

Toowoomba Hockey Association Inc.

Indoor Hockey League

COME AND TRY INDOOR HOCKEY

WHAT IS INDOOR HOCKEY?

Indoor Hockey is a modified version of Outdoor Hockey. It was developed in Europe in the 1950's to allow keen Hockey players to continue enjoying their sport during periods of bad Winter weather.

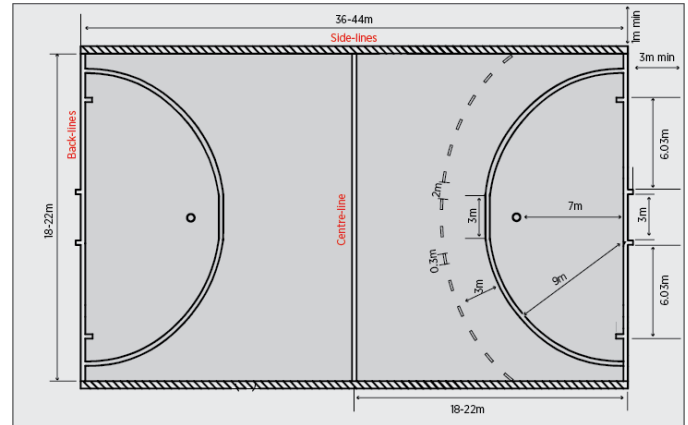


It can be played on any hard, smooth and flat surface – most commonly it is played in a Sports Hall.

Indoor Hockey is an extremely fast-paced game which requires players to move rapidly in an exciting and safe environment, using their stick skills to move the ball around the field.

BASIC INDOOR HOCKEY FACTS

- A team is made up of 6 players - 5 field players and 1 Goalkeeper. Each team also has multiple substitutes who rotate quickly and often due to the fast-paced nature of the game.
- Players are not permitted to hit the ball in Indoor Hockey - they can push, deflect or dribble the ball to move it around the field. The ball is not permitted to be raised in the air unless it is shot in goal and the use of the stick edge (Tomahawk) is not permitted.
- A regulation length Indoor Hockey match lasts 40mins (two halves of 20 minutes each).
- Fields vary between 18m-22m wide by 36m-44m in size and have 10cm sideboards to allow the ball to rebound and deflect around the field. This keeps the ball in play more and creates a fast, flowing and exciting game.



THA INDOOR HOCKEY DETAILS

THA will run two Indoor 7 week long Seasons. Season 1 will be played before Christmas School holidays and Season 2 will be played after.

WHO

New and experienced players are welcome.

WHEN

Toowoomba Indoor Hockey is played on Wednesdays during the Outdoor Hockey off season in Term 4 (Oct-Nov) and Term 1 (Jan-Feb) of the School year.

SEASON 1:

Wednesday 11th October – Wednesday 22nd November 2017

SEASON 2:

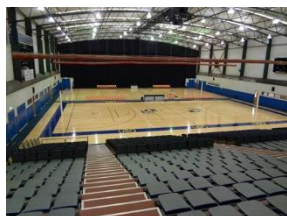
Wednesday 17th January – Wednesday 28th February 2018.

COST

\$60 per person per season, plus a Hockey Qld Registration Fee to be paid upfront when you register. Registrations open 1st September 2017. Follow the link below to register.
<https://memberdesq.onesporttechnology.com/3526>

Indoor Hockey League

WHERE



The THA Indoor Hockey comp will be played at the Clive Berghofer Recreation Centre on Baker Street near the University of Southern Queensland.



TEAM SELECTIONS

The Indoor Hockey Selectors will utilise the list of players who have registered to make up the teams in each division. You can expect to play with players from different Clubs as team selections won't be based on Club ties.

We hope to have mixed teams of Boys and Girls and Men and Women in U13, U15, and Open divisions.

If you absolutely want to play with someone in particular please advise of your preferences in advance and we will endeavour make that happen.

The main goal is to have fun, keep fit and get to know people from other Clubs – learning new skills will of course be a bonus.

EQUIPMENT.... WHAT TO BRING

STICKS

Indoor Hockey sticks are much lighter and thinner than Outdoor Hockey sticks. As there is no hitting permitted in Indoor Hockey the lighter sticks make stick work much easier.



You can buy your own Indoor Hockey stick for a small cost or borrow a stick for free each game from the Toowoomba Hockey League.

GLOVES

The use of a left-handed glove is highly recommended as it gives players have the confidence to get low to the ground and make the tackles and traps required for Indoor Hockey.



Gloves will be the responsibility of the players - we do recommend you buy your own Indoor Hockey glove – it will assist in playing to your full potential.

PROTECTIVE EQUIPMENT

Mouth guards and Shin pads are also highly recommended along with a Facemask for protection during penalty corners, as worn in Field Hockey.



THA INDOOR REP HOCKEY

Toowoomba intends to send several Representative teams to the State Titles in October and November 2017. There are Titles for Under 13, Under 15 and Under 18 Boys and Girls, and Open Men and Women.

Players selected will be required to pay for their own transport and accommodation costs.

To Nominate – email your details to office@toowoombahockey.com.au - Name, DOB, contact details and the Grade you are nominating.

Team	Venue	Date
Qld Open/U21M	Kedron SHS	20-22 Oct 2017
Qld U18M	Kedron SHS	20-22 Oct 2017
Qld Open/U21W	Kedron SHS	27-29 Oct 2017
Qld U18W	Kedron SHS	27-29 Oct 2017
Qld U15G	Maryborough	3-5 Nov 2017
Qld U15B	Toowoomba	17-19 Nov 2017
Qld U13B	Rockhampton	10-12 Nov 2017
Qld U13G	Rockhampton	10-12 Nov 2017