



INDOOR ADULT FIELD HOCKEY RULES

Indoor hockey differs from conventional 100 yard long outdoor hockey in that it requires tighter play in a smaller area. Adaptation in the outdoor rules was made to compensate for this tighter play. These rule adaptations require players to refine their passing and ball control skills.

The indoor hockey rules are the same as outdoor with these exceptions:

1. **Teams:** teams consist of not more than 7VS7 players on the court
2. **Time 60 minutes** – teams playing each can decide before the game if they want to take a 5 minute break at anytime.
3. **Free Push:** all opposing team members must be 3 meters away from the player taking the free push. If the free push is within 3 meters of the opponents circle, players from both teams must be 3 meters away.
4. **Penalty Corner:** we do not have it set up for penalty corners. The free hit will be from the side line for safety.
5. **If a defensive player stops the ball with their foot it will be an automatic goal.**
6. **Advancing:** shall be called the same as outdoor.

7. Fouls: a player may not –

- Hit the ball with a back swing, push pass only.
- Lift the ball
- Hit at or play the ball in the air
- Playing the ball intentionally into a player
- Push, shove, trip, hook, kick or personally handle other players or their stick

PLEASE NOTE: Competition is good but lack of respect, foul language, arguing, etc. will not be tolerated. That person(s) will be asked to leave and will be suspended for one game. After all, we are adults and should conduct ourselves as such.

To maintain a safe and fun game situation, please adhere to the rules. It is helpful if you call your own fouls but also respect others calling fouls on you!

Any questions please contact me at:
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*Rising Stars does not close unless the state declares an emergency.

*View their web site for more details - <http://risingstarscc.com>

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