

The Team:

Seven (7) players from each team can take the field at any one time with no more than two (2) substitute players per team. Substitution of players may take place at any time, and is unlimited.

There is no specified team uniform requirement apart from a similar top colour to be worn by all players on the same team.

We will provide bibs in case of colour clashes.

Duration of the Game:

Games will consist of 3 x 12 minute periods with no time on, with 2min rest intervals between periods.

The Pitch:

The pitch will be 1/2 of a grass soccer field

Starting the Game:

- Rock, paper, scissors between the captains will decide who starts the game.
- To commence, the game all players other than the player taking the centre pass position themselves inside their defensive half.
- Each time a goal is scored teams return to their starting positions; the team conceding the goal re-starts the game from the centre of the pitch.
- The player taking the centre pass is permitted to play the ball in any direction, and can play on.
- The direction of play and the team taking the centre pass is reversed at the start of each third.





Safety

Don't touch me...

Social Hockey is a non-contact sport. Players are encouraged to use their sticks only to play the ball at all times...

That was close...

For player safety, sticks should not be lifted above knee height at any time.

Whack...

Players may not hit the ball- only pushing the ball is allowed.

The ball is in the air...

The ball may be played in the air, but only up to approximately knee height (30-40cm). If the ball is raised higher than this – a free hit will be paid to the opposition.

Let's get into the basics...

The Stick & Ball... Players can only use the flat side of the stick only to push the ball and/or score.

Scoring is easy - a goal can be scored from anywhere on the court.

The ball hit my foot... If you meant it – a free hit will be awarded to the opposition, if you didn't mean it – PLAY ON. The umpire will decide if the hit was intentional.

Can I tackle... Yes, however, when making tackles players must attempt to use their stick to play the ball at all times. When tackling, if a player makes contact with an opposing player's stick, then a penalty hit may be awarded to the opposition.

Intentional body contact is not allowed!

Over the line...If the ball goes over the line, a penalty hit is awarded against the team that touched the ball last. Penalty hit can be taken from the line where it went over, including the baseline.

Substitute- unlimited subs. Player coming off the court must exit the court before the sub steps on.

What happens when a rule is broken? Easy – A Free Hit is awarded to the opposing team.





What happens when there is a free hit?

Offense players: Can either pass to a team-mate or play on.

Defense players: Must be 3m from the free hit when it is taken, unless when less than 3m from their own goal. In this case, one defensive player can stand on the goal line.

Note: If a player cannot take a free hit due to injury or illness, then another teammate may take the hit.

Can I just stand in the goal...?

No, there are no designated goal keepers in Social Hockey.

However, when defending the goal, a player may only use the stick. If a player deliberately uses any body part to prevent the ball from going into the goal, then a 1v1 shootout is awarded .

Wait... a 1v1? Offensive player start from the half court line and plays 1 on 1 vs one defender (who must start minimum of 3m back from the offensive player).



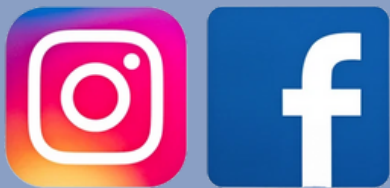


MORE INFORMATION

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