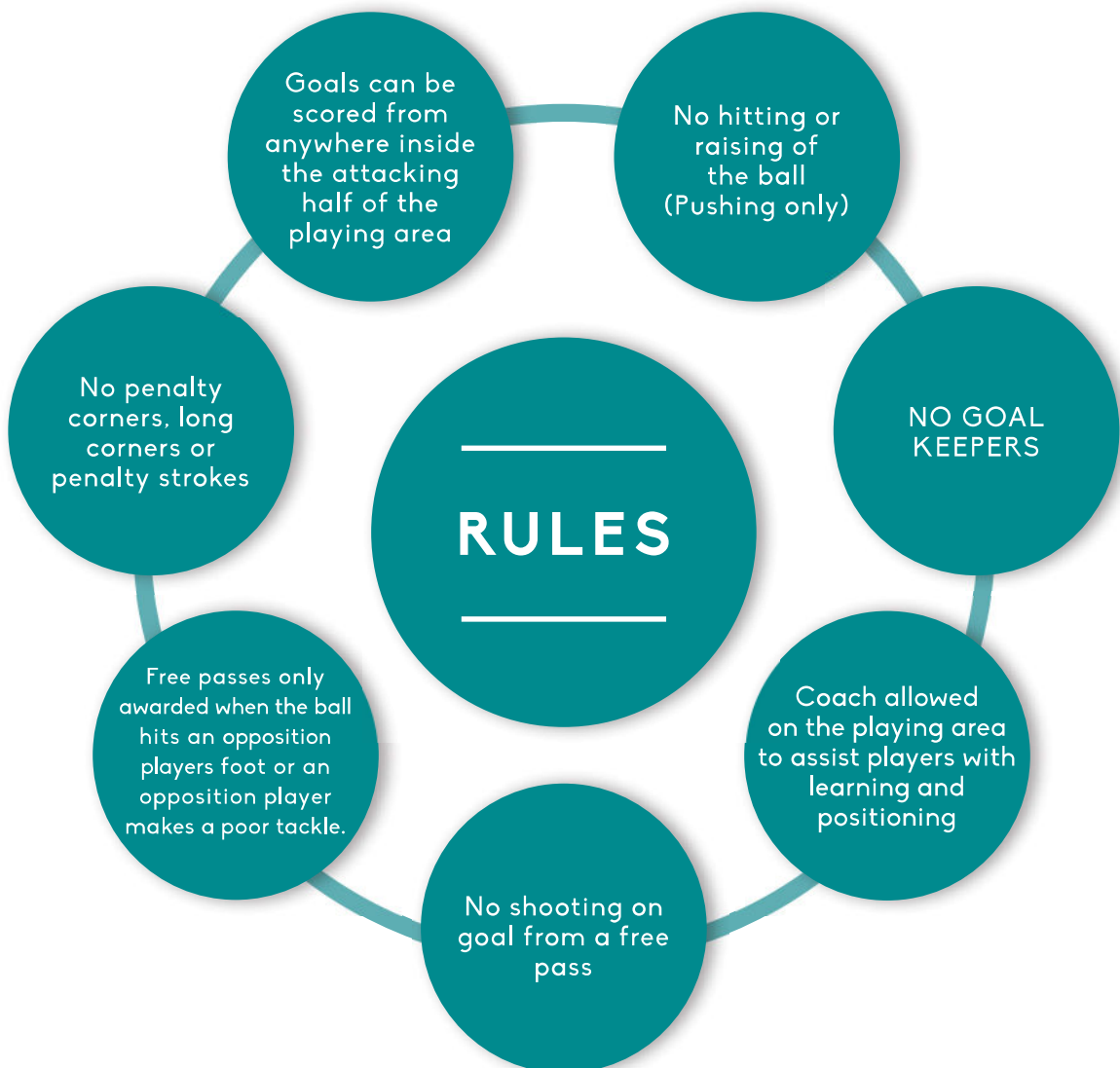


# RULES

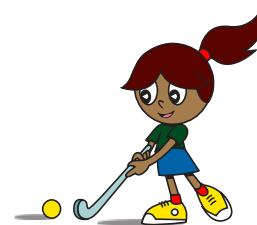
STICK2HOCKEY HAS EASY-TO-LEARN RULES. FOLLOW NORMAL HOCKEY RULES WITH THE FOLLOWING EXCEPTIONS:

## 1/8 AND 1/4 FIELD RULES:



## OPTIONAL ADDITIONS FOR 1/2 FIELD FORMAT:





# FOR THE UMPIRE

**STICK2HOCKEY IS A GREAT OPPORTUNITY FOR NEW UMPIRES TO GRAB A WHISTLE AND GIVE UMPIRING A GO. WITH THE CORRECT MENTORING AND GUIDANCE THE PROGRAM CAN GIVE NEW UMPIRES A START IN THEIR OFFICIATING CAREERS.**

## SIMPLE RULES AND HELPFUL TIPS FOR NEW UMPIRES

### STARTING AND RESTARTING THE GAME

The ball is placed in the centre of the field, teams start in their half (defensive side) of the field and the ball is brought back to the middle after a goal.

### *During the Game*

- Only the flat side of the stick can be used to move the ball.
- There are no left-handed sticks in hockey. A strong left hand on the top of the stick will work to your advantage.
  - The ball cannot be played with either the feet or the hand.
  - The ball can be dribbled by running with it on the end of the stick.
- Sticks cannot be used to hit other players and should not be swung dangerously.
  - There is no body checking in field hockey, and no stick-checking.
- The ball may not be raised or lifted into another player and there is no off-side rule.

## FOR THE UMPIRE



The Foundation Support course is designed to train umpires in the basic concepts of umpiring including umpiring roles and responsibilities; applying the basic hockey rules; safety and enjoyment. It is an enjoyable and straightforward training program involving an online learning session, an applied learning quiz and a practical evaluation. The program is directed towards players, parents, teachers and other new umpires who are involved in Hookin2Hockey, modified versions of the game or lower level club hockey.

For more information head to [www.hockey.org.au/hockey-ed/](http://www.hockey.org.au/hockey-ed/)

