

The Baltimore Field Hockey Association presents:

## 2023 Indoor Field Hockey League for High School Players!! January 2023 through February 2023

### WHEN:

Jan. 8, 2023	- 1:30 p.m. - 3:30 p.m.	Feb. 5, 2023	- 1:30 p.m. - 3:30 p.m.
Jan. 15, 2023	1:30 p.m. - 3:30 p.m.	Feb. 19, 2023	- 1:30 p.m. - 3:30 p.m.
Jan. 22, 2023	- 1:30 p.m. - 3:30 p.m.	Feb. 26, 2023	- 1:30 p.m. - 3:30 p.m.

\*\* In case of inclement weather, please call the BFHA hotline at 443-499-BFHA (2342).

**LOCATION:** Garrison Forest School, 300 Garrison Forest Rd., Owings Mills, MD 21117

**LEAGUE FORMAT:** This league will consist of eight teams. The first week will include 30 min of indoor hockey instruction and rules overview, followed by 27 min of game play. The remaining weeks will include game play only. Each team will play two 27-minute games per night. A season schedule will be developed once the team registration forms are received. All games will be played 6 vs. 6 (5 field players and 1 goalie) using Indoor Hockey rules (see [www.usfieldhockey.com](http://www.usfieldhockey.com) for official indoor rules).

**ELIGIBILITY:** To participate in BFHA's Indoor High School League, each player must have at least one year of playing experience and must currently be in grade 8, 9, 10, 11 or 12.

**COST:** \$420 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. If registering as an individual, the fee is \$60. All checks should be made out to BFHA. **There is a late fee of \$50 for any team registration forms and money post marked after the due date.**

**HOW TO SIGN UP:** **You must pre-register for this league!** There are two ways to register - as a team or as an individual. Team registrations will receive first priority in filling up the league. If less than eight full teams register, a team will be put together with the individual registrations. However, this team will be limited to 12 people. Individual registrations will also be used to help fill teams that are short players. To register for the league please mail the team registration form and league fee (only one check per team, please!)(Or, individual registration form and fee) and a \$50 forfeit fee (individual sign ups do not pay the forfeit fee) to the address below **by Nov 23, 2022**. There are only a limited number of spots, and teams will be accepted in the order that they are received. Also, please have all players and parents sign the waivers and bring the completed waivers the first session. **ALL players must submit a signed waiver AND a COVID waiver before they play.** Mail forms and fees to:

BFHA c/o Tracey Boettinger, 1113 Elm Road, Baltimore, MD 21227

**WHAT TO BRING:** Completed waiver forms, hockey sticks, mouth guards, shin guards, sneakers (no cleats), water, matching shirts for your team (preferably, but pinneys will be available) & whatever else you need to play. Goalies must supply their own protective gear. No masks currently required (subject to change).

**QUESTIONS:** Please contact Tracey Boettinger at [spaceyfh17@gmail.com](mailto:spaceyfh17@gmail.com)

### **So what is indoor hockey, anyway?**

Indoor hockey is played in a gymnasium on an area slightly larger than a basketball court. There are five players per team (one goalie and 5 field players) and boards along the sideline to allow for continuous play.

### **Why play indoor hockey?**

The quick indoor surface really allows players to focus on perfecting their ball-handling skills, and the small playing area helps players to become more proficient in their short passing skills. But not only is indoor hockey a great time to improve your stick skills, but indoor is a lot of fun and is a great way to meet new people and stay in shape!

### **Who should play?**

Any youth player (in grades 8, 9, 10, 11 or 12), beginner to advanced, who would like to improve their stick skills is encouraged to play indoor. Any player who is contemplating playing in college should definitely play indoor hockey, as most collegiate programs include indoor hockey as part of their off-season play. In addition, many collegiate programs play on turf, so getting experience on the fast indoor surface is a great way to prepare for college!

### **Who is the Baltimore Field Hockey Association?**

BFHA is a non-profit organization that serves to promote the sport of field hockey in the Baltimore area. BFHA sponsors high school and adult field hockey leagues and tournaments throughout the year. For more information about BFHA, please visit our website at [www.BFHA.org](http://www.BFHA.org)

**BFHA's 2023 High School Indoor League**  
**Individual Registration Form (for individual players only)**

If registering as a team, please do not fill out this form, but  
fill out the 'Team Registration Form'

Name \_\_\_\_\_ Address \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ E-mail: \_\_\_\_\_  
(please provide - this is how we get info to you!!)

High School: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Grade (circle): 8 9 10 11 12 Years of Hockey Experience: \_\_\_\_\_ Position: \_\_\_\_\_

Are you currently a member of USFHA? Yes \_\_\_ No \_\_\_ If yes, member #: \_\_\_\_\_

**Reminder:** Team registrations will receive first priority in filling up the league. If less than eight full teams register, a team will be put together with the individual registrations. However, this team will be limited to 12 people. Individual registrations will also be used to help fill teams that are short players.

**WAIVER**

I do hereby waive and release all claims for myself, my heirs, and assignees against the Baltimore Field Hockey Association and/or Garrison Forest School for any injuries or illnesses which may result from my participation in this league. I attest and verify that I have full knowledge of the risks involved in this sport, and I am physically fit and sufficiently trained to participate in this sport.

Date: \_\_\_\_\_

Participant's  
Signature: \_\_\_\_\_

Parent/Guardian  
signature: \_\_\_\_\_

Registration Fee: \$60 per individual (Please make checks payable to BFHA)

Please mail registration fee and form to the address below by **November 23, 2022**:

BFHA c/o Tracey Boettinger  
1113 Elm Road  
Baltimore, MD 21227

# Team Registration Form - BFHA's 2023 High School Indoor League

Jan. 2023 - Feb 2023 at Garrison Forest School

Team Name: \_\_\_\_\_ High School: \_\_\_\_\_

Team Contact Person: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Evening Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

## Team Roster

(Remember, only 6 from each team play at one time, so the larger the roster, the less playing time players receive).

Name	Phone #	E-mail Address <small>(Please provide, this is how we get info to you!)</small>	*USFHA member?	Grade
			Y N	
			Y N	
			Y N	
			Y N	
			Y N	
			Y N	
			Y N	
			Y N	
			Y N	
			Y N	
			Y N	
			Y N	
			Y N	
			Y N	
			Y N	
			Y N	
			Y N	
			Y N	

Registration Fee: \$420 per team (Please make checks, one per team, payable to BFHA)

Forfeit Fee: separate \$50 check made out to BFHA. This will be returned at the end of the season if your team does not forfeit any games.

Please mail registration fee and form to the address below by **November 23, 2022**:

BFHA c/o Tracey Boettinger, 1113 Elm Road, Baltimore, MD 21227

WAIVER (to be completed by all players on your team roster): I do hereby waive and release all claims for myself, my heirs, and assignees against the Baltimore Field Hockey Association and/or Garrison Forest School for any injuries or illnesses which may result from my participation in this league. I attest and verify that I have full knowledge of the risks involved in this sport, and I am physically fit and sufficiently trained to participate in this sport.

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**COVID-19 Participant Waiver**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious. As a result, federal, state and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

Baltimore Field Hockey Association (BFHA) has put in place preventative measures to reduce the spread of COVID-19; however we cannot guarantee that you will not become infected with COVID-19. Further, participation in our leagues could increase your risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by my participation in the Indoor league and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed or infected by COVID-19 at facilities contracted by BFHA may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Garrison Forest School employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my attendance at GFS, or participation in BFHA's indoor league. I hereby release, covenant not to sue, discharge, and hold harmless BFHA and GFS, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of BFHA and GFS, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during or after participation in any BFHA league program.

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