



**SPORTS AND ATHLETICS SECTION**  
**DIVISION OF COMMUNITY RESOURCES**

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## **WOMEN'S INDOOR FIELD HOCKEY**

### *General Rules and Regulations*

**(Please distribute copies to your players)**

#### **I. LEAGUE LEADERSHIP**

- A. The Women's Indoor Field Hockey League has been established to accommodate amateur teams interested in playing field hockey in New Castle County. An amateur is anyone who is not under professional contract as of January of the previous year.
- B. The league will be administered by the Sports and Athletics Section of the New Castle County Department of Community Services. The League Executive Committee will consist of the Sports Administrator, a Recreation Supervisor who will have direct supervision over the league, and a Community Services Worker (League Coordinator).
- C. The League Coordinator will be responsible for: direct supervision of the playing facility, general management of the game, enforcement of all New Castle County Women's Indoor Field Hockey General Rules and Regulations, recording of game results and maintaining league standings.

#### **II. ELIGIBILITY OF PLAYERS**

- A. A team roster will consist of a minimum of eight (8) players and a maximum of 15 players. Completed rosters must be submitted to the League Coordinator before the beginning of the second week of play.
- B. Field players must be female; the goalkeeper or player with limited goalkeeper privileges may be either male or female.
- C. Players must be 18 years of age or older. Players must reach the age requirement before the last scheduled game of the regular season. Experienced players ages 16 or 17 (maximum of two (2) per team) who wish to participate in the league may be accepted (after a review of the players field hockey background) with a signed Youth Participation Agreement and the permission of the Recreation Supervisor.
- D. No player may play on more than one team. **EXCEPTION:** A goalkeeper may be on the roster of one team but may play with any number of teams during the regular season. During the playoffs the goalkeeper is restricted to the team which has that player on their roster.

#### **III. FINANCES / ADMISSIONS / PLACEMENTS**

- A. Entry fee:
  1. Each team will be required to submit an entry fee (as specified on the league information flyer) payable to New Castle County. The entry fee covers: administrative expenses, playoff awards, League Coordinator services, and officials' assignor services.
  2. Any team that withdraws from the league after the start of play will forfeit the entire entrance fee.
- B. Team admission policy:
  1. A list of individual registrations may be available for teams that need additional players.
  2. A lottery system may be utilized to draw for open positions if teams register late and court time and space is limited.
  3. Teams must have an adult manager (minimum 21 years of age) who is responsible for the team and who will be available to the League Coordinator as the phone contact for the team.
- C. Officials are to be paid in cash (NO checks!) by the team managers during ground rules. Payment should be made in small bills (NO coin!).
  1. For incomplete games (2<sup>nd</sup> half does not start) the officials must return one-half of the game fee (split between both managers) before the teams leave the playing site.
  2. Officials must provide a taxpayer identification number (SSN) to any manager who requests it.
  3. Teams should have officials sign their score books as proof of payment.
  4. Officials may choose not to start a game if unsafe conditions exist. No fee will be paid.

5. Forfeits, caused by a team having less than the required number of players to start a game, will be paid by NCC. The offending team will be billed for the full officials' fee, plus a \$5.00 administrative fee, both of which must be paid before that team will be allowed to resume participation in the league. Note: forfeits that occur after the game has started (usually caused by player ejection) do not require the officials to return any of the monies paid to them.
6. If an official has to leave the field for any reason, he / she should turn over his fee to the remaining official who will make the necessary payment adjustment with the teams when the game is over.

#### IV. OFFICIAL GAME

**NOTE: This section is currently being developed. Updates will be provided as they become available.**

- A. Basics:
  1. Games will consist of two (2), 25-minute periods. There will be a five (5) minute half-time between the periods.
- B. Playing the ball
  2. A player may not contact the floor with any 4<sup>th</sup> point of her body. For example: the feet are 2 points, the stick is 3 points. Once the knee or hand go down to the floor, that is the "4<sup>th</sup>" point. **PENALTY: free push to the opponent.**
  3. **On a free hit, opponents must be 3 meters away from the ball no matter where the ball is. The attacking team only has to be 3 meters away when it is in their attacking side.**
- C. Substitution
  1. A normal team consists of six players (five field players and a goalkeeper), but teams may play with as few as three field players and a goalkeeper. There is no limit to the number of players that can be substituted for at one time.
  2. Except for during a penalty corner, free substitution is permitted.
- D. Goalkeepers
  1. Each team is required to play with a fully equipped goalkeeper.
    - a. A fully equipped goalkeeper wears protective equipment comprising of at least headgear, leg guards and kickers.
    - b. Goalkeepers may remove headgear and any hand protectors when taking a penalty stroke.
    - c. Goalkeepers may use their stick, feet, kickers, legs or leg guards to propel the ball.
    - d. Goalkeepers may use their stick, feet, kickers, legs, leg guards or any other part of their body to stop or deflect the ball in any direction.
  2. If a fully equipped goalkeeper is not available, a team may opt to use a player with limited goalkeeper privileges.
    - a. A player with limited goalkeeper privileges wears equipment comprising of headgear and shin guards.
    - b. A player with limited goalkeeper privileges may remove headgear and any hand protectors when taking a penalty stroke.
    - c. A player with limited goalkeeper privileges may only use their stick to propel the ball.
    - d. A player with goalkeeper privileges may use their stick, feet, legs, or any other part of their body to stop or deflect the ball in any direction.
  3. If a team is unable to field a goalkeeper or a player with limited goalkeeper privileges, the game will be declared a forfeit.
    - a. Teams will play a scrimmage game with the restriction that neither team can lift the ball on goal.
- E. Scoring a goal
  1. The ball must be played by an attack player within the circle (just like outdoor) in order for a goal to count. The player's stick must be on the pitch when she contacts the ball.
  2. Legal strokes for goals include push, flick or scoop – NO HITS! The player must be "on goal" for the ball to be lifted legally.
  3. **PENALTY: "free push" by the defense anywhere within the circle.**
- F. Tackling, Obstruction, Advancing
 

These are called the same as they would be in outdoors. Hold for advantage.
- G. Ball over back line
 

**When ball goes over the back-line and no goal is scored: if played last by an attacker, play is restarted by the defense; if played unintentionally by a defender or deflected by a goalie, play is restarted by the attacking team on the center-line and in line with where it crossed the backline.**
- H. Penalty Corner
  1. **A goal cannot be scored until the ball has travelled outside the circle.**

2. Defensive players must line up behind the back-line on the opposite side from the hitter. No one, except the goalkeeper (or player with limited goalkeeper privileges), may be in the cage.- No one may push off of the post.
3. Penalty corners shall be played out at the end of the half-time and full-time. The corner is over when the ball has travelled more than 3 meters from the circle or has left the circle twice.
4. If any player enters the circle early, they will be required to go to the center-line and the corner will be taken again.

## V. LEAGUE SEASON

- A. The season will generally consist of approximately eight (8) regular season games plus a four (4) team, single elimination playoff. In the event of inclement weather, the season may be shortened. NOTE: If inclement weather forces the season to be shortened, the playoffs may be eliminated first in order to allow all teams to play as many games as possible.
- B. Teams may play one (1) game per playing date; a second game may be scheduled in order to avoid byes. A team who plays more than one (1) game per playing date will have a minimum one (1) hour break between games.
- C. Playoffs/Standings: Weekly league standings will be computed using a win/tie point system with 2 points for a win, 1 point for a tie, and 0 points for a loss. In the case of a tie for final standings the following tie-breaking system will be used:
  - 1) head to head competition
  - 2) divisional record
  - 3) record versus common playoff opponents
  - 4) least amount of goals allowed in all games (or an equivalent number of games)
  - 5) coin tossIf more than two (2) teams are tied, the tie-breaking system will be followed until one (1) team has clear advantage (higher seed); the tie-breaking system is then restarted to resolve any remaining ties.
- D. Cancellation Policy:

In case of inclement weather, players should contact the NCC Sports Weather Line at 395-5891 to determine the status of the program.

## VI. EQUIPMENT AND TEAM RESPONSIBILITIES

- A. Players must wear footwear appropriate for an indoor gymnasium. Cleated athletic shoes are not permitted.
- B. Players will be responsible for providing all required personal equipment.
- C. ***It is strongly recommended that players do not participate without a mouthpiece.***
- D. Teams who forfeit one (1) game will receive a warning. A second forfeit will result in the offending team being removed from the league.
- E. Line-up cards – managers are required to submit a completed line-up card (with players names and numbers) to the League Coordinator prior to the start of each game. Only players present and in uniform may be listed. Players who arrive late for a game may be added to the list without penalty.
- F. The home team will serve as official scorer.
- G. The referee will keep the official clock.

## VII. CONDUCT OF PLAYERS

- A. No player, coach, or manager may participate in a league game while under the influence of intoxicating beverages or drugs. This rule is to be strictly enforced by each team upon notification from the League Coordinator.
- B. Any reports of a player guilty of misconduct shall be reviewed and ruled upon by the Sports Coordinator after consultation with the League Coordinator and game officials.
- C. The referee and League Coordinator have the authority to stop play and declare the game over if any situation arises that they determine is detrimental to the league.
- D. An individual receiving a second unsportsmanlike penalty in a game is ineligible for the rest of the day and must also serve a minimum additional one game suspension (without appeal) on the next playing date. Further disciplinary action may be applied if necessary.
- E. NOTICE: By signing their team roster and player waiver forms, managers and players agree to abide by all policies and procedures for the NCC Women's Indoor Field Hockey Program. Individuals who are reported for violations of the policies described below will be subject to the appropriate disciplinary action based upon the review of reports that are filed with the Sports Office. No hearings will be held. Suspension memos will be mailed to all teams involved and also published on the Sports and Athletics website

(<http://www.nccdesports.com>). Violations will be recorded in a database maintained by the Sports and Athletics Office; repeat offenders will receive more severe penalties.

F. Table of Violations and Recommended Penalties:

<u>VIOLATIONS</u>	<u>FIRST OFFENSE</u>	<u>SECOND OFFENSE</u>
1. Use of alcohol/drugs prior to game	Ejection from game	Ejection from league
2. Use of alcohol/drugs following game in / on New Castle County property.	Minimum one (1) game suspension	Ejection from league
3. Unsportsmanlike conduct/abusive or sarcastic remarks towards and official, NCC Coordinator, or opposing player	Ejection from game plus minimum one (1) game suspension	Minimum two (2) game suspension plus probation
4. Fighting (aggressor)	Ejection from game plus minimum three (3) game suspension	Ejection from league
5. Fighting (non-aggressor)	Ejection from game plus minimum one (1) game suspension	Ejection from game plus minimum two (2) game suspension
6. Failure to leave area of court after ejection, continuous harassment of officials, persistent arguing	Minimum two (2) game suspension	Minimum three (3) game suspension
7. Returning to encounter an official after ejection, violent behavior, charging official	Ejection from game plus minimum four (4) game suspension	Ejection from league
8. Physical altercation with an official or coordinator, extreme violent behavior	Ejection from league with possible long-term suspension	Indefinite suspension or banishment from league
9. Malicious destruction to facility and/or New Castle County property	Suspension until restitution is made to proper agency	Ejection from league
10. Misconduct preceding or following a game	Individual subject to all NCC Sports Office disciplinary policies	Possible ejection from league
11. Verbal threats towards an official or staff member	Minimum six (6) month suspension from all New Castle County sponsored sports activities	Long-term suspension

**VIII. ASSUMPTION OF RISK**

The Sports and Athletics Section of the New Castle County Department of Community Services and its officers assume no responsibility for injuries to the members of any team holding franchise in this league no matter under what circumstances they occurred. Adoption of these rules by the team manager shall be the equivalent of a full and lawful release and discharge of any claims that members have or which may arise in the future against any of the above named for injury to their persons or property.

**XI. SAVINGS CLAUSE**

If any clause, sentence, paragraph, section, or portion of these Women's Indoor Field Hockey General Rules and Regulations, for any reason, shall be adjudged invalid by a court having jurisdiction, such judgement shall not affect, impair, or invalidate the remainder of these rules not directly involved in the controversy in which judgement is rendered.

**XII. SUGGESTED INJURY PROCEDURES**

- A. **Do not** move the victim, unless such movement will dismiss impending death; i.e. back and spinal injury, head injury, cardiac arrest.  
NOTE: If a player is down on the playing court, all play will be suspended until such time as emergency services arrive and take over.
- B. For situations other than covered above (such as ankle or knee injuries, broken bones, etc.), players should be placed in a non-traffic surrounding in the most comfortable position for the insured protection of the injury. They should be attended by an adult until such time as the emergency services arrive.
- C. If the injured player wishes to go to the emergency room in a personal vehicle, they will first sign the accident report prior to leaving the scene.
- D. A player's parent or teammate should contact the New Castle County Sports Office within 48 hours and report on the injury treatment.

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