



Indoor Field Hockey Rules

- **Players:** All games shall be played with 2 teams of 6 players (5 + GK) on our boarded indoor arena. Minimum number of players to start a game is 5 (4 + GK). Teams cannot fall below 3 + GK due to injury or cards. If they do, the team will forfeit the game.
- If a team does not have a designated goalkeeper, they cannot substitute the GK for a field player. They must play short 1 field player. Leagues are not Coed•females only.
- **Coaches:** Only 2 coaches are allowed in the bench area. All coaches must be 25 years of age or older, and are responsible for the behavior of their players, coaches, and spectators.
- **Cards:** All official referee disciplinary cards can be used to address physical play, verbal dissent, and consistent violation of the rules of play. Penalties are served in the penalty boxes next to the benches.
- **The Game:** Games will consist of two 25 minute halves (running time). Halftime will be 2 minutes. Games **MUST START ON TIME**, so all players are asked to be ready at the time their game is scheduled. No warm-up time is allowed.
- **Equipment:** Shinguards and mouth guards are mandatory for all players. The GK must wear complete GK equipment including a mouth guard.
- **Substitutions:** Are done "on the fly" near the bench areas. No subs are allowed once a penalty corner has been called until the ball is hit into play.
- **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" 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 endline
- **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.

Any rules not covered above will refer back to the National Federations Field Hockey Rule Book. All referees are selected, monitored, and scheduled by the JunglePlex.

Any decisions by the referees are final.