

Summer Social Hockey - Rules

The Game

The game is a natural partner to hockey's eleven a-side game. The rules of hockey apply unless otherwise stated below.

Rules

- Shin guards are mandatory, mouth guards are strongly recommended.
- The self-pass applies. This means that players can tap and go.
- All players must be 3 metres when a free is being taken.
- Each game is played on a quarter of the hockey pitch. The pitch limits will be marked out.
- Matches are 25 minutes with no half time.
- Goals are placed at opposite ends of the pitch, approximately two metres apart.
- The ball goes out of bounds over the side lines.
- Hitting of the ball is not allowed (players can sweep).
- A goal can be scored from anywhere inside the scoring zone. The scoring zone is 10m from the end-line and is clearly marked with yellow throw down lines. There is no circle.
- The ball can be flicked over the keeper as long as it is not dangerous.
- Any infractions within 10 metres of the goalmouth by the defending team will result in a free for the attacking team from the 13 metre line. All players must be 3 metres away from the ball.
- If the attacking team is taking a free from the 13 metre line, **the ball cannot be played directly into the scoring zone and it must travel 3 metres** whether it is by the player carrying the ball into the scoring zone or by passing the ball to a teammate outside the scoring zone.

- If the ball is played over the end-line, it is a free to the defending team UNLESS the defending team deliberately puts the ball over the end-line. In this case a free hit is awarded to the attacking team from the 13 metre line.
- A team consists of a maximum of eight persons. A maximum of five players from each team take part in play at any particular time during the match.
- Substitution is permitted at any time.
- Players can be substituted continuously throughout the game.
- It is your team's responsibility to ensure that you always have a minimum of 5 players to take part. A penalty may result if you fail to fulfil your fixtures properly.
- It is the responsibility of the team captains to report the score of each game to the League Administrator immediately after each game.
- The umpire's decision is final – please treat your umpires with respect at all times.
- The point structure is as follows;
 - Loss: 0 points ***
 - Draw: 1 point to each team.**
 - Win: 2 points to the winning team.**
 - * 1 bonus point is awarded to a losing team who scores 3 goals or more.**
 - This does not apply in the case of a draw.**

Lastly, remember that Summer Social Hockey is all about enjoyment of the sport of hockey – HAVE FUN!