

YMCA/"Live for Field Hockey"

4 v. 4 Indoor Field Hockey 2012

Begins Saturday, January 7, 2012

Richard M. Simmons
YMCA
Director of North Country Field Hockey
603-444-5247
www.northcountryymca.org

Open enrollment: Individual Player \$20.00 per indoor season. Sign and return the "Registration Form" by opening day Saturday, January 7, 2012. Checks payable to: FH 360
Checks are non-refundable after January 7, 2012

"Registration Form"

(please print)

Player: _____ Age: _____

Email : _____

Cell Phone: _____ Date of birth: ____/____/____

Home Address: _____

-- Permission and Waiver --

I hereby give (player) _____ permission to participate in the YMCA/"Live for Field Hockey - Indoor Field Hockey, starting Saturday, January 7, 2012 at Daisy Bronson Middle School between the hours of 5:00-7:00 PM. I authorize the administrators and organizers to act for my child/participant in any emergency requiring medical attention, and I assume responsibility for payment for such attention. In signing this release from liability I waive and release everyone connected with YMCA/"Live for Field Hockey" and/or 4v. 4 Indoor Field Hockey from any and all liability which may arise.

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(please print)

-- Medical --

Player medical needs:_____

In case of emergency
Parent/Guardian Cell :_____

Phone:(home)_____(work)_____

Home Address:_____

In the event of a medical emergency and I can not be contacted, administrators/ organizers/ and coaches are hereby authorized to take whatever action is deemed necessary, in their judgment, to secure medical attention for named player. I will not hold the administrators/ organizers/ or coaches financially responsible for the emergency care for the named player.

-- Insurance --

Insurance provider:_____

Insurance policy #:_____

Subscriber name:_____

Signature of (adult player) _____
or
Parent/Guardian:_____

Date:_____

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Saturday Schedule starting at 5 pm

Jan. 7	[]	Jan. 14	[]
Jan. 21 (5:30 start)	[]	Jan. 28	[]
Feb. 4	[]	Feb. 11	[]
Feb. 18	[]	Feb. 25	[]
Mar. 3	[]	Mar. 10	[]
Mar. 11	[]	Indoor Action Sports "Spring Fling" Tournament in Greenfield, Mass.	

(5:30 am departure using personal vehicle) The hope is to enlist two teams of ten (10) players. One team of college age/adult players, and one team of U16. Tournament forms will be provided.

Playing Rules In Brief for 4v. 4 Indoor FH Games

1. Call own fouls (if no umpire), and back away two stick lengths
2. 7-12 min. games-teams rotate (Use a water break)
3. Must score inside circle (3 pt. line)
4. NO raised or lifted balls outside circle; inside permissible below knee
5. NO hands together drive. Dribbles, pushes, sweeps, slaps are acceptable possession skills
6. May use sideboards and sidewall for passing
7. Mouth guards, shin guards highly suggested
8. Cages (turned down) will be used as goals ...(no GK)
9. NO Corners: A defensive foul inside circle (3 pt. line) will be taken by the offense at the yellow, line perpendicular to where the foul occurred. Defense must retreat two stick lengths - A goal may be scored directly off self-start upon entering the circle
10. A ball may be played off the back wall by the offense, but must be taken back out across the yellow line before a score may be attempted. (If the defense gains possession of the ball inside the circle and is dispossessed, the offense may score without taking ball across the yellow line)
11. Free Hit: Use "Self-Start" rule wherever possible ... STOP ball dead first, then play with two actions on the ball (ie. tap... push, or tap...dribble)
12. NO Long Hit necessary