

UMPIRING INDOOR HOCKEY

An overview by RABartlett

INTRODUCTION

In simplistic terms Indoor Hockey is a mini 2D form of Outdoor Hockey, played inside; mainly; on a wooden floor. There are; though, several VERY distinctive UNIQUE rules governing the play of Indoor Hockey.

I'll take you through - TIME-OUTS; BALLS OFF THE GROUND; LYING ON THE PITCH; TRAPPING and DRILLING.

<p><i>READ THE RULES</i> found on the EH website.</p>
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But first let me get the easy differences out the way first.

THE SIMPLE DIFFERENCES

Due to the pitch size

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| * 3 metres replaces 5 metres | * 9.1m replaces 16m. |
| * Green Card: 1 minute replaces 2 minutes | * Yellow Card: 2 minutes minimum |
| * A free-push to the defence awarded inside the D can be taken anyway inside the D. | * The pitch size is 44m by 22m; divided into two halves . Rules governing what happens in the attacking 23m zone ; on the <i>outdoor</i> pitch, applies in the half of the pitch into which a team is attacking. |
| * Long-corners are taken from the half-way, in line where the ball left the backline. | * UMPIRE from outside sideboards. Move in ONLY when necessary. |
| * A player may NOT hit the ball – this includes 'slapping'. | |
| * There are NO Free Hits – they are ALL free PUSHES. | |

SIDE-BOARDS

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| * Wooden side-boards line along the whole length of the two long sides. | * At free-push inside the attacking half, to the attacking team; the side boards may be used to rebound the ball into the D – ONLY IF – the ball travels a total of 3m from when the player pushes the ball at the free push to when the ball enters the circle. |
| * For when the ball leaves the pitch over a side-board; to re-start, the ball is placed 1m from and in parallel to the side-board, from where the ball left. But never inside the D. | |

TACKLING

- * Remember players can not hit the ball; therefore any legitimate attempt at tackling the ball; even if the ball is cleaning taken; should be viewed as if the tackler is pushing the ball from the opponent in possession – hence be mindfully of how the players in the tackle are holding their sticks (no swinging).
- * Reckless play – sliding tackles and overly physical challenges by field players – which; take players to ground, or may cause injury; should be appropriately penalised.

SUBSTITUTIONS

From the squad of 12 unlimited	HOWEVER; substituting a Goalkeeper for
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substitutions can take place – at the appropriate time.	a PKwGKP or an Out-field Player; is limited to a MAXIMUM of 2 per match.
If the team has used its quota; should the on-field goalkeeper be injured or suspended, the only legitimate substitution is for another fully kitted goalkeeper – the team of course still plays with one less player on the pitch; while a suspension penalty is being served.	

TIME-OUTS

Each team has a maximum of one single one minute time-out period per half. May be called by a team immediately before they; take a free-push, a bully, side-line push or centre push. Can not be called in the period from when a PC or PS is called until after its conclusion.

BALL OFF THE GROUND

* A player may NOT raise the ball off the ground EXCEPT when taking a push, flick, scoop AT GOAL.

* Players can't play a raised ball until ball is back on ground.

* Players may deflect or stop a raised ball, from a shot at goal, with a stick ABOVE their shoulder.

* Players may also stop a raised ball that has deflected off the goalkeeper, player, goalpost or bar; after a legitimate shot at goal.

* NOTE: if dangerous play results after a legitimate stop or deflection, a penalty corner must be awarded.

LYING ON THE PITCH

This is simple; but unique to indoor hockey. Players may not play the ball while lying on the pitch. This means: Only three points of contact on the pitch ie 2 feet and 1 stick.

The Goalkeeper or Player with Goalkeeper Priviledges; may play the ball while on the ground ONLY if the GK or PKwGKP and the ball are inside the circle.

TRAPPING

Limit time spent when the ball is trapped in corners, along sideboard or between players' sticks.

Blow early: restart with a bully if trap is unintentional:

Free hit against a player if that player trapped the ball intentionally.

What is TRAPPING?

Deliberately trapping or holding the ball against the side-boards, when an opponent is within playing distance. Deliberately aiming to trap the ball between their and an opponent's stick; is another example. A player in possession of the ball may not be trapped by the opponents' flat sticks either in the corners or against the side-boards. Penalise opponents if they do not leave an outlet of reasonable size (a rule of thumb: 6inches) through which the ball may be played.

DRILLING

Players must not play the ball dangerously or in a way which leads to dangerous play.

One result of this rule is DRILLING:

Players can not play the ball deliberately and hard; with associate risk of injury; into an opponent's stick, hands or feet; if that player is in a

SET (stationary) position. This includes the tactic of collecting, turning and trying to play THROUGH a defending player who is close or trying to play the ball.

INJURY is a SERIOUS risk in INDOOR HOCKEY, therefore persistent DRILLING MUST be penalised with personal penalties.

FINALLY

I must recommend the excellent video by Steve Horgan, a chap I met in Canada a couple of years ago when he was visiting my cousin's college. He is now Director of Umpiring USA. The video is found at

<https://www.riderchris.com/hockey/rules-of-indoor-hockey-2017/>

I have included a small 'short hand' version: a cheat-sheet if you will.