

Indoor rules 2019 - 2020

A summary of the Never Less indoor hockey rules:

- There are 6 players in the field, with a max of 3 men and no keeper
- You can only push the ball
- A match is 17 minutes, followed by a 3 minute break
- Mouthguard, shin guard and a glove are obligated!!
- You are allowed to use the sideboards/beams.
- You can't lift the ball
- A player may not play the ball while on the ground or while placing a knee, arm or hand on the pitch (other than the hand holding the stick)
- An attacking player can't play the ball when the defender is stationary/in block position. Stationary means when a defender has his or her stick flat on the ground with the left hand pushed on the floor.
- A long hit is from the middle line
- Instead of a penalty corner, you'll get a long hit

Course of the game

You can only push in the indoor hockey. A back-swing hit or sliding stroke is strictly prohibited. A match lasts 17 minutes, followed by a 3 minute break in which you can switch fields. A hockey game is played on a whole field. A field in field hockey looks different than a field in field hockey. First, the field is much smaller. Therefore, fewer players may be deployed. In addition, a hockey hall has beams on the sidelines. These beams can be used. There are often two circles in a room: a dotted circle and a circle with a solid line. The dotted circle counts as an official circle in hockey. The solid line is for other sports and has no function for hockey.

At the start of the match there must be at least 4 players from your own team in the field. If there are not 6 of your own team present, then the team may be completed with players from other teams. The own players must then be drawn up first. No additional players may be borrowed. If these rules are not met, the counterparty automatically wins 3-0. If both teams do not meet these rules, the final score is automatically 0-0 and both teams receive no points.

The ball is taken at the center spot by one of the parties. Who takes the ball is determined by a toss or mutual consultation. The game starts when the referee gives the start whistle. The match ends with the final signal of the referee.

You win the match by scoring in the goal of the opponent. However, you can only score if the ball in the dotted circle. The ball must be touched by an attacker within the circle to score a goal. A goal only counts if the ball has been touched by at least one attacker in the circle. Indoor hockey hasn't got a own goal, if the ball is not touched by an attacker in the circle, but the ball enters the goal through a defender, then it does not count as a goal.

Players may be exchanged when they want, a new player enters the game at the center of the field. There is no maximum number of substitutes, everyone can always change. Keep in mind that the composition of the team will be maintained within the Never Less rules: a maximum of 3 men may enter the field. If you win the competition, you get 3 points. A tie gives both teams 1 point. Loss does

not earn points. During finals in the hall, there is no extension and the player immediately starts playing penalty balls.

Penalties

There are a number of offenses within the indoor hockey game. One is shoot. Shoot means the ball hits the body. Not only the ball on the foot counts as a shoot, the rest of the body is also seen as a shoot! The only exception is the hand with which you hold the stick, it may hit the ball.

Another violation is playing high. At Never Less, this rule differs from the official KNHB regulations. The ball may not be played high under any circumstances. Also a lift over a stick to pass a player or a high push on goal is not allowed. In indoor hockey, the ball may only be raised slightly when you receive the ball, provided that no advantage is gained with it.

In addition, the ball may only be played with the flat side. The ball must not touch the convex side while pushing and also not with stopping the ball. You cannot restrain your opponent from the ball. Restraining means placing your body between the ball and the opponent, so that the opponent cannot reach the ball anymore.

A player is also not allowed to play the ball lying down or if he or she has an arm, hand or knee on the floor. The only exception is the hand holding the stick, which may touch the ground when playing the ball. You can only have a maximum of three points of contact with the ground. An attacking player may not play through an opponent's block/ when the player is stationary. A block means that the defending party has the stick flat on the ground, so pressed with the left hand on the ground. If the stick has to be moved to stop the ball, it is no longer a block. The stick must be clearly still on the ground when playing the ball.

Finally, physical contact is strictly prohibited. Shoulder pushes, elbows and beating against the shins will not be tolerated.

Free stroke

A free stroke is basically the same as in field hockey. This may be taken by a self-pass or by playing to another player, possibly via the beams/sideboards. A self-pass may be two clearly separate actions, provided that the ball is taken out and continued to play by the same person.

Only around the circle do a number of other rules apply. A free hit that is taken on half of the opponent may never go directly into the circle, this is only allowed if the player first moves the ball at least 3 meters with the ball or is touched by at least one other player - attacking or defending.

The long hit is taken from the centerline. If the defending party deliberately plays the ball over the back line, the attacking party gets a free kick at the height of the circle.

Penalty stroke

If an intentional foul within the circle is committed by the defending party or a foul that prevents a goal, it is a penalty stroke. A penalty stroke is taken from the penalty spot in your own circle (of the attackers) and must be taken with one push.