

Saddleworth Village Olympics - Hockey Rules (updated 2023)

Equipment

1. Shin protectors and mouth guards are to be worn by all outfield players at all times.
2. No player shall wear any equipment that may be dangerous to themselves or other players. This includes raised jewellery, baseball caps with a stiffened peak and/or any sharp object.
3. Appropriate footwear for the playing surface (trainers or astro-turf shoes) is encouraged.
4. The stick shall be a standard regulation hockey stick. It shall have a flat side and a rounded side.

Basic Rules

1. The ball can only be played with the hockey stick. It may only be played with the flat side of the stick or the inside edge of the stick, on condition that the flat side is visible (ie, is not facing the turf). The ball cannot be played with the rounded side of the stick or any part of the body.
2. When striking the ball, the stick must in no way cause danger, nor lead to dangerous play, or be intimidating to an opponent.
3. The ball can only be raised off the ground in a controlled and safe manner.
4. Only one player may tackle a person of the opposing team at any one time.
5. Rough or dangerous play shall not be permitted, nor any behaviour which in the opinion of the umpire, amounts to misconduct.
6. Players must not intentionally use any part of their body to play the ball (except the hand to protect themselves in a dangerous situation).
7. Players must not kick the ball.
8. Players must not obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball. Neither must they use any part of their body or stick to obstruct a player.
9. Players must not hold, charge, kick, shove, intentionally trip, or strike any player or umpire.
10. A team of all girls may take part in the event, however, a team of all boys may NOT. There is to be a maximum number of 5 boys per team.

The Rules of Small Sided Hockey

The rules are the appropriate rules of 11-a-side field hockey except for the following:

Player numbers and pitch dimensions

1. The game is played between two teams. Six players per team are permitted on the pitch at any one time. The remaining players are substitutes.
2. All six players will be outfield players, ie there will be no goalkeepers.
3. There is no option to play with a kicking back.
4. The playing area will measure 29m wide by 55m long
5. Substitutions are made at any time on a roll-on, roll-off basis, except following an award of a 'challenge' and always with the umpires permission (i.e. coaches should notify the umpire of their intention to substitute and only do so when the umpire permits).

Scoring

At each end, there will be a 'Danger Zone' 15m from the baseline of the pitch and running across the full width of the pitch. Goals may only be scored from within this zone. The normal rules affecting play in an 11-a-side pitch 'D' apply in this zone unless otherwise stated

a. If playing without a kitted goalkeeper, shots cannot be lifted and only count if they hit the backboard of the goal.

Restarts, corners, and free hits

In the case of any free-hit or restart being awarded, all players should be at least 5 metres away from the ball carrier.

Defenders caught within 5 metres are not allowed to interfere with play until the ball has travelled 5 metres.

The ball must be moved 5 metres before a shot is taken. These 5 metres can be taken directly in to the Danger Zone

Clearance - (equivalent of a '16' hit)

If the ball has travelled over the baseline and was last hit by the attacking team, play restarts with the defending team in possession on the Danger Zone line, in line with where the ball went out of play

Power Play-(equivalent of a long corner)

If the ball has been unintentionally hit over the baseline by the defending team, play restarts with the attacking team in possession on the Danger Zone line in-line with where the ball went out of play. The ball must travel 5 meters before a shot can be taken. These 5 meters can be directly in to the danger zone

Penalty corners will be replaced by a 'Challenge'

Challenges

The procedure for a Challenge is as follows:

- a) Time and play is stopped
- b) One attacking ball carrier starts with the ball 5 meters outside the Danger Zone line, on the challenge marker
- c) One defending player is permitted. The defender starts 3 meters inside the Danger Zone line, on the challenge marker. As soon as the ball has been played by the attacking player, the defending player is permitted to move. The defender still plays as an outfield player and can only use their stick to play the ball
- d) All other players must position themselves behind the halfway line
- e) When the attacker and defender are in place, the whistle is blown
- f) As soon as the attacker plays the ball, all players are permitted to re-engage, attempt to play the ball, and open play resumes as normal
- g) If an intentional foul is committed by the appointed defender, then the Challenge will be re-set.