

# 2008 Chicago FHC Indoor League



It's time for another fun season of indoor hockey! Please read carefully all of this information, and then send your application to Theresa.

## ***League Dates for 2008:***

Court reserved 1-3 pm each day

January	12
	19
	26
February	2
	9
	16 –no league: travel to Midwest Indoor Challenge Cup in Cincinnati, OH
	23
March	1
	8

## ***Review of the logistics:***

1. Teams will consist of 4 OR 5 field players plus a goalie (final # of players on the field will be determined at a later time). Goalies will be shared among all teams.
2. Fees are the same as last year: \$75 for students and \$100 for other members. Uniform t-shirts will be provided.
3. When you sign up, you will indicate the days you will be able to attend. Attendance will be considered in distribution of teams (in addition to position, etc). Fees are not prorated based on the number of sessions you attend. Players are required to notify the indoor chair and their captain by Wednesday of the week of a game if they are unable to attend a session they'd previously signed up for.
4. Once the limit of players has been reached, a list of substitutes will be generated. Based on the number of absences in a given week, subs will be notified to attend the upcoming session. Subs are charged \$15/session, due to the indoor chair at the beginning of the session.
5. Before the first game, review our abridged version of the FIH Indoor Rules. If you have time, check out the publication at <http://www.chicagofhc.com/HockeyRulesAndGuides/FIHIndoorRules2007.pdf>.
6. **Interested in reffing?** New this year – referees will be paid \$5/game in exchange for their time. Please indicate if you'd like to ref for 1, 2, or 3 games each session. Referees will be assigned at the discretion of the indoor chair.
7. **Interested in being a captain?** Captain responsibilities include organizing your team each week, representing your team in matters of disagreement with referees, and informing the indoor chair of any issues that arise. Final captains will be elected for each team on the first week, but we need to ensure that there is at least one person interested in captaining on each squad.
8. Depending on the number of players interested, formatting changes may be implemented.
9. Please remember that in order to be in this league, you are expected to be a member of the club. While membership dues will not be automatically added, returning members are strongly urged to take care of membership dues up front. If newer members are not sure that they want to commit to an entire season with the club, they may wait until the end of the season to pay the membership dues.

***Player Responsibilities:***

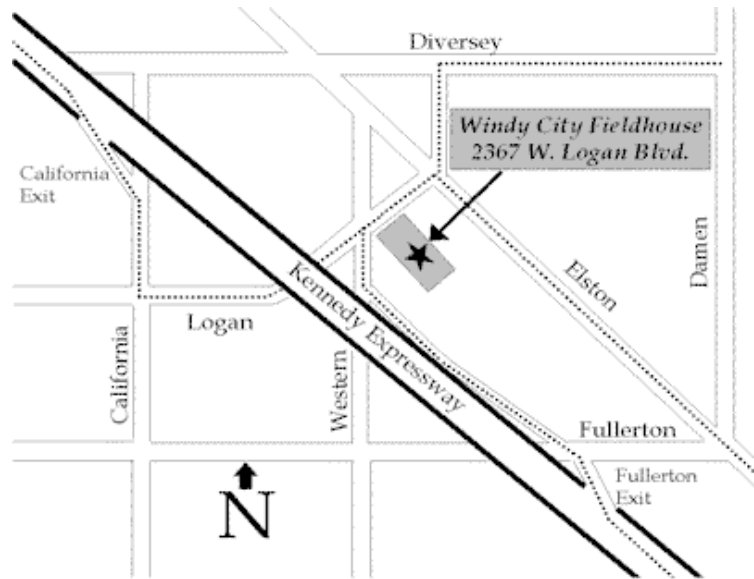
1. Arrive and be ready to play **10 minutes before** our session is scheduled to begin. This time will be used to address any issues or make announcements.
2. Help with setting up and breaking down the boards that we use for playing.
3. Follow the rules.
4. Be considerate of your fellow players and umpires. Talking back will not be tolerated, and referees will have cards. A yellow card (1 strike) will result in sitting out of the game for 2 minutes while your team plays a man down. A red card (2 strikes) will result in ejection for the remainder of the session and your team playing a man down for the remainder of the game in which you were ejected. Players with more than 3 strikes in the season will be disqualified from playing for the remainder of the season, but the team will not be penalized a field player.
5. Protective equipment (shin guards, mouth guard) is recommended. Indoor sticks are not required.

***Rules: \*abridged – FIH rules of Indoor will be followed***

1. Players are expected to act responsibly at all times. Players on the pitch must hold their stick and not use it in a dangerous way. Players must not lift their stick over the heads of other players. Players must not intimidate or impede another player.
2. Players must not hit the ball. 'Slap' hitting the ball, which involves a long pushing or sweeping movement with the stick before making contact with the ball, is regarded as a hit and is therefore not permitted. Players must not play the ball with any part of the stick when the ball is above shoulder height except that defenders are permitted to use the stick to stop or deflect a shot at goal at any height. If a defender attempts to stop or deflect a ball traveling towards the goal which will actually miss the goal, any use of the stick above the shoulder must be penalised by a penalty corner and not a penalty stroke. Players must not raise the ball off the pitch except for a shot at goal.
3. Players must not tackle unless in a position to play the ball without body contact. Players must not force an opponent into offending unintentionally. Playing the ball clearly and intentionally into any part of an opponent's body may be penalised as an attempt to manufacture an offence. Forcing an opponent to obstruct (often emphasised by running into an opponent or by waving the stick) must also be penalised. No tackling from behind. All tackles must originate from at least alongside the player with the ball and cannot be made if there is a leg, stick or other item in the way.
4. Procedures for taking a free push, centre pass and putting the ball back into play after it has been outside the pitch: the ball must be stationary; A 'dragging' action used to play the ball at a free push must not result in playing the ball twice; after playing the ball, the player taking the free push must not play the ball again or approach within playing distance of it until it has been played by another player; opponents must be at least 3 metres from the ball; when a free push is awarded to the attack within 3 metres of the circle, all players other than the player taking the free push must be at least 3 metres from the ball.

Maximum of 3 points touching the ground - that means no tackling from the ground, no diving, no using your free hand to support a low tackle etc.

**Location:**



Windy City Fieldhouse is located just east of the Kennedy Expressway at Logan Boulevard in West Lincoln Park.

**Driving:** The Fieldhouse is accessible from the north and south via the Kennedy Expressway and from the surface streets of Logan Boulevard, Western Avenue and Elston Avenue. Visible from either direction on the Kennedy (at the Budweiser sign) the address of the Fieldhouse is 2367 W. Logan Boulevard, Chicago, IL 60647.

**Public Transportation:** The CTA has bus routes on Fullerton (74), Diversey (76), and Western (49). They are easily accessible from the Blue line Western stop, or the Brown/Red line Diversey and Fullerton stops.



# 2008 CFHC Indoor Sign-Up

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ [ ] Home [ ] Work [ ] Cell

Email Address: \_\_\_\_\_

T-shirt Size: [ ] S [ ] M [ ] L [ ] XL

Preferred Position: [ ] Offense [ ] Midfield [ ] Defense

Interested in Being a Captain for Indoor? [ ] No [ ] Yes

Interested in Being a Referee for Indoor? [ ] No [ ] Yes:  
If yes, indicate games/session: [ ] 1 [ ] 2 [ ] 3

If teams were split to accommodate high numbers, which would you prefer to be on?

[ ] competitive

[ ] social

[ ] I'd rather not split this way; offer another suggestion: \_\_\_\_\_

Interested in Traveling to Indoor Tournaments? [ ] No [ ] Yes

Mark the days you WILL attend (1-3pm):

[ ] January 12

[ ] February 9

[ ] January 19

[ ] February 23

[ ] January 26

[ ] March 1

[ ] February 2

[ ] March 8

*Fees:*

\$100 for full members

\$75 for student members

### Code of Conduct:

I have reviewed the rules of the 2008 Indoor Season, and agree to abide by them. I will not knowingly engage in inappropriate or dangerous behavior, and I will demonstrate respect to all of my CFHC teammates. I understand that if my behavior is deemed inappropriate, I may be disqualified from the league, with no refund of fees.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

*For CFHC use:*

[ ] Paid

[ ] Waiver Signed