



Rules and Guidelines Intermediate Hockey Half Field - **With Goal Keeper** 2024

- 1) The standard rules of hockey apply except for the following amendments.

The field, team management and substitutions

- 2) Each team is to provide an umpire, with a whistle, for their own game. Team coaches are able to umpire, but not 'coach' when doing so.
- 3) Games are played on a ½ of a hockey turf. Where available, a drain flow pipe (or similar) will be placed between the two fields and will become the side-line board. The other side-line will be the 11 aside field baseline.
 - a) If the ball crosses the side-line or pops over the pipe, the opposing team takes a free hit/push at that place.
 - b) Play continues where the ball hits the pipe but remains in play.
- 4) 6 field players per team on the turf at any one time.
 - a) Only the umpire, coach, manager and players are allowed on the turf.
- 5) Substitutions 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.
- 6) Three periods of 15 minutes with five minutes between periods.
 - a) Games are required to be played within the allocated time slot. If your games starts late you must still exit the turf before the allocated finish time.
 - b) Penalty corners are not played out at the completion of any time period).
 - c) Teams do not switch sides during the breaks.
- 7) Footwear, mouth guards and shin pads **must** be worn by all players.
- 8) Standard hockey balls are to be used.

Playing the ball

- 9) The ball may be pushed, slap hit or hit anywhere on the field, including in the circles. This includes tomahawks.
- 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, except when a shot on goal occurs.
- 11) Sticks are not to be raised, or used, in a dangerous manner, including lifting them over the heads of other players.
- 12) The goalkeeper is allowed to use their entire body to stop or play the ball inside the circle. Outside the circle the goalkeeper is only allowed to play the ball with their stick.

Infringements / Free hits

- 13) A free hit may be given in case of;
 - a) Dangerous Stick Use: The stick is not to be raised above the shoulder. This is dangerous play.
 - b) Tackling: Tacklers may only play the ball, not the stick or the body.
 - c) Raised Ball: The ball is to remain below the top of the shinpad height, but only if done so safely. Goal shots are an exemption.
 - d) Body Contact: Physical contact with another player is not allowed.
 - e) Feet / Body: The ball cannot be stopped with the feet or body. When there is no advantage gained umpires should allow the game to continue.
 - f) Obstruction: A player is not allowed to deliberately steps across and/or place their body between an opposing player and the ball (when it is within playing distance).
 - g) There is no offside.
- 14) When a free hit is being taken (including side line hits 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.)
- 15) 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, and cannot be hit directly into the goal circle.
 - a) Before the ball enters the circle the ball must either touch another player's stick or be dribbled 5 metres.
 - b) ALL players must be 5 metres from the player taking the free hit, or if they are not they may not interfere with play.
- 16) Free hits awarded to the attackers within 5 metres of the goal circle must be taken at the point the infringement occurred, and cannot be hit directly into the goal circle.
 - a) Before the ball enters the circle the ball must either touch another player's stick or be dribbled 5 metres.

- b) ALL players must be 5 metres from the player taking the free hit, or if they are not they may not interfere with play.

17) Auto pass: The player taking a free hit, centre pass, long corner or side-line hit 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 5 metres, or if they are not, may not interfere with play.

Penalty corners

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) The defending team has 3 field players and the goalie positioned behind their own goal line with the remaining 3 defensive field players in the opposition goal circle.
- b) The attacking team stand outside the circle
- c) The ball can be hit or pushed out from the base line by an attacker
- d) The ball must travel outside the circle 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)
- f) A penalty corner should be taken within 30 seconds of being awarded.
- g) When the first attempt on goal is a hit, tomahawk, or slap hit the ball must not travel above backboard height. When the first hit does travel above backboard height a free hit to the defending team is awarded. Any deflections or consecutive goal attempts are allowed to go above the back board.
- h) If there are no goal circles marked on the turf, the scoring line replaces the circle.

19) There are NO penalty strokes.

Scoring

20) 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 is allowed go above backboard height.