

MATCH DURATION

At international and elite domestic level, matches last **60 MINS** divided into four quarters of **15 MINS**

At grassroots level, matches last 70 minutes, divided into two halves of 35 minutes.

PLAYERS

Traditionally, hockey is played by **2 TEAMS** **11 PLAYERS** with up to **7 SUBS**

New smaller sided formats are becoming increasingly popular, including the official version, Hockey5s, which comprises teams of five players.

DRAGFLICK

Term used to describe the skill of **FLICKING** the **BALL**

with a low slinging motion. Often used at penalty corners.

NO FEET

Only the **GOALKEEPER** (or a field player with goalkeeping privileges) may use their feet and hands to propel the ball when defending their goal.

FIELD PLAYERS must only play the ball with their stick.

SELF PASS

One of hockey's **GREATEST EVOLUTIONS** of recent times

A player taking a free hit or hit from the sideline may play the ball themselves again, effectively passing to themselves.

HOW HIGH?

AT INTERNATIONAL - and - ELITE DOMESTIC levels umpires will allow a player to control the ball using their stick above shoulder height so long as it is done safely.

DEFENDERS may use their stick to **STOP A SHOT AT GOAL AT ANY HEIGHT**

SCORING A GOAL

3 WAYS to score a goal

- 1** **FIELD GOAL**
An 'open play' goal where the attacker plays the ball inside the circle – using a hit, flick, slap or deflection - and it goes in the goal.
- 2** **PENALTY CORNER**
A set-piece goal. Attacker 'injects' the ball from the back line to teammates at the top of the circle.
Up to five defenders (including the goalkeeper) line up behind the goal line before breaking out to defend the shot at goal.
The ball must travel outside the circle before a shot at goal may be taken.
When the first shot is a hit or slap (as opposed to a flick or scoop), the ball must enter the goal no higher than the height of the backboard of the goal (460mm). If the first shot is a flick or scoop the ball may cross the goal line at any height.
Awarded for an offence by the defending team in its own circle or when a defender commits a particularly bad foul inside the 23m area.
- 3** **PENALTY STROKE**
A shot at goal taken by an attacker against a goalkeeper from the penalty spot.
Most commonly awarded for an offence by a defender which prevents the probable scoring of a goal or for an intentional offence in the circle by a defender against an opponent who has possession of the ball or an opportunity to play it.

ROLLING SUBS

Players can be substituted **AS MANY TIMES** in a match **AS A TEAM WISHES**

The match is not stopped to make a substitution. Players replace one another by entering and leaving the pitch at the half-way line.

TOP TEAMS CAN MAKE UP TO 70 SUBSTITUTIONS IN A MATCH

23M LINE

THE LINE ACROSS THE PITCH MARKED 22.9M

from either back line - it represents a team's defensive quarter of the pitch

CIRCLE ORD

THE SEMI-CIRCLE IN FRONT OF THE GOAL A GOAL CAN ONLY BE SCORED from within the circle

UMPIRES

A match is controlled by **2 UMPIRES** working cooperatively, each of whom takes responsibility for half of the field.

PUNISHMENTS

- Two minutes' temporary suspension
- At least five minutes' temporary suspension
- Permanent suspension from remainder of the match

KICKING BACK

Most commonly adopted late in do-or-die matches by a losing team, a team may **REPLACE ITS GOALKEEPER** with a field player to try to overrun its opposition. That player may be given **GOALKEEPING PRIVILEGES**, allowing them to play the ball their feet and hands while not wearing full protective equipment.

1v1 SHOOT-OUTS

Drawn knockout matches are decided by a **SHOOT-OUT - A ONE-ON-ONE** contest between an attacker of one team and the goalkeeper of the other.

- THE GOALKEEPER STARTS BEHIND THEIR GOAL LINE BETWEEN THE POSTS
- THE ATTACKER STARTS BEHIND THE 23M LINE
- THE BALL IS PLACED ON THE 23M LINE OPPOSITE THE CENTRE OF THE GOAL. THE ATTACKER AND GOALKEEPER CAN MOVE IN ANY DIRECTION
- LASTS A MAXIMUM OF EIGHT SECONDS

Concludes when either:

- A goal is scored
- Eight seconds elapses without a goal
- The attacker commits an offence
 - The goalkeeper commits an unintentional offence (a re-take occurs)
 - The goalkeeper commits an intentional offence (penalty stroke is awarded)
- The ball goes out of play over the backline or sideline

RULE CHANGES FOR 2015

Effective from 1 January 2015, the International Hockey Federation introduced the following rule changes.

FREE HITS AROUND THE CIRCLE

Attacking free hits awarded within 5m of the circle no longer have to be withdrawn to the 5m dotted line around the circle. The ball can now be played from where the offence occurred but it must travel 5m before it can be played into the circle, or alternatively has to be touched by another player of either team, other than the player taking the free hit.

LONG CORNERS

A corner, commonly known as a 'long corner', is no longer played from the sideline. Instead, play restarts with the ball on the 23m line in line with where the ball crossed the back line. Taking the re-start from the 23m line opens up the play and provides the attacking team with more passing options.

GREEN CARD

The green card now warrants a two minute suspension at all levels of the sport.

STICK ABOVE THE SHOULDER

The rules of hockey now permit players to play the ball above the shoulder provided it is done so in a safe and controlled manner. This has been used in international hockey for a couple of years but is now permitted throughout the sport.

Note however, in Australia this rule is only applied by Hockey Australia to international matches, Australian Hockey League matches and the U21 and U18 Australian Championships. Hockey Australia recommends that the stick above the shoulder rule should be implemented for all State and Territory Association top Senior Leagues or competitions and their linked reserve grades as well as the top Junior Leagues or competitions but these decisions are taken on a state-by-state basis.

VIDEO REFERRALS

A VIDEO REFERRAL SYSTEM OPERATES AT TOP INTERNATIONAL TOURNAMENTS.

- Only decisions made within the 23m area relating to the award (or non-award) of goals, penalty strokes and penalty corners can be referred.
- The Match Umpire can ask the Video Umpire to look at the video evidence and offer advice.
 - Each team receives one team referral per match. Incorrect referrals mean a team loses its right to refer.
- If the Video Umpire is unable to help, or if the replays are inconclusive, the original decision made by the Match Umpire stands.

MAXIMUM LENGTH OF STICK

The length of stick, as measured from the top of the stick to the bottom of the head, shall not be more than 105cm. This is partly in response to the use of extended sticks by some goalkeepers in shoot-outs.

BREAKING AT A PENALTY CORNER

Where a defending player encroaches on the circle prior to the injection of the ball from the back line at a penalty corner they are sent to the halfway line.