



LEAGUE WEBSITE:
www.cityofdover.com/Field-Hockey-Leagues/

WEATHER LINE:
(302) 736-7155

2015 - 2016
INDOOR FIELD HOCKEY LEAGUE BY-LAWS

1. NAME
The Leagues shall be known as the City of Dover Middle School, High School, Women's Adult or Co-Ed Adult Indoor Field Hockey League.
2. ORGANIZATION
The City of Dover Sports Coordinator will preside over the Leagues and his decision is final. All concerns shall be directed to the Recreation Office at 736-7050.
3. BEGINNING DATE
December 6, 2015
4. WARM-UP PERIOD
Prior to the first game, a five minute warm-up will be allowed. Warm-up periods will only be allowed as time permits for all games scheduled thereafter.
5. HALF TIME
Half time will last no longer than five (5) minutes.
6. GAME TIMES
Games are scheduled in 50 minute increments. Middle School games will be held on Saturdays. High School, Women's Adult and Co-Ed Adult games will be held on Sundays.
7. POSTPONEMENT
No game may be postponed by anyone other than the Sports Coordinator or his representative. Team managers should call the Dover Recreation Cancellation Recording at (302) 736-7155 to be sure a game is not postponed due to inclement weather. If not called off by the Sports Coordinator or a City representative, both teams must report at the scheduled starting time.
8. RESCHEDULING OF GAMES
In all leagues the Sports Coordinator will be responsible for the rescheduling of games.
9. OFFICIAL GAME
All games will consist of two 20 minute halves unless they are stopped do to the goal ahead rule.
10. GOAL AHEAD RULE
Games will be stopped after the completion of the first half if one team is 12 or more goals ahead of their opponent. Games will be stopped at any time in the second half that a team gains a 15 goal a head advantage on their opponent.
11. GAME BALLS
The official game ball for the Leagues shall be a National Federation approved game ball.
12. ROSTERS
Each High School, Women's Adult & Co-Ed Adult team will submit their official completed player roster form to the John W. Pitts Recreation Center Service Counter by December 2, 2015. Rosters must include all requested information including, first and last names, complete mailing address, DOB and be signed by all players. Women's Adult League rosters are limited to 10 participants.

Middle School teams shall submit their Waiver Forms by December 9, 2015.

All players under 18 years of age must provide a separate signed waiver form prior to playing.

No player may play with more than one team in the League. She shall be considered a member of the team on which she first plays.

In order to participate in the adult league(s), the participant must be out of High School eligibility.
13. PAYING PLAYERS
No player shall be paid in any form for playing in the League.
14. EQUIPMENT
All players are responsible to provide their own equipment.

Every player shall be required to wear mouth protectors. A tooth protector shall be of any readily visible color, other than white or clear. A tooth and mouth protector (intraoral) shall include occlusal (protecting and separating the biting surfaces) and labial (protecting the teeth and supporting structures) portions and shall cover the posterior teeth with adequate thickness. It is recommended the protector be properly fitted: 1) Constructed from a model made from an impression of the individual's teeth or 2) Constructed and fitted to the individual by impressing the teeth into the tooth and mouth protector itself. It should not have any protruding tabs and not be attached to material worn around the neck.

Shin guards must be worn by all players in the Middle School and High School Leagues. All field players shall wear shin guards made of plastic, foam rubber or fiberglass, which shall cover the front of the leg from the ankle to just below the knee. Shin guards are recommended, but are optional for the Women's Adult and Co-Ed Adult Leagues.

Outdoor field hockey sticks may be used only if covered with a protective covering, (e.g. socks, covers).

Team members shall wear like colored shirts, hence the team shirt. Goalies must wear the proper safety gear.

15. PLACE OF PLAY

All games will be held at the John W. Pitts Recreation Center.

16. REGULATION GAME

During the regular season, any game ending in a tie following regulation will be recorded as a tie. During the playoffs, any game ending in a tie will go directly to strokes.

17. CONDUCT

Each team manager shall be responsible for the conduct of her/his players at all times.

Any player(s) or coaches who receive a red card will be ejected from that game and shall automatically be suspended from the next game in which her/his team is involved. Any player or coach who verbally harasses an official or staff member before or after a game or during suspension will be suspended from her/his team's next regularly scheduled game. Any offender receiving a second red card during the same season will be expelled from any further games in the League.

Player(s) who have been ejected from a game for fighting will automatically be suspended for the remainder of the season and will face review by the Sports Coordinator before gaining re-entry into the league.

Any other actions felt to be detrimental to the league shall be reviewed by the Sports Coordinator. Players, groups of players, and/or entire teams will be suspended from League play if necessary.

18. NO ALCOHOL/DRUGS ALLOWED ON PREMISES

There will be no alcoholic beverages or illegal drugs permitted on any of the playing courts, spectator areas, facilities, or parking areas before, during, or after play.

19. FEES

- A. Franchise Fee: Each team shall deposit a franchise fee, set by the Sports Coordinator, payable to the City of Dover for the purpose of League operating expenses. The City of Dover will be responsible for paying expenses incurred by the League for officials.
- B. Forfeit Fee: Teams must have a minimum of 4 players to start a game. If a team forfeits a game, that team must pay \$20 to the City of Dover before it can continue to participate in the League. If a team forfeits a second game, that team must again pay the forfeit fee before it can continue to participate in the League. If a team forfeits a third game, it must do the above plus appear before the Sports Coordinator to discuss their plan of action for avoiding additional forfeits. The Sports Coordinator may, following this review, suspend the team from further League play or allow it to continue.

20. PROTEST

Any game protest must be made to the head official at the point of play and submitted in writing to the Sports Coordinator within twenty four (24) hours of the game protested. The Sports Coordinator will review the protest and rule on it within five (5) days of the date received. This written protest must be accompanied by a fee of \$20 payable to the City of Dover Recreation Department. If the protest is denied, the fee shall be forfeited to the Recreation Department and used for operating expenses. Official's judgment calls may not be protested.

Any protests occurring during the playoffs will be determined immediately on the court, all decisions are final.

21. OFFICIAL RULES

The International Hockey Federation Rules (F.I.H.) for Indoor Hockey will be used unless amended by the League By-Laws. F.I.H. Rule Books can be found at www.fih.ch

22. REPORTING GAMES

The winning team shall report the score to the John W. Pitts Recreation staff, located at the Service Counter, prior to leaving the John W. Pitts Recreation Center facility. In case of a tie the Home team shall be responsible for reporting the score.

23. LEAGUE AWARDS

T-shirts will be awarded in all leagues to the playoff champion.

24. ASSUMPTION OF RISK

The City of Dover Parks and Recreation Department and its officers assume no responsibility for injuries to the members of any team holding a franchise in this league, no matter under what circumstances incurred; and adoption of these rules by the team managers shall be equivalent of full and lawful release and discharge of any claim that any members may have or that may arise in the future against any of the above named for injury to their persons or property.

25. REGULAR SEASON RANKINGS

The regular season ranking will be determined by the following procedure:

- I. Highest Point Total (3 points will be awarded for a win and 1 point for a tie).
- II. Head to Head Competition
- III. If teams are still tied after step II, the lowest amount of goals allowed during head to head competition will break the tie
- IV. If teams are still tied after step III, the lowest amount of goals allowed during the regular season will break the tie.
- V. Coin Flip

26. PLAYOFFS

Top four finishers in the Women's Adult Red & Blue Divisions, the top four finishers in the High School Red and Blue Divisions and the top four in the Middle School Red and Blue Divisions, will advance to single elimination playoffs following the regular season. The Co-Ed Adult League will only consist of regular season play, no playoffs.

Playoffs will begin immediately following the completion of regular season.

27. LEAGUE RULE AMENDMENTS

- A. All Middle School and High School teams are required to have a goalie. Goalies must wear the same safety gear required for outdoors. If a team does not have a properly equipped goalie, the game will be forfeited.
- B. A maximum of five (5) players, including the goalie, are allowed on the field of play.
- C. Co-Ed teams are required to have a minimum of one (1) male participant on the court at all times.
- D. Co-Ed teams are not permitted to have more than three (3) male participants on the court at any time.