

Match Rules

Playing Indoor Hockey

• THE TEAM

Teams consist of five (5) players, one of whom will be the goalkeeper, with a maximum of three (2) substitutes. No team can start with less than four (4) players, one of whom will be the goalkeeper.

• THE GAME

The game is played in two halves with a break at halftime.

• OFFICIALS

The Stadium shall provide the umpire who shall control the game, operate the scoreboard and act as a timekeeper. The referee's interpretation of the rules shall be final and teams have no choice in referees.

• UNIFORMS

All team members must have matching shirts after the fifth competition game - **Penalty: one goal per shirt.** Whilst styles may vary, colours must be the same. Striped tops must also be matching i.e. a blue top does not match with a blue and white striped top. -Shin pads are compulsory, mouth guards are recommended.

• GAME FEES

It is the captain's responsibility to ensure that complete game fees are paid before the game, otherwise the game cannot commence. The correct procedure is for the captain (or representative) to pay the game fee, place a tick on the team sheet next to the players participating in the game.

• COMPETITION POINTS

The position of each team in the competition shall be determined by the accumulated points awarded, based on the results of the games. The competition points shall be awarded as follows:

3	competition points for a win
2	competition points for a draw
1	competition point for a loss

In the event of a team entering late into the competition they shall be awarded average points for those games missed and those games will then be denoted as byes on the appropriate divisional ladder.



• TEAM LATE ON COURT

If a team does not have at least four (4) players on court, a penalty of one goal for every minute late shall apply. If eight minutes have elapsed the game is then defaulted. It is for this reason that we recommend teams to arrive, fill out their folder and be ready to play at least ten minutes prior to the scheduled game time.

• DEFAULTS

Teams failing to play a fixtured game may at the Stadium's discretion be REMOVED FROM COMPETITION.

• FINALS

At the end of the competition there will be a finals series. To qualify for the finals each player must have played at least one-third of the minor round games. Any drawn Finals, the higher qualifier will go through to the next round. Any drawn Grand Finals will play 2 minutes each way in full, if still drawn after this period a penalty shootout will apply. The five (5) players still on court including the goal keeper at the final whistle after extra time will take part in the shootout. All players will get (1) penalty shot each in any order the team wish, if the teams are still drawn then a sudden death shootout will apply in the same order as the first shootout until a winner is found.

• BEHAVIOUR

For the enjoyment of all, games are expected to be played in a sportsmanlike manner. The Stadium reserves the right to dismiss any team or member thereof for threatening, offensive or abusive behaviour. The team shall be held responsible for the action of it's members and spectators both on and off the court.

Rules of Indoor Hockey

Free Push: Can be taken anywhere in the field of play, but no closer than 6 metres from the attacking goal circle which is marked by a yellow line.

Penalty Shot: Must be taken no closer than 1.65 metres from the opposition goal circle and all players must stand outside the line of the goal. The defender must be stationary on the goal line until the ball is pushed.

• GENERAL

(A) The defending team must be no closer than 3 metres from the ball when a free push is taken.

(B) The ball **cannot** be raised at any time during the game. However an allowance can be made for accidental ball raises of no higher than 10cm.

(C) **The push rule:** Moving the ball along the ground using a pushing movement of the stick after the stick has been placed close to the ball. When a push is made, both the ball and the head of the stick are in contact with the ground.

(D) A goal may be scored from within the goal scoring area. This area is marked by a red line 6 metres from each end of the court and does not include the goal circle.

(E) Where an offence has occurred the referee may elect not to award a free push and to allow play to continue under the **ADVANTAGE RULE.** The referee's decision is final.

(F) The ball is considered to be 'live' at all times until a goal is scored.

(G) If a player is lying, sitting or deemed to be on the ground, they cannot play the ball, regardless of whether it was unintentional. This also includes where a player has the ball pushed into them while on the ground. Such infringement will result in a free push.

(H) A player in possession of or going for the ball may not be put off by an opposing player through means of yelling or any verbal abuse. This will result in a free push and a possible booking, depending on the referee's discretion.

(I) A goal is scored when the whole ball has passed over the goal line.

• TAKING A CENTRE PASS

(A) Taken at the start of each half and after a goal is scored.

(B) Taken at the centre of the court.

(C) Player is permitted to play the ball in any direction.

(D) All players other than the player taking the centre pass must be in their half of the court behind the yellow line

(E) The procedures for taking a free push/autopass apply.

(F) The defending team must be a minimum of 3 metres away from the person taking the centre pass.

• AUTOPASS RULE

(A) The ball must be stationary.

(B) Defenders must be a minimum of 3 metres away from the ball.

(C) If the player taking the free push is the next player to play the ball, the actions of taking the free push and of next playing the ball must be two separate actions.

(D) Before another player of the team which took the free push is allowed to play the ball, the ball must travel one metre.

• BULLY RULE

(A) A bully may take place to restart a match when time has been stopped but with no penalty awarded.

(B) A bully is taken close to the location of the ball when play was stopped not within the goal scoring zones.

(C) The ball is placed between one player from each team who face each other with the goal they are defending to their right.

(D) The two players start with their sticks on the ground to the right of the ball and then tap the flat faces of their sticks together once just over the ball after which either player is permitted to play the ball.

(E) All other players must be at least 3 metres from the ball.

• FREE PUSH

(A) Free pushes can be awarded for offences in general play. Examples of these may be:

- shepherding
- ball hitting feet
- hitting the ball
- raising the ball
- sweep hitting the ball
- time wasting
- using the back of the stick

(B) The autopass rule applies when a free push has been awarded.

(C) The defending team must be no closer than 3 metres from the ball when a free push is taken.

• PENALTY SHOT

(A) A penalty shot may be awarded for:

-Deliberate infringements by the defenders within the goal scoring area.
-More than one defender in the goal circle at one time. (However this may not be awarded if deemed by the referee to be unintentional and not interfering with play).

-The ball hitting the defender's feet in the circle which prevents the probable scoring of a goal.

(B) A player is only allowed to take 1 step before taking the Penalty shot.

(C) When a player is taking a penalty shot, the defender must be stationary on the goal line until the ball has been pushed.

(D) Penalties must be taken in one fluent motion.

(E) The ball is deemed 'dead' if not scored from and shall be given to the defender to restart play from within the circle.

(F) In the event that the buzzer has sounded to end the quarter and a penalty short has been awarded then this will be played out.

• SUBSTITUTIONS

(A) You may substitute players at any time through the game (rolling subs) but the player can be substituted must leave the court before the new player can enter.

(B) A referee will send off any player that is bleeding. Players will not be allowed to treat themselves on court. Players will not be allowed back on court until the referee is satisfied the flow of blood has ceased and the wound covered. A substitution is permitted during this period.



MISCONDUCT/SUSPENSIONS

A Yellow card is a 3 minute cool off period. This player may not be re-placed, and must wait for a substitution opportunity to re-enter play at the referee's request.

A Red card is a serious offence or two (2) yellow cards, and this player is sent off for the remainder of the game, NOTE: However, this player may be replaced by a substitute once 5 minutes has elapsed, but the must wait for a substitution opportunity to re-enter play at the referee's request.

Depending on the severity of the incident's a player can be disqualified from the Centre altogether or suspended. This is up to the Duty Manager's discretion.

NOTE:- If 2 players get red carded and there are only 3 players left, the game will end and the score at the time will stand, or forfeit points will be awarded to the non-offending team (whichever is the highest score). When a game is cancelled due to misconduct, fees will not be refunded. In the event that a team is down to 3 players due to Yellow cards, then the first yellow-carded player will be allowed back on the court to allow the game to continue.

Summary of Rules

● **FREE PUSH**

- Awarded for offences in general play.
- The autopass rule applies for all free pushes.
- All defenders must be 3 metres from the ball.

● **PENALTY SHOT**

- Awarded for deliberate offences within the goal scoring area by the defence.
- Awarded when the ball hits the defender's feet in the circle which prevents the probably scoring of a goal.

● **PLAYERS INSIDE THE CIRCLE**

- No attackers are allowed inside the circle.
- Only one defender is allowed inside the circle at any one time.
- An attacking player cannot come into contact with the ball when it is inside the circle, even if the players feet are outside the circle.
- The ball is deemed to be inside the circle when the whole ball is over the line.

● **ADVANTAGE RULE**

- In the event that the referee believes the team receiving a free push will receive a distinct advantage by playing on, the advantage rule will apply.

● **GOAL SCORING AREA**

- A goal may be scored from within the goal scoring area. This area is marked by a red line 6 metres from each end of the court and does not include the area inside the circle.
- The ball has to be touched by a member of the attacking team inside the goal scoring area, for a goal to stand.

● **PLAYER BOOKINGS**

- The referee will let all players know when a red card has been issued.
- In the event of a player swearing whereby the whole centre can clearly hear it, a red card may apply. Yellow cards may apply for minor swearing offences.
- Referees will stop play to book a player regardless of where the ball is unless in a very clear goal scoring situation.



General Team and Referee Responsibilities

● **SHIRTS**

- In the event that a fill in player is organised by the Stadium, a penalty will still be awarded if he/she is not wearing a matching shirt. It is up to the team captain to obtain a matching shirt if the player is unable to get one.
- If bibs are supplied by the Stadium for a team to wear on the night, teams will still be penalised if shirts are not matching underneath the bibs.

● **LATE TEAMS**

- The clock is to start at game time. If a team is not ready within 1 minute then they will be penalised one goal per minute elapsed. A team is considered ready when there is a minimum of four players on court.

● **TEAM CAPTAIN'S DUTIES**

- After having paid, and your team sheet ticked, the referee will allow the game to start.
- Under no circumstance will teams be allowed to pay part of the game fee on any one night. Unless the match fee is paid, the game will not commence.

● **DRESS**

- No players are permitted onto the court wearing jeans or non athletic type shoes.

● **RACISM**

- Racial abuse is a most serious offense under our rules and will subsequently be dealt with extreme severity. Any player heard racially abusing an opponent will be red-carded and possibly suspended.

● **BLOOD RULE**

- It is the responsibility of the referee to send off any player that is bleeding, including goalkeepers. Players will not be allow to treat themselves on court. Players will not be back on until the referee is satisfied that the bleeding has stopped. This rule will be strictly adhered to for health and safety reasons.
- The wound must be securely covered and any blood stained clothing replaced to the satisfaction of the referee.

● **REFEREE'S RESPONSIBILITIES**

- A referee shall under no circumstance start until given the all clear by management.
- All referees will start the clock at the specified game time regardless of whether teams are ready.
- This is no reason for the clock to be stopped during a game except in the event of a serious injury.
- The referee shall have control of both the score and the time. The score appearing on the scoreboard at the end of the game remains final. If any discrepancy occurs during a game, the captain may approach the referee at that time.

Mixed Indoor Hockey

The same rules apply to mixed hockey as they do for open grades as outlined in this booklet, with the exception of the following rules:

- (i) A team consists of four players and a goalkeeper on court at any given time. Of the four players on court, a minimum of two players must be females at all stages in a game.
- (ii) Only female players are permitted to take penalty shots.
- (iii) When a goal is scored by a female 2 points will be awarded except in a penalty. This rule is to encourage social involvement for all players.
- (iv) The goal-keeper position must be taken by a male, therefore allowing two females to play in the outfield. If a female wishes to play as a goal-keeper, she may do so, but there must still be two females in the outfield.
- (v) In the situation that three (3) or more females play in the out field, teams must stipulate and wear some identification which females are taking male positions. In this situation these female goals will only be worth one (1) goal at all times.
- (vi) A goal will only be awarded, if scored in the attacking half.



Mixed, Women's & Junior Competitions available

Register your team now !!

It's a whole NEW BALL game