

### **What is the Indoor Social Hockey League?**

The Indoor Social Hockey League is run by the Irish Hockey Association and is supported by the Irish Sports Council's Women in Sport. It's for women only and is run on a weekly basis over 10 weeks. The league is played indoors on a 5 a-side format with the emphasis on having fun whilst playing hockey and staying fit.

### **Who is it for?**

The league is for non-club members only and is aimed at women who have played hockey in the past and would like to get back into playing the sport in a fun, friendly environment - without the commitment of training and playing at weekends.

### **When does the league start?**

There are two leagues run each year. The Spring League usually kicks off in February with the Autumn League starting in October. Matches are played every Thursday from 7:15pm to 10:30pm and the league takes place in Wesley College, Ballinteer, Dublin 16. There is plenty of parking available with the Balally Luas stop a ten minute walk.

### **What is the cost?**

The cost of the hockey league is €60 per person which covers the 10 weeks.

### **What is the difference between indoor and outdoor hockey?**

Indoor hockey is played using wooden boards instead of sidelines so that the ball doesn't go out of play. This means that it is exciting and fast paced with an emphasis on fitness. The league will be played without goal keepers giving everyone lots of time with the ball. Of course, the league is played inside avoiding bad weather!

### **What's the weekly format?**

Teams play two games per week with each game lasting twenty minutes straight through. The fixtures are e-mailed out each week. The results will be totalled for league semi-finals and finals.

### **Can I register a team?**

Yes, you can! If you have 7 or 8 players, you can register and pay for them all at the one time. Just indicate on the registration form the player(s) that you are paying for. When you are directed to the shop, simply indicate the appropriate amount in the cart.

### **What if I don't have enough players to make up a full team?**

If you want to play with your friends but don't have enough players for a team just let us know. We will keep you all on the same team and add players to make up the numbers.

### **Can I join by myself?**

You can indeed! If you sign up by yourself you will then be placed on a team.

### **What do I need to bring with me?**

You need to bring shin pads (mandatory), regular runners (preferably white soled) and plenty of water. Gum shields are not essential but strongly recommended. Bibs are provided if your team doesn't have a team colour. The indoor hall can get pretty warm so lightweight sports gear is recommended.

### **Are sticks provided?**

Indoor hockey sticks are different to outdoor sticks in that they are lighter and slightly thinner. As most people don't have indoor hockey sticks they will be provided. Indoor hockey balls are also lighter and again will be provided by the umpires.

### **What standard of hockey is generally played?**

Most league participants last played hockey in school or college and are getting back into the sport. Alternatively, some players are previous club members. Overall, the league has a range of standards but a competitive edge!

### **How do I register?**

Registration and payment are both taken online via the IHA website. Places are only confirmed upon payment and not upon registration. In order to access more information on Indoor Social Hockey, simply click on [www.hockey.ie/development/socialhockey](http://www.hockey.ie/development/socialhockey)

**For more information contact the IHA as follows:**

Phone: 01 716 3265

Email: [socialhockey@hockey.ie](mailto:socialhockey@hockey.ie)

Web: [www.hockey.ie/development/socialhockey](http://www.hockey.ie/development/socialhockey)