



INDOOR PAN AMERICAN CUPS

MARCH 2024, CALGARY, CANADA

TOURNAMENT SUMMARY &
INDOOR HOCKEY BACKGROUNDER





EVENT DETAILS

Tournament: Indoor Pan American Cup
Divisions: Men's and Women's Indoor National Teams
Competition Dates: March 18-22, 2024
Venue: Seven Chiefs Sportsplex & Chief Jim Starlight Centre
City: Calgary, Alberta

EVENT SUMMARY

The Indoor Pan American Cup, hosted by Field Hockey Canada, Field Hockey Alberta and the Pan American Hockey Federation, will take place at the Seven Chiefs Sportsplex. The event will showcase the finest indoor hockey talent from across the Pan Americas.

The tournament will feature a dedicated warm-up area alongside a showcase field surrounded by hundreds of spectator seats, creating a perfect setting for intense competition and festival environment. The spacious venue will allow for both the practical aspects of training days leading up to the event and the main tournament matches.

Field Hockey Canada is excited to host this world-class event, highlighting their commitment to fostering the growth of field hockey in the country. The tournament will not only provide a platform for indoor hockey athletes to compete, but will also serve as a qualifier for the 2025 Indoor World Cup, adding an extra layer of significance.

ATTENDING TEAMS

WOMEN'S COMPETITION

Canada
USA
Argentina
Uruguay

MEN'S COMPETITION

Canada
USA
Guyana
Argentina
Trinidad & Tobago



WHAT IS INDOOR FIELD HOCKEY?

Indoor hockey started in Europe as an alternate way to practice hockey in the months of winter when it was too cold to play the sport outdoors. Over the years, the game has developed and evolved into the fast, skillful and action-packed version of hockey that it is today, with countries all over the world playing the sport throughout the year.

The game is played on a hockey specific indoor flooring material in the shape of a rectangle 40 metres long and 20 metres wide. There are boards placed on the side perimeters of the pitch (but not the backline) that keep the ball in play. The scoring circle has a nine-metre radius from the center of the goal-line and the penalty spot is marked seven metres from the center of the goal-line.

Each team in indoor hockey consists of 6 players that includes 5 outfield players and 1 goalkeeper. Teams can choose to play with 6 outfield players by not playing a goalkeeper. The total size of a squad in indoor hockey is 12 players and rolling substitutions are permitted.

An indoor hockey match is played over a course of 40 minutes, split in 4 quarters of 10 minutes each.

Indoor hockey requires players to possess some very similar skills to outdoor hockey, and some that are unique to the indoor format of the game. These include the ability to use the side boards to make passes and beat players, which is a crucial skill given that lifting the ball to dribble past players (the 3D skills commonly used in the outdoor game) are not permitted in indoor hockey. Lifting the ball is only permitted when a player attempts to score a goal from inside the scoring circle, by the use of a flicking motion. The flicking motion is defined as: raising the ball off the ground by placing the head of the stick under the ball and using a lifting movement.

Hitting, striking or slap hitting the ball, using a swinging movement of the stick towards the ball, is not permitted anywhere on the pitch.

HOST ORGANIZATIONS



From grass roots to high performance, Field Hockey Canada is working to develop and strengthen field hockey across the country, and to position our National Teams for consistent podium contention.

Approximately 18,000 field hockey players across the country – 9,000 of which are a part of high school field hockey programs – dedicate themselves to the sport at all levels from community hockey to high performance. Their dedication and pursuit of excellence, along with the tireless work from coaches, officials, and all volunteers, makes for a Canadian field hockey community as strong as it has ever been.

The Pan American Hockey Federation (PAHF) serves as the authoritative governing body for field hockey in the Pan Americas region. Dedicated to advancing the sport's growth and standards, PAHF collaborates with key partners, including the International Olympic Committee (IOC) and the International Hockey Federation (FIH).

With a focus on organizing top-tier tournaments and fostering fair play, PAHF strives to unite and empower players, coaches, and enthusiasts. The federation's commitment extends beyond the field, promoting inclusivity and sustainability. PAHF stands as a pivotal force in shaping the landscape of field hockey across the Pan Americas.



Field Hockey Alberta is the Provincial Sports Organization (PSO) responsible for supporting field hockey in the province. FHA has been in operation since 1974. In partnership with the National Sports Organization (NSO), Field Hockey Canada (FHC), Field Hockey Alberta provides opportunities for Albertans to experience the challenges and rewards of the exciting sport of field hockey. Whether you are a player, official, coach, administrator, volunteer or spectator, FHA is committed to operating with integrity, openness and respect to ensure that our tradition of field hockey excellence is preserved in Alberta and that our sport is open to people of all ages, skill levels and abilities.