

2026 Indoor Field Hockey Rules

Team/Equipment

1. All teams must have a designated coach on the sidelines or the team must forfeit. For younger teams the coach may be on the floor with the team. It is strongly encouraged to have an assistant coach for the 7-10 yr olds so that someone can manage the bench.
2. 5 field players plus 1 goal keeper on the floor. If you do not have enough, you can play 1 person down without having to forfeit. The other team is not obligated to play a man down. If no one wants to suit up as a goalie, we will use the rebound boards.
3. Substitutions are made on the fly and should be made on a regular basis. All players should receive an equitable amount of playing time. **If you have substitutes, ALL PLAYERS MUST BE SUBSTITUTED OUT OF THE GAME (Except the goalie).**
 - **EXAMPLE: IF YOU HAVE 8 PLAYERS FOR THE GAME, ALL 8 SHOULD PLAY EACH HALF**
 - **ONE PLAYER SHOULDN'T GET 30 MINUTES OF PLAYING TIME AND ANOTHER LESS THAN 10. THIS IS NOT EQUITABLE PLAYING TIME (40 MINUTE GAME)**
4. **MANDATORY EQUIPMENT – Indoor Stick, shinguards, & mouthguard. Indoor shoes/sneakers are also recommended. NO TURFS OR CLEATS!**

Game

1. Games will be 45 minutes in total: 10-minute quarters; 3 – minute halftime; 1 minute between quarters
2. Each team is will have 1 timeout per game **(1 minute)**
3. Ties (in playoffs) will be determined by playing a 5-minute overtime period. Each team removes one player for the overtime period. The team to score first in overtime wins the game. If a 2nd overtime is necessary teams will remove a 2nd player from the floor. After 2 overtimes then we will continue with subsequent overtimes at 4v4 (3 players and goalie) until a team scores.

Rules

1. No hitting, sweeping, or reverse sweeping allowed
2. No lifting in the field of play. Any ball that comes off the floor is a foul! (7-10 yr. old division will be more lenient with this rule)
 - Shots on goal must hit the backboard. A deflection off an attacker or a defender's stick is the exception but it must be clear of danger. If the ball rises dangerously into another player from a deflection it will be (attack-free hit; defender-corner).
3. No spin-fire moves (turning and releasing the ball in motion of the spin)
4. No drilling – drilling the ball into a defender's stick when they are in a (ready/defensive set) position no more than 3 yards away.
5. You may not play the ball while touching the ground with your knee or free hand (hand may be in contact with the ground as long as you're holding your stick).
6. Substitutions can be made on the fly; however, the substitute may not enter until the player they are subbing is at the door.
7. Basketball 3-point line is the circle and shots taken within the 3-point line will count as a goal – for a goal to count it must be touched by an offensive player inside the circle.
 - Ball is sent in from outside the circle and is only touched by a defensive player OR goalie and goes in the goal = NO GOAL – result is a long hit (half court)
 - Ball is touched by an offensive player inside the circle and then deflects off a defensive player OR goalie = GOAL

Corners

1. For defensive corners - all players must line up inside of the goal. Only 4 players including a goalie are allowed back on defensive corners. The other player must go to the yellow line on the opposite end of the court (closest to the goal they are defending)
2. On offensive corners, the ball must be controlled outside of the circle before it can be brought in for the shot.
3. If the defender runs into the path of a shot on a corner, another corner is awarded if it makes body contact below the knee. Above the knee would be considered dangerous and a free hit awarded to the defense.
4. If a ball is lifted on a free hit, it is a foul. If a defensive free hit was taken inside the circle, a corner is awarded for a high ball.

Free Hits

1. On free hit going into the circle the ball must first go 3 meters (3.5 yards) (with pass or self-start) before entering the circle. This is from the yellow line in. Defensive players must remain 3 meters away until free hit or self-start has been taken.
2. Self-starts may be used. Ball must be stationary before free-hit/self-start is taken.

Behavior

1. Players, coaches & spectators will be expected to respect the official and the calls made by the official – if you have a question about a call ask, she will be happy to explain the call.
2. If a player receives a card for an excessive penalty, they will sit out for 5 minutes. Any red cards and they will not be allowed to participate in the remainder of the game and will be suspended from the next game.
3. If **TWO** red cards are given in the course of a season the player will be removed from the league for the remainder of the season.

HAVE FUN & LEARN THE GAME OF HOCKEY!!!