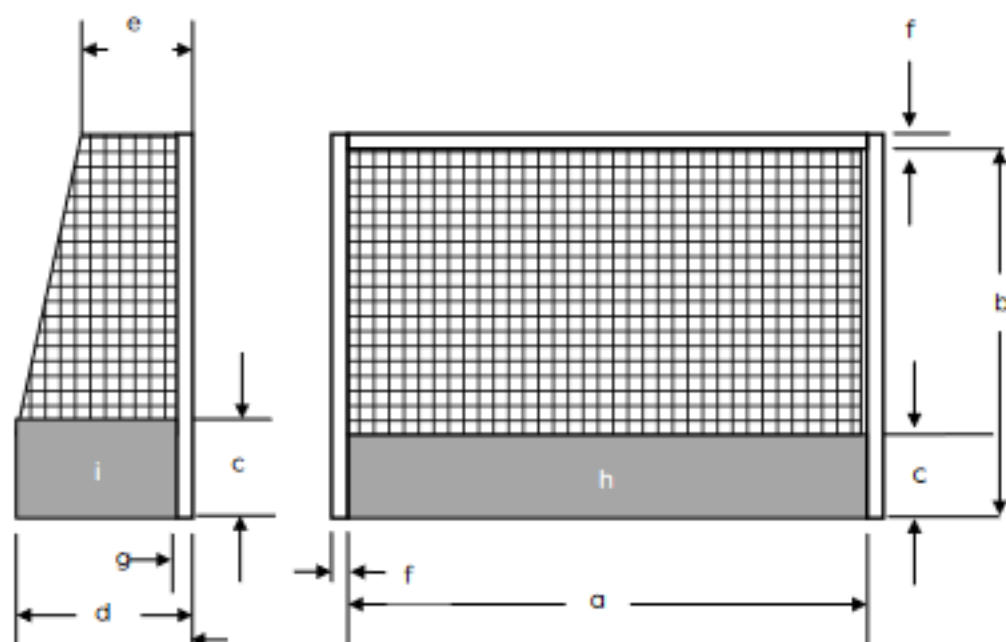


## 3 REQUIREMENTS AS SPECIFIED IN THE RULES OF INDOOR HOCKEY

### 3.1 Goal posts and crossbar

A goal comprises two vertical goal-posts joined by a horizontal crossbar, two side-boards, a back-board, and a net.



a	3.00 m	b	2.00 m	c	460 mm	d	min 1.00 m
e	min. 0.80m	f	80 mm	g	80 mm	h	Back-board
i	Side-board						

- the goal-posts and cross-bar should be:
  - white, or another approved colour
  - rectangular in cross section
  - 80 ( $\pm 1$ ) mm wide and 80 ( $\pm 1$ ) mm deep
- the goal-posts must not extend vertically beyond the cross-bar and the cross-bar must not extend horizontally beyond the goal-posts
- the distance between the inner edges of the goal-posts should be 3.00 ( $\pm 0.01$ ) metres and the distance from the lower edge of the cross-bar to the ground should be 2.00 ( $\pm 0.01$ ) metres