



## **Warringah Hockey Association Modified Competition Rules**

### **1. Use of the Stick**

- You can only use the flat face of the stick to play or stop the ball;
- When playing the ball near any other players [within 2 metres of another player] you must not raise your stick higher than your thigh;
- If you hit another player's stick, or hook their stick away from the ball, this is called stick obstruction or 'hacking'.

### **2. Tackling**

- It is best to tackle another player from directly in front.
- You must be at least level with the player with the ball to attempt to tackle for the ball.

### **3. Free Hits**

- The Free Hit or Push is taken near where the penalty occurred;
- All other players must stand at least 3 metres away from the ball;
- When the Free Hit or Push is taken:
  - 'Tap and Go' – attacking player can continue to play the ball provided the ball is stopped first, then two distinct movements are shown.
  - The ball can be passed to another player.
- A free hit or push cannot be played directly into an attacking circle.
- Any free hit or push awarded within 3 meters of an attacking circle must be taken in line with where the infringement occurred, 3 meters away from the circle.
  - Any free hits or pushes awarded in this manner must travel 3 metres before it is played into the circle.

### **4. The Centre Pass**

- Similar to a Free Hit, the centre pass can be 'Tap and Go' or a pass to any other player.
- Each opposition player must stand at least 3 metres away from the ball.
- Players of each team must stand in their own, defensive half of the field.
- The pass can go in any direction; forward, sideways or backwards.

### **5. Feet and 'Kicking' the ball**

- An accidental kick of the ball will not be penalised if the kick has not disadvantaged the opposition player;
- Any deliberate kicking of the ball will be immediately penalised.

### **6. The Advantage Rule**

- Young players quite often accidentally make mistakes. They may accidentally kick the ball, play the ball with the rounded side of the stick, try to tackle from behind the player in possession or hook the player's stick or run into another player. If every penalty was blown, the game would be constantly stopped. The Advantage rule allows play to continue if the rule breach isn't very bad, or has not affected play. For example, a player kicks the ball and it goes straight towards an opposition player.

## **7. Obstruction**

- If you put yourself, or your stick between another player and the ball so they cannot get to the ball any more, this is obstruction;
- If you run into another player, or if your stick hits another player, this is obstruction and is called 'charging';
- The most common cause for obstruction in the Sevens competition is 'turning' around the ball. Young players try to move around the ball rather than moving the ball around them and if they are too close to another player, they can obstruct very easily.

## **8. Raised Balls**

- Balls must not be raised higher than knee height;
- Balls cannot be raised into another player
- Hit shots that rise off the ground immediately have been "undercut" because of a poor hitting technique and should be penalised because this can lead to dangerous play.

## **9. Penalty Corners**

- The 4 defending players cannot move from behind the backline until the attacking player has pushed or hit the Penalty Corner;
- Once the ball has been played in a Penalty Corner by the attacker, that player must not approach the ball until it has been played by any other player;
- The attacking team must control the ball outside the circle, then push the ball into the circle before they can shoot for goal;
- If the hit or push from the backline is not strong enough, the closest attacking player on the circle should try to finish sending the ball to just outside the circle where the ball must still be controlled.
- If the ball goes 3 metres beyond the circle, the Penalty Corner is over.

## **10. Scoring a goal**

- A ball that is touched by any player (attacker or defender) and passes over the goal line (subject to any other infringement and the advantage rule) is a goal.

## **11. Re-starting the game**

- When the ball is put over the sideline or the backline, the game has to be re-started by a player from the team which did not last play the ball;
- Balls over the sideline should be put back into play close to the point where they went out;
- Balls over the backline are a little more involved. If the ball is put over the backline by an attacker, then the defenders put the ball back into play, opposite where the ball was put over the backline and level with the top of the circle. If the ball is put over the backline accidentally by a defender, the attacking team puts the ball back into play using a corner (sometimes referred to as a 'Long Corner')

## **12. Minkey Rules**

- The rules for Minkey hockey encompass all of the above with a few modifications:
  - a. The only stroke that can be used to move the ball is a push.
  - b. The ball cannot be raised for any reason
  - c. A players' stick cannot be raised for any reason.
  - d. No penalty corners are played.
  - e. 3 meter distances are adjusted to reflect the reduced field size.

### **13. Junior Full Field**

- A player must not raise their stick above shoulder height to the front or back.
- The player must still observe the dangerous play rule.