

RIVER CITY SPORTS ARENA

INDOOR FIELD HOCKEY RULES.

1. ALL DIVISIONS, HIGH SCHOOL, MIDDLE SCHOOL PREMIER, MIDDLE SCHOOL "B"& "C" AND BEGINNERS WILL CONSIST OF TWO HALVES.
2. HS V AND JV, MS PREMIER, MS B, AND MS C GAMES WILL HAVE 20 MINUTE RUNNING TIME HALVES. YOUTH GAMES WILL HAVE 15 MINUTE RUNNING TIME HALVES.
3. EACH TEAM HAS ONE TIME OUT PER HALF (CLOCK WILL CONTINUE TO RUN), AND MUST BE TAKEN BEFORE THE FINAL FIVE MINUTES OF THE GAME.
4. CLOCK WILL BE STOPPED ON WHISTLES, AND STARTED ON FIRST TOUCHES IN 1 GOAL GAMES. CLOCK WILL RUN IN 2 GOAL GAMES.
5. TEAMS WILL PLAY WITH SEVEN (7) PLAYERS ON THE FIELD AT A TIME. IF A TEAM HAS FEWER THAN FIVE (5) PLAYERS TO BEGIN A MATCH, THEY WILL BE FORCED TO FORFEIT THE GAME.
6. **NEITHER** TEAM MAY HAVE A DESIGNATED GOALIE DURING PLAY. PARTIALLY EQUIPPED GOALIES ARE NOT PERMITTED.
7. THE BALL MUST NOT BE DRIVEN, FLICKED OR LIFTED FROM THE PLAYING SURFACE. PLAYERS ARE NOT PERMITTED HIGH BACK-SWINGS. FREE HITS MUST BE A PUSH PASS OR A SLAP SHOT.
8. A GOAL MAY NOT BE SCORED UNLESS AN OFFENSIVE PLAYER INSIDE THE **ORANGE** LINE TOUCHES THE BALL. THE **ORANGE** LINE IS TO BE CONSIDERED EQUIVALENT TO THE "SIXTEEN YARD CIRCLE" IN OUTDOOR FIELD HOCKEY.
9. A GOAL MAY NOT BE SCORED OFF A FREE HIT UNLESS ANOTHER OFFENSIVE PLAYER HITS THE BALL.
10. WHEN DEFENDING ON CORNERS, 4 DEFENDERS ARE REQUIRED: 1 AS THE KEEPER AND 3 RUSHERS. BECAUSE THERE ARE NOT KEEPERS, YOU MAY USE 4 FIELD PLAYERS WITH NO GOALIE PRIVILEGES.
11. GOOD SPORTSMANSHIP IS EXPECTED. EACH TEAM (INCLUDING COACHES) IS REQUIRED TO SHAKE HANDS WITH THE OTHER TEAM AFTER A MATCH.
12. ALL OTHER RULES ARE THE SAME AS OUTDOOR FIELD HOCKEY.
13. PLAYERS MAY PLAY UP IN AGE, BUT NOT DOWN. PLAYERS MAY ONLY PLAY FOR A TEAM THAT THEY ARE ROSTERED (2 TEAM MAX., AND NO SUBSTITUTING FOR ABSENT OR INJURED PLAYERS).
14. ALL PLAYERS MUST WEAR A MOUTH PIECE AND SHINGUARDS DURING PLAY.