

### Basic Rules of Indoor Hockey

Overview: Indoor Hockey is played by teams of five field players and a goalkeeper. If no goalie is available, a team may play with an extra field player who has no special privileges (other than to wear a face mask or helmet to defend penalty corners and strokes). The goalie must stay in the defensive half of the court at all times, and only has special privileges while playing the ball inside their defensive “D” (scoring area). Players may not hit the ball (this includes “slap shots”), but may take a small back swing along the floor, which may result in a clicking noise when the ball is pushed firmly. The ball may be played off of sideboards, which are four inches (10cm) high. The ball may not be lifted off the floor unless inside the “D” (scoring area) as a shot on goal (a lifted shot that would not have gone into the goal if it had not touched another stick or player shall be called dangerous). A special indoor Hockey stick, which is lighter with a thinner head, which makes performing specific ball handling skills easier, is optional. Regulation indoor goal cages are only 2 meters high, and 3 meters wide (outdoor Hockey goals are 7 feet high by 12 feet wide, or 2.13 x 3.66 meters).

Scoring: A goal is scored when the whole ball crosses under the crossbar, between the posts, and completely over the back edge of the goal line. If the goal cage is moved during play, the umpire will determine if a goal would have entered the cage before it was moved. As with outdoor Hockey, a goal is scored only if an attacker legally plays the ball while it is completely inside the “D.” Indoor scores can be very high; goals can come quickly, and sometimes in bunches. Do not be surprised by an occasional high or lop-sided score.

Restarts: A center pass, which may be played in any direction, will start each period, and restart the game after each goal. All opponents must be at least three meters (about 10 feet) from the ball on any restart. If the restart occurs inside the “D,” either for a ball over the end line or an offensive foul inside the “D”, opponents may be in the “D” but must be three meters away until the ball is moved. Any ball played over the sideboards results in a free push up to one meter from the point where it crossed the boards (it is to a player’s advantage to place the ball one stick length away from the nearest board, to play the ball off the closer sideboard if they choose). A ball over the end line (there are no end boards) is either a defensive restart (if no defender touches the ball), a “long-hit” for the attack (if the ball touches a defender or their stick), taken on the half-way line opposite where the ball went out of play, or a penalty corner (if a defender intentionally plays the ball over the end line). Defensive restarts for balls over the end line, and for fouls by the attack within nine meters of the end line, may be taken as in outdoor Hockey (in line with where it crossed the end line, or the foul, and up to nine meters). Watch

defensive restarts inside their “D” closely. If the defense fouls inside the “D,” (usually lifting a push from inside the “D”, or obstructing defenders after the initial touch) a penalty corner will be awarded to the opponents. Be precise, or be unhappy ☹️.

Fouls: The rules for indoor are mostly the same as outdoor Hockey, although at first it may appear that there are more “little fouls” called. Because of the precision with which a player can control the ball on the smooth playing surface, what are considered “little” fouls on grass (touching the opponent’s stick, body contact when tackling, etc.), are considerable advantages for the offending team in indoor Hockey. Balls that lift off the floor on pushes and stops will only be called fouls if the umpire determines that there was an advantage gained by the offending team (if an opponent was within playing distance when the ball was in the air). This is also true of advancing (the so called “foot” rule). If a ball only slightly touches a player’s foot and does not *significantly* change speed or direction as a result, and there are no opponents nearby (approaching the ball or already within three meters), no foul has been committed. Three special fouls for indoor Hockey include trapping the ball against the sideboards so an opponent cannot move the ball, using a hand or knee to maintain your balance when playing the ball (called “three points”), and “boxing-in” a ball with sticks to prevent any escape of the ball (you **MUST** allow the ball a path to escape from a corner, or the boards). Players suspended from play by the umpires (Green Card: one minute, and Yellow Card: minimum two minute suspension) may not return until the period of their suspension has expired from the game clock. A player who has been carded cannot be replaced and the team must play short a player for the length of the penalty (the remainder of the game if ejected with a Red card). Only the captain may question the decisions of the umpires. The umpires have the right to hold the captain responsible for the conduct of all the players on their team. This can include a Yellow card and suspension for persistent violation of the substitution rules, and unsportsmanlike or unruly behavior by teammates. There is no mention of a “coach” in the international rule books for indoor or outdoor Hockey, so coaches should be seen and not heard 😊.

Restarts: Opposing players must be three meters from any restart before playing the ball (lift your stick up if not three meters away). There are no restrictions on how to take a restart in your defensive half of the pitch. However, when taking a restart on the halfway line (after a ball off the defense over your attacking end line), or anywhere inside your attacking half, you may **NOT** play the ball directly into the “D” (think of the half-way line as the offensive 25 yard line in outdoor Hockey). No free push in the offensive half of the pitch may be played into the attacking “D” without first having been **touched** outside the “D” **by a player from either team** (one pass received outside the “D”), or the ball being dribbled three meters. The restart for this foul is to be taken where the ball was last played before the “illegal circle entry” (ICE). NOTE: a bounce off the side boards outside the “D” counts as a pass. When umpiring, work with your partner to get these calls right. Talk before the match about how you will communicate on these calls.

Penalty Corners: Indoor corners are very different from the outdoor game. All **five** field players must stay back with the goalie to defend penalty corners. To start the corner, only the goalkeeper may stand in the goal. The five field players must stand behind the end line on the opposite side of the goal from where the offense chooses to inject the ball (six meters from either goal post). Because the first shot on goal by the offense is usually lifted on goal, it is not a good idea for field players to stand near the goal line. You must

be very alert when defending in the “D.” Although the attack may lift shots on goal, they may not hit stationary defenders who are not immediately in front of the goal line. Attackers must use good judgment when lifting shots, and defenders must not run into the path of a lifted shot. The only exception to this rule for defenders would be the first defender out (often called the “flyer”) on penalty corners. This player is running at top speed towards the first shot, with the intention of playing the ball with their stick. If the flier is hit by the shot above the knee but marking within three meters of the shooter, the penalty is a free hit to the defense (to penalize a dangerous lift). If the shot hits the defender below the knee, then it is simply “advancing” and another corner is awarded. Therefore, closer is safer when defending in the “D” (it is better to be hit in the shin guard with a shot than your nose). Also, be sure to avoid reverse stick tackles (defend attackers on your right), as reverse stick tackles put you (and your face) in a dangerous position should the attacker follow through high with their stick. Before any shot is taken on a corner, the ball must travel completely **outside** the “D”. Remember, the attack must bring the ball back into the “D” before lifting a shot on goal (the attack can “pass” the ball along the floor from outside the “D”). Here “into the “D”” means the entire ball must be completely inside the outer edge of the scoring circle. If the attacker chooses to play the ball towards goal from outside the “D” (along the floor), another attacker must touch it before it goes into goal for a score.

Substitution cannot take place after a penalty corner has been whistled. Time cannot expire after awarding a penalty corner. For a penalty corner to be COMPLETED, for the purposes of substitution after a penalty corner is whistled, or at the end of a period, one of the following must occur:

- A goal is scored
- The offense commits a foul (either inside or outside the “D”)
- The ball travels beyond the three meter dotted line outside the “D” (once is enough) (goes completely over the outside edge of the dotted circle- same as the 5 meter dotted line in outdoor Hockey)
- The ball goes out of play and no penalty corner is awarded
- The defense fouls but no penalty corner is awarded (an unintentional foul outside the “D” which would normally result in a free hit into the “D” for the attack).
- A penalty stroke is awarded
- A bully is awarded (then you can substitute if there is time remaining in the match– however, if there is no time remaining, you must award another penalty corner).

If the defense fouls **inside the “D”** before the corner is “over” (see above), another penalty corner is awarded to the attack. Subsequent fouls by the defense inside the “D” will result in additional penalty corners for the attack until one of the conditions above for the end of a corner is met. If play is stopped for any reason that would result in a bully (injury, ball caught in clothing or the GK’s equipment), another penalty corner shall be awarded.

Any player who starts a penalty corner (PC) before the umpire is ready, or touches the ground inside the “D” before the ball moves, shall be sent to the half-way line. If another PC is awarded (before that corner is “over”), the same player(s) must return to the half-way line for that PC, and subsequent PC, until a PC is “COMPLETED” (see above).

Substitution: Substitutes may enter on the fly as in outdoor Hockey. Players must enter and exit at the halfway line, and, if the ball is in play, the player coming out must be off the floor **before** the new player enters (even if a goal has been scored). Unless the opponents are substituting too, it is usually easiest and safest to substitute when your team has a restart (ball over the end line, a free hit, or center pass after a goal). NOTE: You may **not** substitute until a penalty corner is **COMPLETED** (see above). Be aware of this difference from American National Federation high school outdoor Hockey rules. The penalty for illegal substitution is severe: replace the substitute with the player originally in the match (undo the illegal substitution) **and** award a penalty corner. The umpire on the side where substitution occurs may have to be proactive: explain the substitution rules *before* the “first” violation occurs- when a team obviously does not understand the rule- before actually penalizing that team the second time they violate the substitution rules.

Match length: Under ideal conditions, indoor Hockey consists of two 20-minute halves. In some tournaments the halves are shorter but of equal length. Sometimes the games are one period only. If playing halves, teams change benches, as well as direction of attack at the half. Tie scores stand, except when one team must advance in a tournament. Then ties are broken with a shoot-out (a set of three by each team, followed, if necessary, by sudden victory attempts, e.g. one for each team until there is a winner). The ball is placed three meters outside the “D”, and the attacker has six seconds to score. Minor fouls by the GK occasion a re-do (not a penalty corner). Major fouls shall result in a penalty stroke.

Pitch size, sideboards, markings and goals: Courts can range in size from 36 to 44 meters long (39 inches to a meter, or a maximum of 48 yards and 4.28 inches long) by 18 to 22 meters wide, unless facility size necessitates smaller courts. The surface of the court should be smooth, allowing the ball to travel quickly without skipping or popping up due to uneven sections of the floor. The “D” (the scoring “circle”) is two quarter-circles, nine meters in diameter, with their center at each goal post, extending from the end line into the field of play and joined by a line three meters wide, which is 9m from and parallel to the goal line. Therefore, if the 9m arc of the “D” does not reach the end line (touches the side boards), you know that the court is less than 21 meters wide ( $9+9+3=21$ ). The penalty stroke spot is seven meters from the center of the goal line (which is almost two feet farther than the seven yards in the outdoor game). The penalty corner injection marks are outside the end line and six meters from each goal post. The sideboards, in addition to being ten centimeters high (four inches), should be tilted or beveled inward to the surface of the court by one centimeter, to help keep the ball down. The goal is three meters wide and two meters high and is centered on the outside edge of each end line. Goal boards of 46 cm (18.4 inches) are allowed, but serve no technical purpose (i.e. not needed to determine the height of a shot in any particular situation, as with an un-deflected drive on a penalty corner in outdoor Hockey), and are not necessary, although they may increase the life of the nets.

### **Points of emphasis for Indoor Umpiring**

Rule #1: Blow your whistle clearly (which you hold in your LEFT hand), and point clearly (but not across your body) which way the ball is going. If you are confident with

your whistle and arm, few players will question your calls, even if occasionally you doubt the correctness of a particular call.

Rule #2: Work with your partner. Make eye contact as much as possible (try to position yourself to “see” your partner “across” the ball). You are not alone (unless you are the only umpire- a rarity, in which case you really are alone). This is most important if the ball goes into the goal and you completely lose sight of how it went in, or if play has stopped and you are not sure if it is a stroke or a simple a foul (against the offense- i.e. a ball “stuffed” under the GK: free push out, or stuck in the GK’s equipment: a penalty corner).

Rule #3: If you realize you have pointed your arm the wrong way, gently triple tweet your whistle and reverse the call before the restart is taken (give players a chance to get into position if you reverse direction of a call...). With the exception of corners and goals or penalty strokes (all of which allow plenty of time to “fix” a call), one or two “questionable” calls between the “D”s rarely determine the outcome of a game. Do not worry yourself sick about one or two missed calls. Focus on the “next play” and you will be a success as an umpire.

#### General play:

- Lifted balls (less than four inches) out side the “D” should only be called if the lift was intentional, or advantageous (went over a defender’s stick). The more players there are in the vicinity of a lifted or bobbled ball, the tighter the “no lift” rule should be applied.
- A small back swing is allowed on pushes, but it should be along the ground, not in the air- no slap shots (which tend to raise the ball). The length of the back swing is the determinant of the legality, not the sound the ball makes on the stick (although this can be a clue, skilled players will often generate a “hitting” sound with a legal small back swing along the floor).
- It is a foul to pin the ball against the boards. Players must try to “play” the ball, regardless of who had possession of the ball before it was pinned (either the attacker or defender could be guilty of this- look for the stick which is closest to parallel with the near side board).
- Any intentional foul outside the “D” but in the offensive half of the court (there is no such thing as a “good” foul on a breakaway towards the offensive “D”), or any illegal substitution, is a penalty corner. Period. Do not be soft on this point.
- If a bully is awarded, the rules now stipulate that the two opponents need only touch sticks once before playing the ball. The players start with sticks on the ground, facing the sideboard with their defensive goal to their right (an imaginary line perpendicular to the sideboards should pass through the ball and both players’ belly buttons). All other players must be at least three meters away. A bully cannot be taken within nine meters of either end line and at least three meters from either “D”.

#### Inside the “D”:

- Watch for third party obstruction by the attackers. This can be very disadvantageous to the defense. The defense has a right to play the ball too. **Note:** The GK can be the victim of third party obstruction as much as any other player: If you see the GK cannot move to the ball, call obstruction. Active indoor GKs should not be put at a disadvantage if they are trying to make a legitimate effort to play the ball.

- Shots may be lifted on goal, but not into and above the knee of a defender who is closely marking the shooter (within three meters). It is important that the shooter see open space when lifting a ball on goal. If a defender not marking any opponent (more than 3m away) runs into the path of a shot and get hits (above or below the knee), that is their fault: call a penalty corner if the GK or another defender is behind them (if a “last” defender is hit in front of goal, call a penalty stroke).
- Any restarts by the defense (ball over end line, or a foul by the offense in the “D”), taken inside the “D” may not be lifted or “hit.” If it is, award a penalty corner. Attackers can be in the “D” when the defense chooses to restart inside the “D”, but still MUST be a minimum of three meters away from the ball. If a team utilizes their GK for quick restarts on fouls in the “D” or balls over the end line, the GK must use their stick to start the play. If the GK starts a dead ball with anything other than the flat side of their stick, it is a foul (a penalty corner if the ball is restarted **illegally inside the “D”**).
- If there is a foul that is intentional by the defense while the attack is shooting on goal (e.g. stick obstruction from behind, or pushing, tripping etc.), or any foul that prevents a sure goal (even an unintentional foul), it is a penalty stroke. If a shot towards goal hits the last defender next to or behind the GK, it is a stroke. If a shot on goal hits a defender in front of the GK (or another defender), it is only a penalty corner because the “next” teammate could still theoretically make a legal save.
- Attackers cannot stand in the goal, or interfere with the goalkeeper’s movement. Watch for attackers who “move” the goalie off the spot the GK is standing on, and even try to knock the stick out of the goalie’s hand. Hitting the GK’s pads before the ball arrives, or pinning the ball against the GK (even if the GK is lying on the ground), is an offensive foul, and should draw a colored card if dangerous, or done repeatedly.
- Watch closely for the ball when the GK goes down. Did the offense force the ball under the GK with a push or a dribble (not the GK’s fault)? If so, free push out to the defense (manufactured foul by the offense). The GK has the right to stand or lay **anywhere** inside the “D.” BUT, if the GK covers the ball deliberately (the GK had a choice not to cover it) – call a stroke. If the GK covers it accidentally, did the action prevent a scoring opportunity? If the ball gets caught in the GK’s equipment or clothing, it is simply a penalty corner, not a stroke.
- Is the whole entire ball completely over the outside back edge of the goal line (or end line)? If not, the ball is still in play. Watch this closely and “hold” the whistle.

#### Penalty Corners:

- Are the goal posts touching the outside edge of the end line? The goals tend to walk off the end line on the smooth floors. A goal post behind, but not touching the end line makes the goal “bigger”, a disadvantage for the defense. A post inside the outer edge of the end line makes the goal “smaller”, a disadvantage for the offense. Check frequently. Goalkeepers should always check the goal before a penalty corner.
- Are the defensive players (except the GK) ALL lined up outside the cage opposite the side the ball is being injected from? The defense has a right to get set (and put on masks) **before** the ball is put into play. Hold your right hand up high (to delay the start) until you think the defense is ready (tell the defense ONCE to get set if they are wasting time)- after that card them - green card after first verbal warning; yellow card and a stroke second time; there should not be a third time...). Don’t let

the attack start the play until your hand is down (there is no need to rush, time cannot expire on a corner, and you are in charge). Let the defenders know they should watch the ball, and that only the attack must wait for the umpire to lower their hand. If there is a need to restart the corner because the offense starts too soon, quickly triple tweet your whistle while keeping your right hand aloft, patiently explain that your hand is not down, and send the offending attacker to the half-way line.

- Are all the attackers on the “D” completely outside (no feet or sticks touching inside)?
- The defense must not have feet or sticks touching the end line or the inside of the “D”. Defenders may NOT grab onto a goalpost to gain traction on their run out.
- If the defenders start out too soon, blow the play dead, send the offender to the half-way line, and reset the corner. If the attack is causing (through feints) the defense to false start, send the injector to the half-way line. If there is another penalty corner before this corner is “over”, the same player(s) must return to the half-way line again.
- The injector must have one foot completely out of bounds (not touching the end line), and the ball must start on the end line as close to the six-meter mark as possible.
- Does the ball completely leave the “D” before a shot is taken? The whole ball must pass completely over the outside edge of the “D.” The first attacker doesn’t have to touch the ball outside the “D”- it could be dribbled or passed around inside the “D”, or touched by one or more defenders, but it must leave the “D” before a ball played towards the goal can legally score. Also, after the attack controls the ball outside the “D”, they cannot lift a shot from outside (watch carefully for lifted shots from outside the “D” on corners- especially if there is a stick stopper- they will sometimes stop the ball outside the “D”, but fail to play it back into the “D”, and the striker will attempt to flick the shot high from where the ball was stopped outside the “D”). Before a lifted shot on goal is attempted the ball must pass completely over the outside edge of the “D” (either by dribble or push) before re-entering (passing completely over the outside edge of the “D” a second time) along the ground, to be considered “inside” the “D”. Please Note: Although it is illegal on a penalty corner to lift a shot on goal before the ball leaves and then re-enters the “D”, the offense may pass and dribble inside the “D” as much as it wishes to. Only if the ball is lifted on goal is the ruling an immediate free push for the defense. In addition, if the ball hits the foot of a defender on the goal line, or the GK covers the ball in an attempt to intercept a pass or stop a dribble before the attack takes the ball outside the “D”, the penalty awarded would only be an additional penalty corner, and **not** a penalty stroke- since there was no opportunity to actually score a goal (since the ball had not left the “D” at any point since it was injected, it therefore **cannot** potentially be a “goal”). If a defender intentionally stops the play repeatedly before the ball leaves the “D”, they should be suspended with card.
- Defenders can legally save shots above their shoulders with their stick, but may not swing at the ball. If they play a high ball that is not going to goal the penalty is merely another corner. If they defend (in a dangerous manner) a high ball that is going to goal, determine if another defender was in a position to possibly save it. If yes, call a penalty corner (the next defender could have made a legal save). If no, and the foul stopped a sure goal: call a penalty stroke. It is possible that the foul could be another corner, if the save was legal (defender stopped a high shot on goal using the

flat side of the stick), but deflected it up into oncoming attackers (dangerous play, but the danger occurs after a legal save). Do not severely punish defenders who “flinch” or get a little excited saving lifted shots. Only award a stroke for an obvious “hit” or serious danger.

- No attacker or defender may run BEHIND the goal cage while the ball is in play. Defenders may not grab a goal post to pull themselves forward or gain traction at the beginning of a penalty corner (this moves the goal cage off the line).
- Try your best to “hold” the whistle for the attack if you think the ball is going to go into the goal. If you are not sure that it is a clean goal, peek at your partner (before whistling “goal”) to be sure there is nothing “wrong”.

#### Goals:

- Hold your whistle until the ball is clearly in the goal or the attackers have no advantage (no chance to score or make a controlled pass to a teammate in scoring position).
- Was the ball completely inside the “D” when the last attacker touched it? Where any defender touched it is completely irrelevant. This is especially important on hard passes into the “D”- did it hit a defender’s stick (“Click...”) instead of an attacker’s stick before going into goal? If no attacker touched it in the “D” – NO GOAL. Be careful of tricky forwards who would take credit for the last moon shot, let alone any ball that goes into the goal. The trail umpire can assist if needed. If you are not sure, look to your partner (the two second delay will not kill anyone- play is stopped anyway). Sometimes defenders give helpful body language if they accidentally tip a hard entry pass into goal (sometimes the players DO know what happened...).
- Unless it is an obvious goal that you can clearly see (one-on-one, or a wide open shot, etc.), peek at your partner for confirmation. Work with your partner.
- Moved goal cage: “Hold” the whistle if there may be a score. The lead umpire must decide if the ball would have gone in, had the goal not moved during the play.
- Although you should be ready to assist as the trail umpire, remember that the goal on your left is your partner’s “strike zone”, and they have ultimate authority over all calls within that “D”. If they do not want your assistance, or insist they are “right” on a particular call, there is no one to appeal to. Keep trying to work with them.

#### Whistles, Signals, Positioning, and using your Colored Cards:

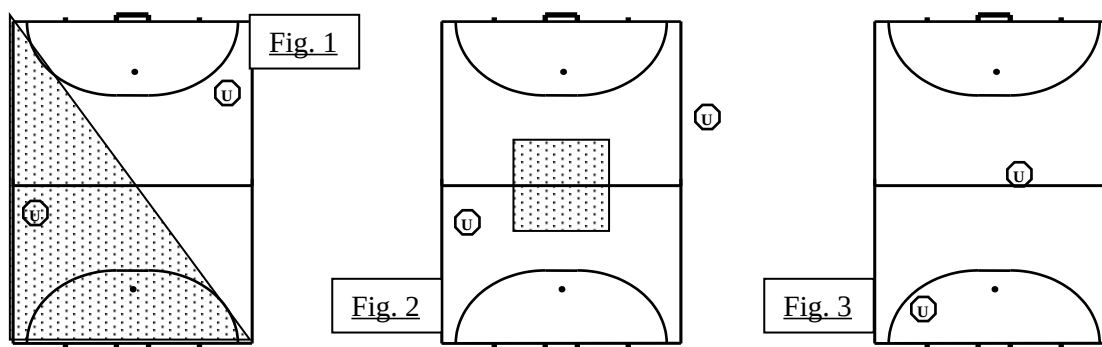
- The WHISTLE: Your whistle is the BEST tool you have for communicating with the players. Use it (in your left hand) like a musical instrument, to make different sounds (try to change to pitch of the sound as you whistle, not just the volume):
  1. General fouls: blow the whistle short and hard, like you are sneezing into it.
  2. Goal: a longer, rising-tone whistle, while pointing both arms to center court.
  3. Pay attention to ME: three short tweets, if wrong team tries to take a restart, players keep playing a ball that is over the end line, or try to take a restart in the wrong place.
  4. Stern, loud whistle: For a penalty corner for fouls outside the “D”, or before carding (and suspending) a player.
  5. Stoppage of play: One loud and slightly longer whistle while crossing arms overhead (used to stop play to card players, or the signal awarding a penalty stroke).
  6. End of time: three increasingly louder whistles with arms crossed overhead



- Hint: Hold the whistle in your left hand, and not your mouth (this gives you extra time to allow play to continue if the fouled team/player has BOTH possession and control of the ball, or an excellent chance to score). This is not basketball, where every infraction is an automatic whistle (despite what parents or players may shout). Also, many of the “advantage” plays, when you hold up your arm instead of instantly whistling a minor infraction, will be to your right. By placing the whistle in the left hand, your right arm is free to show you have seen an infraction but have judged the attacking team to have an “advantage” (*both possession and control* of the ball- they must have BOTH...if control is lost; the player is stumbling. Possession is *worthless*).
- SIGNALS: For general fouls, blow the whistle first, then point in the right direction (don’t cross your arm over your body- use the right arm for one team, and the left for the other team). Make signal (for type of foul) after giving direction, there is no hurry.
- Ball over end line – no whistle necessary, unless players continue to play. Turn your back to the end line; reach both arms out parallel to end line. Keep an eye on opponents in motion near where the ball went out - is a defender obstructing a forward trying to “save” the ball? Penalty corner. Is an attacker running over defenders, trying to “force” a foul, even though they have no chance to “save” the ball? Free push out for the defense (award a Green card if this acting continues).
- Penalty Corner – Blow the whistle and point BOTH arms straight to goal. Then HOLD UP high your right hand while the defense “sets” before the ball is put into play. If the injector is ignoring you, verbally alert them the first time. If the ball is injected before you are ready (before your hand comes down), whistle as in #4 above and send the offender to center court (they will wait for you after that ☺). You are the umpire, and you are in control. Note: tell the defenders to focus on the ball, not the umpire, if they keep looking at your raised right hand in anticipation of the start of the corner. Only the injector needs to wait for your hand to come down to begin play.
- Goal – Sweep outstretched arms from end line-downwards- and towards mid court.
- Penalty stroke – Right arm straight up, left arm pointing to the penalty spot. Then signal a stoppage of time and stop your watch (if there is no “running” clock).
- Obstruction – One arm bent at the elbow and flat against the chest.
- Third party obstruction – Both arms bent and crossing each other as in obstruction.
- Three points (hand or knee on ground when playing the ball) – three fingers up.
- Stick obstruction – reach one arm out and touch forearm with other hand.
- Advancing – touch leg with your hand.
- Back of the stick (controlling ball with round side) - touch the back of the hand.
- ***If players double foul*** (hit the ball away after you award a restart to the other team), or repeatedly commit the same unnecessary foul, you can upgrade the foul in two ways: ONE- upgrade to a penalty corner IF the attacker’s restart was in their offensive half of the court. TWO- award a green card.
- POSITIONING: Although indoor Hockey has more “cooperation” between umpires in terms of calling fouls than the outdoor game, basically you are still in charge of the “D” to your right (Fig. 1). Try to anticipate when the play may move

quickly towards your “D”. Do not get caught outside the “D” to your right when the ball and players from both teams are near your end line. When necessary, move along the end line towards the goal post, but **watch out for lifted shots that go wide** or deflect high off any player’s stick or body.

- On your corners, stand inside the “D”, four to six meters off the end line so you can clearly see if the ball completely leaves the “D” before a shot or pass to goal is attempted. This also allows for a clear view of shots lifted illegally outside the “D”.
- On your partner’s corners, come into the middle even with their far post to help on lifted shots (outside or inside left post before it hits a defender?). Does the ball completely leave the “D”? Does it re-enter the “D”? Also be ready to help partner determine if a ball hits an attacker, or was played out of the air by an attacker, when the GK and other players obscure your partner’s view (usually on play near your left post).
- Below are three diagrams of approximate coverage areas/positioning for umpires. Any play that is coming towards you over the imaginary boundary in Figure 1 is your call. This is true also for the shaded area in the middle diagram (Fig. 2). Figure 3 shows the positioning for the lead and trail umpires on a penalty corner. Note how



the trail umpire is in the center of mid court and in line with the offensive left post, to help determine “danger” if a raised ball outside your partner’s far post hits a defender and goes into the goal (no goal, raised ball was illegally- dangerously- wide of goal - regardless if it hits a defender wide of the goal and deflects into goal), or was a legal shot directly on goal (if this shot is stopped by a defender’s body, then it is either corner if another defender behind could have made a save, or if the defender is the “last” defender, a penalty stroke). If the penalty corner is in “extra time,” then the trail umpire should step into the offensive half of the court a few meters, should the lead umpire request assistance to determine if the ball completely left the “D” (but traveled less than three meters outside the “D”) before a shot on goal was attempted. Because there can be no counter attacks on an extra-time penalty corner, the trail umpire does not have to be concerned about getting in the way.

- If you have a serious objection to a goal awarded in your partner’s “D”, step into mid court, put your hands behind you, and wait patiently for your partner to notice you want to talk. If your partner refuses to make eye contact, or waves you off because they are certain the call was correct, then there is nothing more you can do.
- Refrain from giving signals with your arms for play in your partner’s area unless they look to you first. It is nice to help, but do not make their calls before they do.
- **PENALTY STROKES:** the trail umpire will stand on the end line inside the six meter corner injection mark to the left of the goal to help see if the ball completely

crosses the line, and to assist the lead umpire if the GK should foul. The shooter may take more than one step, but must start farther from the goal than the ball (both feet and the stick must be farther from goal than the penalty spot). Long drag motions are illegal- it must be a “push”. Umpires’ checklist for a penalty stroke:

- ⇒ Make sure time is stopped (unless there is a “running” clock)
- ⇒ Direct each team to go over mid-court, one team on the left side and the other on the right, so no players are in the middle to distract the GK.
- ⇒ Hand the ball to the player taking the stroke. **They** place it on the penalty spot.
- ⇒ Instruct the GK and the attack player that when you are satisfied both players are ready (no need to ask them...) you will sound your whistle and the stroke will begin.
- ⇒ Be sure the GK is set, with at least heels on the goal line.
- ⇒ Then be sure the attacker is ready and *within* playing distance of the ball.
- ⇒ Tweet your whistle to begin. Although there is no technical time limit, if the attacker does not move at all within five seconds, start to get very impatient. When your patience is exhausted, blow the stroke dead and award a free push to the defense. The rules define a penalty stroke as a physical set piece between two opponents– do not allow the attacker to turn it into a drawn out psychological drama.
- ⇒ If the GK fouls and saves the stroke, retake the stroke. Card and suspend the GK if they do it repeatedly.
- ⇒ If the shot is not on goal and the GK commits a foul, retake stroke.
- ⇒ If the attacker takes the stroke before the whistle, and scores, then retake the stroke. If they do not score (and there is no foul by the defense), tweet your whistle as you would for a foul by the defense and award a free push to the defense at the top center of the “D”.
- ⇒ Work with your partner on the end line, especially if you desire assistance concerning whether the ball completely crossed the end line, the GK fouled, or any players at mid-court crossed the centerline and interfered with the penalty stroke.

- **CARDS:** Umpires have three cards: American Express, Visa Gold, and the most serious one: the Master Card. When presenting a player with a card, stop play first (you can wait until there is a stoppage of play to give a card when the other team is involved in a potential scoring play). Call the player over to you (it is best at the same time to step away from the bench/fans and other players on the court for a little privacy). Calmly explain the objectionable behavior, then hold the card clearly over the player’s head and have them turn so their big uniform number is visible to the scorer and your partner. Do not forget to assess a penalty after issuing a card (in ascending order the penalties are):

1. **Change of possession** - if the carded team had possession of the ball;
2. If the carded team does NOT have the ball, **upgrade of previous penalty**- if inside the halfway line, from a free hit to a penalty corner, or, in cases involving yellow or red cards to defenders inside the “D”, upgrading from a penalty corner to a penalty stroke;
3. For all Red or Yellow cards given for defensive actions inside the “D”, award a **penalty stroke** immediately and suspend/eject the guilty player(s).

- If the problem behavior starts “small”, you may use ONE verbal “caution” first, without stopping the action (if you give repeated verbal “cautions” for the same infraction, the players will not take you seriously). If the behavior is intentional, dangerous, or blatantly disrespectful to anyone on the court, then stop the match and ***use your plastic immediately:***
  - **Green** card- DO NOT do "that" again. Player serves a ONE minute suspension. **Use only once** for that **specific infraction**.
  - **Yellow** card- Player sits out for a minimum of **TWO** minutes- if the player continues bad behavior before they have completed their suspension, you may add additional minutes to the TWO minute penalty. Do not forget you suspended someone- only the umpire that suspended a player can let them back into the game. [I once saw a player serve a 55 minute suspension in a 60 minute outdoor national club semifinal match because the umpire didn't want to have him banned from the championship match, but thought he deserved to be penalized severely. So suspend the player as long as you think it is necessary for tempers to cool.]
  - **RED** card- Leave the court, and don't come back for the remainder of the match. Remember that a RED card is a serious penalty (and depending on the tournament rules can also mean suspension from the next game, or the remainder of the competition for that player- but the team plays minus a player for that game only in which the Red card is issued), so only use it when absolutely called for. When it is called for, you will know it. Remember: A team plays short for each player receiving a Yellow card (short for the period of the suspension), or a Red card (for the remainder of just that game), including any overtime play (suspended players cannot participate in tie breaking shoot-outs either).
- If an entire team is out of control (i.e. every player on one team is commenting on every call, repeated illegal substitution, etc.), **card the captain** and direct them to control their team. If done early enough in a match, a green card should be sufficient to solve the problem.
- If a serious offense occurs in your partner's “D” (it merits a card), you can, in this instance only, blow the whistle. Generally, if it is going to be a Green card, wait until there is a stoppage of play (especially if it is an infraction by the defense), or the ball comes out of the “D”. For any infraction that clearly merits a Yellow or Red card, if the attack is guilty blow the whistle immediately, or, if the defense is guilty, “hold” the whistle on an imminent scoring opportunity. In either case, let your partner know why you stopped the game before you award any card to the offending player, to ensure you both agree on the penalty being assessed to the offending team. This is very rare (“calling” in your partner's “D”); work closely with your partner. You two are a **team**.
- **POST MATCH:** After the match, have the captain from each team **confirm** and **sign** the scorecard, then submit it to the technical table. Take time to chat with your partner about the match, but take care to do this out of earshot of the participants and spectators - they may still be overly excited about the just completed contest.

The rules and other important documents can be found here: <http://www.fih.ch>

At the time of this latest edit, the most recent rule book is here:

<http://www.fih.ch/media/12236439/fih-rules-of-indoor-hockey-dec-2020.pdf>