

USA FIELD HOCKEY INDOOR REGULATIONS

The National Indoor Tournament and Qualifiers will follow the 2021 Rules of Indoor Hockey published by the International Hockey Federation (updated in November 2022) and USA Field Hockey's modifications and regulations. Failure to comply with the rules as outlined may result in sanctions against those not in compliance.

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.
 - i. Shirts and Socks must be a minimum of 75% of a single-color beginning.
 1. Pinnies will not be accepted as cover ups. Teams wearing pinnies will be penalized with a game forfeit.
 2. Reversible jerseys are acceptable with numbers on both sides.
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. The team not in compliance will be required to change uniforms. *It is strongly recommended that all teams have both sets of uniforms pitch side for all games.
 - i. If a team refuses to change or does not have a second set of uniforms that will make them compliant, the game will be cancelled, and the non-compliant team will be considered forfeited.
 - ii. If both teams are in compliance and the Umpires determine a conflict still exists, the team listed first will be required to change shirts and socks
3. Goalkeepers must wear a colored shirt or garment which is a completely different in color from that of both teams. Goalkeepers are required to have a minimum of two shirts or garments with numbers on the back and that are of contrasting colors of each team. Teams playing with only field players must have a helmet or mask available for penalty strokes.
 - 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.
5. All players 19 and under 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. Registration wristbands must be worn at all times by all participants (players and coaches) and be visible to the umpire during each game.

B. ROSTERS

1. Rosters are limited to 12 athletes.
2. Only players on the roster from the Qualifying Tournament may participate in the NIT. Exceptions will be made for documented injuries, illness or extenuating circumstances.
3. Rosters must have age appropriate players as determined by the dates of 1/1 – 12/31 of the current year. Athletes may play up in higher age divisions if the coach feels appropriate. Athletes may not play down an age division. **In accordance with the ADM USA Field Hockey recommends an athlete only play up one age division.*
4. An athlete may only play for one team at each event for which he or she is on the approved roster at registration. An individual player cannot play for more than one team during any event.
 - i. If an athlete plays on more than one team, all games that the illegal player has participated in will be forfeited
 - ii. Goalkeepers are an exception to this regulation
5. Participants in Adult Divisions must be graduated from HS or 19 years of age or older to participate.
6. For any event with a Mixed Division, teams may have no more than three male field players on the court at any time.
7. 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.

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 for the entire 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 for the entire match.
4. 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 area and must not leave this area at any time. The team area is defined as the area provided for each team and marked accordingly. No other persons will be allowed in the team area.



5. Coaches who are suspended or have invalid memberships are not permitted to be in the team bench areas. Coaches are not permitted to coach the team in any way while serving a suspension.

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.

E. DURATION OF PLAY

1. For the 2023 National Indoor Tournament, games shall consist of two 20-minute halves with a 2-minute halftime. The time between games shall be 3-minutes. There will be no stoppage of time for any reason (penalty stroke, cards, injury).
2. National Indoor Tournament Qualifiers will consist of two 12.5-minute halves with a 2-minute halftime. There will be 3 minutes between games. There will be no stoppage of time for any reason (penalty stroke, cards, injury)
3. All games will start and stop with a central horn.
4. All rules for completing a penalty corner apply. If an extended PC goes into the timing of the second half, there will be no half time.
5. 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

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.

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 then verified and signed by each team's coach.
3. Once both coaches sign the result card and agree on the final score, umpires will verify and sign making the score of the game official
4. A signed Results Card will not be changed.

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";
 - 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 A 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/tent 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. PLAYER MISCONDUCT

1. Personal Penalties (Green/Yellow cards) will be administered per the 2021 Rules of Indoor Hockey.
2. Personal Penalties (Red Card) will be administered per the 2021 Rules of Indoor Hockey with the following modifications.
 - i. The team plays short and the suspended player will take no further part in the match.
 1. Players age 19 or younger are to remain with their team until the end of the match.
 2. Adult players over the age of 19 must leave the game area and remain away from the match until its completion
 - ii. The red carded player is suspended for the remainder of the game in which the offense occurred AND their next scheduled game in that division.
 - iii. The team does not have to play short in the next scheduled game in that division (unless there is a new suspension in that game).
 - iv. In the next scheduled game in that division, the red carded player 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).

- v. 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.

3. Red Card Administration – Player

- i. Umpires will notify USA Field Hockey Staff of any red card issued immediately after the game in which it was issued.
- 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 for removal of the tournament wristband.
- iii. After the player's next game is completed and suspension has been served, they may return to the Tournament Table for a new tournament wristband.
- iv. Upon recommendation of the umpire, or based upon the severity of the infraction, USA Field Hockey will determine a red carded player's eligibility for further participation in the tournament beyond the one game suspension.
- v. 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.

J. COACH MISCONDUCT

- 1. Any coach or team personnel may receive a Green or Red Card only. There is not a Yellow Card suspension for coach or team personnel. The team will not play short for any card awarded to coach or team personnel.

2. Red Card – Coach

- i. A coach who earns a red card must leave the playing area within 1 minute of the issuance of the card and cease all team contact during the remainder of that game. The team will forfeit the game if the coach does not abide by the above suspension criteria.
- ii. A replacement coach is allowed. If a replacement coach is not immediately available, the captain may coach their team.
- iii. The team does not play short when a coach is suspended.
- iv. A coach who has been permanently suspended from a match will also be suspended for the team's next scheduled game in that division.
- v. A coach who coaches multiple teams will not be able to participate in the tournament in any way until the suspension is served. 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.
- vi. In the event a Coach receives two red cards over the course of a tournament, they will be suspended from the remainder of the tournament and will be suspended from all future USA Field Hockey events for 12 months.



4. Red Card Administration – Coach
 - i. Umpires will notify USA Field Hockey Staff of any red card issued immediately after that game.
 - ii. A Coach who earns a red card must report to the Tournament Table within 5 minutes of the issuance of the card for removal of the tournament wristband.
 - iii. After the Coach's next game, in that team's division, is completed and suspension has been served, they may return to the Tournament Table for a new tournament wristband.
 - iv. Any team using a disqualified coach shall forfeit the game in which the disqualified coach was a participant and the disqualified coach shall be immediately ejected from the tournament.
 - v. Upon recommendation of the umpire, or based upon the severity of the infraction, USA Field Hockey's Tournament Director will determine a red carded coach's eligibility for further participation in the tournament beyond the one game suspension.
 - vi. 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.

K. APPEALS PROCEDURE

1. Game protests will not be allowed at any event.
2. 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 honor only one Challenge (request) per team, per tournament for the review or change of a posted score. Should it be found that a result was posted incorrectly after verifying the official score card from the game, the result will be adjusted, and the team retains its challenge to be used again later in the tournament if necessary. Should it be found that the official score card reflects the score posted after it has been challenged by a team, this team will lose its Challenge and will not be able to dispute any posted results for the remainder of the event. The following procedure will be in effect for all USA Field Hockey events:

- i. Each head coach is responsible for confirming the final score and sign verifying the correct Result Card at the conclusion of each game.
- ii. 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 upheld.
- iii. Team contacts or coaches are the only individuals who can submit



an appeal. Parents, athletes, fans or umpires cannot initiate the appeal process.

- iv. Upon consensus by the coaches and umpires involved in the match, the score will be overturned, and any changes will be made to the official results.
- v. Failure to sign a Result Card does not nullify the outcome of the contest or excuse individuals from the appeal process.
- vi. Any disputes on the final score must be settled with the umpires at the time the cards are signed.
- vii. The appeal process applies to posted scores only. There is no appeal process for calls made during any match.
- viii. Deception on a Result Card is considered unsportsmanlike conduct and is a violation of USA Field Hockey's Code of Conduct.

Appendix 1:

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Member, U.S. Olympic Committee

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;
- a. An attacker stands behind but near the ball;
 - b. The Umpire blows the whistle to start time;
 - c. An official / umpire starts the clock;
 - d. The attacker and the goalkeeper / defending player may then move in any direction;
 - e. 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 players 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 2021 Rules of Indoor Hockey apply during a shoot-out.

