



Coach & Player BRIEFING

WC Eagles Training Centre

28 Feb -2 March, 2025

Welcome to Big Apple

The intention of this briefing summary is:

- To assist the players and coaches to become more familiar and help them understand some of the FIH indoor rules/interpretations and provide guidance on those recently updated in Jan 2025.
- To help build the rapport with players, umpires and technical officials how they best work together to improve the indoor game.
- What the Big Apple umpiring team aim to achieve.

**We strongly recommend taking the time to read the
FIH 2025 Indoor Briefing [click here to download](#)
and the [Big Apple Rules & Regulations >](#)
as we work together to showcase
exciting hockey**

The Umpires' Aim for Big Apple

PROVIDE QUALITY AND PREDICTABLE UMPIRING

- **Teamwork, Cooperation and Support** - get the correct decision
- **Excellent Communication** – with the players, Tech table and each other
- **Pro-active Management** – Safety is key - set standards early therefore
No Surprises!
- **Consistency of decision making** – from start to finish
- **Flow & Control** – less whistle, encourage skill but also protect skill

Lifted Ball

Ball off the ground will only be blown as a foul if the opponent is disadvantaged or when it is considered to be dangerous

Umpires will use **common sense**

- this interpretation will apply in all parts of the pitch, also inside the circle and at the stopping of a PC
- Our aim is to keep the play flowing

Free Push

Location of a Free Push

PLAY the ball CLOSE TO where offence occurred

- REMINDER – FreePush which is CLOSE TO THE CIRCLE the BALL placing MUST BE MORE PRECISE

WRONG SPOT, MOVING BALL – try to avoid this as the umpires will ask you to move it back

- If this becomes persistent then the Umpire will be reversing the call – so help to get it correct the first time

Hits / Slap

Reminder:

Striking or 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

TRAPPING

Players must allow space for an outlet pass

– see next Slide 8 for examples and Slides 29 – 39 with attached Videos in FIH Indoor umpire Briefing

It is not allowed for a player to **INTENTIONALLY**

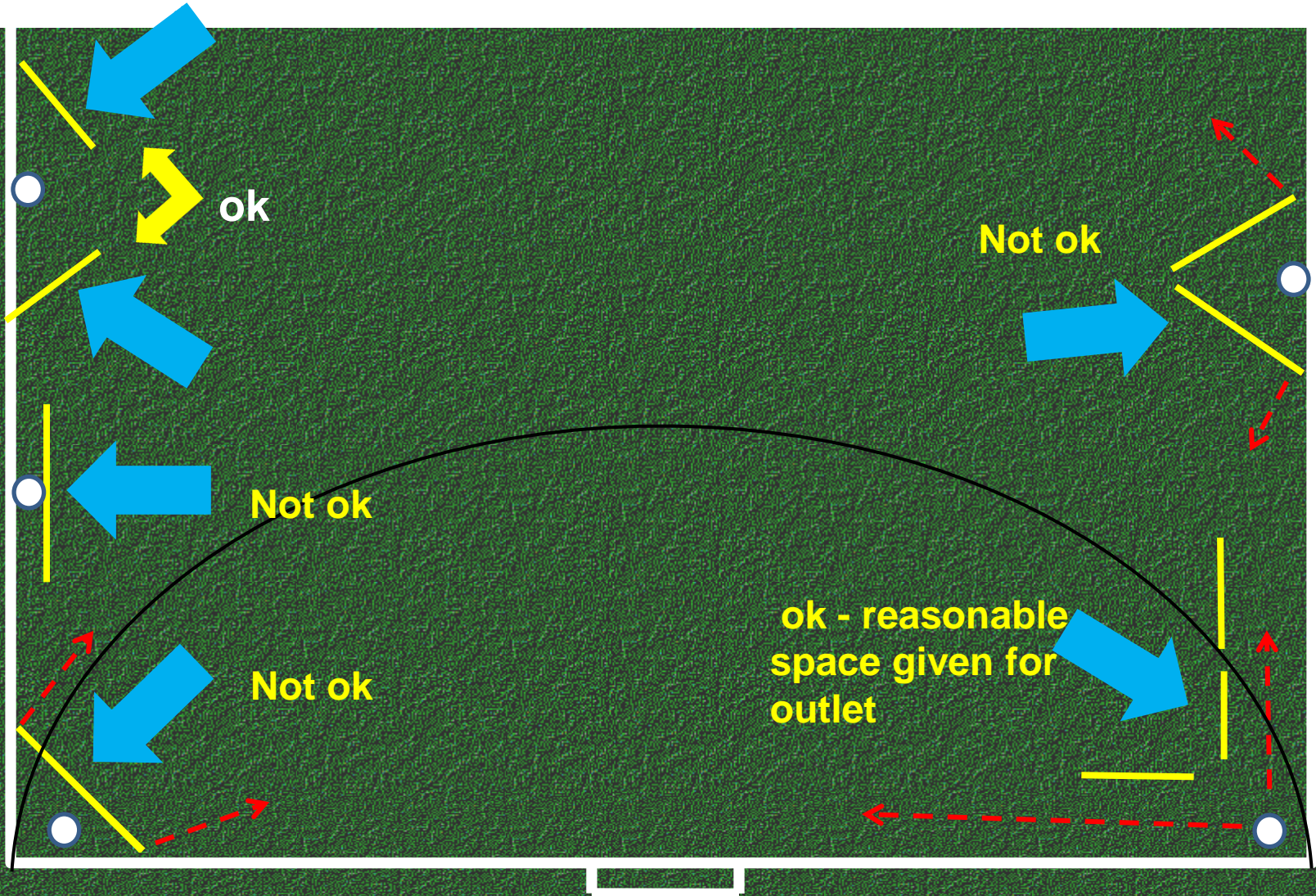
- Trap or hold the ball against the side-boards = Free Push
- Trap a player in possession of the ball by laying 'flat' sticks on the floor in the corner of the pitch (including Goalkeeper) against the boards
- Trap or hold the ball between their own and an opponent's stick – may result in a bully being awarded

Players in possession of the ball must use the outlet channel given to them → delaying could result in Free Push or PC against

***Players not in possession must allow** the ball out without interference → **If team without the ball** interferes with the outlet pass = Free Push or PC

****Umpires will Communicate early if trapping occurs and use common sense on the decision that is required!****

TRAPPING examples



Obstruction / Ball off End line

- Deliberate obstruction by ball carrier along boards
- Intentional stick obstruction by ball carrier
- Playing ball intentionally off end line by defender/GK = PC

APPEALING and DISSENT

Make it easy on yourself (& the Umpires ;-) and be responsible

- Appealing for free push/decisions – or comments at every decision spoils the game
- Harassment, intimidation and surrounding of umpires after decisions will not be tolerated → '3 is a crowd' = Green Card to the Captain

Danger / Drilling

Note: the distance of 3 metres has been removed from FIH Indoor briefing

Criteria for decision

- It is considered dangerous to push the ball hard towards an opponent in a defensive set position, with stick on the ground in front of his/her feet
- The closer the player pushing the ball is to the opponent, the more dangerous this situation should be judged, because of the high speed and impact of the ball hitting the opponent's stick, feet and /or hand on the stick
- **REMINDER:** Turn & fire is very dangerous (not only the ball, also the follow through of the stick) – these plays usually occur in the corners or a player collecting a ball with their back to goal, turning and whipping a shot at goal.

Umpires will be strict and players will be penalised

Upgrading technical decisions (FreePush → PC)

Be aware these situations can happen in Attacking half by Defending player that have potential for a Free Push to be awarded as a PC:

- Playing the ball away after the whistle that has high impact on play
- Playing the ball or trying to influence play within 3 metres that has high impact on play
- Intentional Stick Tackle or Body Obstruction

Break Down Play

Umpires will be strict on the breaking down of play & intentional 'physical play/ tackles'

- It prevents opportunities
- It's not in the spirit of the game
- We want to encourage skill not destroy it
- Physical breakdown = high risk, high penalty action =

2 or 4
min+

Penalty Corners – Mask updates/reminders

- The Big Apple is guided by USFHA statement policy as of Feb 7th
[USA Field Hockey | USA Field Hockey's Statement on Defensive Penalty Corner Face Masks](#)
- Umpires will use common sense to manage the PC as with defenders' facemasks, knee-pads and gloves and Breaking into the D early
- No Time stopped – **Let's work together to be efficient**
 - Inserter must be ready
 - Feet of defenders should all be behind the back line
 - **No holding** of the goal post by the defenders
 - Umpire's whistle to start game
 - **Insertion MUST be IMMEDIATE**
 - No feint, movement of head, shoulders, etc.
 - If insertion deemed delayed, free push to the defense
 - If deemed timewasting by defense, then personal penalty of Green Card

Protective equipment at PCs / Removal of equipment

- **REMINDER:** Should a Free Push be awarded to the defending team during a PC, then the defender can pass the ball immediately wearing their protective equipment however they cannot take a self pass
- **REMOVAL:** Emphasis is placed on **safety**. Everyone involved in the game must act with consideration for the safety of others. Players must ensure that their equipment does not constitute a danger to themselves or to others
- If a defender throws their protective equipment in such a manner that it is dangerous and hits an opposing player; umpire.
 - **Penalty Corner may be awarded to the opposition • 2 min, Yellow Card suspension**
- This penalty will not apply if the equipment hits a player of their own team, but if time needs to be stopped, **the game will restart with a free hit to the attacking team**

Finally

**HAVE FUN & ENJOY the Big Apple
and if you have any questions we will be
happy to chat on Friday night or during the
tournament**

UM's: Wendy, Donny & Devin

