

Hockey 7's

Starting and Restarting A Hockey 7's Game

When? At the start of the game, and to restart the game after a goal is scored.

How? Once you are ready, and all the players are where they should be, blow your whistle to signal that play can start.

What Happens? One team takes a centre pass (taken from the centre of the pitch) which can be passed in any direction.

Remember! Players on each team must be in their own half of the pitch, and the team without the ball must be at least 5 metres from the ball until the ball is played.

Tips for umpiring a modified game format based on 7-a-side played on half/quarter field.
No goalie.

Umpiring Tips

Free-pass (when the ball goes out of play)

When? A free-pass is given when the ball goes out of the pitch, either over the sideline or the backline.

How? Notice who last touched the ball before it went out of play, and give the free pass to the other team. Raise your arm in the direction that the team who has won the free pass is shooting, to show that the free-pass goes to them.

What Happens?

If the ball goes over the sideline – the free pass is taken from where the ball crossed the sideline*

If the ball goes over the backline of the attacking team – the free pass is taken by the defending team, from the top of the shooting circle in their third. All the players on the other team should go back to their defending third.

If the ball goes over the backline of the defending team – the free pass is taken by the attacking team from the corner of the pitch nearest to where the ball crossed the line. From here the ball cannot be passed directly into the circle.

Remember! – until the free-pass is taken, all players from the other team must be 5 metres away from the ball.

* The self-pass rule can apply here.

Free-pass (for fouls)

When? A free-pass is given when a foul happens.

How? Notice the foul, blow your whistle and raise your arm in the direction that the team who has won the free pass is shooting, to show that the free-pass goes to them.

What Happens? The free pass is taken from where the foul took place. Until the free pass is taken, all players from the other team must be 5 metres away from the ball. The free pass taker can take the pass themselves by dribbling, this is called a 'self pass'. The players must stop the ball before taking the self pass to show control and the opposing team must all be 5 metres away before they can make a tackle.

Remember! These are the main fouls that you should look out for.

Someone kicking the ball on purpose

Someone using the back of their stick (the rounded side)

Someone lifting their stick up to play the ball in the air (above the knee height)

Someone hitting another player's stick, with their stick, on purpose.

Someone playing dangerously

Scoring a Goal

When? When a shot is taken by an attacker in the shooting area, and the ball crosses completely over the goal line.

How? Blow your whistle to signal the goal and point towards the centre of the pitch.

What Happens? Each team goes back to their own half of the pitch, ready for the game to be re-started.

Remember! To keep record of the score!