



Summer Small Sticks

Summer Hockey Rules 2019

Summer Hockey is a game of modified hockey. Current field hockey rules apply except as detailed below:

- Each team shall consist of six field players, with the option of an additional goalkeeper. Players may not replace the goalkeeper with additional field player. Goalkeepers must be wearing full protective gear.
- Teams can either be mixed, boys or girls.
- Interchanges may be made at any time, including at a penalty corner. Those not involved in the game must stand behind the goal.
- The 'Summer Small Sticks' competition will be played on a quarter turf for Mini Sticks grades and half turf for Kiwi Sticks and Kwik Sticks grades. 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 may be jinked or lifted as long as it is not deemed dangerous. A ball that is lifted above knee height is deemed dangerous.
- If a ball is unintentionally played over the backline by the defending team; a long corner will restart play. If a ball is deliberately played out over the backline by the defending team a penalty corner will be awarded to the attacking team.
- In all other instances where the ball is played over the back line the game will restart by the defending team having a free hit from within their own circle.
- 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.

- 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 to Kiwi Sticks & Kwik Sticks grades only.
- 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 to Kiwi Sticks & Kwik Sticks grades only.
- Goals – To be deemed a goal the ball must cross the goal line below the height of the top of the backboard.
- All players must wear shin guards and mouthguards.