



Kiwisticks Rules and Guidelines Mini Half Field including Milne and Watson Cup March 2020

1. 6 players per team on the turf at any one time. Children should have the opportunity to experience a variety of positions during the season, with players being taught the roles of each position.
2. There are no goalkeepers, and no player is to be appointed to stand in their goal. However, players may run back to defend their goal.
3. There is no offside.
4. 13 minutes each way, 2 minutes for half-time, 2 minutes between games. Games must start and finish on the hooter. (Penalty Corners are not played out after the hooter.) Teams must clear the field quickly at the end of their games.
5. Play across half of a full sized hockey turf.
6. Footwear, mouth guards and shin pads **must** be worn by all players.
7. Standard hockey balls are to be used.
8. The ball may be pushed, slap hit or hit anywhere on the field, including in the circles.
9. Sticks are not to be raised, or used, in a dangerous manner, including lifting them over the heads of other players.
10. A player may lift the ball skilfully over an opposing player's grounded stick in the field, including in the circle or when taking a shot at goal. **The ball must not be raised above "top of the shin pad" height at any time.**
11. If the ball crosses the sideline or pops over the wooden centre boards, the opposing team takes a free hit/push at that place. Play continues where the ball hits the board but remains in play.

Free Hits

12. A free hit may be given when;
 - a. the ball is stopped or kicked deliberately by the player's foot, encourage children to get their feet out of the way.
 - b. a player deliberately turns and places their body between the ball and an opposing player who is within playing distance of the ball.
 - c. A player interferes with the ball carriers stick ("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.
13. When a free hit is being taken (including sideline hits, long corner and each start/restart of play from the halfway), all defending players should be at least 5m away from the ball or retiring / not interfere with play. (Umpires may allow advantage to the attacking team if a defender is less than 5m away.)

14. **Auto pass:** The player taking a free hit or centre pass has the option of passing to another player, or making an auto or self-pass, effectively a tap-and-go action.
15. Free hits awarded to the attackers within 5m of the goal circle must be taken at the point where the infringement occurred. The ball cannot be hit directly into the circle; the ball must touch another player's stick OR travel (dribble or passed) 5m before it enters the circle.
16. A long corner is awarded if a defender **ACCIDENTALLY** puts the ball over the back line. Long corners are taken approximately 20m from the goal line and in-line with where the ball went out. The ball cannot be hit directly into the circle; the ball must touch another player's stick OR travel (dribble or passed) 5m before it enters the circle.
17. Goals are scored when the ball is played by an attacking player within the circle. An attacker may hit, push or slap hit when shooting for goal. The ball must not go above backboard height.
18. Penalty corners are awarded when there is an infringement in the circle by the defending team (including a defender **DELIBERATELY** hitting the ball over the back line);
 - 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
 - e. If the ball does not exit the circle play continues, but a goal cannot be awarded (the attackers can enter the circle to retrieve the ball)
19. Each team is to provide an umpire, with a whistle, for their own game. For Milne and Watson Cup games the umpire is not to be the Coach.