



RULES OF THE GAME

Hockey 7's/Summer Hockey

Hockey 7's is a modified game format, fielding 7-a-side played on half field, generally played during the Summer Season.

The emphasis is on enjoyment, social atmosphere and skill development/maintenance. While competitiveness is not discouraged it should be remembered that novice players need some encouragement and the "win at all costs" philosophy is not appropriate.

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Normal rules of hockey apply.

Modifications for summer hockey are:

- **NO HITTING PERMITTED** – this includes tomahawks.
- Flat, safe, controlled slap pass or reverse passes are okay (subject to umpire discretion)
- Scoops, flicks, jinks, overheads and tomahawks will be penalised – **PUSHING ONLY**
- Players will not be permitted to:
 1. Raise the stick above the waist height
 2. Raise the ball above ankle height (subject to umpire discretion)
 3. Use rough or dangerous play

Any breach of these rules, the opposition will be awarded a free pass. Free hit to be taken at the point where the ball was raised.

- All players are to be 5 metres away from the person take the free pass.
- **No short corners awarded.** Any breach in the circle by the defending team will result in a free pass taken 5 metres outside the circle in line with where the breach occurred.
- Free pass inside 25m line by attacking team cannot be passed directly into the circle and it must travel 5 metres before entering the circle.

Ball over the side line

- If the ball goes over the side line, the free pass is taken from where it went out.
- If the ball hits the sideline net, it is play on.

Ball over the back line

- If the ball is put over the back line by the attacking team, free pass is taken by the defending team and must be taken in line with where it went out and the top of the circle.
- If the ball is put over the back line by the defending team, a free pass is taken by the attacking team in line with where it went out and 5 metres from the top of the circle.

Umpires decision is final

- All decisions are subject to umpires' interpretation, their decisions are final.
- Games will commence and end promptly on scheduled times regardless of whether a team is ready or not. No time stoppages – if the game is delayed for any reason you play less time.

