

## 2011 North County Indoor League Rules and Game Format Reference Sheet

### League Games Format:

- Game Time: Games will start PROMPTLY on the top of the each hour. Each team is responsible for arriving on time with appropriate numbers each week. Forfeited or shorted rosters are highly frowned upon.
- Seven Aside: Games are played 7v7 (6 field players and 1 GK). Goalkeepers are mandatory for each team.
- Duration of Match: 2 x 22 minute halves, 5 minute halftime, No overtime.
- Penalty Corners: All members of the defending team (including GK) position themselves behind the back-line to defend against the penalty corner. Only the GK is allow to position herself inside the goal. All other defenders must be outside the goal on the side furthest from where the ball is being put into play. Once the ball is pushed out, before a shot on goal can be taken, the ball must first travel outside the circle.
- Indoor Rules:
  - No lifting the ball. The ball must remain in contact with the court at all times.
  - No hitting the ball. Push passing, drag flicking and slap hitting (as long as the stick head remains on court) are primary distribution methods. Any passing or shooting methods where the players stick head breaks contact with the court is illegal (ie. Outdoor style hitting is not permitted).
  - Self-start will be played in all games, (on a free hit, it is the option of the team with the ball to either pass in from the free hit or take the ball dribbling by self starting). The ball must be stopped and placed in the vicinity of where the foul occurred.
- Championship Points: Win=3, Tie=1, Loss=0, Head to Head wins tie-breaker.
- Championship Week: Playoff for Indoor League Title. Schedule determined by season point placing.

### Manager/Coach/Player Information:

- Saturday Games: First game teams bring out goals. Last game teams please leave blue tape & goals on courts for Sunday morning games.
- Sunday Games: Last game teams return goals.
- Each team bring pinnies or alternate shirt color (light & dark).
- First team listed is the HOME team (white jersey) and must provide orange ball.
- Second team listed is the AWAY team (colored jersey or pinnie).
- Report scores to official on east/west court immediately following each game.
- Court Shoes: No black soles, cleats or turfs.
- Escondido Sports Center Directions: I-15, exit Via Rancho Parkway (East). Go Left at Kit Carson Park Road. The Escondido Sports Center is located on the left.
- League Contact Information: Brian Schledorn - [brian@rushfieldhockey.org](mailto:brian@rushfieldhockey.org)