%.*

*Manufacturers will be invited to submit (proto)types of sticks for testing and to send the results to FIH for approval. FIH retains the right to test randomly for control purposes.*

#### 4.5 Playing side

- a. the playing side is the whole of the flat face and that part of the handle for the whole of the length which is above the flat face



### ***Mandatory Experiment***

- a. the playing side is the whole of the flat face and the edges and that part of the handle for the whole of the length which is above the flat face and the edges

#### **4.6 Diagram**

- a. the diagram describes the stick placed with the top of the stick to the positive X-axis and the curved part of the head to the positive Y-axis
- b. the face of the stick is the part seen in the diagram; the back of the stick is the part not seen in the diagram (including edges)
- c. distance A-B is 20mm maximum
- d. distance C-D is 100mm maximum

#### **4.7 Limitation**

- a. the FIH shall retain the traditional shape of the stick and has the right to prohibit shapes which in its opinion deviate therefrom. The FIH also reserves the right to prohibit any type of stick which, in the opinion of the Hockey Rules Board, has been found demonstrably unsafe or likely to have a detrimental impact on the playing of the game

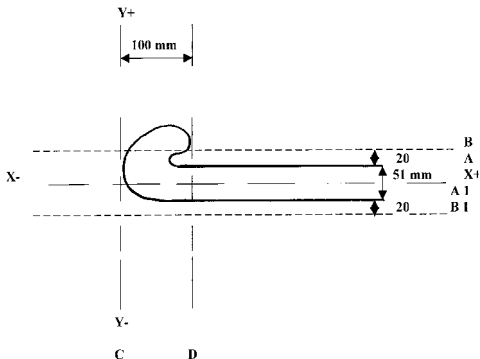
#### **4.8 Liability**

- a. players shall ensure that their equipment does not, by virtue of its quality, materials or design, constitute a danger to themselves or to others
- b. the FIH shall not be liable for any consequences deriving from the choice of the equipment used by the players, nor for any defects it may have or its non-compliance. Any verification of equipment that might have been conducted before the game is limited to ensuring compliance of

the overall external appearance of that equipment with purely sporting requirements.

*The stick has had a traditional shape and this will be retained. No particular design has been approved, but the introduction of new, more extreme shapes will not be permitted.*

*The Hockey Rules Board will continue to watch closely the performance of traditional and non-traditional materials and will restrict and/or forbid their use if they result in changes to the characteristics of the game or in danger to players.*



## 5 PLAYERS' DRESS AND EQUIPMENT

### 5.1 Players

- of the same team shall wear uniform clothing approved by their Association or Club
- shall not wear anything that may be dangerous to other players

- c. shall only wear indoor footwear without protruding studs and bars and with clean soles.

*Field players are strongly recommended to wear shin/ankle and mouth guards.*

## 5.2 Goalkeepers

- a. shall wear over any upper body protectors a shirt or garment of a colour different from that of their own team and of their opponents
- b. must wear secured protective headgear except when taking (not defending) a penalty stroke and except when outside the circle temporarily taking part in the game as a field player.

*Appropriate protective headgear: a helmet, incorporating fixed full-face protection and cover for all the head including the back and the throat is strongly recommended. A helmet designed and approved for use in Ice Hockey will usually meet the needs of most goalkeepers.*

*Goalkeepers are also strongly recommended to wear other protective equipment (for example to protect the body, hand, elbow, thigh, knee, etc.) at all times. The following are permitted for their use only: body protectors, leg guards, kickers, hand protectors, and protectors for thigh, upper arm, forearm and elbow.*

- c. leg guards, kickers, hand protectors: no rough edges or protrusions are permissible
- d. leg guards: each a maximum 300mm wide when on the legs of the goalkeeper
- e. hand protectors: maximum 228mm wide when laid flat, face upwards; maximum 355mm long

measured from the base to the extremity of the hand-protector; no additions to enable the stick to remain attached to the hand protector when not being held in the hand

- f. shall not wear clothing or equipment additional to that permitted or which will artificially increase the size of their body.

## II. TEAMS, CAPTAINS AND UMPIRES

### 6 TEAMS

- 6.1 A game shall be played between 2 teams of not more than 12 players each, but not more than 6 players of each team shall be on the pitch at the same time. Each team is permitted to substitute from the maximum of 12 players.
- 6.2 If any team has fewer than 4 players on the pitch, or permitted on the pitch, the umpires shall stop the game, the opposing team to be the winner.
- 6.3 A player leaving the pitch, unless being substituted, may not return without the agreement of an umpire.

#### 6.4 Substitution:

- a. only permitted when:
- the ball is outside the pitch over the back-line or goal-line
  - a goal has been scored
  - a penalty stroke has been awarded
  - play is to restart after an unsuccessful penalty stroke

- play is to restart after half-time
- time has been stopped for an injury, when only the injured player may be substituted

*Substitution is not permitted, except for injury to or suspension of the defending goalkeeper, after the award or during the taking of a penalty corner.*

- b. no limit to the number of players who may be substituted at the same time nor to the number of times any player may substitute or be substituted
- c. a player who is substituted must return to the team bench before being eligible to substitute again
- d. substitution of a player may be made only after a player from the same team has left the pitch
- e. time shall not be stopped for substitutions except for injuries
- f. substitutes shall not be permitted for suspended players during their suspension
- g. after completing a suspension, a player may be substituted without first returning to the pitch
- h. players leaving or entering the pitch shall do so at or near the centre-line on the side of the pitch where team benches are located.

#### **6.5 Each team must have one goalkeeper on the pitch:**

- a. an incapacitated or suspended goalkeeper shall be replaced immediately by another goalkeeper
- b. where no substitute goalkeeper is available, the field player replacing the goalkeeper must wear protective headgear when defending

penalty corners and penalty strokes and a shirt of a colour different from those of either team and shall be permitted to put on, without time-wasting, other protective equipment

- c. during the suspension of a goalkeeper, the team must have one less player on the pitch.

**6.6 During play only players and umpires may be on the pitch unless authorised by the umpires.**

## **7 CAPTAINS**

**7.1 Each team must have a captain on the pitch who must wear a distinctive arm-band.**

**7.2 Captains shall :**

- a. toss a coin; the winner shall have choice of ends or possession of the ball to start the game
- b. indicate to the umpires any replacement captain
- c. be responsible for the substitution of players
- d. be responsible for the behaviour of all their team players including substitutes.

*A breach of b, c or d should be regarded as misconduct.*

## **8 UMPIRES AND TIMEKEEPERS**

Two umpires shall control the game and apply the Rules; they are the sole judges of fair play. Players and substitutes, whether on or off the pitch, including any period of temporary or permanent suspension, are under the jurisdiction of the umpires.

### **8.1 Umpires shall be :**

- a. primarily responsible for the decisions in their half of the pitch, for the whole of the game without changing ends
- b. responsible for ensuring that the full or agreed time is played if timekeepers are not appointed and for indicating the end of the first half and of the game if time is prolonged for the completion of a penalty corner
- c. solely responsible for decisions on the ball going out of play for the full length of their nearer side-board and back-line
- d. solely responsible for decisions on penalty corners, penalty strokes and goals in their own half and free pushes in their own circle
- e. responsible if timekeepers are not appointed for keeping a written record of goals scored and warnings/suspensions
- f. debarred from coaching during a game and during half-time.

### **8.2 Umpires shall blow the whistle to :**

- a. start and end each half of the game
- b. enforce a penalty
- c. start and end a penalty stroke
- d. indicate, when necessary, that the ball has passed wholly outside the pitch
- e. signal a goal
- f. re-start the game after a goal has been scored or awarded
- g. re-start the game after a penalty stroke in which a goal was not scored or awarded
- h. stop the game for any other reason and re-start after such a stoppage.

*Appointed timekeepers shall take over the following duties from the umpires:*

- *keep time and indicate the end of each half of the game*
- *keep a written record of goals scored and players suspended*
- *be responsible, in co-operation with the umpires, for the control of players who have been suspended.*

### III. APPLICATION OF THE RULES OF THE GAME

#### **9 DURATION OF PLAY**

Two periods of 20 minutes each unless otherwise agreed:

- a. half-time: 5 minutes: teams change ends and benches
- b. each half starts when the umpire blows the whistle for the centre pass.

*For competitions within their jurisdiction, National Associations may vary the duration of play.*

#### **10 TO START AND RE-START THE GAME**

10.1 Centre pass :

- a. played from the centre of the pitch
- b. a push may be played in any direction; all players other than the player making the pass shall be in their half of the pitch



- c. made at the start of the game, by a player of the team which did not choose ends
- d. after half-time, by a player of the team which did not start the game
- e. after a goal, by a player of the team against which the goal was scored or awarded.

### **10.2 Centre pass and putting the ball back into play :**

- a. all opponents at least 3 metres from the ball
- b. when taken inside the circle by the defence, no player of the opposing team shall be within the circle
- c. when taken within 3 metres of the circle by the attack, all players of both teams other than the taker to be at least 3 metres from the ball
- d. the ball must be stationary
- e. the ball to be pushed along the pitch
- f. the ball must move at least 100mm
- g. after playing the ball, the player may not do so again nor remain or approach within playing distance of it until it has been played by another player

### **10.3 Ball outside the pitch :**

When the ball passes completely over the side-board or back-line it shall be out of play and it or another ball shall be used to re-start play.

#### **10.3.1 Over the side-board :**

- a. within 1 metre of the spot where the ball went out of play; if that spot is within the circle, taken outside the circle within 1 metre of where the circle joins the side-board
- b. the player playing the ball is not required to be wholly inside or outside the side-board
- c. taken by a player of the opposing team.

### **10.3.2 Over the back-line :**

by the attack when no goal is scored:

- a. anywhere in the circle
- b. taken by a defender.

### **10.3.3 Over the back-line :**

unintentionally by the defence when no goal is scored :

- a. anywhere in the circle
- b. taken by a defender.

### **10.3.4 Over the back-line :**

intentionally by the defence (but see actions allowed by goalkeepers) when no goal is scored:

- a. on the back-line from a spot 6 metres from the outer edge of the nearer goal-post on whichever side the attacking team prefers
- b. taken by an attacker.

*This is a penalty corner.*

## **10.4 Bully :**

### **10.4.1 The game shall be re-started with a bully when :**

- a. the ball in play has to be replaced
- b. there is a simultaneous breach of the Rules by players of both teams
- c. the ball is lodged in a goalkeeper's leg guard or player's or umpire's clothing
- d. when time has been stopped for an injury or any other reason and there has been no offence.

#### 10.4.2 The bully :

- a. on a spot chosen by the umpire but not within the circle; if the incident occurs in the circle, on a spot 50mm outside the circle in front of the centre of the goal
- b. a player of each team shall face one another with their own back-line to their right
- c. ball shall be on the pitch between the two players
- d. the two players tap with their stick the pitch to the right of the ball then the flat face of the opponent's stick over the ball, three times alternately, after which either player may play the ball to put it into play
- e. all other players at least 3 metres away until the ball is in play.

### **11 SCORING A GOAL**

- a. a goal is scored when the ball is played in the circle by an attacker and does not go outside the circle before passing completely over the goal-line and under the crossbar
- b. the ball may be pushed along the pitch or flicked, scooped or deflected into the air for a shot at goal; when the ball is played the player's stick must be on the pitch
- c. the ball may be played by or touch the stick or body of a defender before or after being played in the circle by an attacker
- d. after a stoppage of play inside the circle, the ball must again be played from inside the circle by an attacker before a goal can be scored

- e. a goal shall be awarded if a goalkeeper breaches the Penalty Stroke Rule preventing a goal being scored
- f. the team scoring the greater number of goals shall be the winner.

## **12 OFFSIDE**

There is no offside in indoor hockey.

## **13 CONDUCT OF PLAY**

Unless played with consideration for others, indoor hockey can be a dangerous game. This Rule prohibits or explains actions which affect the safety of all players.

**Players shall not :**

### **13.1.1 Use of stick and playing equipment**

- a. play the ball intentionally with the back of the stick
- b. hit the ball
- c. raise the ball off the pitch except for a shot at goal
- d. take part in or interfere with the game unless they have their stick in their hand
- e. play the ball above shoulder height with any part of the stick
- f. lift their sticks over the heads of players
- g. raise their sticks in a manner that is dangerous, intimidating or hampering to other players when approaching, attempting to play or playing the ball

- h. play the ball dangerously or in such a way as to be likely to lead to dangerous play

*A ball is dangerous when it causes legitimate evasive action by a player.*

- i. hit, hook, charge, kick, shove, trip, strike at or personally handle other players or their stick or clothing
- j. throw any object or piece of playing equipment on to the pitch, at the ball, at another player, or at an umpire.

### 13.1.2 Use of body, hands, feet by players other than goalkeepers

- a. stop or catch the ball with the hand

*There is nothing to prevent players using their hands to protect themselves from dangerously raised balls.*

- b. play the ball while lying on the pitch or while intentionally placing a knee, arm or hand on the pitch other than the hand in which the stick is held
- c. intentionally stop, kick, propel, pick up, throw or carry the ball with any part of their bodies

*It is not automatically an offence if the ball hits the foot or body of a player. Players should not be penalised when the ball is played into them. It is only an offence if the ball hits the foot or body of a player and that player:*

- *moved intentionally into the path of the ball, or*
- *made no effort to avoid being hit, or*
- *was positioned with the clear intention to stop the ball with the foot or body, or*
- *gains benefit.*

- d. use the foot or leg to support the stick in a tackle
- e. intentionally enter their opponents' goal or stand on their opponents' goal-line
- f. intentionally run behind either goal
- g. hold on to goal-posts.

### 13.1.3 Obstruction

obstruct an opponent from attempting to play the ball by :

- moving or interposing themselves or their sticks
- shielding the ball with their sticks or any part of their bodies
- holding the ball against the side-boards
- physically interfering with the sticks or bodies of opponents

### 13.1.4 Time-wasting

delay play by time-wasting

### 13.2 Goalkeepers may, when the ball is inside their own circle :

- a. use their stick, kickers or leg guards to propel the ball without lifting it, or use any part of their bodies including the hands to stop but not propel or lie on the ball, provided such action is not dangerous or likely to lead to dangerous play

*It is not an offence if, when stopping a shot at goal, the ball rebounds off any part of a goalkeeper's body or equipment. A goalkeeper lying on the ball should be considered under the obstruction Rule.*

- b. play the ball while lying on the pitch

*A goalkeeper may not, while lying on the pitch, have any part of the body on the pitch outside the circle while playing the ball.*

- c. stop or deflect the ball with the stick above their shoulder unless dangerous or likely to lead to dangerous play

- d. deflect the ball over the cross-bar or around the goal-posts with the face of the stick or off any part of the body

*A goalkeeper may play the ball outside their own circle but then has no special privileges.*

- 13.3** If the ball strikes an umpire or any loose object on the pitch including any piece of playing equipment dropped unintentionally, the game shall continue.

## **14 PENALTIES**

**Advantage** : a penalty shall be awarded only when a player or team has been clearly disadvantaged by an opponent's offence.

- 14.1** A free **push** shall be awarded for:

- a. an offence by an attacker
- b. an unintentional offence by the defence outside their circle.

- 14.2** A **penalty corner** shall be awarded for:

- a. an intentional offence by the defence within their half of the pitch but outside the circle

- b. an intentional offence by a defender in the circle which neither prevents a goal being scored nor deprives an attacker of actual or likely possession of the ball
- c. an unintentional offence by the defence in their circle that does not prevent the probable scoring of a goal
- d. the defence intentionally playing the ball over their back-line
- e. a breach of the Rules concerning substitution and players' dress and equipment.

**14.3 A penalty stroke shall be awarded for:**

- a. an intentional offence by a defender in the circle to prevent a goal being scored or to deprive an attacker of actual or likely possession of the ball
- b. an unintentional offence by a defender in the circle that prevents the probable scoring of a goal
- c. persistent early breaking off the back-line by defenders at penalty corners.

**14.4 If there is another offence before the awarded penalty has been taken, the penalty may be progressed up to 5 metres, upgraded and/or dealt with as misconduct or reversed if committed by the previously benefiting team.**

## **15 PROCEDURES FOR PENALTIES**

**15.1 Free push:**

- a. more than 3 metres from the circle: close to where the offence occurred



*"Close to" allows the free push to be taken within playing distance of where the offence occurred. It is intended that no significant advantage be gained but the flow of the game maintained.*

- b. inside the circle: to the defence: anywhere within the circle; no player of the opposing team shall be within the circle
- c. within 3 metres of the circle: to the attack: close to where the offence occurred: all players of both teams other than the taker to be at least 3 metres from the ball
- d. the ball must be stationary
- e. the striker shall push the ball; it must move at least 100mm
- f. after playing the ball, the striker may not play the ball again or approach within playing distance of it until it has been played by another player
- g. no player of the opposing team shall be within 3 metres of the ball.

*If a player is standing within 3 metres of the ball in order to gain an advantage, the free push need not be delayed.*

## **15.2 Penalty corner :**

- 15.2.1
  - a. an attacker shall push the ball, along the pitch, from a spot on the back-line 6 metres from the goal-post on whichever side the attacking team prefers
  - b. the player taking the push must have at least one foot outside the pitch
  - c. no other player shall be within 3 metres of the ball

- d. the remaining attackers shall be on the pitch with sticks, hands and feet not touching the ground inside the circle
- e. the defending goalkeeper shall be in the goal; all other defenders shall be on the side of the goal opposite where the penalty corner is being taken
- f. all defenders including the goalkeeper shall be behind the back-line with their sticks, hands and feet not touching the ground inside the circle
- g. all defenders including the goalkeeper shall not touch the goal-posts for support
- h. until the ball has been played, no attacker other than the one taking the push may enter the circle, nor may a defender cross the back-line
- i. the attacker taking the push may not play the ball again nor remain or approach within playing distance of it until it has been played by another player
- j. no shot at goal shall be made until the ball be stopped or come to rest on the pitch either inside or outside the circle

*A stop shall be as nearly motionless (with movement not exceeding 50mm) as the floor will permit.*

- k. the ball may be passed or deflected by the attackers but must be stopped or come to rest on the pitch before a shot at goal is made
- l. there is no restriction on the height of the shot
- m. the attacker putting the ball into play may not score directly even if the ball is played into goal by a defender
- n. if the ball travels over the centre-line, the penalty corner Rules no longer apply.

### **15.2.2 The penalty corner may be given again when :**

- a. defenders stand with feet, hands and/or sticks touching the pitch inside the circle
- b. defenders touch the goal-posts for support
- c. defenders are within 3 metres of the ball before it is played
- d. defenders cross the back-line before the ball is played.

*Attackers deliberately, or gaining benefit from, entering the circle before the ball is played should be penalised by a free push.*

### **15.2.3 At half-time or full-time the game shall be prolonged to permit completion of a penalty corner. For this purpose the penalty corner shall be considered completed when:**

- a. a goal is scored
- b. an attacker breaches any Rule
- c. a defender commits a breach of a Rule except that if another penalty corner or penalty stroke is awarded the game shall be prolonged again to permit completion of the penalty
- d. the ball is played out of the circle over the back-line by an attacker or unintentionally by a defender
- e. the ball is played out of the circle over the circle-line or the side-board

*Note in this context that Rule 15.2.1 allows the ball to be stopped inside the circle before a shot at goal.*

### **15.3 Penalty stroke :**

#### **15.3.1 Taking :**

- a. time shall be stopped when a penalty stroke is signalled and re-started when the whistle is blown for resumption of play
- b. the player taking the stroke shall stand close to and behind the ball prior to commencing the stroke
- c. all players, other than the defending goalkeeper and the player taking the stroke,, shall stand beyond the centre-line, on the pitch, and shall not influence the situation
- d. the defending goalkeeper shall continue to wear protective headgear
- e. the defending goalkeeper shall stand with both feet on the goal-line and shall not leave the goal-line or move either foot until the ball has been played
- f. the player may not take the stroke until the controlling umpire confirms that both the stroke taker and the goalkeeper are ready and has blown the whistle
- g. the ball may be pushed, flicked or scooped from the penalty spot
- h. the ball may be raised to any height
- i. the player may touch the ball only once and subsequently shall not approach either the ball or the goalkeeper
- j. in the process of taking the stroke, the player may take one step forward but the rear foot may not pass the front one until the ball has been played
- k. the player may not feint at playing the ball
- l. the defending goalkeeper shall not remove unnecessarily any protective equipment in order solely to gain time.

### 15.3.2 Ending :

- a. a goal is scored or awarded
- b. the ball comes to rest inside the circle, lodges in the goalkeeper's leg guard, is caught by the goalkeeper, passes outside the circle or the stroke-taker breaches the Rule and a goal is not scored or awarded.

### 15.3.3 Re-starting the game after a penalty stroke :

- a. if a goal was scored or awarded : by a centre pass
- b. if a goal was not scored or awarded: a push by a defender from anywhere within the circle.

### 15.3.4 Penalties :

- a. free push: for an offence by the stroke taker, taken anywhere in the circle
- b. goal awarded: for a breach of the Rules by the goalkeeper that prevents a goal being scored
- c. penalty stroke: may be taken again for an offence by any other player of either team.

### 15.4 Personal penalties :

- a. for rough or dangerous play, misconduct (including the failure of a captain to exercise responsibilities defined in the Rules), or any intentional offence, the umpire may award the appropriate penalty and may:
  - caution the offending player
  - warn the offending player: green card
  - temporarily suspend the offending player for a minimum of 2 minutes playing time: yellow card
  - permanently suspend the offending player: red card

- b. for misconduct by players on the team bench the umpire may caution, warn, temporarily or permanently suspend the offending player; for the duration of a temporary suspension the offending team shall play with one less player; for a permanent suspension the offending team shall play for the remainder of the game with one less player
- c. temporarily suspended players shall remain silently in a place designated by the timekeeper who will start the period of suspension when the player is seated in that place; if there is no timekeeper umpires shall control the suspension
- d. when the suspension period has ended the timekeeper (or umpire) shall permit the player to resume play at the centre-line or to return to the team bench with another player immediately entering the pitch; if a penalty corner has been awarded but not completed, the suspended or replacement player may not resume play until the penalty has been completed by:
- a goal being scored
  - an attacker breaching any Rule
  - a defender committing a breach of a Rule except if another penalty corner is awarded
  - the ball being played out of the circle over the back-line by an attacker or unintentionally by a defender
  - the ball being played out of the circle over the circle-line or the side-board
- e. temporarily suspended players may rejoin their team at half-time, then return to the designated place to complete their suspension

- f. permanently suspended players shall not remain within the playing facility or its surrounds.

## **16 ACCIDENTS/INJURIES**

- a. if a goal is scored before the game is stopped it shall be allowed if it would have been scored had the accident not occurred
- b. if a player is incapacitated, the umpire may stop the game
- c. an injured or bleeding player should leave the pitch as soon as it is safe to do so and receive treatment off the pitch unless medical reasons prevent this
- d. players shall not return to the pitch until their wounds have been dressed and no player remain on, enter or re-enter the pitch wearing blood-stained clothing
- e. if an umpire is incapacitated, the game shall be stopped; if injured and cannot continue, should be replaced
- f. the game shall be re-started with a bully, with the appropriate penalty or with a centre pass if a goal was scored.

# APPENDIX A

## **HOCKEY TERMINOLOGY**

### **1 Centre pass**

The centre pass is a push in any direction from the centre of the pitch with all players in their own half of the pitch.

### **2 Playing the ball**

Playing the ball is stopping, deflecting or moving the ball with the stick and, in the case of the goal-keeper with the leg guards or kickers or deflecting with the hand protector or any part of the body in the circle.

### **3 A Stroke**

A "stroke" is executed when the ball has been moved by playing or deflecting it with the stick.

### **4 Penalty Stroke**

A "penalty stroke" is a push, flick, or scoop of the ball from the penalty spot.

### **5 Hit**

A "hit" involves a swinging movement of the stick towards the ball and **is not permitted in indoor hockey.**

### **6 Push**

A "push" moves the ball along the pitch by 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 pitch.

### **7 Flick**

A "flick" occurs when the ball is pushed and, as a result, is raised off the pitch.



- 8           **Scoop**
- A "scoop" occurs when a stationary or slow-moving ball is raised off the pitch by means of a shovel-movement of the stick, after the head of the stick is placed slightly under the ball.
- 9           **Shot at goal**
- Any permitted stroke by an attacker from within the circle towards the goal.
- 10          **Playing distance**
- Playing distance is the distance within which a player is capable of playing the ball.
- 11          **Persistent**
- Persistent means the first time and all subsequent times after a warning or penalty is given for any particular offence.
- 12          **Time-wasting**
- Time-wasting is any action or lack of action which prevents play from continuing or commencing within a reasonable time.
- 13          **Dangerous play**
- Dangerous play is any action which is dangerous to the player or another player or could lead to a dangerous situation. Such circumstances could include a raised ball, tackling from the "wrong" position, playing the ball when lying on the pitch, etc.
- 14          **Misconduct**
- Misconduct is rough or dangerous play, any delay which amounts to time-wasting, intentional offences, or any bad behaviour. Captains who fail to undertake their responsibilities satisfactorily should be penalised for misconduct.

## APPENDIX B

### **RULES' INTERPRETATIONS**

By the very nature of the game, the Rules of Indoor Hockey leave much to individual interpretation. The following explanations should ensure **more consistency and a fair opportunity for players of both teams to play the game.**

Subjects are referred to in the same sequence as the related Rules.

#### ■ REPLACEMENT OF SUSPENDED GOALKEEPERS (Rule 6.5)

A game of hockey cannot be played unless each team has a player with at least protective headgear available and shirt of a colour different from those of both teams, to act as goalkeeper. As a result, following the suspension of a goalkeeper, the captain has to choose between:

- a. replacing the goalkeeper with another goalkeeper
- b. nominating a field player who will have protective headgear available (to wear at least when defending penalty corners and penalty strokes), other protective equipment if desired, and a shirt of a colour different from those of both teams; time will be allowed for this.

If option (a) is chosen, the replacement goalkeeper enters the pitch as a substitute for a field player. Thus, the team concerned will have one less player on the pitch.

If option (b) is chosen, the team will have one less player on the pitch.

At the end of the original goalkeeper's temporary suspension, the captain again has a choice:

- to re-instate the temporarily-suspended goalkeeper. In this case, the replacement goalkeeper should be substituted by a field player in the normal manner, or should remove protective

equipment and change shirt colour to that of their team before becoming a field player. Time should be stopped while this is done.

- to continue to play with the replacement goalkeeper. In this case, another player can enter the pitch as a substitute except after the award or during the taking of a penalty corner.

### ■ RESPONSIBILITY OF CAPTAINS (Rule 7)

The responsibilities of captains are clearly defined in the Rules. The captains are explicitly responsible for the behaviour of their players on the pitch and for their team's substitutes. Umpires should not hesitate to call upon the captain when their players, including substitutes, misbehave.

A captain who does not respond should be penalised for misconduct with a warning or suspension.

### ■ TIMEKEEPERS (Rule 8.2h)

The umpires shall start each half and the timekeeper shall end each half. Timekeepers and umpires should work closely together to ensure accurate recording of goals scored and of players warned or suspended.

### ■ CENTRE PASS (Rule 10.1)

Players, other than the striker, should not cross the centre line but umpires should not be unnecessarily strict over this point.

### ■ PLAYING THE BALL (Rule 13.1.1 b and c)

A long pushing or sweeping stroke with the stick along the pitch before making contact with the ball does not constitute a legal stroke. After making a push, it is not permitted to follow through the stroke with the stick along the pitch such that the ball is dangerously propelled directly at an opponent.

A player shall not be penalised when the ball rises unintentionally off the pitch for not more than 100mm, unless an

opponent is in the direct playing line or within playing distance of the ball.

A player shall not be penalised when stopping the ball if it rises slightly off the pitch (not more than 100mm) unless an opponent within playing distance is hindered.

The stick may be used to press down a slightly raised ball to control it.

If the stick is still when the ball is received in the air a rebound in any direction is not an offence. Any deliberate movement or swinging of the stick when playing the ball in the air is an offence.

### ■ TACKLING (Rule 13.1.1 h and i)

A reverse-side tackle or one from behind the player with the ball is not permitted if there is any body or stick contact between the players concerned before the ball is played by the tackler.

Diving or sliding tackles can cause injury to tacklers and opponents. They can also cause unnecessary interruptions to the game. An illegal tackle which grounds the player with the ball should be penalised appropriately, possibly including a caution, warning or suspension. However, this must not be confused with the occasion when the player who had the ball trips over the tackler or the tackler's stick after a legitimate tackle has been made.

Note that a diving or sliding tackle will often obstruct an opponent and should be penalised on this basis.

Umpires should be strict in penalising illegal tackles from the reverse-side, from behind the player with the ball or by diving or sliding.

### ■ FOOT/BALL CONTACT (Rule 13.1.2)

This Rule should be studied carefully so that players and umpires understand it is not automatically an offence if the ball hits the foot. On most of the occasions when a ball hits

a foot an offence will not have taken place and the game should continue.

The note to the Rule explicitly points out that it is **only** an offence if the ball hits the foot or body of a player and that player moved **intentionally** into the path of the ball, made no attempt to avoid the ball or was positioned with the clear **intention** to stop the ball with the foot or body (e.g. to stop the ball going into the goal) or **gains benefit**.

If umpires apply these interpretations accurately and consistently there will be fewer, unnecessary and incorrect, interruptions to the game unless a clear and significant advantage has been obtained by a player playing the ball with their foot. Although the guidance notes associated with this Rule have changed, the actual wording of the Rule itself has not. The changes in the guidance notes and in the Rules' Interpretations above together with the comments in the Preface to the Rules are intended to promote a wide understanding of the true intention of this Rule.

Umpires should also carefully note the related Rules' Interpretations concerning the Manufactured Foul (Rule 13) later in this section.

### ■ OBSTRUCTION AND INTERFERENCE (Rule 13.1.3)

This note describes two primary playing circumstances: the stationary player and the moving player.

#### **The Stationary Player**

The principles are:

- the receiving, stationary, player may be facing in any direction
- the onus is on the tackler to move into position, for example usually to move round the receiver to attempt a legitimate tackle
- the tackler must not crash into the receiver and thereby try to claim obstruction; such action should be firmly penalised possibly with a suspension.

Having collected the ball the receiver may move away in any direction (except, of course, bodily into the tackler).

### **The Moving Player**

The variations in this instance are many but the principles are:

- the onus is on the tackler to be in, and if necessary move to, a position from which a legitimate tackle can be made. Once in the correct position the following conditions must also be satisfied before obstruction can occur.
- there must be an intention to make a tackle. In essence the tackler must be attempting to move the stick towards the ball.
- the timing of the tackle must be precise because, until the tackler is in a tackling position and intending to make the tackle, the player with the ball may move off with the ball in any direction (except bodily into the tackler).

This interpretation of obstruction allows players to receive a ball, play or pass it in any direction, and only to be penalised if obstruction takes place at the time a properly placed tackler tries to make the tackle.

However, umpires should careful note certain forms of obstruction which are often incorrectly overlooked. In particular, preventing a legitimate tackle by intentionally shielding the ball with the body or leg is obstruction. Stick obstruction and interference is prohibited; no player may strike at or interfere with an opponent's stick. The player with the ball may not use the stick to shield or protect the ball from a legitimate tackle. Shielding or holding the ball against the sideboards is prohibited.

Umpires should also look out for "third party" or "shadow" obstruction. Players who run in front of or block an opponent to deny them the legitimate and feasible opportunity to play the ball are obstructing. This can happen, for example, at penalty corners when attackers run across or block defenders including the goalkeeper.

A sliding or diving tackle may also lead to obstruction either in its execution or once the player concerned is on the ground.

It is important for umpires to be vigilant in observing the obstructions referred to in the preceding paragraphs. Players gain unfair benefit and opponents can become frustrated if the obstructions described are not penalised.

#### ■ TIME-WASTING (Rule 13.1.4)

Having taken up a proper position with the ball and with other players in their correct positions, a player is time-wasting if an unreasonable amount of time elapses before the ball is put into play. This also applies after the whistle has been blown to start a penalty stroke.

#### ■ MANUFACTURED FOUL (Rule 13)

Play is often interrupted too many times during a game. Some of these interruptions result from offences which have been manufactured so that an opponent has been forced into unintentionally offending. Examples are:

- forcing an opponent into an obstructive position, often emphasised by running into an opponent or by waving the stick over an opponent's head. This action should be penalised.
- playing the ball clearly and intentionally into an opponent's foot, leg or body. In these cases the umpire may decide to let play continue or penalise the player who played the ball into the opponent.

Umpires should be vigilant in observing manufactured fouls such as those described above and not be tempted to blow obstruction in the first instance and feet in the second. Applying these interpretations strictly will discourage players from attempting to manufacture fouls.

## ■ BALL PLAYED INTENTIONALLY OVER OWN BACK-LINE (Rule 14.2 d)

A penalty corner should be awarded if the defence intentionally plays the ball over their back-line. Goalkeepers are permitted by Rule 13.2d intentionally to deflect the ball with their stick or any part of their body only over the cross-bar or around the goal-posts.

Defenders must show by their actions that it is not their intention to play the ball over the back-line. If a defender plays the ball in such a way that it can only finish up going out of play over the back-line, a penalty corner should be awarded.

Consistency of interpretation throughout the game and at both ends is of particular importance in view of the penalty involved.

## ■ FREE PUSH (Rule 15.1)

The Rules require that a free push is taken close to where the offence occurred and that the ball must be stationary before it is pushed.

Regarding the appropriate place, teams which gain an advantage should be penalised. Regarding the stationary ball, there should be a little leniency if a legitimate attempt has been made to make the ball stationary.

The ball must be moved at least 100mm. If it is not and another player of the same team plays it or an opponent is prevented from playing it, a penalty should be awarded against the team taking the free push.

A long pushing or sweeping stroke with the stick along the pitch before making contact with the ball is prohibited. In making the push the stick must be placed close to the ball. After making the push a player may not follow through with the stick.

Although players of the opposing team are required to be at least three metres from the ball when the free push is taken, they must be given sufficient time to move there before they are penalised. The free push does not have to be delayed



until they are. Such action would be detrimental to the flow of the game.

However, players of the opposing team who delay the taking of a free push (for example by not withdrawing three metres, by knocking the ball away, by handling the ball before returning it) should be penalised as appropriate. Persistent offences of this type should be penalised severely.

A free push should not be penalised when the ball lifts slightly off the pitch (less than 100mm) if the intention to play along the pitch is clear and the free push itself is not dangerous, leading to dangerous play, or by being off the pitch cannot be legitimately played by an opponent.

### ■ PENALTY CORNER (Rule 15.2)

No shot at goal shall be made from a penalty corner until the ball has been stopped or has come to rest, inside or outside the circle (unless it has travelled beyond the centre-line). The ball is considered to have come to rest even though it may be spinning on the spot, which sometimes happens on hard surfaces. There is no requirement that the ball necessarily be stopped by the stick; it could just cease to move along the pitch.

Once the ball has been shot, the penalty corner is considered ended when:

- the ball crosses the back-line or goal-line
- a further penalty, against either side, is awarded.

The ball is deemed to be in normal play after it has travelled over the centre-line. Under these circumstances there is no requirement for the ball to be stopped before a shot at goal.

The possibility of any shot being dangerous should be considered if players are in the circle in front of goal.

It should be noted that the Penalty Corner may be taken again if the defenders enter the circle too early but, if the attackers do so deliberately or gain benefit from doing so, a free push should be awarded to the defenders.

To put the ball back into play some players use a stroke which is different from the traditional push. They use a dragging action in which the ball is moved from behind the front foot and not released from the stick until it has passed the front foot. This is acceptable provided the ball is played only once.

#### ■ INTENTIONAL OFFENCES AND MISCONDUCT (Rule 15.4)

Players sometimes intentionally break the Rules to gain an advantage for their team. This includes knocking the ball away after a free push has been awarded, picking the ball up and carrying it away before returning it to the opposing team, playing the ball with the hand or above the shoulder with the stick, apparently “accidentally” colliding with an opponent or falling in front of them.

All intentional offences must be penalised by an appropriate penalty combined when necessary with a personal penalty of a caution, warning or suspension. Strict action taken early in a game will usually result in non-repetition of the offence.

If players dissent at a penalty awarded in their favour, umpires should be prepared to reverse the decision. This interpretation of the misconduct Rule is most effective. Where a decision is reversed umpires should blow the whistle again, indicate the new penalty and indicate the player causing the new decision.

If players dissent at a penalty awarded against them, it is possible either to advance a free push up to 5 metres or to increase the penalty, for example from an attackers' free push inside the defenders' half of the pitch to a penalty corner if the dissent is from the defending team. However, a penalty corner cannot be upgraded to a penalty stroke in this instance.

#### ■ SUSPENSION OF PLAYERS (Rule 15.4)

Players who break the Rules may be cautioned, warned or suspended when circumstances justify. These powers can be used in addition to other penalties awarded.

It is important that such powers are used thoughtfully and

have a clear purpose. Umpires should understand that if a card is used for an offence early in a game, a precedent has been set for the remainder of the game. It is important to think carefully before using a card.

The main purpose of cards is to communicate decisions to the other umpire, players, team and technical officials and spectators.

Some general principles apply to the use of cards. Under certain, relatively uncommon, circumstances a player could receive two green or even two yellow cards for different offences during the same game. When an offence for which a card has been awarded is repeated the same card should not be used again. When a second yellow card is awarded it would be normal for the period of suspension to be significantly longer than the first suspension. Once a yellow card has been awarded to a player that player should not be given a green card.

Any offence involving violence should not be followed by another card of the same colour. For example, a yellow card for violence must be followed by a red card for another violent offence.

Oral cautions can be given to players in close proximity without stopping the game.

Umpires should keep a note of players to whom cards have been awarded and of the duration of suspensions and should exchange and confirm this information at half-time.

It should be noted that substitutes on the bench are also under the jurisdiction of the umpires. If necessary they should be cautioned or warned. If further action is required they can be suspended from the bench either temporarily or permanently with their team playing with one less player for the duration of the suspension.

## APPENDIX C

### UMPIRES' SIGNALS

- Time start Turn towards the other umpire with one arm straight up in the air
- Time stopped Turn towards the other umpire or time-keepers and cross fully-extended arms at the wrists above the head
- Push-in from the side-board Indicate the direction with one arm raised horizontally; point downwards towards the side-board with the other arm
- Push out for behind the back-line Extend both arms horizontally sideways
- Bully Move the hands in front of the body alternately up and down across each other with the palms facing each other
- Goal scored Point both arms horizontally towards the centre of the pitch
- Advantage Extend an arm high from the shoulder in the direction in which the benefiting team is playing

- *Dangerous play and / or bad temper*      Stop play and make a calming movement by raising both hands horizontally palms downward, in front of the body, moving them slowly up and down; indicate the penalty if necessary
  
- *Free push*      Indicate the direction with one arm raised horizontally and the open hand at face level
  
- *Free hit progressed up to 5 metres*      Raise one arm vertically with fist clenched
  
- *3 metres distance*      Extend one arm straight up in the air showing an open hand with three fingers extended
  
- *Penalty corner*      Point both arms horizontally towards the goal
  
- *Penalty stroke*      Point one arm at the penalty spot and the other straight up in the air; this signal also indicates time stopped
  
- *Obstruction*      Hold crossed forearms in front of the chest
  
- *Obstruction (third party)*      Alternately open and close crossed forearms in front of the chest
  
- *Ball not stopped at penalty corner*      Make a rolling movement with the hands

• Kicks

Slightly raise a leg and touch it near the foot or ankle with the hand

• Raised ball

Palms held horizontally in front of the body, facing and approximately 150mm from each other

*Signals for kicks, obstruction and raised ball should be shown if there is doubt about the reason for the decision.*

## APPENDIX D

### ADVICE TO UMPIRES

#### AIMS

*Umpiring hockey is an enjoyable way to participate in the game but umpires also :*

- help to raise the standard of the game at all levels by ensuring that players observe the Rules
- assist in the enjoyment of the game by players, spectators, and others
- ensure that every game is played in the right spirit.

*To achieve these aims, umpires should :*

- obtain and retain complete control of the game
- never allow a benefit to be gained by a breach of the Rules
- protect the skills and persons of players
- use the whistle as sparingly as possible
- co-operate at all times with colleague umpires to ensure consistency of interpretation, application, and effectiveness of the Rules.

#### PRINCIPLES

*Umpires are advised to follow these principles :*

- develop a thorough knowledge and understanding of the Rules and the Rules' Interpretations; they should therefore be studied frequently and discussed with other umpires, players, coaches, and officials

- keep a calm and impersonal attitude to the game
- concentrate at all times so that nothing outside the game distracts attention; the mind should be alert throughout the game
- anticipate the run and flow of the game; by this means a good umpire looks beyond the action of the moment and is aware of potential developments in the game
- understand that it is not necessary to penalise every offence, for example, when no benefit is gained by the offender; unnecessary interruptions to the flow of the game cause undue delay and irritation
- apply the advantage Rule carefully in order to give maximum benefit to the player or team which has been offended against
- allow sufficient time to consider if advantage can be applied but, having decided that it did apply, not to give a second opportunity by reverting to what would have been the original penalty
- issue, in appropriate circumstances, a caution, warning, or a temporary or permanent suspension separately or in combination with a penalty
- identify the relative seriousness of an offence and deal early and firmly with serious offences such as dangerous or rough play
- not be over-lenient
- penalise intentional offences firmly by, for example, awarding penalty corners for such action by defenders in their own half or penalty strokes if defenders commit intentional offences in their circle to prevent goals from being scored



- make decisions decisively, clearly and consistently
- umpire in the spirit of the Rules, in the interest of and showing understanding for the players and the game itself.

Umpires should demonstrate that if players co-operate by playing fairly, the game will be interrupted only when essential for its proper conduct. Rough and dangerous play should be dealt with early and firmly; if a game gets out of control it will be difficult to pull it together again later. Players respect umpires who show they have a good understanding of the game and who enforce the Rules fairly.

## CLOTHING

*Umpires should wear appropriate clothing :*

- to allow free movement
- which is clean, smart and similar in colour to each other but different from those of both teams
- with pockets for equipment
- which can include an eyeshade or peaked cap to avoid lighting or floor glare.

*Footwear should :*

- suit indoor conditions
- assist mobility.

## EQUIPMENT

*Umpiring equipment includes :*

- a current book of Rules

- a loud and distinctive whistle
- a reserve whistle
- a stop watch
- a card and pencils to record the starting times of each half, the number or name and time of warnings to or suspension of any player, and, if necessary, the goals scored
- a green, a yellow, and a red card.

## TECHNIQUES

### Positioning

*For general play :*

- umpires should be in suitable positions to see clearly all offences and face the players all the time
- umpires operate primarily in half of the pitch with the centre-line to their left and the defending goal to their right
- in general, the most suitable position for umpires is ahead of and on the right side of the attack
- for play near the centre-line or in their colleague's half of the pitch, umpires should be near their own side-board
- when the ball and play are within or near the circle, umpires should move inwards in the pitch and, when necessary, into the circle itself
- proximity to or being in the circle will help umpires to see that shots at goal are legitimate and to see important breaches by defenders or attackers

- umpires should be mobile to ensure an appropriate position for each part of the game and to be able instantly to judge the relative positions of players; it is impossible for static umpires always to give correct decisions
- umpires should not allow their positioning to interfere with the flow of play.

*For penalty corners :*

- take up a position which gives a clear view of all potential action but which does not interfere with the play.

*For penalty strokes :*

- take up a position behind and to the right of the player taking the stroke.

## **Whistling**

*The whistle is an umpire's primary means of communication with players, a colleague umpire and others involved in the game:*

- the whistle should always be blown decisively and loudly enough for all involved in the game to be able to hear it. This does not mean long loud whistles at all times. Players should be able to "hear" the seriousness of the offence.
- it should not normally be blown for the taking of free pushes, balls over the back-line, penalty corners or bullies
- in rare cases it may be advisable to reverse a decision if it is obvious that a mistake has been made; the whistle must be blown and action taken at once. Players must then be allowed to get into a proper position.

## Signalling

*Umpires should note the signals as described in Appendix C to the Rules :*

- remember when signals are required
- for signals in which the arm is horizontal, the arm should be straight with the open palm of the hand at eye level
- signals should be held up long enough to ensure that all players and the other umpire are aware of decisions
- umpires should not look away from the players when a signal or decision is made; this can otherwise result in further offences not being seen or in a loss of concentration, or can indicate a lack of self-confidence
- umpires should not signal across their bodies
- umpires should preferably be stationary when giving a signal.

## Co-operation

*Effective co-operation between the two umpires is an essential characteristic of indoor umpiring :*

- indoor hockey is a fast game with a small number of players in a confined area; fouls which might not be seen by one umpire can be spotted by the other by thoughtful co-operation and good positioning
- co-operation at penalty corners is particularly important; the role of both umpires during the taking of a penalty corner should be discussed and agreed before the match.

## Preparation

*Umpires should prepare thoroughly for each game :*

- they should arrive at the pitch in good time and prepare themselves for the game
- before the game commences, umpires must check the pitch markings, especially the circle-lines and goal-lines, and the goals and their nets, check for any dangerous playing or pitch equipment, and ensure that necessary remedial action is taken.

## ACHIEVING HIGH STANDARDS

*These notes are not intended to be comprehensive, but offer general guidance on achieving high standards of umpiring.*

*Good umpires :*

- practise regularly
- are mentally alert and decisive at all times
- develop a good and consistent sense of judgement
- are not discouraged by an occasional genuine mistake
- dismiss any mistakes from their mind and concentrate still more
- recognise that there is no such person as a perfect umpire
- continuously strive to improve their standards
- **always umpire fairly, with a sense of justice and with integrity.**

## APPENDIX E

### **TECHNICAL INFORMATION AND ADVICE**

#### ■ THE PITCH

##### a. Dimensions

The maximum and minimum dimensions of the pitch are laid down in the Rules but it is strongly recommended that, where the maximum size is not possible, a width of 21 metres should be provided to ensure that the circle-lines meet the back-lines before they reach the side-boards. Length should be more than 36 metres whenever possible. The larger the area of the pitch the more the proper skills of the game can be developed by players and the action and the flow of the game enhanced.

In addition to the playing size of the pitch, there should be, where practical, at least three metres behind each back-line to provide space for players to avoid running into back-walls. Padding is recommended at back-walls (especially in small halls) to prevent danger to players and to prevent dangerous rebounds from shots at goal.

Spectators should usually be accommodated at the sides of the pitch with seating situated at least 3 metres from the side-boards. Team benches and the control table are required to be placed on one side of the pitch; space for them in any pitch layout is essential. The space between the side-boards and spectators or walls is essential for safety reasons and access.

Where indoor facilities for domestic games, practices and training are limited by hall size, or other factors, the duration of a game or the number of players on the pitch may be varied.

##### b. Surface

Indoor hockey can be played on various surfaces, most of which are also suitable for other indoor sports. Accordingly, the game often has to be played on surfaces not especially

provided for indoor hockey. Such surfaces include vinyl, linoleum, natural or artificial wood and other plastic materials. These surfaces facilitate a satisfactory game provided the surface is even, not sticky or slow, and does not induce too much bouncing of the ball.

Various surface colours can be used. The ball should be of a contrasting colour.

### **c. Lighting**

The General Association of International Sports Federations (GAISF), the European Broadcasting Union and Philips Lighting BV issued, in October 1992, a guide to artificial lighting of multi-purpose indoor sports halls. Copies can be obtained from the FIH office.

For normal club play a minimum of 500 lux is acceptable. At least 700 lux is required for major international and club competitions. The requirement for televised games is at least 1000 lux.

## **■ OTHER TECHNICAL MATTERS**

### **a. Goals**

The size of the goals (height and width) is smaller than for outdoor hockey. Equipment may not therefore be so readily available. Accordingly, goals may have to be specially made although goals for the sport of handball may suffice.

### **b. Side-boards**

Side-boards will also often have to be specially made. It is important to use good quality material and to check for the quality of the ball rebound.

### **c. Balls**

Any colour of ball can be used but for televised games red is not acceptable for technical reasons. White or yellow are the preferred colours but the colour of the playing surface should be taken into account.

#### **d. Lines**

If the game has to be played on surfaces with lines marked for other sports (which cannot easily be removed), insist on lines of a distinct colour.

#### **e. Advertising, Sponsorship and Television**

**Advertising** is not permitted immediately behind or within the goal. Boards or banners at the pitch corners or along the sides are acceptable but must not interfere with the playing surface, side-boards, space behind the side-boards, spectators, control table or team benches. Advertising on the pitch surface is not permitted.

Specific regulations govern the approval of advertising on players' dress and equipment for play in *international* tournaments. For club-level events, Continental Federations are permitted to vary the requirements and advice should be sought from either the FIH or the appropriate Continental Federation.

There are also specific FIH requirements on sponsorship and televising of international tournaments, and advice should be sought from the FIH on these and related matters.

#### **f. Pitch planning**

For pitches used at major events consideration should also be given to: positioning of results boards and time-clocks; connection points for television cameras and for space to operate mobile cameras along the pitch length; telephone points, cabling, and additional lines for the media and public; word-processing, photocopying and fax facilities in the support office..

#### **■ FIH OFFICE**

Full information on the above topics and other related matters may be obtained from:



**The International Hockey Federation  
Avenue des Arts 1 Bte 5  
B - 1210 Brussels  
Belgium**

**Telephone: ++32 (2) 219 4537**

**Fax: ++32 (2) 219 2761**

**E-mail: [FIH@FIHockey.org](mailto:FIH@FIHockey.org)**

**Internet: <http://www.FIHockey.org>**

## APPENDIX F

### **PENALTY STROKE COMPETITION REGULATIONS**

*The following Regulations are from the FIH Technical Manual and are provided as guidance to those involved in this procedure.*

- 1.a) Five players from each of the two teams, chosen by their respective team manager from the players listed on the team entry form, but excluding any player who has been suspended by the Tournament Director or who has been excluded permanently (red card) from the field of play during the same match by the umpires, shall take a penalty stroke alternately against one and the same goalkeeper of the other team unless the latter has been incapacitated and replaced, making a total of ten penalty strokes, five for each team. The players must take the penalty strokes in the same sequence as the list of five players nominated and communicated by the team managers to the Technical Officer on duty prior to the start of the penalty stroke competition..
- b) If during the penalty stroke competition a player (either a stroke taker or a goalkeeper) is suspended, then that player shall take no further part in that penalty stroke competition and, unless a goalkeeper, cannot be substituted.

If a stroke taker, any stroke the player should have been entitled to take will be counted as no goal. If a goalkeeper, the replacement may only be from one of the nominated stroke takers.

The player replacing the goalkeeper may continue to take penalty strokes but, when required

to defend penalty strokes must wear protective headgear. This player may also wear other approved goalkeeping equipment.

2. The umpires shall choose the goal to be used and they shall toss a coin with the captains to decide which team shall take the first penalty stroke. The team having been awarded the highest number of goals shall be the winner and the competition will cease once an outright winner has been established.
3. In the event of an equal number of goals having been awarded, another series of penalty strokes shall be started with the same players, subject to incapacitated goalkeepers being replaced, and shall feature "sudden death", which shall mean that the winner shall be the first team to have been awarded one more goal than the opposing team after an equal number of strokes (no minimum) have been taken by each team. If necessary, this "sudden death" series may exceed ten penalty strokes, five for each team. The sequence does not need to be the same as in the previous series and the team manager has freedom of choice at the time of each stroke as to which of the five nominated players will take the stroke using all five nominated players per round.
4. The team whose player has taken the first penalty stroke of the first series (see 1 a) shall not take the first penalty stroke of the "sudden death" series.
5. The team managers, goalkeepers and nominated stroke takers only may enter the field of play during a penalty stroke competition. All these persons will remain beyond the centre line unless a player is authorised by an umpire or technical table official to take or defend a penalty stroke.

# INDEX

accidents .....	31
advertising .....	56
arm-bands .....	14
backboards .....	5
back-lines .....	1, 2, 3, 5, 24, 27
ball out of play .....	12, 17-18, 24, 40-42
breaking by defenders .....	24, 27
balls .....	6-7, 55
catch or stop with hand .....	21
hit or kick by foot .....	20, 36
lodged in clothing .....	18
raised .....	20, 41
shielding of .....	22, 38
benches .....	2, 4, 13, 30, 54
body, use of .....	21-22, 36-37
manufactured fouls .....	39
bullies .....	18-19
captains i .....	14, 34, 35
cards .....	29, 43
centre-lines .....	2, 13, 26, 28
centre passes .....	16, 35
circles .....	2
bullies outside .....	19
-lines .....	1, 2-3
offences inside or out .....	23-5
putting ball back into play .....	17-18
scoring goals .....	19-20
corners – see penalties	
crossbars .....	5, 6, 23
dangerous play ii .....	33, 41
by goalkeepers .....	22
control by umpires .....	48
from raised balls .....	20, 40-41
personal penalties .....	29-30
playing the ball ii .....	35
use of body, hands and feet .....	21-22
use of sticks .....	20-21, 38

definitions of hockey terms .....	32-33
dress .....	10-11
duration of play .....	16
feet, use of .....	21-22, 36
manufactured fouls .....	39
goalkeepers.....	11, 13, 22-23
equipment .....	10-14, 28, 58
at penalty corners .....	26
at penalty strokes .....	11, 28, 29
substitution/suspension of .....	13-14, 34-35
goals .....	5-6, 55
-lines .....	2, 6, 12, 19, 22, 28
-posts .....	1, 2, 5, 6, 22, 23, 26-27
scoring.....	12, 19-20, 29-31
shots at .....	22, 26, 33, 41
halls .....	54-55
hands, use of .....	21-22
helmets .....	11, 13, 28, 34, 58
hits .....	20
injuries .....	13, 31
lighting .....	55
lines .....	1-3, 56
manufactured fouls .....	39
misconduct i .....	14, 30, 33, 42-43
mouth guards.....	11
nets .....	6
obstruction .....	22, 37-39
manufactured fouls .....	39
offside .....	20
penalties	
corners ii-iii .....	18, 23-24, 25-27, 40, 41-42

free pushes .....	23-25, 29, 40-41, 42
personal .....	29-30, 42-43
spots.....	2, 28
strokes .....	12, 20, 24, 28-31
competition regulations .....	58-59
pitches .....	1-3, 54-55
plan .....	3
posts	
goals .....	2, 5, 6, 22, 23, 26, 27
prolongation (penalty corner) .....	27
protective clothing iii .....	10-12, 13-14, 28, 34-35, 58
raised balls .....	20, 40-41
re-starting the game .....	16, 18
rough play – see dangerous play	
scoring goals .....	12, 19-20
at penalty strokes .....	29
prior to accidents .....	31
shielding the ball .....	22, 38
shin guards .....	11
shots at goal .....	33
from penalty corners .....	26, 41
stopped by goalkeepers .....	22
sideboards	
pitch length.....	1, 2, 55
goal .....	5, 6
ball out of play .....	17
holding ball against .....	22, 38
signals .....	15, 44-46, 52
sponsorship.....	56
spots, penalty .....	2, 28
starting the game .....	16-18
sticks i, ii .....	7-10
use of .....	20-23
strokes – see penalties	
substitution i .....	12-14
suspension	
of players.....	4, 12-13, 29-31, 42-43
of goalkeepers .....	12-14, 34-35

tables	.....4, 54
tackling	.....36, 37-38
	see also obstruction
teams	.....12-14
3 metres	
at bullies	.....19
at centre-passes	.....17
at free pushes	.....24-25, 40
television	.....56
timekeepers	.....2, 14-16, 35
and suspended players	.....30
time-wasting	.....22, 33, 39
umpires	
aims and principles	.....47-49, 52-53
clothing	.....49
equipment	.....49-50
injuries to	.....31
positioning	.....50-52
preparation	.....53
responsibilities	.....14-16
at accidents	.....31
for offences	.....29-31, 42, 43
for whistling	.....15-16, 51-53
signals	.....44-46, 52
struck by ball	.....23
whistling	.....15-16, 51

## INDOOR RULES BOOK ORDERS

- Payment should accompany each order.
- Remittances (drawn in Pounds Sterling on a UK bank or a Eurocheque) to be payable to the International Hockey Federation, or in the case of UK orders, to the English Hockey Association.
- Provide all necessary contact details, including name and full delivery address.
- Orders should be addressed to:

All orders (except UK addresses)  
International Hockey Federation (FIH)  
Avenue des Arts 1-2, Box 5  
1210 Brussels (Belgium)

UK orders  
English Hockey Association (EHA)  
The Stadium  
Silbury Boulevard  
Milton Keynes, MK9 1HA (England)

*Note: The 2000 Indoor Rules of Hockey are also available in French. Please contact the FIH.*

### Price

Each Rules book costs £2  
(not including postage and handling).

### Postage and handling costs

Add the appropriate postage and handling costs (from the chart below) to the total cost of the books you are ordering.

Quantity	UK	EU Countries	Other
1 book	30p	75p	£1.25
2 books	50p	£1.00	£2.00
3-10 books	£1.00	Contact FIH	Contact FIH
11-20 books	£2.00	Contact FIH	Contact FIH
21-50 books	£3.00	Contact FIH	Contact FIH
51-200 books	£6.00	Contact FIH	Contact FIH
over 200 books	£8.00	Contact FIH	Contact FIH

### Examples

Five books ordered from London -  
£2 (per book) x 5 books = £10 + £1.00 (postage) = £11.00  
Two books ordered from Belgium -  
£2 (per book) x 2 books = £4 + £1.00 (postage) = £5.00  
Three books ordered from the US -  
£2 (per book) x 3 books = £6 + £2.75 (postage) = £8.75