

# 2017 Warringah Hockey Modified Games Rules.

(ALL OTHER RULES ARE IN LINE WITH F. I H. )

## Aim and Objectives.

To play in a fun NON COMPETITIVE small sided game & field Competition.  
The emphasis is on enjoyment and participation.

## 2. Mixed Teams - Structure

- Senior Mixed teams - If entering teams in Senior mixed Division. Male players must be 18 or older.
- Mixed High School age 13 – 17, if entering teams. Male players must be 17 or younger to play in this age group.

## Rules of the Game

### The Game:-

Five a-side game is played on HALF size hockey/Soccer field. The aim of the game is to score the most goals and have fun most importantly.

### Number of Players

The game is played by two teams of 5-8 players, with no more than 5 players from each team being on the field at any one time. No goalie is needed in 5 a side Hockey. A Minimum of 3 players is required for a game to commence.

### Duration of Game

Adults Playing time is 2 x 25 minute halves.

### Basic Play

**PLAYERS ARE PERMITTED TO HIT THE BALL IN A CONTROLLED MANNER. A RAISED BACK SWING IS NOT PERMITTED AND THE STICK SHOULD NOT FOLLOW THROUGH ABOVE WASTE HEIGHT.**

The ball is not to be raised above knee height as long as it is not dangerous and into a player (all existing official hockey rules apply for raised balls).

Players are permitted to use a controlled slap hit (with hand lower on the stick). Any stick raised above waste-height is deemed dangerous play and a penalty should be awarded to the other team.

**THERE ARE TO BE NO TOMAHAWK HITS IN THIS SMALL SIDED GAME, NO REVERSE STICK HITS AT SHOTS ON GOAL OR GENERAL PLAY.**

## Laws and Modifications

Teams listed first on the draw will have first hit off for the start of play.

The game starts with a push from the centre spot by the attacking team.

After a goal has been scored the game is restarted from the centre spot by the team against which the goal was scored.

**Seniors & High School grades** for safety we advise that within the SHOOTING AREA there should only be 2 defenders and 2 attackers. A goal may ONLY be scored from anywhere within the opposing teams SHOOTING LINE/CIRCLE. This line is determined by a straight imaginary line which is in line with the quarter line markers about 12 metres directly in front of the goal posts on both ends of each 5 aside fields.

If two Junior mixed teams or two senior mixed teams are drawn to play each other Males are permitted to hit the ball except using a Reverse swing shot or Tomahawk shot during play.

If a Senior Mixed team is playing a junior mixed team Males in the senior team are not allowed to use full force hits for safety reasons.

A goal is scored when the ball passes wholly over the opponents' goal line between the goal posts after having been pushed or deflected (not raised or played in a dangerous manner) by an attacking player within the SHOOTING AREA. The team scoring the most goals is the winner of the game.

- **Players are not permitted to:-**
- Hit the ball or use the rounded side of the stick.
- Play the ball with their hands or feet.
- Flick, raise or deflect the ball in a dangerous manner off the ground
- Criticise or ridicule another player or umpire.

- Obstruct an opponent from playing the ball by moving any part of her body in between the opponent and the ball.
- Dive or lie on the ground to block or stop play from progressing
- Use the stick to obstruct an opponent reaching the ball or moving about the field.
- Rough and dangerous play is not permitted and body contact must be avoided.
- A penalty may be awarded to the opponents for any breach of the rules.
- At the time that the penalty is taken no other players may be within 5 metres of the ball.
- For any breach by a defender in the defensive line the attacking team will be awarded a penalty at the point where the breach occurred. Always 5 metres from the SHOOTING ZONE.
- There is no awarding of penalty strokes or corners in 5 a side.
- Any breaches are to be taken 5 metres from outside the SHOOTING ZONE or from the sideline opposite where breach occurs.
- If the ball crosses the backline and touched by a defending player a long corner is awarded.
- If it is touched by an attacker the defending team will receive a pass from top of circle.

### **There are no short corners in 5 a side Hockey**

- Rolling substitutions are allowed. Please apply discretion when replacing a player on the field
- Hacking (i.e. hitting another person's stick) is not allowed. A penalty is awarded to the Team in first possession of the ball.  
Tackling from Behind or obstructing an attacker from behind is also not allowed in 5 a side. A penalty PASS is awarded to the team in possession of the ball.
- \*\*If you have given away a free Hit to the opposing team, you must retire 5 metres away from the area for play to continue. Don't interfere with the player taking the free push at any time!!!!

### **WOMEN'S DIVISION 1 Team Structure and Modified Rules.**

- Div 1 Teams, which are ONLY NOW nine a side games on a Full HOCKEY Field.
- Goalies – ARE not required, but can be part of the 9 a side comp it is up to each team to decide if they would like to play with a goalie or not.
- Penalty corners as per usual game structure for 11 a side.
- Teams can structure their teams in any of the 11 playing positions on the field, but only 9 players allowed on the field at any one time. (All Other NSW HOCKEY RULES APPLY).

Enjoy