

# INDOOR HOCKEY RULES AT NEVER LESS

At Never Less, when playing indoor, we play matches of 15 minutes, followed by a 5 minute break to change fields. There are 6 players in the field, with a max of 2 men. There is no keeper. In this document, the rules we play at Never Less are described.

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## Basic rules

- You can only push the ball, shooting is not allowed.
  - Next to a mouthguard and shin guards, a glove is obligated. Make sure you have one!
  - You are allowed to use the sideboards/beams during the game.
  - You cannot lift the ball.
  - A player can only have three contact points with the ground: two feet and one hand (the hand with glove). You are not allowed to placing a knee, arm or hand on the pitch.
  - An attacking player cannot play the ball when the defender is stationary in block position. This means that the defender has his stick flat on the ground, with the left hand pushed to the floor.
  - A long hit is taken from the middle line.
  - We don't have penalty corners, this is a long hit.
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## Course of the game

The field used at indoor hockey is smaller than a field in outdoor hockey. Therefore, fewer players are deployed. the beams on the sidelines of the field can be used in the game. In indoor hockey, there are often two circles: a dotted line and a solid line. the dotted line is the official circle used in indoor hockey. The solid line had no function for hockey. In the indoor hall at Leonidas, there are no other lines than the lines played with during the hockey match.

A match can be played with a minimum of 5 players of your own team in the field. When there are less than 5 players, the other team will automatically win with 3-0. If there are not 6 players of the own team present, the team may be completed with players from other teams.

The ball is taken at the center spot by one of the teams. the referees will keep track of time and give a start and final signal of the game. You can only score a goal if the ball is pushed from within the circle. The ball must be touched by an attacker within the cirkel.

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## Penalties

There are a number of offenses within the indoor hockey game. First, a player is not allowed to make **shoot** (when the ball hits the body), so not only when hitting a foot. The only exception is the hand with which you hold the stick, the one with the glove. This hand can touch the ball, because it is seen as a part of the stick.

Another violation is playing a high ball. This is a rule that is only used at Never Less. You cannot play the ball high, like a lift over a stick or a high push on the goal. The ball can be raised slightly when receiving it, when there is no advantage for the player, this is allowed.

The ball may only be played and stopped with the flat side. The ball must not touch the convex side. Also, you cannot restrain your opponent from the ball, this means placing your body between the ball and the opponent, so that the opponent cannot reach the ball anymore. A player is not allowed to play when lying down, or when touching the ground with an arm, hand or knee on the floor. The max of contact points with the ground is three. An attacking player cannot play through an opponent's block, when the defending player has the stick flat on the ground. If the stick is not (yet) flat on the ground or has to be moved to stop the ball, it is no longer a block. Finally, physical contact is strictly prohibited, shoulder pushes, elbows and beating against the shins is not tolerated.

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## Free stroke

A free stroke can be taken by a self-pass, by playing to another player or played to another via the beams. Around the circle, the rules are a bit different. If a free hit is taken on the half of the opponent, the ball may never go directly into the circle. This is only allowed when the player walks 3 meters with the ball or when the ball is touched by at least one other player (attacker or defending).

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

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## Penalty stroke

An intentional foul within the circle by the defending party of a foul that prevents a goal, will be followed by a penalty stroke. This is taken from the penalty spot in your own circle, so the one of the attackers. It must be taken with one push.