

RULES OF INDOOR HOCKEY

From 1 January 2011

An action shot from an indoor hockey match. A player in a red and white jersey is in the foreground, leaning forward and using a hockey stick to hit a green ball on the wooden floor. He is wearing blue socks and blue shoes. Behind him, a player in a black jersey is also leaning forward, ready to defend. The background is slightly blurred, showing other players and spectators.

FIH



**Rules of Indoor Hockey
including explanations**

Effective from 1 January 2011

Copyright © FIH 2010

The International Hockey Federation
Rue du Valentin 61
CH – 1004 Lausanne
Switzerland

Tel.: +41 21 641 0606

Fax: +41 21 641 0607

E-mail: info@fih.ch

Internet: www.fih.ch

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 2011.

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.

CONTENTS

Introduction	4
Terminology	8

PLAYING THE GAME

1	Pitch	10
2	Composition of teams	11
3	Captains	14
4	Players' clothing and equipment	15
5	Match and result	17
6	Start and re-start the match	19
7	Ball outside the pitch.....	20
8	Method of scoring	21
9	Conduct of play: players	22
10	Conduct of play: goalkeepers and players with goalkeeping privileges	25
11	Conduct of play: umpires	27
12	Penalties	28
13	Procedures for taking penalties	30
14	Personal penalties	38

UMPIRING

1	Objectives	40
2	Applying the rules.....	41
3	Umpiring skills	43
4	Umpiring signals	46

PITCH AND EQUIPMENT SPECIFICATIONS

1	Pitch and pitch equipment.....	49
2	Stick.....	56
3	Ball.....	61
4	Goalkeeper's equipment.....	61
Additional Information Available.....		62

INTRODUCTION

THE RULES CYCLE

The Rules of Indoor Hockey in this new publication are effective from 1 January 2011 at international level. National Associations have discretion to decide the date of implementation at national level.

As in previous years, a starting date is specified but not an end date. We will avoid implementing changes to these Rules before 2013 and perhaps beyond. However, in exceptional circumstances the International Hockey Federation (FIH) retains the right to make changes which will be notified to National Associations and published on the FIH website: www.fih.ch.

RULES REVIEW

We can be proud that our sport is enjoyable to play, officiate in and watch. In its latest review, the Hockey Rules Board has therefore only been motivated to make a small number of Rules changes to improve the game. The game continues to develop and will do so in this period of relative stability for the Rules.

The Mandatory Experimental Rules introduced in 2009 have been a major focus for review. The Rule which is commonly referred to as permitting a “self-pass” from a free push has encouraged more free flowing play. The Rule which does not permit free pushes awarded to the attack within the half of the pitch they are attacking to be played directly into the circle avoids the ball being played hard, indiscriminately and potentially dangerously into the circle. However, it has been observed that the Rule can be simplified by permitting the ball to enter the circle directly after touching the side-board outside the circle. Including this change, the Hockey Rules Board considers both Rules to be successful. Accordingly, Rules 13.1 and 13.2 now become full Rules of Hockey.

RULES CHANGES

The changes in this edition of the Rules essentially seek to simplify the game without altering its fundamental characteristics.

The Rule which used to say that “players must not force an opponent into offending unintentionally” is deleted because any action of this sort can be dealt with under other Rules.

A new Rule (13.7 in this edition) has been introduced to bring together the penalties which apply for an offence during the taking of a penalty corner. The penalties which apply for an offence during the taking of a penalty stroke (Rule 13.10) have been made fairer and clearer.

A few other Rules have been clarified. To draw attention to changes, a line appears in the margin of any text which has been changed even if it is only a very minor change.

APPLYING THE RULES

The Hockey Rules Board is aware that how the Rules are applied is key to a fair game. In this context, there is a Rule which is sometimes applied inconsistently.

Rule 7.4 says that if the ball is intentionally played over the back-line by a defender and no goal is scored, play is re-started with a penalty corner. If it is clear that the action is intentional, umpires should not hesitate to award a penalty corner.

Hockey throughout the world should be played according to the Rules in this booklet. This ensures a clear identity for the sport and a consistent game. It is acknowledged, however, that FIH Tournament Regulations are sometimes introduced which vary the Rules of Indoor Hockey in order to enhance the profile of world level competitions. This is done by the FIH Competitions Committee in consultation with the Hockey Rules Board and Umpiring Committee. Such Regulations will only be applied in specified and agreed tournaments and matches; all other hockey should be played solely in accordance with the Rules of Indoor Hockey.

If Continental Federations or National Associations wish to implement Regulations for competitions within their jurisdiction which include a Rules related matter, they should seek approval from the FIH a minimum of eight weeks prior to intended implementation.

RULES DEVELOPMENT

The Hockey Rules Board uses input from a variety of sources when it reviews the Rules and considers changes. These sources include: trials of Rules variations; match and tournament reports; video analysis; comments from players, coaches, officials, media and spectators. We therefore welcome suggestions for Rules developments or for clarification of current Rules especially from National Hockey Associations. The National Associations are an important source of advice and guidance but, if appropriate, Rules suggestions or questions can be sent by email to info@fih.ch or to the FIH postal address.

In particular, the Hockey Rules Board continues to monitor the Penalty Corner Rules and conducted a comprehensive and objective review of these Rules in 2010 primarily based on data from international tournaments. The Hockey Rules Board would though welcome data from National Associations about the Penalty Corner in domestic matches especially in relation to its advantages, disadvantages and possible alternatives which will assist our objective review of this Rule.

As stated earlier in this introduction, we believe indoor hockey is an attractive version of our sport which is enjoyable to play, officiate in and watch. However, the Hockey Rules Board is not complacent. We will continue to seek ways of making our game even more enjoyable for all its participants while retaining its unique and attractive characteristics.

MEMBERSHIP OF THE HOCKEY RULES BOARD, 2010 :

Chairman : David Collier

Secretary : Roger Webb

Members :

Richard Aggiss

Richard Akpokavie

Jorge Alcover

Petsuda Chianthianthong

Eric Donegani

Peter Elders

Margaret Hunnaball

Michael Krause

Alain Renaud

Peter von Reth

Pargat Singh

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.

Goalkeeper

One of the participants of each team on the pitch who wears full protective equipment comprising at least headgear, leg guards and kickers and who is also permitted to wear goalkeeping hand protectors and other protective equipment.

Field Player with Goalkeeping Privileges

One of the participants on the pitch who does not wear full protective equipment but who has goalkeeping privileges; this player wears a different colour shirt to their other team members as identification.

Attack (Attacker)

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

Defence (Defender)

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

Back-line

The shorter (22 metres) perimeter line.

Goal-line

The back-line between the goal-posts.

Side-boards

The boards comprising the longer (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: field player

Stopping, deflecting or moving the ball with the stick.

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.

The ball may miss the goal but the action is still a "shot at goal" if the player's intention is to score with a shot directed towards the goal.

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 which may be penalised by an umpire.

Time-out

A time-out is an interruption of the game and of the match time requested by the team captain or a team official.

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 44 metres long and 22 metres wide.

Use of a full-size pitch is strongly recommended but a smaller size pitch may be specified in national or local regulations. The minimum size of a pitch is 36 metres long and 18 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 teams 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 A maximum of six players from each team take part in play at any particular time during the match.

If a team has more than the permitted number of players on the pitch, time should be stopped to correct the situation. Decisions taken prior to correcting the situation cannot be changed.

Play and time is restarted with a penalty corner awarded against the team responsible.

- 2.2 Each team has either a goalkeeper or player with goalkeeping privileges on the pitch or plays only with field players.

Each team may play with :

- a goalkeeper wearing a different colour shirt and full protective equipment comprising at least headgear, leg guards and kickers; this player is referred to in these Rules as a goalkeeper; or*
- a field player with goalkeeping privileges wearing a different colour shirt and who may wear protective headgear (but not leg guards and kickers or other goalkeeping protective equipment) when inside the half of the pitch they are defending; they must wear protective headgear when defending a penalty corner or penalty stroke; this player is referred to in these Rules as a player with goalkeeping privileges; or*

- *only field players; no player has goalkeeping privileges or wears a different colour shirt; no player may wear protective headgear except a face mask when defending a penalty corner or a penalty stroke; all team players wear the same colour shirt.*

Any change between these options must take place as a substitution.

2.3 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 or defending player with goalkeeping privileges

If another penalty corner is awarded before completion of the previous penalty corner, substitution other than for an injured or suspended defending goalkeeper or defending player with goalkeeping privileges must not take place until that subsequent penalty corner has been completed.

At a penalty corner, a defending goalkeeper (ie wearing full protective equipment) who is injured or suspended may be substituted by another goalkeeper wearing full protective equipment or by a player with goalkeeping privileges.

At a penalty corner, a defending player with goalkeeping privileges who is injured or suspended may be substituted by another player with goalkeeping privileges, and not by a goalkeeper wearing full protective equipment or a field player.

If a team has only field players, no substitution is permitted at a penalty corner until it has been completed.

If the goalkeeper or player with goalkeeping privileges is suspended, the offending team plays with one less player.

- 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 time is stopped for substitution of goalkeepers (ie wearing full protective equipment) but not for other substitutions.

Time is stopped briefly to permit a goalkeeper who is wearing full protective equipment to take part in a substitution. The time stoppage is not extended for a goalkeeper to put on or take off protective equipment

as part of a substitution including following a goalkeeper injury or suspension. If necessary, play should continue with a player with goalkeeping privileges and wearing a different coloured shirt or only with field players while a substitute goalkeeper puts on or takes off protective equipment.

- 2.4 Field players who leave the pitch for injury treatment, refreshment, to change equipment or for some reason other than substitution are only permitted to re-enter within 3 metres of the centre-line on the side of the pitch used for substitutions.
- 2.5 No persons other than field players, players with goalkeeping privileges, 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;*
- are recommended to wear shin, ankle and mouth protection;*
- are permitted to wear throughout a match for medical reasons only a smooth preferably transparent or white but otherwise single coloured face mask which closely fits the face, soft protective head-covering or eye protection in the form of plastic goggles (ie goggles with a soft-covered frame and plastic lenses); the medical reasons must be assessed by an appropriate authority and the player concerned must understand the possible implications of playing with the medical condition;*

- *are permitted to wear a smooth preferably transparent or white but otherwise single coloured face mask which closely fits the face when defending a penalty corner or penalty stroke for the duration of that penalty corner or penalty stroke and when they are in the circle they are defending;*
- *other than players with goalkeeping privileges, are not permitted to wear protective headgear (face mask or other protective head covering) in any other circumstances.*

4.3 Goalkeepers and players with goalkeeping privileges must wear a single coloured shirt or garment which is different in colour from that of both teams.

Goalkeepers (ie wearing full protective equipment) must wear this shirt or garment over any upper body protection.

4.4 Goalkeepers must wear protective equipment comprising at least headgear, leg guards and kickers except that the headgear and any hand protectors may be removed when taking a penalty stroke.

The following are permitted for use only by fully equipped goalkeepers: body, upper arm, elbow, forearm, hand, thigh and knee protectors, leg guards and kickers.

4.5 A player with goalkeeping privileges may wear protective headgear when inside the half of the pitch they are defending; they must wear protective headgear when defending a penalty corner or penalty stroke.

Protective headgear incorporating a helmet with fixed full-face protection and cover for the entire head and throat is recommended for goalkeepers and players with goalkeeping privileges.

- 4.6 Clothing or protective equipment which significantly increases the natural size of a goalkeeper's body or area of protection is not permitted.
- 4.7 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 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 25 mm
 - d the stick must conform with the specification agreed by the Hockey Rules Board.
- 4.8 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.

If an incident arises immediately before the end of the first period (half) or the end of the match or after a time-out has been called which requires review by the umpires, the review may be conducted even though time has subsequently been completed or stopped and signalled. The review should take place immediately and action taken to revert to and correct the situation if appropriate.

5.2 A time-out :

- a may be called when play is stopped immediately before putting the ball back into play after it has been outside the pitch or before a free push, a centre-pass or a bully
- b may not be called within the period from the award of a penalty corner or penalty stroke until after it has been completed or in the last two minutes of each half of the match
- c may be granted once to each team in each half of the match

Time outs which have not been taken during the first half cannot be transferred to the second half.

- d takes a maximum of one minute.

The duration of a timeout is controlled by the umpires. Play must be restarted after exactly one minute.

- e play is restarted by putting the ball back into play or with the free push, centre-pass or bully which was due to take place before the time-out occurred.

Incorporation of time-outs in a match is strongly recommended but may be varied in national or local regulations.

- 5.3 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 :
- a 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
 - b if the team winning the toss chooses which goal to attack in the first half of the match, the opposing team starts the match
 - c if the team winning the toss chooses to start the match, the opposing team has the choice of which goal to attack in the first half of the match.
- 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.

- 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.

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

If this would result in a re-start inside the circle by the defending team, play is instead re-started with the ball one metre outside the circle and one metre from the side-board. If this would result in a re-start inside the circle by the attacking team, play is instead re-started with the ball three metres outside the circle and one metre from the side-board.

- b play is re-started by a player of the team which was not the last team to touch or play the ball 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 or player with goalkeeping privileges 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 or player with goalkeeping privileges, and no goal is scored 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.

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.

When saving a shot at goal, a defender must not be penalised if their stick is not motionless or is travelling towards the ball while attempting to stop or deflect the shot. Only if the ball is genuinely hit and a goal is prevented should a penalty stroke be awarded.

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.

- 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 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.

If the ball is in the air as a result of a legitimate shot at goal which has rebounded from the goalkeeper, defender or from the goal-post or cross-bar, the ball may be stopped by a player of either team.

- 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 always an offence if the ball hits the foot, hand or body of a field player. The player only commits an offence if they voluntarily use their hand, foot or body to play the ball or if they position themselves with the intention of stopping the ball in this way.

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

- 9.12 Field players must not play the ball while lying on the pitch or with a knee, arm or hand 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 or into a position between the ball and an opponent who is within playing distance of the ball and attempting to play it.

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 or player with goalkeeping privileges) 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 or run behind either goal.
- 9.16 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.
- 9.17 Players must not throw any object or piece of equipment onto the pitch, at the ball, or at another player, umpire or person.
- 9.18 Players must not delay play to gain benefit by time-wasting.

10 Conduct of play: goalkeepers and players with goalkeeping privileges

- 10.1 A goalkeeper who wears protective equipment comprising at least headgear, leg guards and kickers must not take part in the match outside the half of the pitch they are defending, except when taking a penalty stroke.

Protective headgear must be worn by a goalkeeper at all times, except when taking a penalty stroke.

- 10.2 A player with goalkeeping privileges must not take part in the match outside the half of the pitch they are defending when wearing the protective headgear but may remove the headgear and take part in the match anywhere on the pitch.

Protective headgear must be worn by a player with goalkeeping privileges when defending a penalty corner or penalty stroke.

10.3 When the ball is inside the circle they are defending and they have their stick in their hand :

- a goalkeepers wearing full protective equipment are permitted to use their stick, feet, kickers, legs or leg guards to propel the ball and to use their stick, feet, kickers, legs, leg guards or any other part of their body to stop the ball or deflect it in any direction including over the back-line

Goalkeepers are not permitted to conduct themselves in a manner which is dangerous to other players by taking advantage of the protective equipment they wear.

- b players with goalkeeping privileges are permitted to use their stick, feet and legs to propel the ball and to use their stick, feet, legs or any other part of their body to stop the ball or deflect it in any direction including over the back-line
- c goalkeepers wearing full protective equipment and players with goalkeeping privileges are permitted to use arms, hands and any other part of their body to push the ball away.

The action in rule c above is permitted only as part of a goal saving action or to move the ball away from the possibility of a goal scoring action by opponents. It does not permit a goalkeeper or player with goalkeeping privileges to propel the ball forcefully with arms, hands or body so that it travels a long distance.

10.4 Goalkeepers or players with goalkeeping privileges must not lie on the ball.

- 10.5 When the ball is outside the circle they are defending, goalkeepers or players with goalkeeping privileges are only permitted to play the ball with their stick.

A player with goalkeeping privileges is considered to be a field player when outside the circle they are defending.

- 10.6 Goalkeepers or players with goalkeeping privileges 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 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
 - g re-start the match after a penalty stroke when a goal was not scored
 - h stop the match for the substitution onto or off the pitch of a fully equipped goalkeeper and to restart the match on completion of the substitution
 - i stop the match and re-start it for a time-out
 - j stop the match for any other reason and to re-start it
 - k 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 or players with goalkeeping privileges 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 5 metres

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 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.

- b a free push awarded within 3 metres of the circle to the attack is taken at the nearest point 3 metres from the circle
- c a free push awarded outside the circle to the defence within 9 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

- d a free push awarded inside the circle to the defence is taken anywhere inside the circle or up to 9.10 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 :

All parts of rule 13.2 apply as appropriate to 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 opponents must be at least 3 metres from the ball

If an opponent is within 3 metres of the ball they must not interfere with the taking of the free push or must not play or attempt to play the ball. If this player is not playing the ball, attempting to play the ball or influencing play, the free push need not be delayed.

- c when a free push is awarded to the attack within the half of the pitch they are attacking, all players other than the player taking the free push must be at least 3 metres from the ball
- d the ball is moved using a push
- e if the player taking the free push is the next player to play the ball, the actions of taking the free push and of next playing the ball must be two separate actions
- f before another player of the team which took the free push is allowed to play the ball, the ball must move at least 1 metre

The ball does not have to move 1 metre before the player taking the free push may play the ball again.

- g from a free push awarded to the attack within the half of the pitch they are attacking, the ball may enter the circle immediately after touching the side-board but the ball must not otherwise be played into the circle until it has travelled at least 3 metres or has been touched by a player of either team other than the player taking the free push or has touched the side-board.

If the player taking the free push continues to play the ball (ie no other player has yet played it):

- *that player may play the ball any number of times, but*
- *the ball must travel at least 3 metres before*
- *that player plays the ball into the circle by pushing the ball again.*

Alternatively:

- *another player of either team who can legitimately play the ball must deflect or push the ball before it enters the circle, or*
- *after this player has touched the ball, it can be played into the circle by any other player including the player who took the free push, or*
- *after the ball has touched the side-board, any player may deflect or push the ball into the circle.*

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 or player with goalkeeping privileges, if there is one, must be in the goal; up to five other members of the defending team may 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

If the team defending a penalty corner has chosen to play only with field players, up to six members of the defending team may be positioned behind the back-line outside the goal. In this case none of the defenders has goalkeeping privileges.

- g any defender not behind the back-line must be beyond the centre-line
- h 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 or centre-line
- i 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

- j 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.

A defender who is clearly running into the shot or into the taker without attempting to play the ball with their stick must be penalised for dangerous play.

Otherwise, 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 or is struck on or 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.

- k 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 subsequent penalty corner or penalty stroke

13.5 The penalty corner is completed when :

- a a goal is scored
- b a free push is awarded to the defending team
- c the ball travels more than 3 metres outside the circle
- d the ball is played over the back-line and a penalty corner is not awarded
- e the ball travels over a side-board and a penalty corner is not awarded

- f a defender commits an offence which does not result in another penalty corner
- g a penalty stroke is awarded
- h a bully is awarded.

If play is stopped because of an injury or for any other reason during the taking of a penalty corner at the end of a prolonged first or second half and a bully would otherwise be awarded, the penalty corner must be taken again.

13.6 For substitution purposes and for completion of a penalty corner at half-time and full-time, the penalty corner is also completed when the ball travels outside the circle for the second time.

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

- a the player taking the push from the back-line does not have at least one foot outside the pitch: the penalty corner is taken again
- b for any other offence by the player taking the push from the back-line: a free push is awarded to the defence
- c a defender crosses over the centre-line or back-line before permitted: the penalty corner is taken again
- d an attacker enters the circle before permitted: the penalty corner is taken again
- e for any other offence by attackers: a free push is awarded to the defence.

Except as specified above, a free push, penalty corner or penalty stroke is awarded as specified elsewhere in the Rules.

13.8 Taking a penalty stroke :

- a time and play is stopped when a penalty stroke is awarded
- b all players on the pitch other than the player taking the stroke and the player defending it must stand outside the half of the pitch in which the penalty stroke is being taken and must not influence the taking of the stroke
- c the ball is placed on the penalty spot
- d the player taking the stroke must stand behind and within playing distance of the ball before beginning the stroke
- e the player defending the stroke 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
- f if the player defending the stroke is a goalkeeper or player with goalkeeping privileges, they must wear protective headgear; if the player defending the stroke is otherwise taking part in the game as a field player, they may wear only a face mask as protective equipment

If the team defending a penalty stroke has chosen to play only with field players and not to use a substitute goalkeeper or player with goalkeeping privileges to defend the penalty stroke, the defender may only use their stick to make a save.

- g the whistle is blown when the player taking the stroke and the player defending it are in position
- h the player taking the stroke must not take it until the whistle has been blown

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

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

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

13.9 The penalty stroke is completed when :

- a a goal is scored
- b the ball comes to rest inside the circle, lodges in the goalkeeper's equipment, is caught by the goalkeeper or player with goalkeeping privileges, or goes outside the circle.

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

- a the stroke is taken before the whistle is blown and a goal is scored : the penalty stroke is taken again
- b the stroke is taken before the whistle is blown and a goal is not scored : a free push is awarded to the defence
- c for any other offence by the player taking the stroke : a free push is awarded to the defence
- d for any offence by the player defending the stroke including moving either foot before the ball has been played : the penalty stroke is taken again

If the player defending the stroke prevents a goal being scored but moves either foot before the ball has been played, this player must be warned (green card) and for any subsequent offence must be suspended (yellow card).

If a goal is scored even though there has been an offence by the player defending the stroke, the goal is awarded.

- e for an offence by a player of the defending team and a goal is not scored: the penalty stroke is taken again
- f for an offence by a player of the attacking team other than the player taking the stroke and a goal is scored: 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)

For the duration of each temporary suspension of a player on or off the pitch, the offending team plays with one less player.

- d permanently suspended from the current match (indicated by a red card).

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

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 co-operate, 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, although umpires are not encouraged to do so, for a player to receive two green or two yellow cards for different offences during the same match. However, when an offence for which a card has already 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 for a time-out : turn towards the other umpire and create a T shape with both hands in front of the chest

- c stop time at any other time: turn towards the other umpire and cross fully-extended arms at the wrists above the head
- d two minutes of play remaining: raise both hands straight up in the air with pointing index fingers
- e 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 horizontally 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, 44.00 metres long bounded by side-boards and 22.00 metres wide bounded by back-lines.

Use of a full-size pitch is strongly recommended but a smaller size pitch may be specified in national or local regulations. The minimum size of a pitch is 36 metres long and 18 metres wide.

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 between 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 on 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 have 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

Field Dimensions

Code	Metres	Code	Metres
A	22.00 (minimum 18.00)	G	0.30
B	22.00 (minimum 18.00)	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 but including 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:

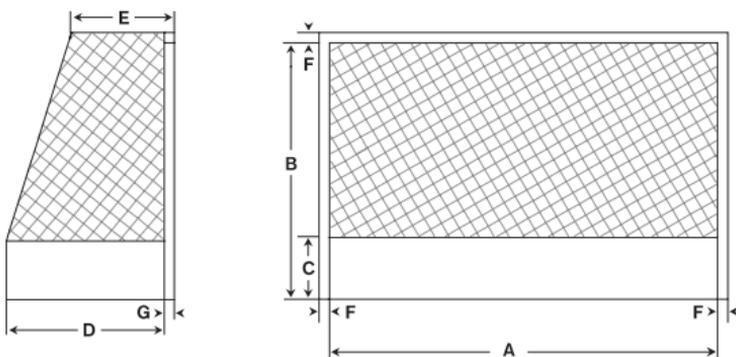
- a side-boards are minimum 0.92 metres long and 460 mm high*
- b back-boards are 3.00 metres long and 460 mm high*
- c side-boards are positioned on the ground at right angles to the back-line and are fixed to the back of the goal-posts without increasing their width*
- d back-boards are positioned 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: Goal



Goal Dimensions

Code	Metres	Code	Metres
A	3.00	E	minimum 0.80
B	2.00	F	0.080
C	0.46	G	0.080
D	minimum 1.00		

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

The following specification applies to all hockey except that a revised specification applies in FIH world-level competitions. A copy of the revised world-level specification is available from the FIH Office.

All measurements are made and other specifications assessed with any coverings or additional fixings attached to the stick (that is, with the stick in the form in which it is used on the pitch).

2.1 The stick:

- a the stick has had a traditional shape which will be retained
- b 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

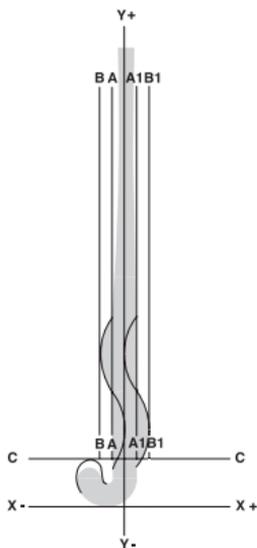
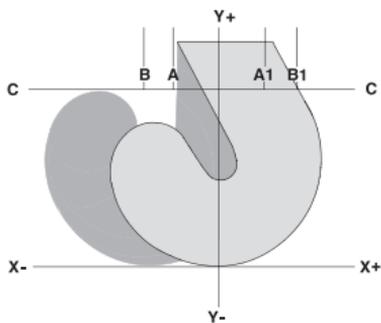


Figure 4: The Head of the stick



2.2 Diagrams of the stick :

- a descriptions and specifications in this Rule relate to figures 3 and 4
- 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.

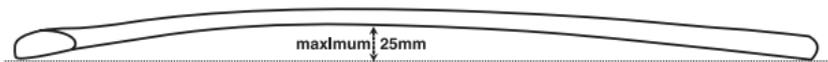
- g inclusive of any additional coverings used, the stick must be able to pass through a ring with an interior diameter of 51 mm
- h the lines A - A and A1 - A1 in the diagrams are 51 mm apart parallel to and equidistant from the Y-axis
- i the lines B - B and B1 - B1 are 20 mm from A - A and A1 - A1 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 3. 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 25 mm.

A way of testing the rake or bow is to use a pointed wedge the point of which is 25 mm from the flat base or using a round cylinder with a diameter of 25 mm. The stick is laid playing side downwards on a flat surface in its natural resting position. The wedge is placed with its base on the surface or the cylinder is laid lengthwise on the surface. The wedge or the cylinder 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.

Indoor Hockey

A separate publication provides:

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

Indoor Facilities

Information is available about:

- providing facilities including pitches for indoor hockey.

Synthetic Fields and Lighting (Outdoor)

Information is available about:

- performance requirements
- irrigation recommendations
- guidelines for care and maintenance
- approved synthetic pitch manufacturers
- installing fields and facilities
- 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.

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
- umpire managers' tournament checklist 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.fih.ch

or from the FIH Office :

The International Hockey Federation
Rue du Valentin 61
1004 Lausanne
Switzerland
Tel. : +41 21 641 0606
Fax : +41 21 641 0607
E-mail : info@fih.ch

PURCHASE OF RULES BOOKS

- Price per copy for up to 10 copies is Swiss Francs (CHF) 7.50 including postage and handling.
- For more than ten copies, postage and handling may vary, so contact the FIH Office for a price.
- Payment must accompany each order.
- Payment instructions are available on the FIH website www.fih.ch or from the FIH Office.

Copyright © FIH 2010

The Copyright of these Rules is held by the International Hockey Federation. The contents may be reproduced or translated for distribution or resale by affiliated National Associations. Reprints must replicate the appearance of these Rules and incorporate the following text: "Reprinted with permission of the International Hockey Federation". National Associations seeking guidance on the reprinting of this Book must contact the FIH Office.



International Hockey Federation
Rue du Valentin 61
CH-1004 Lausanne, Switzerland
Tel.: +41 21 641 0606
Fax: +41 21 641 0607
info@fih.ch
www.fih.ch