Indoor Hockey Rules at Never Less

At Never Less, indoor matches last 15 minutes, with 5 minutes to change pitches. Each team has 6 field players on the pitch, of whom a maximum of 2 may be men. There is no goalkeeper. This document describes the rules followed at Never Less, as well as the course of play, fouls, restarting play (including the free hit) and taking a penalty stroke.

Basic rules

- Only pushing is allowed; a hit or slap hit is considered a foul.
- In addition to a mouthguard and shin guards, it is compulsory indoors to use a **hockey glove**, so make sure you have one!
- The side boards of the pitch may be used during play. The ball is therefore not out when it hits them!
- The ball may not be raised.
- You may have a **maximum of three points of contact** with the ground: two feet and one hand. Putting a knee on the ground or lying down is therefore not allowed.
- An attacking player may not play through the opponent's block. A block means that the defending player holds the stick flat on the ground, with the left hand pressed to the ground.
- A long corner is taken from the centre line.
- Instead of a penalty corner, a long corner is taken.

Course of play

The pitch used for indoor hockey is considerably smaller, so fewer players are fielded. The edges of the pitch consist of side boards, which can be used during play. Sports halls often have two circles: one with a solid line and one with a dotted line. If both are present, the dotted line is used for hockey; the solid line has no function in hockey. In the air dome at Leonidas there is only one line, and that line is used for play.

A match can be played if at least 5 of the team's own players are on the pitch. With fewer than 5 players, the opponent automatically wins 3-0. If 6 of the team's own players are not present, the team may be supplemented with players from other teams.

The ball is put into play from the centre spot by one of the teams. The umpires keep time and give the start and end signals. A goal is scored by getting the ball into the opponent's goal; it only counts if the ball was touched by an attacker inside the circle.

Fouls

There are a number of fouls in indoor hockey. First of all, a **foot** is not allowed (the ball touching the body), so this does not only apply to touching the ball with your foot. The only exception is the hand holding the stick, i.e. the hand wearing the glove. This hand may touch the ball, because it is seen as an extension of your stick.

A foul that only applies at Never Less is **raising** the ball. The ball may not be played high; for example, a little lob over a stick is considered a foul. A raised push on goal is therefore not allowed either. If the ball lifts slightly, for example when receiving it, this is not counted as a foul, but only if the player gains no advantage from it.

The ball may only be played with the flat side of the stick; stopping or playing the ball with the **rounded side** is a foul. **Obstruction** is not allowed either: this means placing your body between the ball and the opponent so that they cannot reach the ball. A player may not play while lying down or with an additional part of the body on the ground. The maximum is **three points of contact** with the ground. A player may not play through the opponent's block, in which the player holds their stick flat on the ground. If the stick is not yet completely on the ground, or has to be moved to stop the ball, it is no longer a block. In addition, physical contact is prohibited: shoulder pushes, elbowing or hitting someone's shins will not be tolerated.

Free hit and restarting play

The ball may be taken with a self-pass, by playing it to a teammate, or by playing it to a teammate via the side boards. A number of different rules apply around the circle. When the ball is taken from the opponent's half, it may not go directly into the circle. Before the ball enters the circle, the player must first move 3 metres with the ball, or the ball must first have been touched by at least one other player (attacker or defender).

The long corner is taken from the centre line. If a defender deliberately plays the ball over the back line, the attacking side is awarded a free hit level with the circle.

Penalty stroke

A deliberate foul inside the circle, or a foul that prevents a goal, results in a penalty stroke. It is taken from the penalty spot in the circle and must be taken with a single push movement.