



Rules of Indoor Hockey
Including Explanations
Effective from 1 January 2005

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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. The date of implementation for international competition is 1 January 2005.

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

Availability of the Rules

Information about the availability of the Rules of Indoor Hockey on the FIH website and about the purchase of Rules books is included at the end of this publication.

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INTRODUCTION

THE CONTENT OF THE INDOOR RULES BOOK

The last edition of the Rules of Indoor Hockey was presented in a new style which we hoped would make the Rules easier to understand for everyone involved in the game.

The feedback we have received welcomed this format especially the notes which immediately followed the relevant rule.

However, while using the rules in this format the Hockey Rules Board identified the need to provide additional clarification of some rules. The Board also reviewed the separate publication of pitch, stick, ball and equipment specifications.

2005 RULES

If a rule has been clarified or changed, a line appears in the margin of the text. The main changes in 2005 are describe below.

The two Mandatory Experimental Rules introduced in 2003 have been confirmed as formal rules. They are:

- permitting a defender to use the stick to stop or deflect a shot at goal at any height (9.7);
- requiring the ball to travel outside the circle before a shot at goal at a penalty corner but not requiring it to be stopped (13.3.i).

The separate publication last year of pitch, stick, ball and equipment specifications caused problems for some officials and for other people who require an easily accessible complete set of rules. They have therefore been re-incorporated as the final section of these 2005 Rules.

For international competition, the date of implementation of this set of Rules is 1 January 2005 although National Associations have discretion to decide the date of implementation at national level.

RULES DEVELOPMENTS

In previous sets of Rules we have described the objectives pursued by the Hockey Rules Board. They are repeated below because this is an ongoing task. They are:

- ensuring the game is easily understood by players, umpires, spectators and the media;
- recognising the importance of safety, skill and fair play;
- retaining the distinct characteristics of the game.

In this context, the penalty corner is currently under review by the Hockey Rules Board. It is a complex action which is not easily understood but on the other hand is a distinct characteristic of the game. The Board is also looking at the safety issues which can arise.

Another review focuses on encouraging attacking play and creating goal scoring opportunities from open play which is exciting both to take part in and to watch.

Trials and other Rules development activity are co-ordinated by the Rules Development Secretary, Peter von Reth. Peter is keen to receive feedback and comment on development ideas and can be contacted at Opaal 29, 5629 HP Eindhoven, Netherlands (email vonreth@iae.nl).

THE FUTURE

The International Hockey Federation believes that indoor hockey has a positive future as a thriving sport and in the

development of hockey as a whole. It can also contribute to the health of society by encouraging participation in sport. The Hockey Rules Board has an important part to play in maintaining the enjoyability and profile of the game. It will do so by continuing to review the Rules of Indoor Hockey while being sensitive to the needs of everyone involved in the game.

Roger Webb
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MEMBERSHIP OF THE HOCKEY RULES BOARD AS AT 1 JANUARY 2004
(SEE THE FIH WEBSITE FIHOCKEY.ORG FOR CHANGES WITH EFFECT
FROM 1 JANUARY 2005):

Chairman:	Wolfgang Rommel
Secretary:	Roger Webb
Rules Development Secretary:	Peter von Reth
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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.

Attack (Attacker)

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

Defence (Defender)

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

Back-line

The shorter (18 to 22 metres) perimeter line.

Goal-line

The back-line between the goal-posts.

Side-boards

The boards comprising the longer (36 to 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

Stopping, deflecting or moving the ball with the stick; in the case of the goalkeeper also stopping, deflecting or moving the ball with the kickers or leg-guards.

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.

Scoop

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 the ball using a swinging movement of the stick towards the ball.

Shot at goal

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

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 penalised by an umpire.

PLAYING THE GAME

1 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 pitch is rectangular, not less than 36 metres and not more than 44 metres long and not less than 18 metres and not more than 22 metres wide.
- 1.2 Side-boards mark the longer perimeters of the pitch; back-lines mark the shorter perimeters of the pitch.
- 1.3 The goal-lines are the parts of the back-lines between the goal-posts.
- 1.4 A centre-line is marked across the middle of the pitch.
- 1.5 Areas referred to as the circles are marked inside the pitch around the goals and opposite the centres of the back-lines.
- 1.6 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.
- 1.7 All lines are 50 mm wide and are part of the pitch.
- 1.8 Goals are positioned outside the pitch at the centre of and touching each back-line.

A bench for each team is placed outside and along one side of the pitch. For each half of the match a team occupies the bench nearest the goal they are defending. Substitutes must sit on their team's bench when not on the pitch.

2 Composition of Teams

2.1 Each team must have a goalkeeper on the pitch at all times during play:

- a an incapacitated or suspended goalkeeper must be replaced by another goalkeeper or field player acting as a goalkeeper
- b during the suspension of a goalkeeper, the team concerned has one less field player.

At the completion of a temporary suspension, the captain is permitted:

- *to re-instate the temporarily suspended goalkeeper*
- or*
- *to continue to play with the replacement goalkeeper, in which case another field player is permitted to enter the pitch.*

2.2 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
- 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

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

- e after completing a suspension, a player is permitted to be substituted without first returning to the pitch
- f field players must leave or enter the pitch for substitution purposes within 3 metres of the centre-line on a side of the pitch agreed with the umpires
- g goalkeepers are permitted to leave or enter the pitch for substitution near the goal they are defending
- h time is stopped for substitutions of goalkeepers but not for substitutions of field players.

2.3 For substitution purposes, a penalty corner is completed when:

- a a goal is scored
- b an attacker commits an offence
- c the ball travels more than 3 metres outside the circle
- d the ball travels outside the circle for the second time

- e the ball is played over the back-line and another penalty corner is not awarded
- f the ball travels over a side-board and a penalty corner is not awarded
- g a defender commits an offence and another penalty corner is not awarded
- h a penalty stroke is awarded
- i a bully is awarded.

If another penalty corner is awarded, substitution must not take place until that penalty corner has been completed.

- 2.4 Field players who leave the pitch for injury treatment, refreshment, to change equipment or for some reason other than substitution are permitted to re-enter only within 3 metres of the centre-line on the side of the pitch used for substitution.
- 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.
- 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.
- 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 is awarded if a captain does not exercise any other responsibility.

4 Players' Clothing and Equipment

Tournament Regulations available from the FIH Office 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 gloves for protection which do not increase the natural

size of the hands significantly. It is recommended that field players wear shin, ankle and mouth protection.

4.3 Goalkeepers must wear over any upper body protection a shirt or garment which is different in colour from that of both teams.

4.4 Protective headgear is compulsory for goalkeepers except when taking a penalty stroke or when outside the circle taking part in the match as a field player.

A helmet incorporating fixed full-face protection and cover for the entire head and throat is recommended.

It is also recommended that goalkeepers wear other protective equipment. The following are permitted for use only by goalkeepers: body, upper arm, elbow, forearm, hand 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 the stick must conform with the specification

agreed by the Hockey Rules Board.

- 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 two periods of 20 minutes and a half-time interval of 5 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 extra time and a penalty stroke competition as ways of reaching a result in a drawn match is included in Tournament Regulations available from the FIH Office.

6 Start and Re-start the Match

- 6.1 A coin is tossed and the team which wins the toss has the choice of which goal to attack in the first half of the match or to start the match with a centre pass.
- 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 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 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 or awarded.

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
- 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 or awarded.

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 When the ball travels over the side-board:
- a play is re-started within one metre of where the ball crossed the board
 - b play is re-started by a player of the team which did not touch or play the ball immediately before it went out of play
 - c the procedures for taking a free push apply.
- 7.3 When the ball is played over the back-line by an attacker, unintentionally by a defender or deflected by a goalkeeper and no goal is scored:
- a play is re-started with the ball up to 9.10 metres from and in line with where it crossed the back-line
 - b play is re-started by a player of the defending team
 - c the procedures for taking a free push apply.

- 7.4 When the ball is played over the back-line 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.

The ball may be played by a defender or touch their body before or after being played in the circle by an attacker.

- 8.2 A goal is scored if awarded as a result of a penalty stroke.

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.

'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.

- 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.

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. If instead of stopping or deflecting a shot the ball is hit while above shoulder height and a goal is prevented, a penalty stroke must be awarded.

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

A ball is considered dangerous when it causes legitimate evasive action by players.

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

- 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.

tionally 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.

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 an offence if the ball touches the foot, hand or body of a field player, unless that player or their team benefits from this.

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

9.12 Players must not play the ball while lying on the pitch or with a hand, arm or knee 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.

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.

- 9.14 Players must not tackle unless in a position to play the ball without body contact.
- 9.15 Players must not intentionally enter the goal their opponents are defending.
- 9.16 Players must not force an opponent into offending unintentionally.

Playing the ball clearly and intentionally into any part of an opponent's body may be penalised as an attempt to manufacture an offence. Forcing an opponent to obstruct (often emphasised by running into an opponent or by waving the stick) must also be penalised.

- 9.17 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.
- 9.18 Players must not throw any object or piece of equipment onto the pitch, at the ball, or at another player, umpire or person.
- 9.19 Players must not delay play to gain benefit by time-wasting.

10 Conduct of Play: Goalkeepers

- 10.1 When the ball is inside the circle they are defending and they have their stick in their hand, goalkeepers are permitted to:
- a use their stick, protective equipment or any part of their body to stop the ball
 - b use their stick, protective equipment or any part of their body to deflect the ball in any direction including over the back-line
 - c use their stick, kickers or leg guards to play the ball.
- 10.2 Goalkeepers must not lie on the ball.
- 10.3 When the ball is outside the circle they are defending, goalkeepers are only permitted to play the ball with their stick.
- 10.4 Goalkeepers are permitted to play the ball inside the circle while lying on the pitch inside the circle.

11 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 written record of goals scored or awarded and of warning or 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 half and for the completion of a penalty corner if a half is prolonged.
- 11.6 Umpires blow the whistle to:
- a start and end each half of the match
 - b start a bully
 - c enforce a penalty
 - d start and end a penalty stroke
 - e indicate a goal
 - f re-start the match after a goal has been scored or awarded
 - g re-start the match after a penalty stroke when a goal was not scored or awarded
 - h stop the match for the substitution of a goal-keeper and to restart the match on completion of the substitution
 - i stop the match for any other reason and to re-start it
 - j 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, play continues.

12 Penalties

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

If awarding a penalty is not an advantage to the team which did not break the Rules, play must continue.

- 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
- c for defenders persistently crossing over the back-line before permitted during the taking of penalty corners.

12.5 If there is another offence or misconduct before the awarded penalty has been taken:

- a a free push may be progressed up to 5metres
A free push to the attack cannot be progressed to inside the circle.
- b a more severe penalty may be awarded
- c a personal penalty may be awarded
- d the penalty may be reversed if the subsequent offence was committed by the team first awarded the penalty.

13 Procedures for Taking Free Pushes and 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.

A free push to the attacking team a small distance outside the circle must not be dragged inside the circle; the ball must leave the stick before entering the circle.

- b a free push awarded outside the circle to the defence within 9.10 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 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:

- a the ball must be stationary
- b the ball is pushed and must move at least 100 mm before another player of the team which took the free push is allowed to play it

A 'dragging' action used to play the ball at a

free push must not result in playing the ball twice.

- c after playing the ball, the player taking the free push must not play the ball again or approach within playing distance of it until it has been played by another player
- d opponents must be at least 3 metres from the ball

If a player is standing within 3 metres of the ball but not influencing play, the free push need not be delayed.

- f when a free push is awarded to the attack within 3 metres of the circle, 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 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
- b 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 must be in the goal; all other members of the defending team must

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

- g 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
- h 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
- i a goal cannot be scored until the ball has travelled outside the circle

'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.

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.

If a defender is within three metres of the first shot at goal and is struck 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.

- j 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 half-time and full-time to allow completion of a penalty corner or any subse-

quent penalty corner or penalty stroke; for this purpose, the penalty corner is completed when:

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

If play is stopped during the taking of a penalty corner because of an injury or for any other reason and no penalty has been awarded, the penalty corner must be taken again.

13.5 Taking a penalty stroke:

- a time is stopped when a penalty stroke is awarded
- b all players on the pitch other than the player taking the stroke and the defending goalkeeper must stand outside the half of the pitch in which the penalty corner is being taken
- c the player taking the stroke must stand behind and within playing distance of the ball before beginning the stroke

- d the defending goalkeeper must stand with both feet on the goal-line and must not leave the goal-line or move either foot until the ball has been played
- e the defending goalkeeper must wear protective headgear
- f the whistle is blown when the player taking the stroke and the defending goalkeeper are in position
- g the player taking the stroke must not take it until the whistle has been blown

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

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

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

13.6 The penalty stroke is completed when:

- a a goal is scored or awarded
- 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.

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

- a by the player taking the stroke: a free push is awarded to the defence
- b when the goalkeeper prevents a goal being scored but leaves the goal-line or moves either foot before the ball has been played: the penalty stroke is taken again

For the first offence of this type, the goalkeeper must be warned (green card) and for any subsequent offence the goalkeeper must be suspended (yellow card).

- c for any other offence by the goalkeeper which prevents a goal being scored: a goal is awarded
- d for an offence by the goalkeeper which does not prevent a goal being scored: the penalty stroke is taken again
- e for an offence by another player of either team: 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 warned (indicated by a green card)
- c temporarily suspended for a minimum of 2 minutes of playing time (indicated by a yellow card)
- d permanently suspended from the current match (indicated by a red card).

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

- 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 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

1 Objectives

- 1.1 Umpiring 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 better: umpires must aim to become even better with each and every match
 - g natural: an umpire must be themselves, and not imitate another person, 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 skilful 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 skilful 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 cooperate, skilful 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, warning (green card), or a temporary (yellow card) or permanent (red card) suspension. Cautions, warnings 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 for a player to receive two green or two yellow cards for different offences during the same match but when an offence for which

a card has 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.

3 Umpiring skills

3.1 The main umpiring skill areas are:

- a match preparation
- b co-operation
- c mobility and positioning
- d whistling
- e signalling.

3.2 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 clothing appropriate to the conditions must be worn
- e footwear must suit pitch conditions and assist mobility
- f umpiring equipment includes a copy of the current Rules book, a loud and distinctive whistle, a stop watch, coloured cards to indicate personal penalties and materials to record match details.

3.3 Co-operation

- a good team-work 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 written record of goals scored and cards issued must be kept by both umpires and confirmed at the end of the match.

3.4 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 in general, the most suitable position for umpires is ahead of and on the right of the attacking team
- f for play between the centre-line and circle, umpires must be positioned near their side-board
- g 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
- h 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
- i for penalty strokes, umpires must take up a position behind and to the right of the player taking the stroke
- j umpires must not allow their positioning to interfere with the flow of play
- k umpires must face the players all the time.

3.5 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.

3.6 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: 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 and unintentionally by a defender: face the centre of the pitch and extend both arms horizontally sideways.

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 hori-

zontally 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 all 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 free push progressed up to 5 metres: raise one arm vertically with fist clenched
- d penalty corner: point both arms horizontally towards the goal
- e 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.

1. Pitch and Pitch Equipment

- 1.1 The pitch is rectangular, 36.00 to 44.00 metres long bounded by side-boards and 18.00 to 22.00 metres wide bounded by back-lines.

Wherever possible the size of a pitch should be the maximum permitted. Where the maximum is not possible, a width of 21 metres is recommended so that the circle lines meet the back-lines before they reach the side-boards.

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 bet-

ween 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 of 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 having 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

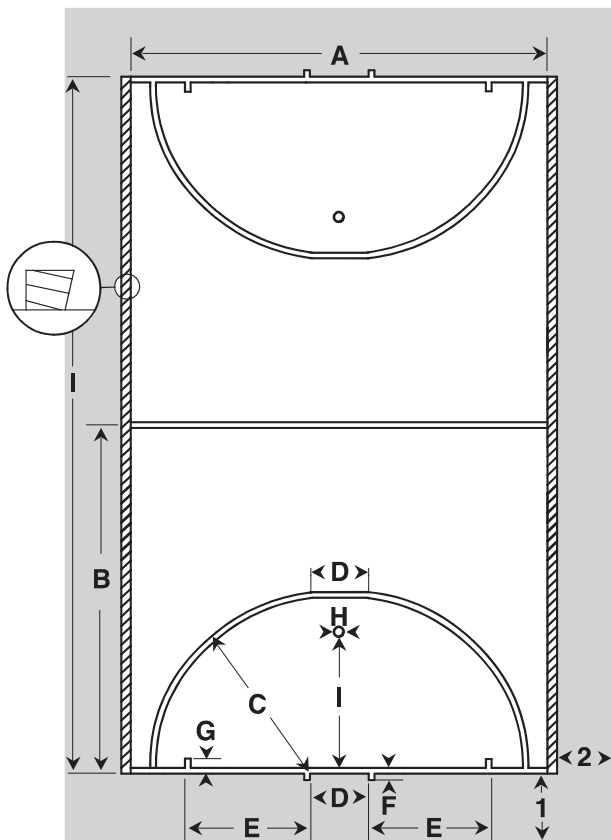


Figure 1: Indoor Pitch

Indoor Pitch Dimensions

Code	Metres	Code	Metres
A	minimum 18.00 maximum 22.00	G	0.30
B	minimum 18.00 maximum 22.00	H	0.10
C	9.00	I	7.00
D	3.00		
E*	6.03	1	minimum 3.00
F*	0.15	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 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 1.00 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.

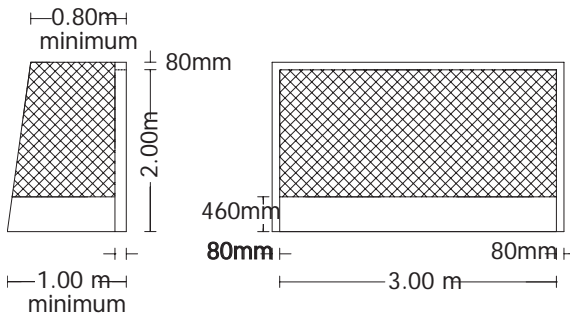


Figure 2: Indoor Goal

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

2.1 The stick:

- the stick has had a traditional shape which will be retained
- no particular handle or head shape or design has been approved, but the introduction of extreme shapes or designs outside the specified parameters will not be permitted.

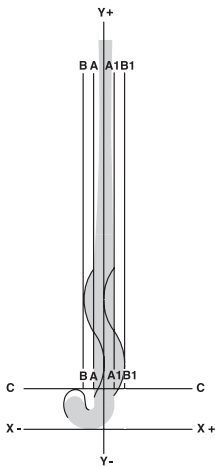


Figure 3: The Stick

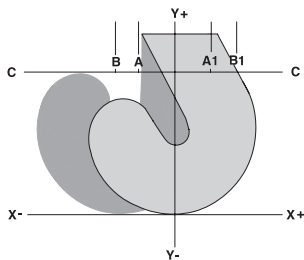


Figure 4: The Head of the Stick

2.2 Diagrams of the stick:

- descriptions and specifications in this Rule relate to figures 5 and 6

- b the stick comprises two identifiable parts, the handle and the head
- c the stick is shown in both figures with the handle in a vertical position, in the main perpendicular to a level horizontal surface (the X-axis)
- d the curved base of the head is shown placed on the X-axis, which is the start of its vertical length (the Y-axis)
- e the head terminates at a line C - C drawn parallel to the X-axis, 100 mm along the Y-axis, in a positive direction (towards Y+)
- f the Y-axis is perpendicular to the X-axis; for measurement purposes the stick is aligned so that the Y-axis passes through the centre of the top of the handle
- g the handle starts at the line C - C and continues in the direction Y+.

2.3 Shape and dimensions of the stick:

- a the entire stick must be smooth and must not have any rough or sharp parts
- b the handle and head must be of one smooth continuous cross-section along the line C - C
- c the head must be a 'J' or 'U' shape the upturned or open end of which is limited by the line C - C
- d the head is not limited along the X-axis
- e 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, i.e. the side shown in the diagrams)

- f the flat playing side of the head of the stick and any continuation of it along the handle must be smooth and in a single plane with any convex or concave deviation across that plane being no more than 4 mm in any direction

Deviation across the playing side of the head of the stick is tested by placing a straight edge across this side at any point along the head and using a standard pointed depth gauge. The depth of concave curvature below the straight edge must not exceed 4 mm; the sum of depths below the straight edge at the edges of the stick must not exceed 8 mm.

- g inclusive of any additional coverings used, the stick must be able to pass through a ring with an interior diameter of 51 mm
- h the lines A - A and A1 - A1 in the diagrams are 51 mm apart parallel to and equidistant from the Y-axis
- i the lines B - B and B1 - B1 are 20 mm from A - A and A1 - A1 respectively
- j it is permitted for the handle to be bent or curved to protrude beyond the line A - A once only along the length of the Y-axis, to the limiting line B - B at maximum

The shape and dimensions of the stick are tested using a flat surface marked with the lines shown in figure 5. The stick is laid

playing side down on the surface.

- k 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 50 mm.

The rake or bow is tested using a pointed wedge the point of which is 50 mm from the flat base. The stick is laid on a flat surface. The wedge must not pass completely under the stick at any place along its length.

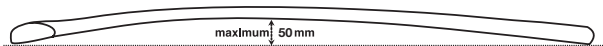


Figure 5: The Stick Rake or Bow

2.4 Playing side of the stick:

- a the playing side is the entire side shown in the diagrams and the edges of that side
- b the edges and the non-playing side must be rounded and must have a continuous smooth profile.

Players must be aware that manufacturers may refuse to replace sticks which have been broken or damaged as a consequence of using the edge of the stick to hit the ball because many sticks have not been made for use in this way.

2.5 The total weight of the stick must not exceed 737 grams.

2.6 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 80km/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%.

2.7 Materials:

- a 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
- b the application of tapes and resins is permitted provided that the stick surface remains smooth and that it conforms to the stick specifications.

2.8 The FIH reserves the right to prohibit any stick which, in the opinion of the Hockey Rules Board, is unsafe or likely to have a detrimental impact on playing the game.

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.

Rules of Hockey

A separate publication provides:

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

Synthetic Fields and Lighting (Outdoor)

Information is available about:

- performance requirements
- irrigation recommendations
- guidelines for care and maintenance
- approved synthetic pitch manufacturers
- artificial lighting.

Tournament Regulations and Management

Information includes:

- roles and responsibilities of tournament 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 (including a penalty stroke competition).

Umpiring

Information of interest to umpires includes:

- grading criteria for FIH umpires
- handbook for international umpires including information about umpiring skills, tournament and mental preparation and a fitness programme

- manual for umpires managers 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.FIHockey.org

or from the FIH Office:

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- Remittances must be payable to the International Hockey Federation (or for UK orders to the Welsh Hockey Umpires Association or WHUA).
- All necessary contact details including name and full delivery address must accompany each order.
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