

## Summer League Adult 6-a-side



### Rules and Guidelines

1. ALL Players MUST be 18 and over (e.g. no School Kids)
2. 6 players per team on the turf at any one time. Substitution is permitted at any time except during penalty corners. Substitution of a player is permitted only after that player has left the field and tagged the oncoming player.
3. 25-minute halves – 5-minute half time.
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 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>
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.**)
11. **No overheads!**
12. There is no offside.
13. Goals are scored when the ball is played by an attacking player within the circle and the ball **must not go into the goal higher than the backboard height** and must hit the backboard to score a goal.
14. **There are NO Penalty corners**, offences in the circle should either play advantage or award a 5m hit outside the circle.
15. A long corner is awarded if a defender puts the ball over the back line. Taken from the 23yd line in line where the ball crossed the baseline.
16. 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.
17. Sticks are not to be raised, or used, in a dangerous manner, including lifting them over the heads of other players.
18. A defender who swings their stick when making a tackle and connects with either the attackers stick or body/legs should be penalised.