



## Kwik Sticks Yr 7&8

### Summer Hockey Rules 2019

Youth Summer Hockey is a game of modified hockey. Current 11-a-side field hockey rules apply except as detailed below.

- Each team shall consist of six players, one of whom may be a padded goalkeeper or a kicking fullback which must wear a different coloured bib. No more than 10 players may register per team. 6 on the field plus 4 interchangeable players. Teams may be mixed.
- Interchanges may be made at any time, including a penalty corner. Those not involved in the game must stand behind the goal.
- Goalkeepers and Players with goalkeeping privileges shall at all times wear suitable protective equipment as specified in the current 'Rules of Hockey'.
- This competition will be played on a half turf. The ball can be played off the black pipe and sideboards. If the ball pops over the black pipe a free hit will be awarded to the opposing team.
- The ball is allowed to be hit and/or lifted as long as it is not deemed dangerous. A lofted ball that lands in the circle is deemed dangerous.
- If a ball is deliberately played out over the backline by the defending team a penalty corner will be awarded to the attacking team.
- If the ball goes over the back line and the last team to touch the ball was the defending team a long corner will be awarded to the attacking team.
- Penalty Corners are awarded when the defending team infringe inside the circle as specified in the current 'Rules of Hockey'.
- Five players can defend penalty corners. One player stands in the goal. Four players will stand behind the base line outside the goal on the opposite side to the injector. The remaining player must stand in the opposition's circle.
- A ball that is drag flicked during a penalty corner will be deemed dangerous and a free hit awarded to the opposition.

- Strokes will be awarded for an offence by a defender in the circle, which prevents the scoring of a certain goal.
- Free Hits – All players must be 5m from the player taking the free hit. Free hits cannot be hit directly into the circle. They must be passed to another player and/or dribbled 5m prior to entering the circle. Self-pass rule applies.
- Free hits will be taken within playing distance of the offence.
- Free hits awarded just outside the circle will be played 5m from the edge of the circle (approx). Free hits awarded just outside the circle cannot be hit directly into the circle and must be passed to another player or dribbled 5m prior to entering the circle as specified in the current 'Rules of Hockey'. Self-pass rule applies.
- Goals – To be deemed a goal the ball must not be hit or drag flicked. Otherwise a goal can be scored at any height.
- All players must wear shinguards and mouthguards.