



Royal Belgian Hockey Association



Basic Indoor Hockey Rules

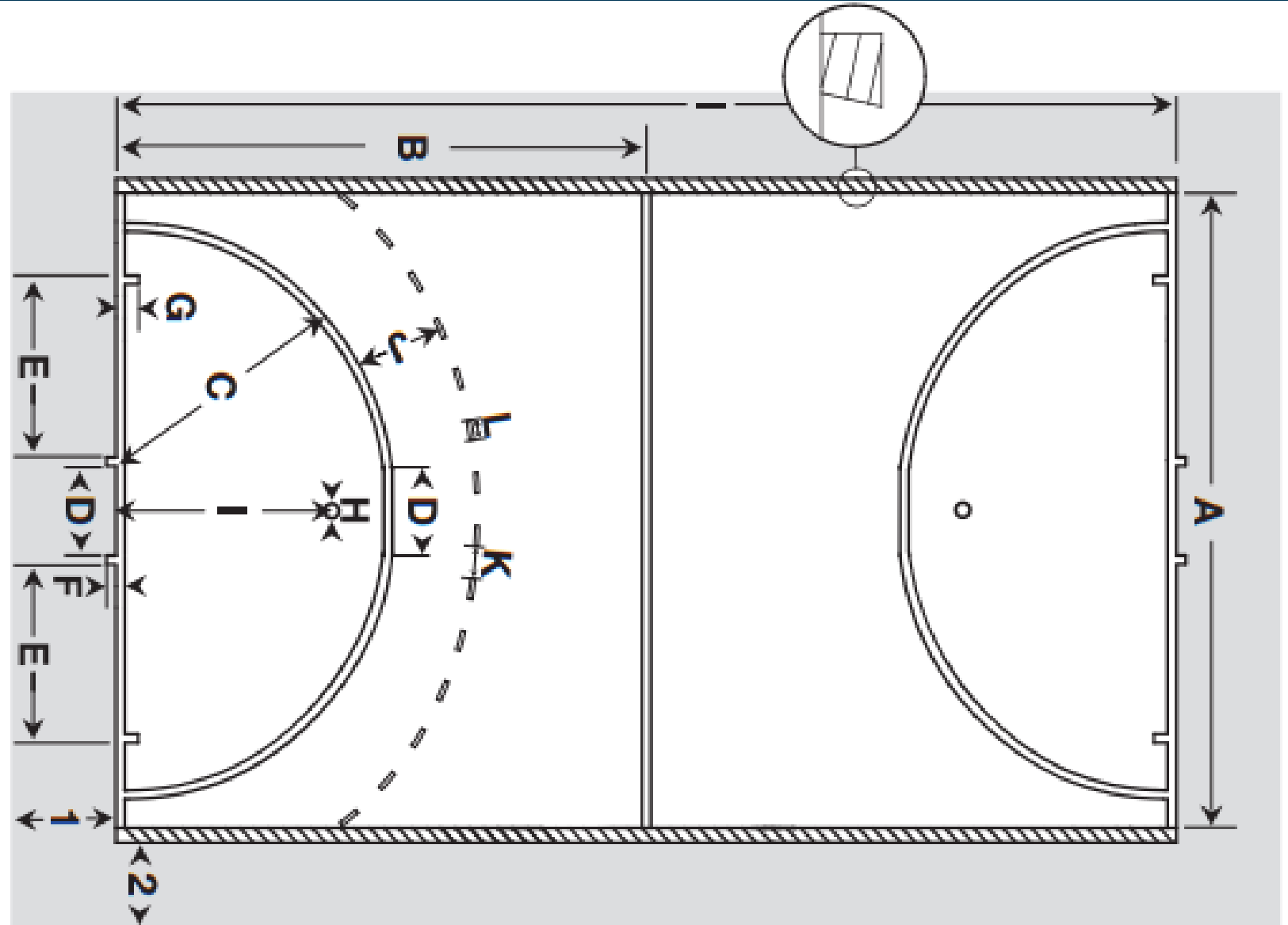


Pitch

- **Pitch markings:**
 - Side-boards → The long perimeter boards of the pitch
 - Back-lines → The shorter perimeter of the pitch
 - Goal-lines → The backline **between** the goal posts
 - Centre-line → Line across the middle of the pitch
 - Stroke spot → Spot in front of the centre of each goal at 7m from the goal-line.
 - Circles → in front of the goal at 9m from the goal posts and goal-line
- Lines **are part of the pitch** and the circle
- The goals are positioned **outside the pitch** (not on, but behind the goal-line).



Pitch





Composition of teams

- **2 teams**

- Each team consists of players and supporting staff:

- ✓ Field player

- ✓ Goalkeeper

- ✓ Staff (Team Manager, Coach, Kiné etc)

- **Maximum 6 players on the pitch (including goalkeeper)**

- **A team consists of max 12 players**



Players and outfit

- One player of each team must be appointed as captain.
- The captain is responsible for the behaviour of all players of their team (and the staff)
- Players must wear ***uniform clothing***
- Players must not wear anything which is dangerous to other players or to themselves (watches, (ear)rings, caps.....)
- Players must wear glove, shin and mouth protection



Players and outfit

- Gloves are obligatory for protection which do not increase the natural size of the hands significantly
- Players are not permitted to wear face masks except when defending a penalty corner and in case of medical reasons
- When playing against a team with similar colors the *away team changes* color (shirt and socks).



Keeper and their equipment

- Goalkeeper :wears distinctive clothing
- Goalkeeper: complete gear! (minimum: headgear, leg guards, kickers)
- The goalkeeper the only player who can play the ball with his body ***inside the circle only.***



Keeper

- There is never a situation of dangerous play towards the keeper **WITH THE BALL**. (with the stick for instance **ALWAYS** dangerous play)
- When outside the circle → = **player**, so only playing with the stick (*max till the centre line*).
- If the keeper lies on the ball → **penalty corner**
- If the keeper lies **intentionally** on the ball → **penalty stroke**



Player substitutions

- Players may be substituted at any time during the game ***except during a PC.***
- No limit on the number of players being substituted at the same time.
- Substitutions are not permitted for suspended players. After completing a suspension, a player is permitted to be substituted without first returning to the pitch.
- Players must leave or enter the pitch for substitution within 3 metres of the centre-line.



Keeper substitutions

- The ***time is not stopped*** for substitution of a keeper in indoor including if the substitution is due to injury of the keeper or suspension of the keeper.
- The substitution of a goalkeeper by a normal player is ***limited to a total of 2 per match***. Substitutions between goalkeepers wearing full protective equipment do not count for this limitation.

OUTDOOR:
the time is
stopped for
substitution of
goalkeeper



Substitutions

- A penalty corner is awarded if a substitution does not take place correctly.

Example :

- 7 players on the field
- maximum goalkeeper substitution exceeded.



The umpire

- The umpire is only human....
- The umpire can make or break the game; do not “over”whistle the game !
- Whistle with fair play as ultimate purpose: ***judging honestly and fair.***
 - Be consequent: players will know what to expect
 - Be concentrated
 - Be approachable and open (= explain your decision if not clear to the players) but do ***not enter into discussions*** on the pitch.
 - For personal penalties: clearly ***show the card(s).***



The umpire

- Use a loud and clear whistle blow
- Use accents in the power and length of the blow to indicate seriousness of the offence.
- If the ball hits an umpire or any other loose object on the pitch (that are not gloves or masks) ***the play goes on !***
- ***Stop the time*** for e.g dogs or bottles on the pitch.



The umpire

- There are 2 umpires (= one team, the 3rd on the pitch)
- Move! Make sure you always have the best (over)view on the game
- Be in front of the game
- Umpires wear distinctive color clothing from both teams



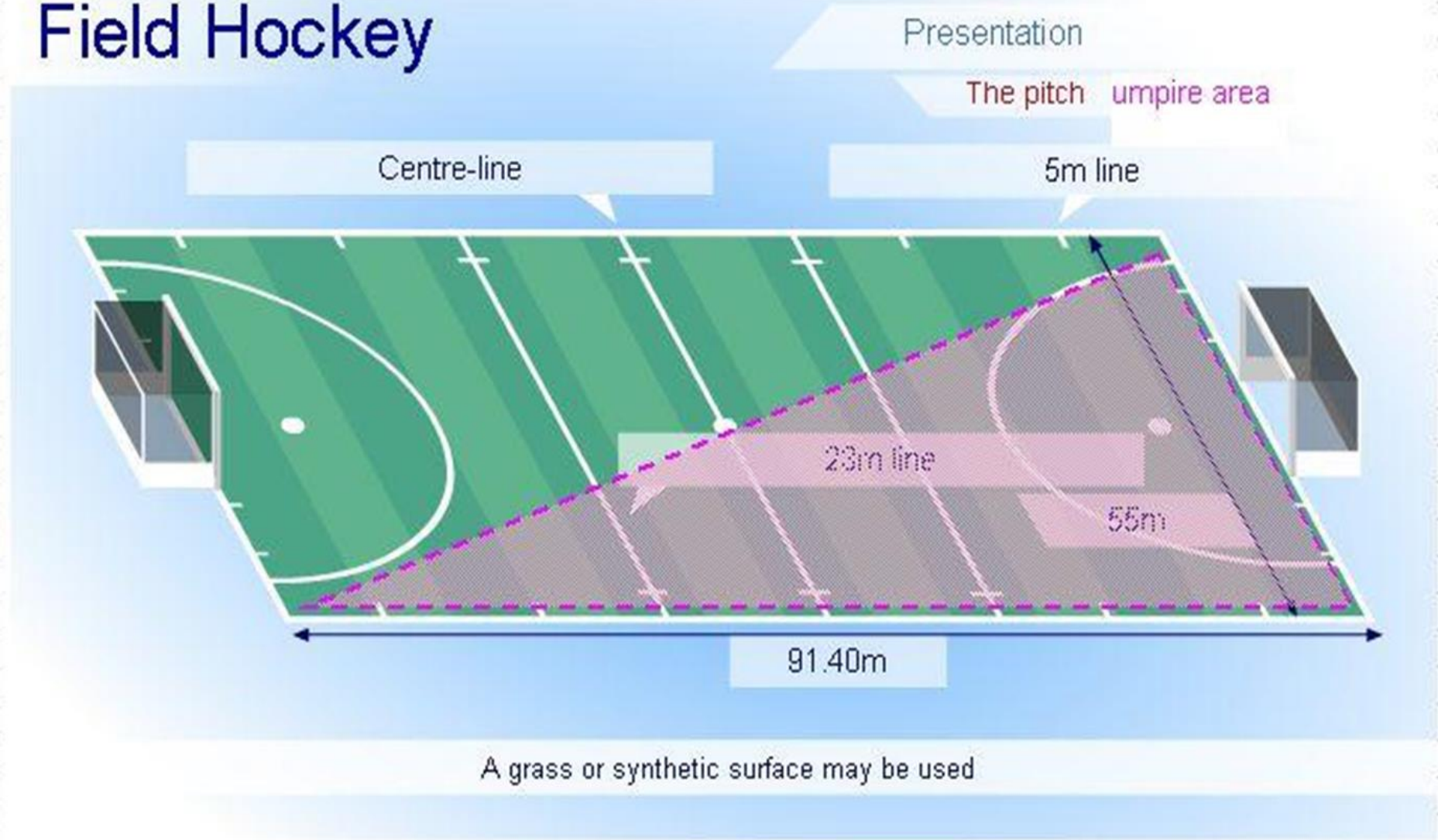
The umpire

- Each umpire has **primary responsibility for decisions in one half of the pitch** for the duration of the match. In practice this half follows a **diagonal** line.
 - The position of the umpire: with the sideline in his back , the umpire has the centre line at his left side
- Each umpire is responsible for decisions **in the circle of his half of the pitch only**
- The umpire should show and advice his colleague **only if he is being asked for it** (eye contact!)



Umpire decision zone

Field Hockey





Verbal misconduct !

- Verbal misconduct of a player: insulting other players or the umpire
- Don't whistle but make a calming down movement ("sssstt")
- In case of persistence let the player come to the umpire and give a **green card**
- In case of misconduct of a group of players → the **captain** can receive the warning or the sanction
- In case of extreme misconduct a **red card** can be given



Umpires blow the whistle to:

- Start and end each half of the match
- Start a bully
- Enforce a penalty
- Start and end a penalty stroke
- Indicate a goal
- Re-start the match after a goal has been scored
- Stop the match and re-start it for time-out
- Stop the match for any other reason and to re-start it
- Indicate where necessary that the ball has passed wholly outside the pitch



Match timing

- A match consists of 4 quarters of 10 minutes and a half-time interval of 3 minutes. Between the 1st and 2nd quarter and between the 3rd and 4th quarter the interval is 1 minute



Start of the match

- A coin is tossed between the 2 teams. The winner decides to choose for either the direction of play or to start the match with the centre pass.
- Direction of play and centre pass is inversed with the 2nd half of the match
- A centre pass is taken:
 - To start the match
 - After half time
 - After a goal



Start of the match

- **Taking a centre pass:**
 - Taken at the centre of the pitch
 - It is permitted to play the ball in any direction.
 - All players other than the player taking the centre pass must be on their half of the pitch
 - The procedure for taking a free push applies (self-pass etc...)



Re-start of a match

- Centre pass after scoring a goal.
- A **bully** takes place to re-start a match when time or play has been stopped for an injury or any other reason and no penalty has been awarded.
 - Close to the location of the ball when play was stopped but not within 9M of the back-line and not within 3m of the circle
 - 2 players facing each other with their goal on the right
 - (1) start with their sticks on the ground right to the ball
 - (2) tap the flat faces of their stick once just above the ball
 - (3) play the ball
 - All other players at 3m



Ball outside the pitch

- The ball is out of play when it passes **completely** over the side-board or back-line.
- Over the side board → play is re-started
- Over the back-line by an attacker: free hit for the defense up to 9.1m from and in line with where it crossed the back line.
- Over the back-line by a defender:
 - Unintentionally by the defender / deflected by the keeper: → **long corner (on the centre line)**
 - Intentionally by the defender or by the keeper (except deflection by the keeper) → **penalty corner (PC)**



Conduct of play: the basics

- Field players must not stop, kick, propel, pick up, throw or carry the ball with any part of their body
- Players must not play the ball with the back of the stick
- Players must not hit the ball
- Field players must not play the ball while lying on the pitch or with knee, arm or hand on the pitch other than the one holding the stick
- Goalkeepers must not play the ball outside the circle while lying on the pitch inside the circle.
- Players must not raise the ball off the pitch except for a shot at goal (10cm unintentionally is ok)

ONLY FOR
INDOOR



Conduct of play: the basics

- **Players must not play the ball dangerously: no forcing (playing the ball deliberately and hard into opponent's stick, feet or hand)**
- **Players must not trap or hold the ball against the side-boards**
- **A player in possession of the ball may not be 'trapped' either in the corner of the pitch or against the side-boards by opponents with their sticks flat on the floor**
- **Players must not obstruct an opponent who is attempting to play the ball**
 - With any part of his body
 - With his stick
 - 3rd party or shadow obstruction

**ONLY FOR
INDOOR**



Conduct of play: the basics

- Players must not touch, handle or interfere with other players or their sticks or clothing
- Players must not tackle unless in a position to play the ball without any body contact
- Players must not delay the play to gain benefit by time-wasting



Ball in the air

- **Not allowed to *raise* the ball in the air except**
 - Unintentionally not higher than 10cm and does not create advantage for the player who raised the ball
 - For a shot at goal (not dangerous)
- **Not allowed to *play* the ball in the air except**
 - For a defender or keeper attempting to stop or deflect a shot at goal (hitting is not permitted)
 - For any player to stop a rebound (from keeper or goal post) from legitimate shot at goal



Interfering

- Interfering an opponent. Eg: pushing, backing into opponent, tackle, run from behind (dangerous play)
- A sliding/tackle where opponent is pulled down → dangerous play; free hit + **yellow card**
- Intentional offence = **green card** / **yellow card** / **red card** depending on the circumstances



Method of scoring

- 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
- As result of a penalty corner
- As result of a stroke

