

The Baltimore Field Hockey Association presents:

2010 Indoor Field Hockey Team League for Adults!! January 2010 through March 2010

WHEN: on Sundays as follows**:

Jan. 3, 2010	- 5:30 p.m. - 8:30 p.m.	Feb. 14, 2010	- 5:30 p.m. - 8:30 p.m.
Jan. 10, 2010	- 5:30 p.m. - 8:30 p.m.	Feb. 21, 2010	- 5:00 p.m. - 8:00 p.m.
Jan. 17, 2010	- 5:30 p.m. - 8:30 p.m.	Feb. 28, 2010	- 5:30 p.m. - 8:30 p.m.
Jan. 24, 2010	- 5:30 p.m. - 8:30 p.m.	Mar. 7, 2010	- 5:30 p.m. - 8:30 p.m.
Jan. 31, 2010	- Indoor Tournament at CCBC Essex	Mar. 14, 2010	- 5:30 p.m. - 8:30 p.m.
Feb. 7, 2010	- No Hockey - Superbowl	Mar. 21, 2010	- 6:00 p.m. - 8:30 p.m.
		Mar. 28, 2010	- 3:30 p.m. - 6:30 p.m.

** In case of inclement weather, please call the BFHA hotline at 410-558-BFHA**

LOCATION: Comm. College of Balt. County, Dundalk Campus, 7200 Sollers Pt. Rd.- see back for directions.

LEAGUE FORMAT: This league will consist of eight teams. Games will be played on 1 large court according to the FIH Rules of Indoor Hockey. 6 v 6 (5 field players and 1 keeper). 2 male field players are allowed. The goalie can be either male or female. 6 of the 8 teams will play each night. Each team plays 8 total weeks. A draft season schedule is available at www.BFHA.org. A final schedule will be developed once team registration forms are received. Players must bring both light and dark colored shirts each week.

COST: \$400 per team, plus a separate \$50 forfeit fee check. If a team misses a scheduled game, a \$25 forfeit fee will be held. If a team forfeits two games, another \$25 will be held and the team will be dropped from the league.

HOW TO SIGN UP: You must pre-register for this league as a TEAM! The registration form, waivers, and address to which checks should be mailed will be posted on www.BFHA.org on DECEMBER 1. Please check the website that day! To register, please mail the team registration form, \$400 league fee, and separate \$50 forfeit fee to the address listed on the website. There are only a limited number of spots, and teams will be accepted in the order that checks are received.

TEAM ROSTER: A team roster form is required for all teams. The final roster form can be submitted on the first day of play. All participants must sign the waiver form and they also must be current members of the US Field Hockey Association (see below).

USFHA MEMBERSHIP: Each player must be a current member of the U.S. Field Hockey Association (USFHA). Current USFHA members **MUST SHOW CURRENT MEMBERSHIP CARD BEFORE PLAYING!!** If any player is currently not a member, he/she will need to sign up for a USFHA membership. A one-year membership to USFHA is \$50. Please go to www.usfieldhockey.com to sign up online.

SUBSTITUTES: Teams must provide 6 players on the court for every game. It is the team's responsibility to find substitutes if their team is going to be short players on any given week. A team must have at least 4 players from their original roster for a game to be official. The remaining 2 players (including the goalie) may be a 'substitute'. All substitutes must also be members of USFHA.

OFFICIATING: Each team **MUST** provide an official for the games that they are **SITTING OUT**. Teams that are listed as having the week off do not provide officials that week. See 'ump' column on league schedule.

QUESTIONS: Contact Tracey Smith at tracey.jeansmith@gmail.com or 484-459-1895
Courtney Hughes at hughes.courtney@gmail.com or 302-841-4750

Directions to CCBC Dundalk:

From North via Baltimore Beltway - (I-695): Take Exit 39 (Merritt Blvd), proceed about 2 $\frac{1}{2}$ miles. At the 8th traffic light (intersection of Merritt Blvd - Peninsula Expressway and Merritt Ave) turn right. If you cross RR tracks you've gone too far. At the first traffic light, Merritt Ave becomes Sollers Point Road. Go Straight. The college is at the top of the crest on the right.

From South via I-95 (TOLL): Take I-95 North, through Fort McHenry Tunnel. Stay to the right. Take Exit 58 (Dundalk Ave.). Proceed three lights, stay in left lane. At the third light, turn left onto Holabird Ave. Proceed on Holabird Ave. and turn right on Delvale Ave. College is on left.

As soon as you turn into the campus, follow the road to the left, past the baseball fields. Once you see the large building on your right, go to the far left side of the building and park (you will be able to see the tennis courts). Go in the back entrance to the gymnasium.

Volunteers:

Indoor Tournament: BFHA will be hosting two indoor tournaments this January: one for High School players on Saturday, January 30, 2010 and one for adult players on Sunday, January 31, 2010 (FYI: BFHA will be entering 3 teams in Sunday's tournament - please check the appropriate box on the registration form below if you would like to play). Both tournaments will be held from 8:00 a.m. to approx. 5:00 p.m. at CCBC Essex Campus. Please sign up below if you can help us out with the tournament (we need as many volunteers as possible!!). **All BFHA participants in Sunday's tournament are required to help clean up after the tournament!!!!**