

2016-17 Indoor League Rule and Responsibilities

1. All games will be played 6 v 6.
2. Each team must have at least one girl on the court all times.
3. If you don't have a girl at any game, you should play one man down.
4. If you don't have enough team players, you can borrow players from other team but you will start the game 4 goals down.
5. Each team must provide minimum 1 referee name. It will be better if there are 2.
6. League will pay \$15 to each referee per game.
7. Only team captains can clarify any call from referee.
8. No misbehave will be tolerated with referee.
9. If you are not satisfied with referee, one of your team member can referee but assigned referee will get paid.
10. All the Junior players are strongly recommended to wear mouth guard.
11. All games will be played as per Indoor Hockey rules. Follow the link for more info <http://fih.ch/inside-fih/our-official-documents/rules-of-hockey>
12. Field hockey stick should not be heavier than 737 grams as per indoor rules for safety of players.
13. We have made one change to the rules i.e. direct shot of penalty corner should be ground.
14. All payers are requested to help setup and remove boards and nets.
15. Teams are requested to cheer for and shake hand to opposite team after game.