

Summer League FAMILY 6-a-side



Rules and Guidelines

1. 6 players per team on the turf at any one time (**min 3 kids**).
2. 13 minutes each way, 2-minute half time.
3. Play on ½ of a hockey turf. A divider (boards or drain flow pipe) will be placed between the two fields and will become the sideline board. The other sideline will be the 11-a-side field baseline.
4. Footwear, mouth guards and shin pads must be worn by all players.
5. Standard hockey balls are to be used.
6. The ball may only be pushed, **NO slap hit or hits**.
7. Auto pass - The player taking a free hit or centre pass now has the option of passing to another player, or making an auto or self-pass, effectively a tap-and-go action. The opposition must either be back 5m, or if they are not, may not interfere with play.
8. Free hits awarded to the attackers within 5m outside the circle must be taken at least 5m from the circle edge and cannot be hit directly into the circle. Long corners may not be hit directly into the circle. All players must be 5m from these free hits.
9. When a free hit is being taken (including sideline hits and each start/restart of play from the halfway), all defending players should be at least 5m away from the ball or retiring.
10. A player may lift the ball skillfully over an opposing player's grounded stick in the field, including in the circle or when taking a shot at goal. (Guideline: no higher than the top of the shin pad.) **NO Overheads!**
11. There is no offside.
12. Goals are scored when the ball is played by an attacking player within the circle. An attacker may only push when shooting for goal. (Guideline: the ball must not go into the goal higher than the backboard height.
13. **There are NO Penalty corners**, offences in the circle should either play advantage or award a 5m hit outside the circle.
14. A long corner is awarded if a defender puts the ball over the back line. Long corners are taken at a point 5m from the corner on the sideline (everybody must be 5m away and no direct shot into the circle is allowed).
15. If the ball goes over the sideline, the opposing team takes a free push at that place; all defending players should be at least 5m away from the ball or retiring.
16. Sticks are not to be raised, or used, in a dangerous manner, including lifting them over the heads of other players.