



Hampshire Hockey Association

Indoor League Rules

League Structure

The league is for clubs to develop their indoor skills, as an objective in itself and as an aid to further developing skills needed in the outdoor game. There is no promotion or relegation and no medals or cups will be awarded. To get the most out of the league, stronger clubs should endeavour to field teams at a level that will provide competitive hockey.

Indoor Rules

We will be playing to the FIH Rules of Indoor Hockey 2016. A few reminders of importance for you:

- a. Teams may consist of up to 12 players, with 6 players on the pitch (or suspended).
- b. You may play with only field players or have a player with goal keeping privileges (who **MUST** wear a different coloured shirt at all times **AND** a helmet to defend a penalty corner or a penalty stroke). A fully kitted goal keeper is not a necessity.
- c. Green cards will be a 1 minute suspension and yellow cards will be a minimum of 2 minutes suspension. Suspended players will be required to sit on their team bench, at the end nearest the half-way line. Suspensions will be timed by the match official(s).
- d. Any dangerous play which forces an opponent over the sideboards will be penalised heavily because of the added dangers of the walls.
- e. Goalkeepers are reminded that there can be no substances added to any equipment to assist sliding on the floor. Goalkeepers have been known to add talcum powder or other substances for this purpose. This is completely banned by FIH as it is incredibly dangerous for other players. Goalkeepers not complying will not be allowed to play and if any substances are introduced to the floor before being noticed, the team may also be banned.

If you have any queries regarding the indoor rules or how they will be umpired, please contact myself or Lia Waine (HHUA Chair of Indoor Selectors) contact details at the bottom of the page.

The Venue – King Edward VI School

1. This is the first time we have used the school for the indoor league. It is vital that the school facilities are treated with the utmost respect at all times.
2. Everyone must enter through the Wilton Road entrance. If you are driving on the main road (Hill Lane) approaching the school on your left, Wilton Road is left turn immediately before the Astroturf pitch. There is an access code to enter the school grounds **both in a car and as a pedestrian**. The code will be sent to your club indoor contacts to pass on to players (and Lia to pass to umpires).
3. **Unlike Fleming Park, there will be no first aid facilities on site. I must remind all teams that the provision of first aid equipment is the responsibility of each team. In the case of serious injuries, Southampton General Hospital is very close to the school.**

The Hall

1. The hall is very tight compared with Fleming Park. The space on either side of the pitch has to be used by the umpires and, as a result, there is no space at all for kit bags. Players, including goalkeepers, should leave their kit bags in cars and just bring playing equipment into the hall. As umpires will be umpiring consecutive games at times, they may bring a small bag with radios and change of shirt. These have to be placed in the entrance to the store room at the far end of the hall.
2. Water or drinks bottles must not be taken onto the pitch at any time (including half-time).
3. No-one who is not directly involved in a match can be inside the hall.

Match Arrangements

1. Matches will be 10 minutes each way, with a 2 minute half-time.
2. The first named team will defend the end nearest the entrance to the hall and have pushback in the first half. The second named teams must change shirts and socks if there is a colour clash.
3. Umpires and match officials (MO) will be provided by HHUA and this is built into the cost of your entry fee. The MO will keep a record of the score and time the length of any suspensions.
4. If you are not ready to start at the required start time the opposition may be awarded a 5-0 win.
5. Fixtures and results will be shown on the Hampshire Website.

Setting Up the Hall

1. **Members of the 2 teams on the first match MUST arrive 15 minutes before the first game to set out the boards and goals. If the first match has to be delayed because the pitch is not ready, the playing time will be reduced accordingly.**
2. **The 2 teams on the final match MUST stay to put the boards and goals away.**

David Lane
Hampshire Administrator
adminstrator@hampshireha.co.uk
01722 711512

Lia Waine
Hampshire HUA Chair of Selectors.
Indoor.appointments@hhua.co.uk
07833 471418