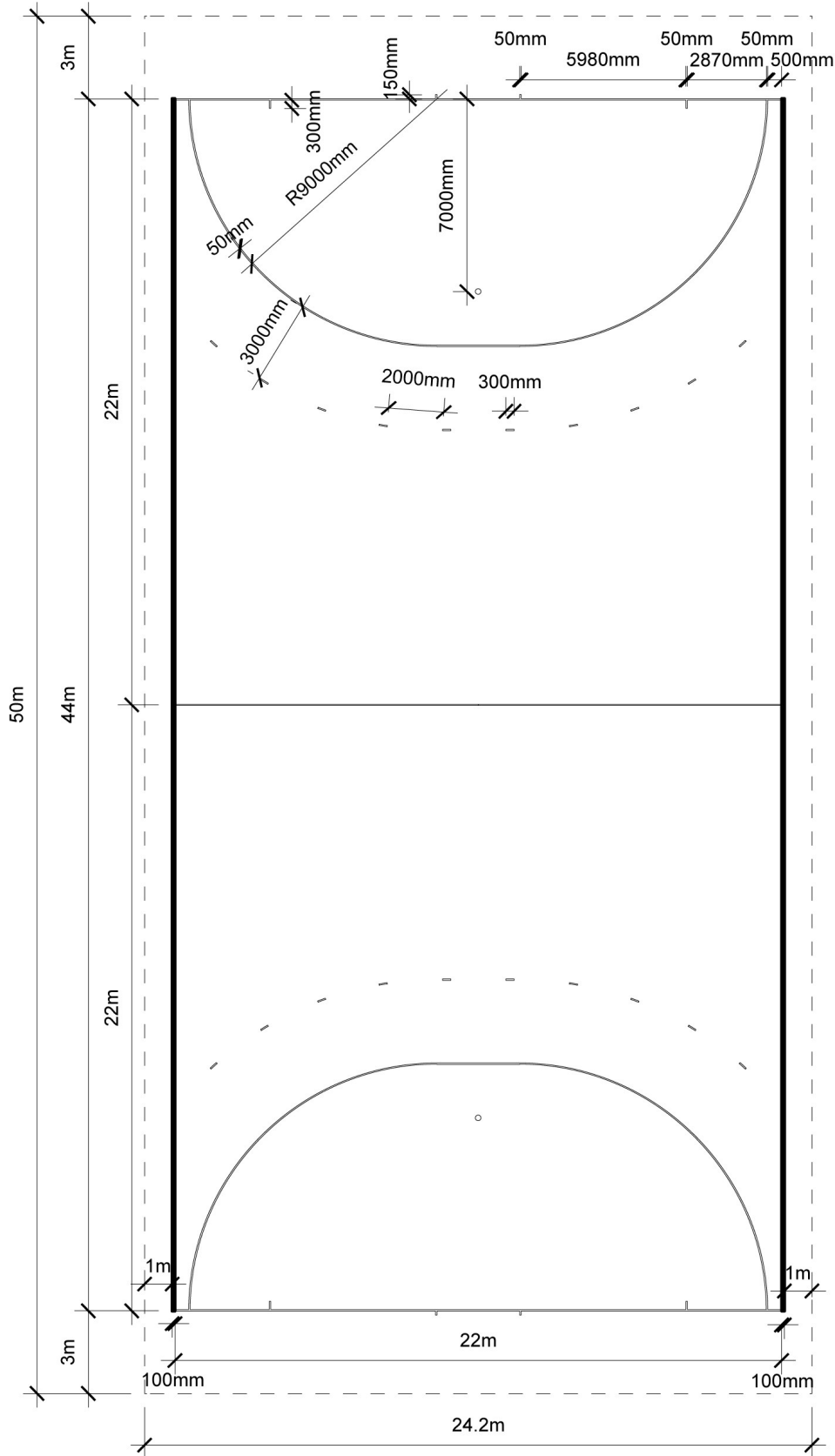


# Hockey Pitch - Indoor



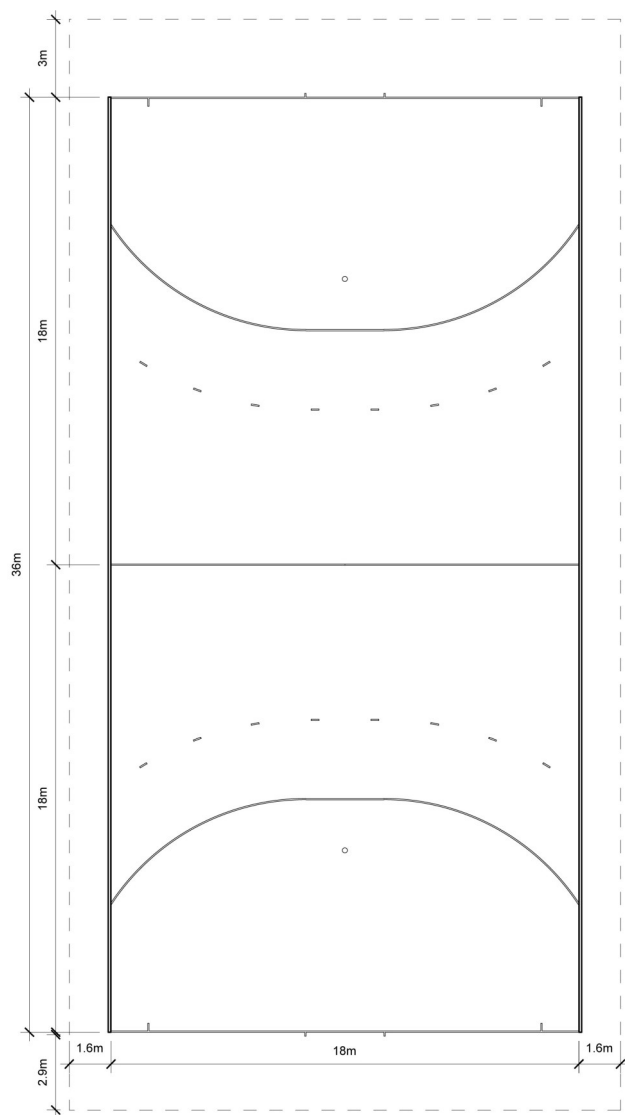
# Hockey Pitch - Indoor

## Court dimensions

Minimum: 36m x 18m  
 Maximum: 44m x 22m  
 Safety Margins: 3m behind the goals at either end  
 1m to the side lines

## Hockey within smaller halls

External measurements can be scaled down to 36m x 18m.  
 External lines and central line remain in correct proportions.  
 Safety margins and other internal markings should remain full size measurements.



## Line markings

Width of lines: 50mm  
 External dimensions **include** width of lines.

## Line & court colours

The court must be of a light colour which contrasts with the playing surface and different to any other lines.

## Playing surface

Sports floor conforming to BS EN 14904:2006

## Pitch markings

Side-boards mark the longer perimeters of the pitch; backlines mark the shorter perimeters of the pitch.

The goal-lines are the parts of the back-lines between the goal posts. A centre-line is marked across the middle of the pitch.

Areas referred to as the circles are marked inside the pitch around the goals and opposite the centres of the backlines.

Penalty spots 100mm in diameter are marked in front of the centre of each goal with the centre of each spot 7 metres from the inner edge of the goal-line.

## Side boards

Side boards mark the long perimeter of the pitch and are based on a square 100 mm cross-section the upright surface facing the pitch is inclined by 10 mm towards the pitch. Side-boards must be made of wood or materials with similar physical properties. They must not have fittings or supports which are dangerous to players or umpires.

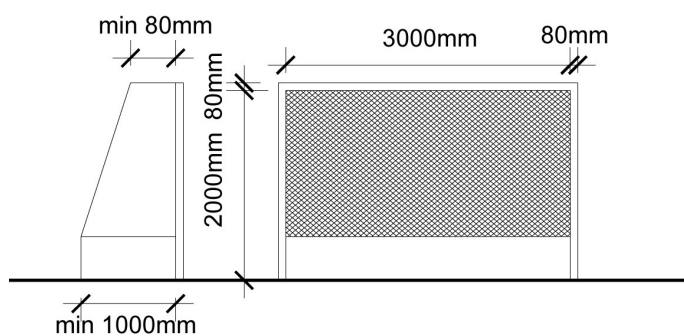
## Clear height requirements

Recreational: 7.6m  
 Competition: 7.6m

## Goals

The goal post and cross bar are white, 80mm square in section. The net mesh should be a 45mm and should not be fixed tight to avoid ball bounce.

Goals are positioned outside the pitch at the centre of and touching each back-line.



## Source documents

FIH Rules of Indoor Hockey 2016  
[www.FIH.ch](http://www.FIH.ch)

## Endorsed by

Scottish Hockey

