



2018-2019 Youth INDOOR RULES

Game Play:

- Two (2) 20 minute halves with a 5 minute halftime interval
- Games are played within USTC's Field House
 - a) The sport court will be utilized when necessary
- 6 versus 6 including goalkeeper
 - a) Teams can designate a field player to assume goalkeeper (GK) responsibilities in the event a team does not have a true GK.
 - b) If a true GK is used, complete GK equipment is required.

Equipment:

- Players *must* have shin guards
- Players *must* have a mouthpiece
- Players *must* use an indoor field hockey stick
 - a) Indoor sticks are preferred (but not mandatory)

Pre-Game:

- Each team will designate a captain prior to the start of the game. Officials, along with said captains, will meet and perform coin toss to determine possession to start the game. The winning team of the coin toss will choose to either start with the ball, or defend one side of the pitch
- Teams will reverse directions at halftime.

Rules:

- All games and halves will start with a center pass.
- The ball is considered out of play when it passes over the sideboards or the end line. If the ball crosses the end line off an attacker, the defending team will re-start with a free push at the top of the circle. If the ball is off the defending team, the attacking team will be awarded a penalty corner.
- Substitutions: Are done "on the fly" near the bench areas.
 - a) No subs are allowed once a penalty corner has been called until the ball is hit into play.
- Teams may not run the ball up the boards (i.e players using their body to block a defenders ability to touch ball near boards)
- When a penalty is called, the team awarded the penalty will restart the ball with a free push at the spot of the penalty.
- A Legal Stroke: Push- moving the ball along the ground using a pushing movement of the stick after the stick has been placed close to the ball. Once a push is made, both the ball and the head of the stick are in contact with the ground.

- Players cannot raise the ball off the ground except for a shot on goal ° Players cannot "slap hit" (or "slap shot) the ball, which involves a long pushing or sweeping motion with the stick before making contact with the ball.
- Long Hits: are taken on a spot on the sideline 5 yards up from the end line
- Penalty Corner: When awarded, the defense is allowed 3 defenders in the circle (including the GK). All other defenders must be behind the midfield line. If a penalty corner has not been completed at the end of the game or at the end of the first half, the duration of the game or half shall be prolonged until the penalty corner has been completed.
- The Scoring Area: Goals shall be scored from inside the RED SCORING ARC when the ball is played within the arc by an attacker and the ball completely passes over the goal line and under the crossbar.
- Goalkeeper Restrictions: The GK must stay within the scoring area to retain all GK privileges.
- Distance on Restarts: All defenders must be 5 yards away from the ball on all free pushes.
- Balls Lifted Off The Ground: The ball shall not be lifted off the ground. The ball may be lifted off the ground in the scoring area, but only in trying to score a goal. The shot, however, can't be deemed dangerous by the referee.

Score Cards:

- The umpire will manage the score cards for each game, provided to them by USTC staff
- After each day of games, the director will enter scores from previous games to update standings. Please email the league director if scores are recorded incorrectly as soon as possible to clear up.

Scoring:

- Score of a forfeiting game shall be 3-0 against the offending team. If both teams forfeit, the score shall be a 0-0 tie.

Standings:

- Teams are sorted in standings throughout the season by points
- Teams receive 3 points for a win, 1 point for a tie and 0 points for a loss
- Teams are organized by the following procedures:
 1. Overall Points
 2. Head to Head Competition (skip this if 3 teams are tied, unless 1 team has beaten all others)
 3. Goals Allowed
 4. Goal Differential
 5. Coin Toss

Overtime:

- If a game is tied at the end of regulation of a playoff or championship game, the two teams will immediately take part in a 5 minute overtime. The overtime will be "golden goal" meaning first team to score wins

- A coin toss will determine which team chooses to maintain 'tap' or defend first; the team listed as away will call the toss
- If the score is tied after the initial golden goal overtime period, the teams will go to a sudden death stroke-off; best of 3 taken from 7 yards in front of the goal
- If the score remains tied, the teams will repeat the stroke-off, alternating 1 for 1 until one team has the advantage (i.e. one team scores while the other does not) through the rest of the team.

Conduct:

- All players are expected to show high levels of sportsmanship to their team, opponent and the designated referee(s). All players are expected to follow United Sport's rules, policies and procedures while in our facility. Any ejection from play will result in an automatic 1 game suspension. Any further punishment is at the sole discretion of the league director. All calls made by the official(s) are final and will not be overturned during the game.
- Green Card: warning for any offense
- Yellow Card: temporarily suspended for a minimum of 2 minutes of playing time. The offending team is required to play down one fewer player for the duration of the suspension.
- Red Card: Permanently suspended for the duration of the match and is subjected to further suspension by the league director. The offending team plays down one fewer player for the remainder of the match.

All other rules not noted, please refer to the current [FIH Rules of Indoor Field Hockey](#)