



HOW TO MAKE INDOOR FIELD HOCKEY BOARDS



INDOOR FIELD HOCKEY BOARDS



DO-IT-YOURSELF INSTRUCTIONS

Indoor boards don't have to be expensive or fancy. They just need to be safe and suitable for your program's needs. Plus, you need a place to store them, as they can be quite heavy, and therefore are not very portable. In fact, if you - or someone you know - is handy, you can make boards and rolling storage carts for a reasonable amount of money and hopefully not too much time.

In this document, you will find some easy-to-follow instructions for one style of indoor boards that interlock and fit together like simple puzzle pieces. If you have another style of homemade boards that are working well for your program, please send pictures and instructions to sportdevelopment@usafielddhockey.com and USA Field Hockey will add them to the website for others to reference.



INDOOR FIELD HOCKEY BOARDS



MATERIALS

- Buy decent quality wood so it's straight and warp-resistant.
- 2" x 4" (It is recommended to cut the boards to 4 feet in length to make each section easier to manage and move. Longer sections can become heavy and difficult for children to manage.)
- 1" x 4" (same length as above)
- Wood glue
- Flat head wood screws or staples
- Measuring tape
- Saw
- Drill
- Electric screwdriver and/or staple gun
- Safety goggles

NOTE: If you also want to make storage carts as the ones pictured, you will also need:

- Heavy-duty wheels - four per cart, or leg-support dollies
- Extra wood and screws



Two sections apart, then joined together.



Three full sets of homemade boards stored in homemade custom rolling carts. With the proper tools and equipment, you can make these too!

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Before you purchase your materials, it's important to decide what length your indoor courts will be. According to the International Hockey Federation's (FIH) Official Indoor Rules, the length of a regulation indoor field hockey court for international competition is rectangular, 44 meters (144.38 feet) long and 22 meters (72.178 feet) wide. While the use of a full-size pitch is recommended, especially for adults, many programs don't have that much space and a smaller size pitch may be specified. The minimum size for international play is 36 meters (118.11 feet) long by 18 meters (59.06 feet) wide. Sideboards mark the longer perimeters of the pitch; back lines mark the short perimeter of the pitch.



For perspective, high school basketball courts are usually significantly smaller at just 84 feet long (25.6 meters) and 50 feet (15.24 meters) wide. Even professional basketball courts are just 94 feet long and 50 feet wide, smaller than optimal. Courts don't need to be the perfect regulation size

to have great games and competitions, especially for young beginner and intermediate level players.

USA Field Hockey recommends that you make extra sections so that your courts can be as big as your space permits, up to international regulation size.

Let's say you have room to build a 36-meter (118.11 feet) by 18-meter (59.06 feet) pitch. That means you will need two 36-meter lengths or

118.11 feet of sideboard for each sideline. If each section is 4 feet long, you will need 29, 4-foot sections and two, 1-foot end sections for each sideline. The end pieces, as pictured below, will look slightly different from all other pieces.



Take some time to plan your project and do the math, determining how many 4-foot sections you want to make and how long you want your end pieces to be. Calculations are critical! Some lumber yards will cut the boards into 4-foot lengths for you, potentially saving you a lot of time. Keep in mind that you may want end sections that differ in length. More information on that below.

Each 4-foot section will require one, 2x4 board and two, 1x4 boards. Place the 2x4 in the middle and stagger the 1x4 boards on either side, as pictured. The 2x4 should extend approximately 8 or 9 inches past the 1x4 on one end. Be consistent in the length of overlap. Once you have the idea, slather both sides of the 2x4 that the 1x4 board will cover with wood glue, then screw or staple the boards in place, making sure that the boards lie flat on the ground. Repeat for each section until you have the desired number of 4-foot sections.

Next, make the end pieces. Each indoor court will require four end pieces, two for each sideline. End pieces will look like the top image on the next page, with the 2x4 being 9 inches longer than the 1x4 boards, and two will

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have the 2x4 in the center being 8 or 9 inches shorter, whatever measurement you are using, so that the pieces will fit together snug and stay secure once assembled.



Now that you have your sections complete, you may want to build a cart that fits the pieces perfectly, holds them neatly and makes them easy to roll from a storage closet onto an indoor court.

See the photo on page 2 for cart construction ideas.

Some programs like to paint their boards. Others like to keep them unfinished. Unfinished will require less maintenance, but either is fine.

USA Field Hockey hopes you have found these instructions helpful. Special thanks to Mike Cornell for his craftsmanship on the boards and carts pictured within this document, and utilized by the Glen Ellyn Field Hockey Club in Illinois.

2018 USA Field Hockey Indoor Rules and Regulations can be found by [clicking here](#).

Enjoy indoor field hockey!

If you have any questions regarding these instructions on how to make indoor field hockey boards, email sportdevelopment@usafielddhockey.com.

