

BRIDGEWATER SPORTS COMPLEX

INDOOR 6 V 6 FIELD HOCKEY RULES

2023 - 2024 SEASON

Players: A Bridgewater Sports Complex Indoor Roster must be turned into the office by the third game. Dual rostering is not allowed.

The maximum number of players on the field will be **five (5) plus a goalie**. A team may add another field player if they do not have a goalie, but that field player MAY not have goalkeeping kicking privileges! Four players are required to start a game. During the game, the number of players on the field may not go below four (4). Not having the minimum number of players to start the game, five minutes after the designated starting time will result in a 0-5 forfeit. If during the match the number of players falls below the minimum, the result is a 0-5 forfeit.

Players Equipment: All players must wear the same color uniform shirt. Mouth guards, shin guards, and **goggles are required**.

Hats, hard casts or jewelry are not allowed. Any player with visible blood must leave the field and have the injury treated before returning to the field.

Goal keepers **MUST** be in full gear – helmet, chest protector, gloves, leg guards and kickers. Throat guards are recommended.

Coaches: All coach's names must be listed on the Bridgewater Sports Complex team roster form. Only coaches are allowed in the team bench area with the players during the game (unless authorized by the Dome staff.) Each team must have an adult present on the bench for the duration of the game! (High school juniors or seniors are allowed to coach at the middle school level) Remember coaches – your players and parents look up to you and follow your actions! A First Aid kit is available at the front desk however; coaches are encouraged to have a first aid kit for their team. Ice is available at the clock table located between the two-team benches, upstairs in the snack bar, and on the counter in the lobby.

Substitutions: Substitutions are “on the fly” at any time. When the ball is in play, players coming off the field must be within one (1) yard of the bench before the player coming on enters the field.

Referees: The authority of the referee starts upon entering the arena. Decisions by the referee shall be final, unless in direct violation of the laws of the game. ***The referee will keep the actual score, but only a five-goal differential will be displayed on the scoreboard.***

Duration of the Game: Games shall consist of (two) twenty-five-minute halves and a two-minute half time. Aside from major causes, the clock will run continuously.

Start of Play: The referees must blow their whistle to signal the start of the game. All opposing players **MUST** be five (5) yards away from the ball and the ball must be hit within five (5) seconds on all restarts, corner hits, and at the start of the game. Not doing so will result in a loss of possession.

Indoor Specifications – Indoor hockey differs from conventional outdoor hockey in that it requires tighter play in a smaller area. These rule adaptations require players to refine their passing and ball control skills. Most of the indoor hockey rules are the same as outdoor rules (obstruction, stick obstruction, no off-sides), with the following exceptions:

1. **ABSOLUTELY NO BACK SWING OR HIGH FOLLOW THROUGH IS ALLOWED** – PUSH PASSES ONLY!! SLAP HITTING THE BALL, WHICH INVOLVES A LONG PUSHING OR SWEEPING MOVEMENT WITH THE STICK BEFORE MAKING CONTACT WITH THE BALL, AS WELL AS IN THE FOLLOW THROUGH IS REGARDED AS A HIT AND IS THEREFORE NOT PERMITTED.
2. “Air dribbling” is NOT allowed
3. **Lifted balls are allowed ONLY as a shot on goal.** If there is a dangerous shot on goal, the opposing team will get a free hit out of the box. A dangerous shot will be judged by the official on the field. If a defensive (field player or goalie) clear out of the goal box is high or dangerous than a penalty corner will be awarded. A ball that lifts on its own off of the boards or the turf is not considered to be a foul. The referee will signal to play on.
4. Goalkeeper Restrictions: The goalie may kick the ball anywhere inside of the goal box and up to two (2) yards outside of the goal box line.
5. Penalty Corners – If a defensive player or goalkeeper commits a foul inside the goal box than a penalty corner will be called. Two (2) defenders and a goalie and their sticks must be completely behind the goal line. All other defenders must go to the halfway line until the ball is hit into play. Attacking players may setup anywhere outside of the goal box. Feet and sticks must also be outside of the goal box for the attack and inside the box for the defense. The ball must be controlled before a shot on net is taken.
6. There are NO long hits in indoor field hockey. The penalty for a defensive foul inside the goal box is a penalty corner and the penalty for a foul anywhere else on the field is a free hit in the opposite direction.
7. The ball must be played from within the box in order for it to be considered a goal!
8. A penalty stroke shall be awarded when, in the official’s opinion:
 - a. Any deliberate foul is committed by a defender inside the circle, which stops a potential goal or deprives an attacker of actual or likely possession of the ball.
 - b. A single flagrant foul occurs (Flagrant defined as physical with absolute intent.) Examples: playing a person and not the ball, picking up or kicking a ball that would have been a sure goal, and abusive language directed towards the referee, another player, or a coach.

***** In the situation where a penalty stroke is called and the offending team does not have a goalkeeper, that team will have to play short for two minutes. *****

Penalty Stroke Procedure: When a penalty stroke is awarded, the referee will signal a stroke and players of both teams, other than the goalkeeper and stroker participating must move back behind the nearer 25-yard line. The ball will be placed 7 yards in front of the center of the goal. The stroker may: scoop, flick or push the ball, raising it to any height; follow through with the stick above the shoulder. She may take one step with either foot, but it must be toward the goal. A goal is scored when: the whole ball completely crosses the goal line, the goalkeeper takes a step in any direction off of the goal line after she and the stroker have indicated they are ready and she prevents a goal, the goalkeeper plays the ball without a stick in her hand.

A stroke is ended when: A goal is scored or awarded; The ball is stopped or caught in the circle by the goalkeeper; The stroker takes the stroke before the whistle;

The stroker fails to take the stroke in five seconds; An intentional act by the stroker causes the goalkeeper to move her feet. If a goal is not scored or awarded, the defenders shall put the ball in play with a free hit at a spot in the center of the 16-yard circle.

Advantage: The advantage rule in indoor field hockey is very important to the flow of the game. (For example: if a player commits a foul and the ball goes to her teammates clearly giving them the advantage than it should result in a change of possession.) If a ball hits a player's foot and there is no clear advantage then the referee will use his or her judgment and signal to play on. However, if a player commits a foul and the ball goes to her opponents than the referee will hold their whistle and signal with their arm that they saw the foul but will use the advantage rule.

I. PENALTY CARD PROCEDURES

	PLAYER	COACH	SPECTATOR
1 ST OFFENSE	Green – 3 min.susp. team plays short **	Green – Change of Possession	Coach is given a warning.
2 ND OFFENSE	Yellow – 5 min. susp: play short; Free hit	Yellow- penalty stroke	Forfeit Game
3 RD OFFENSE	Red – Disqualified; Play short, free hit 1 game susp.	Red –Removal: Penalty Stroke	n/a
FLAGRANT FOUL	Red – Disqualified; Play short, Penalty stroke, 1 game susp.	n/a	n/a