Changes to the indoor hockey rules 2019-2020

These changes apply to all categories

Elimination of the flying keeper

Each team has either 5 players and a fully equipped goalkeeper or 6 players. If a team decides to play with 6 players, then nobody has keeper rights. No player may use their body to push the ball away within the circle.
During a PC, the players only wear a mask and gloves; keeper gloves and a helmet are forbidden.

3 m distance for a free push including within the circle

When a free push is awarded, the defenders must always be at least 3 m from the ball, even if they are within their own circle. If for instance the attacker is awarded a free push 1 m from the circle, then the defender must go and stand 2 m inside the circle.

The only exception is when the attacker decides to play the free push immediately. The defender then does not have time to move 3 m away and can shadow the attacker within the circle, as is the case with the existing rules.

Duration of the match

A match consists of 4 quarters of 10 minutes (4 x 10 mins).

There is a break of 1 minute between the 1st and 2nd quarters and between the 3rd and 4th quarters. The half-time interval is 3 minutes.

Time outs no longer apply.

Change of bench at halftime

Teams no longer change bench at halftime.

Elimination of the PC exception at the end of a period

There is no longer any difference between completion of a normal PC and a PC at the end of a period. In both cases, they are considered completed if the ball goes more than 3 m outside of the circle (so outside the dotted line).

Therefore, the PC is also not complete if the ball goes for a second time outside the circle.

Penalty stroke for touching any equipment inside the circle

A stroke must be awarded if the ball touches any equipment inside the circle and prevents a goal from being scored (e.g. a mask, glove). If there is a player or keeper behind the equipment, a PC must be awarded.

Playing a defense free push after a PC

A player from the defending team, with a PC mask on, who has a free hit after a PC may only pass to another team player; in this instance, you are not allowed to take a selfpass.

If this were to happen nonetheless, the umpire will blow the whistle. If it is within the defended area, then a free hit will be awarded to the attacking team; if it happens within the circle then a PC will be awarded. The aim is to proactively try to prevent such situations from happening in the first place.

Attacker enters the circle too quickly during a PC

If an attacker enters the circle during a PC before the ball has been played by the player taking the PC, the PC must be taken again and the player taking the PC will be sent up to a maximum of 9.10 m from the back-line of the attacking team. The player due to take the PC may be replaced by another attacker.

Defending team during a PC

All players from the defending team who decide not to stand behind the back-line must move to up to a maximum of 9.10 m from the back-line of the attacking team.

Specific rule for the Ladies and Men's "ere afdeling"

Time to prepare for the penalty corner

When a PC is awarded, both teams have 30 seconds to prepare.

If a team takes longer to prepare, the clock will be stopped and the player who has caused the delay will be given a green card. The player with the green card must leave the pitch for 2 minutes. If it's the keeper who gets the green card, the team in question can decide to send another player off instead of the keeper.

Specific rules for U9-U12

U9

The keeper plays without a stick

U10

The shoot-out is replaced by a PC. The defending team consists of a keeper (in the goal) and 3 defenders (next to the goal, behind the back-line, on the other side from the player taking the shot). The two other players are at a maximum of 9.10 m from the back-line of the attacking team.

Strokes are allowed.

U11

PC: the defending team consists of a keeper (in the goal) and 4 defenders (next to the goal, behind the back-line, on the other side from the player taking the shot). The two other players are at a maximum of 9.10 m from the back-line of the attacking team.