

DANVERS INDOOR SPORTS FIELD HOCKEY RULES

Game Details:

- Each team shall have at least one coach but not to exceed two coaches on the bench.
- Coaches shall be over 21 years of age.
- Games will consist of two 25 minute halves with one 5 minute half time.
- There are no team time outs.
- Game clock will be started at the scheduled game time or as close as possible if running behind schedule.
- Essential equipment only to the bench to facilitate the exchange of teams.
- Teams are 7 v 7 with six out players and a keeper.

Equipment:

- Required equipment includes shin pads and mouth guard.
- The MIAA requires the use of goggles for safety reasons while USA Field Hockey bans goggles for safety reasons. As such, goggles are optional at the parents discretion.
- No jewelry is allowed.

Substitutions:

- Substitution is on the fly. One player must leave the field before the next player enters the field
- Play may not be delayed for substitution; the exception is that there may be a brief delay for substitution of the keeper

Play:

- There are no HITS allowed on the field at anytime.
- The ball must be moved with pushes and flicks a appropriate.

- Player must be 3 yards from the ball on a free hit
- Self start is allowed.
- A ball must travel 3 yards on a free hit inside the attacking 25 yard line before being played onto the circle.
- Any ball striking the back wall from the tape up to and including the post is considered out of play.
- If hit out of bounds by defense, then the ball is moved to the 25 yard line coming in.
- If hit out of bounds by offense, then the ball is moved to the 16 yard line going out.

Offensive Corners:

- Insertion is from the marks provided in each corner
- Offensive violation of corner rules results in player sent to the opposite 25 yard line and the offensive player shall can be replaced for the corner.

Defensive Corners:

- Three defenders plus the keeper are allowed in the net
- Defensive violation of corner rules and players is sent to the opposite 25 yard line. The player shall not be replaced.

Strokes:

- Strokes will be utilized in the Premier Division

Keeper:

- A fully kitted keeper is required. Equipment is available or a keeper will be provided.
- Cones shall not be used instead of a keeper.
- The use of non field hockey markings are not available

Five (5) Goal Differential:

- When a five goal differential exists, the team in the lead shall remove a player, this shall not be the keeper.
- If differential drops to 4, then a player may be added.

Umpiring:

- Umpires are there to provide a safe and fair game.
- Any conflict of rules shall be their decision.
- Younger division will utilize youth umpires who have received proper training.
- Cards may be used at umpires' discretion to manage the game.
- Coaches card: Green - warning; Red - ejection (there is no Yellow for coaches)
- Players card: Green - 2 minutes; Yellow - 5 minutes; Red - ejection
- Suspension times begin when play restarts; Coach will mark time