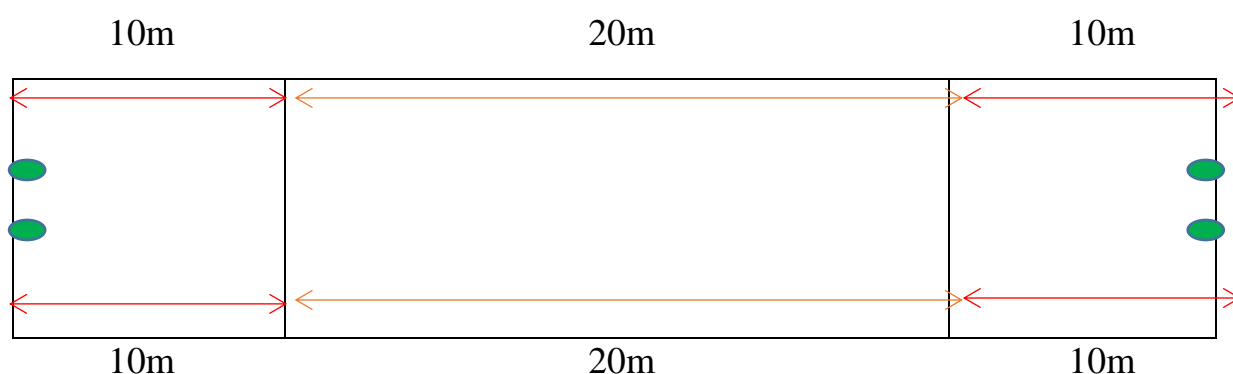


George River PSSA Hockey Rules

The Field

We play on the grass rugby/soccer fields by playing horizontally across the field, rather than along the length of them. These are usually divided into quarters, but the markings can rarely be seen. Use witches hats or domes to define the individual fields and the 10 metre penalty area as shown. This penalty area is a rectangular shape for simplicity's sake (not the semi-circle used on a hockey field).



*Goals: approx. 1.5m apart

A competition hockey ball is to be used.

A team will comprise 10 on field players (6 girls and 4 boys or 6 boys and 4 girls) as well as reserves (of both sexes where possible). It is mixed teams of 4 of one gender and 6 of the other during games.

There are no goalkeepers (nor is anyone allowed to stand for the majority of the game on the goal line like a deep sweeper/travel goalie). This is so that injuries can be minimised and because no one has the appropriate goalkeeping equipment.

Rules.

1. No player should have a hockey stick in his or her hand unless they are playing, taking their place in the field of play or leaving the field at the end of the game. (This avoids injuries on the side of the field when

teachers are usually unable to closely supervise). ***It is at your teacher discretion as to whether you allow warming up or practice drills.**

2. All players must wear a mouthguard and shin-pads while playing.
3. The game will commence with the toss of a coin/choice of hand. The winning captain chooses which half of the field they will defend or if they will start the game with the ball. Teams must change ends at half time.
4. Games will be divided into 2 equal halves. This is agreed upon at the start of the first game, remembering that a junior and senior game are played on each ground. A 3-5 minute break is taken at half time. ***It is at your teacher discretion whether you play quarters, games with reduced time or include water breaks on extremely hot days.**
5. The ball cannot be hit with the back or curved side of the stick. (A FREE HIT TO THE OPPOSITION).
6. Feet (legs) cannot be used to an advantage to stop or deflect a ball in play. (A FREE HIT TO THE OPPOSITION).
7. Players should be encouraged to keep the ball on the ground. Any ball raised higher than knee level will be penalised. (A FREE HIT TO THE OPPOSITION).
8. When the ball is hit over the sideline, the opposing team recommences play with a push from the same position on the sideline.
9. Players must be discouraged from by tackling by using their sticks in a chopping/hacking motion (this is discernible by their body movements and the sound made). (A FREE HIT TO THE OPPOSITION).
10. Hockey sticks should not be raised much higher than hip level when hitting (but especially NOT shoulder level) at any time during the game. (Dangerous play- A FREE HIT TO THE OPPOSITION). *Most students will run with their sticks held around hip height.
11. A goal can only be scored when the ball is hit/pushed or touched by an attacking player in the goal/penalty area before it crosses over the goal area line.
 - This means that if an attacking player hits the ball from outside the goal/penalty area and it goes in the goals, it is NOT A GOAL.
 - This also means that if an attacking player hits the ball from outside the goal/penalty area and it is touched by a defender's stick or leg inside the goal/penalty area before going into the goals it is NOT A GOAL.
12. If an attacking player hits the ball from inside the opposition's 10 metre zone and it strikes a defender's stick on the way through the goal, then it shall be deemed a goal and the game will be restarted at the halfway point.

13. There is NOT a designated goal-keeper. If the ball hits the foot/feet of a defending player who is standing on the goal line and this prevents the ball from going over the line, it will be deemed a goal.
14. If a defending player commits an offence within the goal/penalty area, the attacking team will have a free hit from just outside the goal/penalty area (from a mid-point in front of the goals). This means the ball MUST be hit or deflected by another attacking player inside the goal/penalty area for a goal to be scored. During this play only 5 players from each team can be within the goal/penalty area.
15. If an attacking player hits the ball over the backline when trying to score, the defending team resumes play with a hit taken from the 10 metre line directly in front of where it left the field of play.
16. If a defending player accidentally puts the ball over the backline whilst defending, a 10 metre hit will be taken as for rule 14. HOWEVER, if in the opinion of the umpire, the defender has DELIBERATELY hit the ball over the backline, then rule 14 applies.
17. Our modified game of hockey should be a non-contact sport. Therefore pushing another player away from the ball (either with hands, arms, shoulder or hips) will not be allowed. (A FREE HIT TO THE OPPOSITION).
18. When a free hit is taken, ALL players have to be 10 metres away from the ball.
19. Encourage (by way of penalties) one-on-one tackling as much as possible. That is, if a player from each team is contesting the ball, other players are to stay out of that tackle. No gang tackling and scrambling for the ball. ***However, this can be difficult especially as non-qualified umpires and when trying to supervise, coach and adjudicate games- especially for the inexperienced Juniors. Be fair, balanced and above all lenient on yourself (but also others).**
20. Only soft peaked hats may be worn on the field. Players can turn their hats back to prevent eye injuries from head clashes.
21. Any player deemed silly/dangerous/abusive by the umpire should be penalised. (A FREE HIT TO THE OPPOSITION). Any bad sportsmanship (hitting the ball away after the whistle, arguing about a decision) is to be penalised with a hit 10 metres further up the field.
22. 'Obstruction' in hockey is when a player deliberately shields the ball away from a tackler by positioning his/her body in between the ball and the tackler or using the stick to ward off other players' sticks. *Some soccer players may use this strategy because it is permitted in soccer, but it should be penalised. (A FREE HIT TO THE OPPOSITION).

23. Teachers/umpires should explain the reasons for penalties as they occur in the game to educate players not familiar with the rules.
24. There is no off-side in hockey, so attackers are free to stand wherever in the field of play.
25. Please note that when an attacking team is given a penalty at the 10 metre line, with the result that both teams are allowed five players in the area, the player taking the penalty push/hit CANNOT directly score.
26. Please note that these rules are guidelines and as such are meant to assist in creating an enjoyable and free flowing game. Remember that we are teachers and as such are not necessarily qualified umpires. Enjoy, relax and give the children the opportunity to enjoy a fast-paced, skill-based game.
27. When a shot on goal is taken, the ball must travel along the ground, otherwise it will be deemed as a raised ball. **(A FREE HIT TO THE OPPOSITION)**. *This is to ensure the safety of the defending team, standing in the goal area.