

2018 USA FIELD HOCKEY INDOOR RULES & REGULATIONS

Unless otherwise noted, the rules of all indoor USA Field Hockey National, Regional and Sanctioned events will be as stated in the 2017 Rules of Indoor Hockey published by the International Hockey Federation (FIH) effective January 1, 2017. USA Field Hockey modifications to the Rules of Indoor Hockey and the following tournament rules will be enforced. Failure to comply with any of the rules as outlined will be cause for the match to be declared a forfeit.

Please direct any questions or concerns with the following rules and regulations to USA Field Hockey's Director of Umpiring, Steve Horgan at shorgan@usafielddhockey.com.

ADDITIONAL MODIFICATIONS TO THE 2017 RULES OF HOCKEY

A. UNIFORMS

1. Members of all teams must be in proper uniform (shirts and socks of matching color) with numbers on at least the back of the shirt. Shorts or kilts must be of like color. Each team must have two sets of uniform shirts and socks, one distinctly light and one distinctly dark, with them at all times.
 - i. Shirts and Socks must be a minimum of 75% of one color beginning August 1st, 2016.
 1. Pinnies will not be accepted as cover ups. Teams wearing pinnies will be penalized with a game forfeit.
 - a. **Games may be played at the discretion of the teams after a forfeit is declared.**
 2. Reversible jerseys are acceptable with numbers on both sides.
 - ii. Teams will be required to present both pairs of uniforms at team check-in for approval.
 1. If a team only has one uniform, and in the event of a color conflict, the game may be cancelled. See A.3.
 - iii. In respect for all opponent's playing time, **it is required that teams have both sets of uniforms** on their persons when arriving to their matches in the event of a uniform conflict to facilitate a quick change.
2. The team listed first on the schedule will wear light uniform shirts and socks. As such, the team listed second will wear dark uniform shirts and socks.
 - i. The team not in compliance will be required to change uniforms at the request of the umpires.
 - ii. If both teams are compliant and a conflict still exists, the team listed first will be required to change shirts and socks. Umpires will determine if a conflict exists and will ask a team to change.
 1. Failure to comply with Umpire request may result in forfeiture and/or cancellation.
 - iii. Individuals not in uniform compliance will be ineligible to play in a match until their uniform issue is resolved.

- iv. If a team refuses to change or does not have a second set of uniforms that will make them compliant, the game will be forfeited and the opposing team will be considered forfeited.
 - v. If both teams are in compliance and a conflict still exists, the team listed first will be required to change shirts and socks. Umpires will determine if a conflict exists.
3. Goalkeepers and players with goalkeeping privileges must wear a single colored shirt or garment which is a completely solid different in color from that of both teams. Goalkeepers are required to have a minimum of two shirts or garments with numbers the back and that are of contrasting colors of each team beginning August 1, 2016.
 - i. Clarification on “contrasting colors:” For example, a combination of shirts or garments that are Black/dark Blue or Yellow/Gold are not considered contrasting colors.
 4. If the team has less than 4 players in proper uniform at the start of a match they will forfeit.
 - i. If the team has less than 4 players in proper uniform at the start of match they will forfeit.
 5. All players under the age of 19 must wear a mouth guard properly while participating on the field of play. Failure to do so will be considered misconduct and penalized accordingly.
 6. Field players are permitted to wear throughout a game only smooth preferably transparent or white but otherwise dark plain colored face mask which fits flush with the face, soft protective head covering or eye protection in the form of plastic goggles (i.e., goggles with a soft-covered frame and plastic lenses. A caged frame cannot be worn in the field of play.)
 7. The captain must wear a distinctive arm-band or similar distinguishing article on an upper arm, shoulder or over socks. This is a requirement.
 8. Registration wristbands must be worn at all times by all participants (players and coaches) and be displayed to the umpire prior to the beginning of each game.
 - i. Players and coaches must report one minute prior to game start to line up for umpires to conduct wristband checks.

B. ROSTERS

1. Rosters are limited to 12 athletes. Final rosters must have the correct athletes listed with the corresponding uniform numbers. Athletes playing without the recorded uniform number listed on the roster will be considered ineligible.
2. Only players on the roster from the National Indoor Tournament Qualifiers may participate in the National Indoor Tournament. Exceptions can be made for documented injuries, illness or extenuating circumstances at the discretion of USA Field Hockey.
3. Teams must have age appropriate players. Age-as-of-date is 12/31/2017. Athletes may play up on a team in the next higher age division.
 - i. Players may play up two age divisions only with the written consent of a coach, this documentation must be given to USA Field Hockey for verification.
4. An athlete can play for only one team on a tournament weekend for the National Indoor Tournament and Qualifiers.
 - i. Clarification: For safety and health reasons an individual player cannot play on a U16 team on a Saturday and turn around and play on a U19 team on Sunday at any NIT Qualifying site.



- ii. Clarification: For safety and health reasons an individual player cannot play for more than one team during the National Indoor Qualifiers, unless a different age division on a separate weekend. The teams must be from the same club.
5. If an athlete plays on more than one team they are considered ineligible:
 - i. All games that the ineligible player has participated in will be forfeited **and the player will be considered disqualified.**
 - ii. The player may be banned from the following year's National Indoor Tournament.
6. Participants in Adult Divisions must be 19 years of age or older to participate. Exceptions will be made for post-high school players.
7. For any event with an Adult Mixed or Adult Co-Ed Division, teams may have no more than three male field players on the court at any time. **The Goalkeeper can be any gender.**
8. Any team using a disqualified player shall forfeit the game in which the disqualified player was a participant and the disqualified player shall be immediately ejected from the tournament, **additionally all future tournament games will be forfeited.**

C. TEAM AREA & SUBSTITUTIONS

1. Players, Coaches and substitutes are under the jurisdiction of the umpires during the whole game, including any period of temporary or permanent suspension, and are therefore subject to the umpires' decisions under the Rules of Indoor Hockey. The umpires' jurisdiction extends through half-time periods and until the signed game card has been submitted to the official scorer.
2. The team listed first shall sit at the designated bench and defend the goal to the RIGHT of their bench as per facing the court at the start of the match
3. The team listed second shall sit at the designated bench and defend the goal to the LEFT of their bench as per facing the court at the start of the match.
4. Teams will switch benches at halftime.
5. The players on any team who are not on the court shall sit on the team's bench as substitutes. **Three** coaches are allowed in each team's bench and must not leave this area at any time. The team bench area is defined as the area that encompasses the seats provided for each team and marked accordingly. No other persons or equipment will be allowed in the team bench area.
6. Substitutions shall be made from the side of the court where the team benches are located and at, or near to, the center of the court. Players coming off the court shall also leave at the side where the benches are located. Teams will switch benches at halftime so that substitutions are more fluent.

D. SEEDING

1. Teams will earn 3 points for a win, 1 point for a tie and 0 points for a loss.
2. If, at the end of pool play, there is a tie in determining team placement, the following steps will be taken to break the tie:
 - i. Points
 - ii. Matches won
 - iii. Goal Differential
 - iv. Goals For
 - v. Head to Head Result
 - vi. Shoot-Out if time and space is available



1. In the event that time and space ARE NOT available, a Coin Toss will determine placement unless both teams agree to share placement
3. If more than two teams are involved after the initial full seeding process (i-v), then a ranking based upon the results of the matches among (only) them shall determine their respective position.
4. In the event of a tie during crossover competition, the teams will go directly to the designated court and compete in a shoot-out. Refer to Shoot-out rules (Appendix 1) for further explanation.

Note: Section D above follows exactly to the FIH Tournament Regulations.

E. DURATION OF PLAY

1. National Indoor Tournament Games shall consist of 2-20 minute halves with a 2-minute halftime. The match shall restart immediately after the 2-minute interval is completed. There shall be 3 minutes between games. Game will begin every 45 minutes. The second half will start immediately when the 2-minute halftime is completed.
2. National Indoor Tournament Qualifiers will consist of 2-12.5 minute halves with a 2-minute halftime. There will be 3 minutes between games. The second half will start immediately when the 2-minute halftime is completed.
3. All games will start and stop with a central horn. Horns will sound at the beginning of each match and the end.
4. In addition to any electronic timing method, Umpires are also required to keep time.
5. All rules for completing a penalty corner apply. If an extended PC goes into the timing of the second half, an immediate turnaround (no 1-min interval) will take place.
6. The first team listed on the schedule will have the center pass to start the game. Team listed second will have the center pass for the second half
7. Time lost due to injury or other "time outs" (penalty strokes, issuance of cards, etc.) will not be added to the game.

F. ARRIVAL TIME

1. A match is official when both teams have a minimum of four (4) players, in proper uniform, on the court, no later than five minutes after the official start time. The score of a forfeited game shall be 3-0 against the offending team, if neither team meets the required four-player minimum at the five-minute point, the score shall be 0-0.
 - i. **If a team is required to change uniforms but does not have their replacement uniform nearby, they will need to reconcile the issue within the five-minutes, or the game will be considered a forfeit.**

G. RESULT CARDS

1. The umpires will have the official Result Card for each game.
2. At the conclusion of the game, the score will be written on the Result Card by the umpire with a numerical value. All Result Cards must be verified and signed by each team's coach.
3. After the coaches or captains sign the Result Card, umpires verify and sign the Result Card.



4. When the Result Card has been signed by the coach or captains and umpires, the score of that game becomes official.
5. A signed Results Card will not be changed (see additional rules regarding result cards in Appendix 2, Scoring Appeals).

H. FORFEITS

1. A team forfeits a game if:
 - i. A team does not show up for the match;
 - ii. A team forfeits or is declared “forfeit”; **a team may not voluntarily forfeit after a match has started.**
 - iii. A team arrives more than 5 minutes after the match start time;
 - iv. A team does not have 4 players dressed in proper uniform on the court after the 5-minute grace period
 - v. A team refuses or is not prepared to change uniforms as stated in section B of this document.
 - vi. An ineligible player participates in the game
 - vii. A suspended coach does not leave the game area immediately after being suspended, does not report to the Tournament Table within 5 minutes after the game, and/or does not cease any and all team contact during the remainder of the game in which the offense occurred and the team’s next scheduled game in that division.
 - viii. A team refuses to play or removes their team from the field of play for any reason.
2. If a game is forfeited:
 - i. A 3-0 win will be awarded to the opponent.

I. MISCONDUCT

1. **Unacceptable behavior will not be tolerated, including but not limited to:**
 - i. **Any act considered to be an offense under federal, state, local and USOC laws and rules.**
 - ii. **Vandalism, damaging of property, unauthorized use of equipment or property, or theft.**
 - iii. **Inappropriate horseplay or other misbehavior which physically endangers any person or property.**
 - iv. **Verbal, physical abuse or hostility towards a player, teammate, opponent, coach, umpire administrative staff, or person of the public.**
 1. ***Note: Any person observing or having knowledge of an activity, which may result in serious bodily harm to a program participant, must immediately report such activity to a member of the USA Field Hockey staff.***
2. Green and Yellow Cards will be administered as per the 2017/2018 Rules of Indoor Hockey with no modification.
3. Any coach or team personnel may receive a Green or Red Card only. The team will not play short for any card awarded to a coach or team personnel. No Yellow Card suspension for a coach or team personnel.
4. Red Card: Player
 - i. When a player earns a red card, the team plays short and the suspended player sits with their teammates and will take no further part in the match.



- ii. A player who earns a red card must report to the Tournament Table within 5 minutes of the end of the game during which the offense occurred. The player's tournament wristband is removed, if provided.
 - 1. Adult players over the age of 19 must leave the game area and remain away from the match until its completion.
 - iii. The red carded player is suspended for the remainder of the game in which the offense occurred AND the team's next scheduled game in that division.
 - iv. The team does not have to play short in the next scheduled game in that division (unless, of course, there is a suspension in that next scheduled game).
 - v. In the team's next scheduled game in that division, the player red carded in the previous game should not be with the team in the team area (unless the player is under 19 years of age and adult supervision is not otherwise available).
 - vi. In the event a player receives two red cards over the course of a tournament, they will be suspended from the remainder of the tournament.
5. Red Card: Coach
- i. A coach who earns a red card must leave the playing area within 1 minute (60 seconds) of the issuance of the card. The coach's tournament wristband will be removed, if provided. The coach cannot have any further contact in any way with the team for the duration of the match.
 - ii. **A replacement coach is allowed if they are a current USA Field Hockey member with a current background screening on file. If a replacement coach is not immediately available, the team captain may coach their team so long as the team captain is a minor. If the team captain is not a minor they must have a current background screening on file.**
 - iii. The team does not play short when a coach is suspended.
 - iv. The team forfeits the game if the suspended coach does not leave the team area within 1 minute and/or does not cease any and all team contact during the remainder of the game in which the offense occurred.
 - v. A coach who has been permanently suspended from a match will also be suspended for the team's next scheduled game in that division. **The red carded coach will not be able to serve in any capacity that allows them access to the team bench during the match.**
 - vi. A coach who coaches multiple teams will not be able to participate in the tournament in any way until the suspension is served. Therefore, they will not be able to coach any other team in the tournament until a wristband has been re-issued after the suspension is served.

J. RED CARDS: Administrative Procedures

- 1. After the player's team has completed its next game, the player may return to the Tournament Table for a new tournament wristband.
- 2. After the coach's team has completed its next game, the coach may return to the Tournament Table for a new tournament wristband. A replacement coach can receive a temporary band for the team's next game.



3. Umpires will notify the Umpiring Manager of any red card issued immediately after the game in which it was issued.
4. Upon recommendation of the umpire, or based upon the severity of the infraction, USA Field Hockey will determine a red carded coach's/player's eligibility for further participation in the tournament beyond the one game suspension or in future tournaments.
 - i. If a coach is the recipient of two red cards in the same tournament they will be suspended from the tournament and will be suspended from all future USA Field Hockey events for 12-months (details continued below).
5. Upon receiving a red card, a coach will be in a 12-month "warning" period (beginning on the date the red card was received) in which they cannot receive a second red card without additional consequences. If any coach is the recipient of two red cards in a span of 12-months between infractions, they will not be permitted to coach at any USA Field Hockey event or sanctioned event for 12-months after the date the second red card was received.
6. Any team using a disqualified coach/player shall forfeit the game in which the disqualified coach/player was a participant and the disqualified coach/player shall be immediately ejected from the tournament.

K. APPEALS PROCEDURE FOR GAME PROTESTS

1. Please refer to Appendix 2, SCORING APPEALS.
2. Game protests will not be allowed at the tournament.



Appendix 1:

INDOOR SHOOT-OUT COMPETITION

In a shoot-out competition, three players from each team take a one-on-one shoot-out alternately against a defender from the other team as set out in this Regulation. The shoot-out competition comprises all series of shoot-outs required to determine a result. The following sets out both the playing Rules and the procedures to be followed:

1. If the shoot-out competition takes place after the end of a match, the first shoot-out shall take place within two (2) minutes of the end of the match.
2. The respective Team will provide three players to take and one player to defend the shoot-outs from those on the Approved Roster except as excluded below. A player nominated to defend the shoot-outs can also be nominated to take a shoot-out. No substitutions / replacements are permitted during the shoot-out competition other than as specified below.
3. A player who is still serving a disciplinary suspension at the time the shoot-out competition takes place or has been excluded permanently (red card) during the match which leads to the shoot-out competition, cannot take part in that shoot-out competition. A player who has been warned (green card) or temporarily suspended (yellow card) may take part in the shoot-out competition even if the period of his / her suspension has not been completed at the end of the match.
4. The Umpires will specify the method of timing shoot-outs taking account of the facilities available and the need to control time accurately.
 - a. If an electronic timing system with audible is available, this is preferable
 - b. If electronic timing is not available, non-controlling umpire will keep time.
5. The Umpires will specify the goal to be used.
6. A coin is tossed; the team, which wins the toss, has the choice to take or defend the first shoot-out.
7. All persons listed on the Approved Roster other than any player who is still serving a disciplinary suspension at the time the shoot-out competition takes place or has been excluded permanently (red card) during the match which leads to the shoot-out competition are permitted to enter the field of play outside the half used for the shoot-out
8. The goalkeeper / defending player of the team taking a shoot-out may be on the back-line outside the circle.
9. A player taking or defending a shoot-out may enter the half used for the shoot-out for that purpose.
10. Players taking a shoot-out and also defending the shoot-outs taken by opponents are allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put back on their protective equipment.
11. Three players from each team take a shoot-out alternately against the goalkeeper / defending player of the other team making a total of 6 shoot-outs.
12. Taking a shoot-out:
 - a. The goalkeeper / defending player starts on or behind the goal-line between the goal posts;
 - b. The ball is placed 3 meters outside the circle opposite the center of the goal;
 - c. An attacker stands behind but near the ball;
 - d. The Umpire blows the whistle to start time;
 - e. An official / umpire starts the clock;



- f. The attacker and the goalkeeper / defending player may then move in any direction;
 - g. The shoot-out is completed when:
 - i. 6 seconds has elapsed since the starting signal;
 - ii. A goal is scored;
 - iii. The attacker commits an offence;
 - iv. The goalkeeper / defending player commits an unintentional offence inside or outside the circle in which case the shoot-out is re-taken by the same player against the same goalkeeper / defending player;
 - v. The goalkeeper / defending player commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken;
 - vi. The ball goes out of play over the back-line or side-boards; this includes the goalkeeper / defending player intentionally playing the ball over the back-line;
 - vii. If the ball rebounds off a goalkeeper / defending player over the side-boards, the shoot-out is completed; if the ball is propelled by a goalkeeper / defending player over the side-boards, the shoot-out is retaken by the same player against the same goalkeeper / defending player
13. If a penalty stroke is awarded as specified above; it can be taken and defended by any eligible player on the roster subject to Sections 17, 18 & 19 of this document.
14. The team scoring the most goals (or ahead by more goals than the other team has untaken shoot-outs available) is the winner.
15. A player may be suspended by a yellow or red card but not by a green card during a shoot-out competition.
16. If during a shoot-out competition (including during any penalty stroke which is awarded) a player is suspended by a yellow or red card:
- a. That player takes no further part in that shoot-out competition and, unless a goalkeeper / defending player, cannot be replaced;
 - b. The replacement for a suspended goalkeeper / defending player can only come from the three players of that team nominated to take part in the shoot-out competition;
 - c. The replacement goalkeeper / defending player is allowed reasonable time to put on protective equipment similar to that which the goalkeeper / defending player they are replacing was wearing;
 - i. For taking their own shoot-out, this player is allowed reasonable time to take off his / her protective equipment to take their shoot-out and subsequently to put it on again.
 - d. Any shoot-out due to be taken by a suspended player is forfeited; any goals scored by this player before being suspended count as a goal.
17. If during a shoot-out competition, a defending goalkeeper / defending player is incapacitated:
- a. That goalkeeper / defending player may be replaced by another player from among the players listed on the Approved Roster for that particular match, except as excluded in this document or unless suspended by an Umpire during the shoot-out competition;
 - b. The replacement goalkeeper:
 - i. is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper / defending player was wearing;



- ii. If this replacement is also nominated to take a shoot-out, this player is allowed reasonable time to take off his / her protective equipment to take their shoot-out and subsequently to put it on again.
18. If during a shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player from among the players listed on the Approved Roster for that particular match, except as excluded above or unless suspended by an Umpire during the shoot-out competition.
19. If an equal number of goals are scored after each team has taken three shoot-outs:
 - a. A second series of shoot-outs is taken with the same players, subject to the conditions specified in this document.
 - b. The sequence in which the attackers take the shoot-outs need not be the same as in the first series;
 - c. The team whose player took the first shoot-out in a series defends the first shoot-out of the next series;
 - d. When one team has scored or been awarded one more goal than the opposing team after each team has taken the same number of shoot-outs, that team is the winner.
20. If an equal number of goals are scored after a second or subsequent series of three shoot-outs, an additional series of shoot-outs is taken with the same player's subject to the conditions specified in this document.
 - a. The sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;
 - b. The team which starts each shoot-out series alternates for each series.
21. Unless varied by this document, the 2017 Rules of Indoor Hockey apply during a shoot-out.



SCORING APPEALS

In an effort to reduce the number of incorrect scores posted while maintaining all fairness to the athletes and teams involved, USA Field Hockey will allow teams to challenge posted scores that are recorded after a Result Card has been submitted with the following rules.

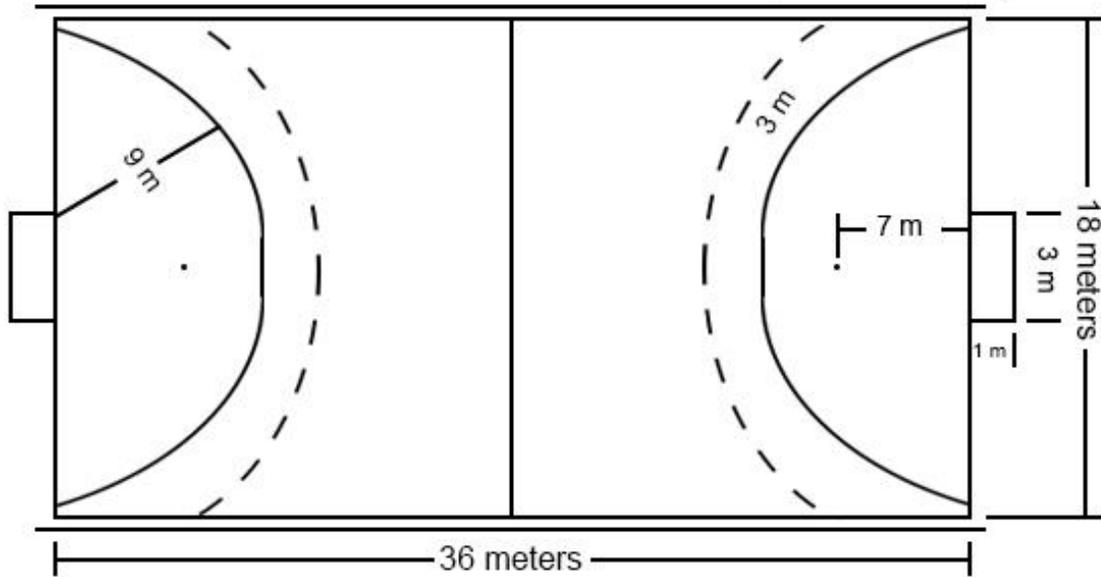
1. Teams that wish to appeal a published score must report to the USA Field Hockey tent on site at an event to submit an appeal.
 - a. Appeals can only be submitted by a coach affiliated with the participating team. Appeals from parents or athletes will not be accepted.
2. Teams are each allocated one appeal per event.
 - a. If an appeal is won, and an incorrect score has been published, the team submitting the appeal will win back their allocated appeal and will be able to use it again during the event.
 - b. If an appeal is lost, and a correct score has been published, the team submitting the appeal will lose their allocated appeal and will not be able to challenge any remaining scores during the event.
3. The decision to appeal a score posting rests entirely with the teams involved. USA Field Hockey will consider signed Result Cards as the correct and final outcome of the contest. No changes will be made to the official score unless an appeal is submitted and won.
4. Failure to sign a Result card does not nullify the outcome of the contest or excuse individuals from the appeals process.





Indoor Field Dimensions

Minimum Dimensions: 18 meters x 36 meters (59 ft x 118 ft)



Maximum Dimensions: 22 meters x 44 meters (72 ft x 144 ft)

