

RULE CHANGES ARE IN RED

RULES

1. Team composition is a minimum 6 players. Mixed teams to have a minimum of two females on the field at any one time (exception to the top divisions) . Only two DIV 1 Men are allowed on the field at any one time. Players can only be registered in no more than two teams.
2. There are to be NO Goalkeepers and NO kicking fullbacks.
3. Games are played on a 1/3 field. All games will begin on the hooter. Teams must be ready to play prior to their start time. Games will be 17 minutes each way. The hooter will also end the game. Goals scored after the hooter will not count.
4. Goals can be scored from anywhere in the attacking half. You score 2 points for a goal scored inside the circle, and 1 point for outside the circle. A goal is scored when the ball fully crosses the line, and no higher than the backboard. THE BALL MAY BE HIGHER THAN THE 460MM DURING ITS FLIGHT BEFORE IT CROSSES THE GOAL LINE PROVIDED THERE IS NO DANGER AND PROVIDED IT WOULD DROP ON ITS OWN ACCORD BEFORE CROSSING THE LINE, unless deflected by a defender.
5. If the ball is going into the goal and is deliberately stopped by the last defender by a foot and is going in, it is a goal.
6. In all competitions there is NO direct hitting by any players. U13 and female players are eligible to sweep push. The ball also can be lifted below knee height. Please avoid dangerous play.
7. Teams are to use the boundary boards to deflect the ball. In an event that the ball goes over the boundary board, then the team that was the last not to touch it takes a 'free push" 1 metre inside where it went out.
8. FIH long corner rule applies, only time this rule will not apply is; when the ball returns into the field of play on its own accord (play on), if the ball does not return into the field of play the defending team MUST play the ball off the back line (16 yard rule DOESN'T NOT apply)
9. Penalty Corners you must have 4 players defending behind the goal line, the other two players must return to the opposition's circle.
10. Score cards will be the responsibility of the umpire.
11. General hockey rules apply.
12. Team uniforms are required.



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