



SUMMER HOCKEY RULES

NOTES TO UMPIRES

These rules apply to all grades of competition unless specified otherwise.

The Game

- There may be 11 players listed on the team sheet but only 7 are allowed on the field at any time.
- The game is played with 2 halves of 25 minutes and 5 minutes half time, except for U8, where 2 halves of 20 minutes are played.
- Games are to commence at the scheduled time, and should finish no later than five minutes prior to the next scheduled match time, irrespective of the time at which the match actually started.

The Teams

- Teams for junior competitions may include male and female players with no specific ratio of either.
- Teams for Senior Mixed and Masters Mixed competitions may have a maximum of 4 male players on the field at any one time.
- Teams for the Friday Family competition must have a minimum of 2 junior or beginner senior (male or female) players on the field at any time.
- Each Friday Family team may have a maximum of 3 experienced male players on the field at any time.

Conduct of the competition

- **No hitting the ball is allowed anywhere on the field for all competitions. Pushes only may be used. Slap shots (where the stick travels along the ground) may not be used.**
- A minimum of 5 players per team is required to commence a match.
- The ball must hit the backboard in order for a goal to be scored, unless the ball is deflected into the net by a defender's stick.
- The **ball must remain below knee height at all times** for all competitions, regardless of danger. A free hit will be awarded where the ball is above knee height.
- On a penalty corner, the players of the defending team who are behind the centre line **must not cross the centre line until the ball is played by the attacking team at the top of the circle.**
- For Senior Mixed, Masters Mixed and Friday Family competitions, the **first shot at goal on a penalty corner must be taken by a female or a junior player.**
- For U17 competitions, the **first shot at goal on a penalty corner must be taken by a female.**
- Penalty corners will not be played out if the match time elapses before the penalty corner is taken or completed.
- If a penalty stroke is awarded in any competition, an automatic goal will be awarded.
- For all Junior and Friday Family competitions, **each player may score a maximum of 3 goals in any one game.**

Match Results

- Both umpires should sign the sheet at the conclusion of the game **to verify the score. The score recorded should be the same on both team sheets.**
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