



2021 u18 Mixed 6 aside Rules and Guidelines

1. 6 players per team on the turf at any one time.
2. 25 minutes each way, 5 minutes for half-time.
3. Play across $\frac{1}{2}$ of a full sized hockey turf.
4. Footwear must be worn and mouthguards and shinpads are recommended.
5. The ball may be only **pushed**, no slap hit or hit anywhere on the field.
 - a. By definition a push is where the stick stays in contact with the ball while imparting velocity. <https://www.youtube.com/watch?v=-88mOGutFXE>
6. A free hit may be given when;
 - a. the ball is stopped or kicked deliberately by the player's foot, encourage players to get their feet out of the way
 - b. a player deliberately turns and places their body between the ball and an opposing player AND backs in to them, e.g. leads with the body.
 - c. A player interferes with the ball carriers stick or body ("hacking")
 - d. For the sake of the flow of the game, when there is no advantage gained as a result of the infringement, umpires should let play continue

Auto pass

7. 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 of the 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 either. 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. (Umpires may allow advantage to the attacking team if a defender is less than 5m away.)
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.

11. Goals are scored when the ball is played by an attacking player within the circle. An attacker may only push or deflect when shooting for goal.

The ball MUST hit the backboard.

12. Penalty corners are awarded when there is an infringement in the circle by the defending team;

- a. defending team has 3 players behind the goal line and 3 players in the other goal circle
- b. attacking team stand outside the circle
- c. ball can be hit or pushed out by an attacker
- d. ball must travel outside the circle, but does not need to be stopped, before a goal can be scored

13. A long corner is awarded if a defender accidentally puts the ball over the back line. Long corners are taken approximately 20m back from the goal line and in-line with the point at which the ball crossed the goal line. (everybody 5m away and no direct shot into the circle are allowed) Note: an imaginary line extending up the full sized field from the mark that is 5m from the full field goal, is 20.6m from the 6-a-side goal line so this should be used as a guide.

14. If the ball goes over the sideline, the opposing team takes a free hit/push at that place; all defending players should be at least 5m away from the ball or retiring. (Umpires may allow advantage to the attacking team if a defender is less than 5m away.)

15. A penalty awarded to the defender in the circle or a 16 yard hit should be taken from the circle edge

16. There are **no goalkeepers**.

17. Sticks are not to be raised, or used, in a dangerous manner, including lifting them over the heads of other players