



# 2010 Chicago FHC Indoor League

It's time for another fun season of indoor hockey!

## Introduction:

As usual the popular Indoor League format will form the core of the 2010 season. In addition, we will offer 2 preparation sessions for the teams participating in the Cincinnati and New York Tournaments on 1/30 and 2/6. For players not part of these teams a (almost) full playing time tournament will take place on these dates. Furthermore, we will offer regular practice sessions, which at the beginning of the season are geared towards the tournament teams and later to all players.

As you know the number of members has more than doubled in the past 2-3 years and the schedule this season reflects the need to experiment with different formats and activities. Please note that the program this year comes with increased playing time. We are aware of the increased travel time to the alternative location in Libertyville for some of our members and would like to ask everybody to be flexible, organize shared rides ahead of time, support the schedule and form a strong opinion about the best location for the 2011 season.

Date	Location	Event Format	Practice	Practice Starts	Practice Ends	League Starts	League Ends
12-Dec	LibertyVille	Practice and Play	General	14:00	16:00	-	-
19-Dec	LibertyVille	Practice and Play	General	14:00	16:00	-	-
9-Jan	Windy City	Tournament	Prep	12:30	13:15	13:15	15:30
16-Jan	Windy City	Tournament	Prep	12:30	13:15	13:15	15:30
23-Jan	Windy City	Tournament	Prep	12:30	13:15	13:15	15:30
30-Jan	LibertyVille	Social Tournament	-	-	-	14:00	17:00
30-Jan	LibertyVille	Team Practice	Prep	11:00	13:00	-	-
6-Feb	LibertyVille	Social Tournament	-	-	-	15:00	18:00
6-Feb	LibertyVille	Team Practice	Prep	13:00	15:00	-	-
13-Feb	Cincinnati	Tournament	-	-	-	-	-
20-Feb	New York	Tournament	-	-	-	-	-
27-Feb	Windy City	Tournament	Basics	12:30	13:15	13:15	15:30
6-Mar	Windy City	Tournament	Basics	12:30	13:15	13:15	15:30
13-Mar	Windy City	Tournament	Basics	12:30	13:15	13:15	15:30
20-Mar	Windy City	Tournament	Basics	12:30	13:15	13:15	15:30
27-Mar	Windy City	Tournament	Basics	12:30	13:15	13:15	15:30

## Note:

Times and dates above are mostly confirmed as of 12/18 but changes may be made. We may update this document, but any changes are primarily managed and communicated through Teamer.net.

We will gather availability information through teamer or otherwise and will reduce the league to 6 teams in case we do not have enough attendance to field 7 teams.

### **Event types:**

Practice and Play: Some basic drills to warm up followed by play.

Indoor League Tournament: 7 teams play round robin with finals, structured like in 2009, 2008, ...

3 Team Tournament: 3 teams play round robin tournament, aiming for 2\*25 per match.

Team Practice: For Cincinnati and New York tournament participants who want to practice.

Tournament: Chicago teams travel. Currently no bookings made.

### **Indoor League Logistics and Rules:**

1. We will form 7 Teams with 6 players each. Goalies will be shared among all teams. On the field are one goalie and 4 players.
2. Each team is allowed to substitute their goalie for a burst of up to 3 minutes once per game and play with 5 field players. Only one team can sub the goalie at a time.
3. 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>.
4. Uniform t-shirts will be provided.
5. **Interested in being a captain?** Captain responsibilities include organizing your team each week, representing your team in matters of disagreement, and informing the indoor chair of any issues that arise. Please inform the Indoor Chair if you want to be a captain.
6. The Indoor Chair will recruit referees from the teams. Please volunteer if you have an interest.
7. Players will be asked in advance to confirm or decline availability. This helps to form teams and assign bye teams. We will try and consider your absence by assigning you to a suitable Bye Team.
8. Planning cut off is Wednesday night 20:00 CST for each weekend. Players who decline will be substituted from a list of players who applied to join the league after all players had been recruited. Please be aware that if you miss to decline a session somebody else will miss the opportunity to play and your team will be down a player.
9. Fee Structure:
  - Fees are not pro-rated based on the number of sessions you attend.
  - Fees are payable in advance.

League Players (officially signed up):

- 90\$ to cover all Chicago indoor action.

- includes 10\$ down payment for the upcoming Summer Season.

Substitutes: 10.00 per session, payable on the day of play.

3 Team Tournament: 20\$ for both weekends, free for League Players.

Practice and Play events December:

- all members are welcome

- First session is free, second session is 10\$

Team Practice: Free for players going to the tournaments.

- Players who don't want to practice can choose to participate in the tournament.

3 Team Tournament – 20\$ for both weekends, free for League Players (signed up)

Practice: free for signed up players and substitutes.

Student League Players: 70\$, includes 10\$ down payment for upcoming Summer Season.

10. Depending on the number of players interested, formatting changes may be implemented.

### **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. Support short changeover times between matches to save time and help execute the schedule.
4. Follow the rules.
5. 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.
6. Protective equipment (shin guards, mouth guard, glove) 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.

## **Locations:**

### **Windy City Fieldhouse**

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.

### **Libertyville Sportscomplex**

1950 N. Highway 45, Libertyville

Phone: (847) 367-1502 Fax: (847) 680-8502

5 miles west of I94

#### **Driving:**

On I94, leave on Buckley Road (137) and turn west

At Junction Antioch Road (continuation of 137) and Peterson Road follow Peterson Road

Turn right at Highway 45 and find the Sports Complex to your right.

#### **Public Transportation:**

We will file a description once I've met somebody who has figured it out.

It is better to drive. Please offer and ask for a ride!