



## TEES VALLEY MINI HOCKEY RULES ( revised January 2014 )



- The game is played between two teams. They shall each have a maximum of ten players. Seven are permitted on the pitch at any one time They are six outfield players and one goal-keeper and the remaining three players are substitutes
- Every team must play with a goalkeeper. Kicking backs are not permitted in In2Hockey
- When playing in the In2Hockey there are special regulations relating to the composition of teams i.e. a **minimum of two girls** must play in the competitions
- Rolling subs can be made at any time during the game

### SAFETY:

- It is strongly recommended that shin-protectors and mouth-guards are worn by all outfield players at all times. No player shall wear any equipment that may be dangerous to themself or other players.
- The use of appropriate footwear for the playing surface(trainers or turf shoes) and suitable warm clothing (track-suit) is encouraged
- Goalkeepers must wear the full protective gear

### BASIC ESSENTIAL RULES :

- The game is started with a hit or push or scoop taken from the centre of the centre line. It follows the umpire's whistle as play commences at the start of each half, and after a goal has been scored
- Each team must be positioned in their own half of the pitch and the opposing players must be a minimum of 5 metres from the ball until the centre pass is played
- The ball can be played forwards, backwards or sideways and must move a minimum of 1 metre before being played by a player of the same team
- The taker can use a self-pass (i.e. pass the ball to themselves).The pass must involve two very distinct actions i.e. the taker must first tap it forwards, sideways or backwards and then play it a second time either to pass it or to dribble it
- When the ball passes completely over the side-line it shall be put back into play in any direction by a hit, push, scoop or self-pass taken by an opponent of the player who last touched it. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit. This is called a side-line hit-in and a player can do a self pass.
- Until the hit-in is taken, no opposition player shall be within 5 metres of the ball
- A goal is scored when the ball has been struck by or deflected off an attacker who is in the circle. The current experimental 'own goal' rules will not apply in this competition. i.e. if the attacker hits it from outside the circle and it hits a defender inside and goes into the goal the goal is not allowed and a long corner will be given.

### **Over the back-line off an attacking player:**

- When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is re-started with a hit to the defence. This is called a hit-out. The ball can be hit, pushed, scooped or a self-pass can be played.. It is to be taken level with the top of the shooting circle and in line with the place where it crossed over the back-line.

### **Over the back-line off a defending player:**

- If the ball is accidentally played over the back-line by a defending player and no goal is scored, the game is re-started with a corner to the attacking team. The corner can be hit, pushed, scooped, or a self-pass can be played. However, the ball can be played directly into the shooting circle.
- The corner is taken on the side-line, 3 metres from the corner of the pitch
- No player, other than the taker, shall be within 5 metres of the ball until it is played

### **Penalty Corners :**

- Penalty corners are taken on the back-line on a marker that is 10 metres from each goal-post
- The players may choose which side of the goal to take the penalty corner
- The ball can be hit or pushed however a self pass is not permitted.
- The taker must have at least one foot off the pitch (behind the back-line)
- All other attacking players must be outside the circle

- The five defending players (four outfield plus Goalkeeper) must stand behind the back-line at least 5 metres from the ball.
- The remaining two defending players must be in the other shooting circle - at the opposite end of the pitch
- Before any shot at the goal, the ball must first pass outside (beyond) the circle edge
- No shot will be allowed if it is judged as dangerous to other outfield players
- If the ball passes beyond 5 metres of the circle edge, the penalty corner restrictions (Rules) shall cease to apply
- Any penalty corner awarded immediately before half or full time shall be completed
- If the penalty corner breaks down normal play should resume

**A penalty corner shall be awarded for any one of the following reasons:**

- A defending player accidentally committing an offence inside the circle
- A defending player deliberately committing an offence outside the shooting circle, but within their own half of the pitch
- A defending player deliberately playing the ball over their own back-line from anywhere on the pitch
- A defending player committing a deliberate offence in the shooting circle that does not prevent a probable or actual goal
- When the ball becomes lodged in a goalkeeper/player's clothing or equipment while in the circle they are defending