

DEFINITION

CENTRE PASS: A push from the centre of the court.

DANGEROUS PLAY: Any action which is dangerous to the player or any other player or could lead to a dangerous situation. (This could include a raised ball, tackling from the "wrong" position, playing the ball when lying on the floor, etc.)

FLICK: Occurs when the ball is pushed &, as a result, is raised off the pitch.

HIT: Swinging movement of the stick towards the ball (& is not permitted in indoor hockey).

MISCONDUCT: Rough or dangerous play, any delay which amounts to time-wasting, intentional offences, or any bad behaviour. Captains who fail to undertake their responsibilities satisfactorily should be penalised for "misconduct".

PENALTY STROKE: A push, flick or scoop of the ball.

PERSISTENT: The first time and all subsequent times after a warning or penalty has been given for a particular offence.

PLAYING DISTANCE: The distance within which a player is capable of playing the ball.

PLAYING the BALL: Stopping, deflecting or moving the ball with the stick, pads, kickers or deflecting with the hand or any part of body.

PUSH: Moves the ball along the pitch by a pushing movement of the stick after the stick has been placed close to the ball. When a push is made, both the ball & the head of the stick are in contact with the floor.

SCOOP: Occurs when a stationary or slow moving ball is raised off the floor by means of a shovel-movement of the stick, after the head of the stick is placed slightly under the ball.

SHOT at GOAL: Any permitted stroke by an attacker from within the circle directed towards the goal.

STROKE: Executed when the ball has been moved by playing or deflecting it with a stick.

TIME WASTING: Any action or lack of action which prevents play from continuing within a reasonable time.

THE UMPIRE'S SIGNALS

Hills Night Hockey encourages umpires to make use of the following signals:-

ADVANTAGE: One arm extended in direction benefiting team is playing, open hand waving play on.

BARGING: Opposite shoulder touched with hand.

BULLY: Palms facing & moving hands together to a peak & away.

DANGEROUS PLAY: Arms horizontal, palms facing down – move hands up and down in calming motion.

FREE PUSH: Direction indicated by one arm raised horizontally parallel to sideboards.

GOAL: Point both arms horizontally toward centre of court.

KICKS: One leg slightly raised & touched with a hand.

OBSTRUCTION: Forearms crossed in front of chest.

OBSTRUCTION – Third Person: Forearms open & closed across front of chest.

OBSTRUCTION – Stick Checking: A chopping motion with one hand across the forearm.

PENALTY CORNER: Both arms pointed towards the goals.

PENALTY STROKE: One arm pointed to penalty spot, other raised vertically in the air.

PUSH IN: Direction indicated by one arm raised horizontally parallel to sideboards indicating direction, the other downwards towards sideboard.

RAISED BALL: Flat hand moved up and down off palm of other hand.

RAISED BALL – Into Player: Point with both index fingers towards chest or towards lower legs (for ball played directly at a player).

THREE METRES: Raise one arm in air with fingers extended from open hand.

FIVE METRES: Raise one arm vertically with fist clenched.

TIME OUT: Arms raised fully above head & crossed at the wrists.

TIME START: One arm raised fully above head & blow whistle.

INDOOR HOCKEY RULES

I: PITCH AND EQUIPMENT SPECIFICATION

1. PITCH

1.1 The pitch is rectangular:

a. length not less than 36 metres nor more than 44 metres

b. width not less than 18 metres nor more than 22 metres

Whenever possible up to a maximum pitch width should be used to ensure the Circle-lines meet the back-lines before they reach the side-boards.

c. clearly marked with lines in accordance with the plan.

1.2 All lines are 5 centimetres wide, part of the pitch and marked throughout their length in a colour different from the colour of the pitch.

a. the longer sides of the pitch consist of sideboards with a cross-section of 10 x 10 centimetres inclined by about 1 centimetre towards the pitch.

The side-boards to be made of wood (or materials with similar physical properties) and not to have fasteners or supports which could be dangerous to players or umpires.

b. the shorter end (18 to 22 metres) lines are called the back-lines.

c. the parts of the back-lines between the goal-posts are called the goal-lines. *It is recommended that minimum "run-off" areas be provided outside the back-lines (3 metres) and side-boards (1 metre).*

1.3 Other markings:

a. centre-line across the pitch.

b. lines 30 centimetres long are marked inside the pitch on each back-line on both sides of the goal at 6 metres from the outer edge of the nearer goal-post, such distance being to the further edge of these lines.

c. lines 15 centimetres long are marked outside the pitch on each back-line 1.5 metres from the centre of the back-line, such distance being to the nearer edge of these lines.

d. penalty spots 10 centimetres in diameter, or lines 60 centimetres in length and parallel to the goal-line, are marked in front of the centre of each goal with the centre of each spot or line 7 metres from the inner edge of the goal-line.

1.4 The shooting circles:

a. lines are marked inside the pitch, 3 metres long, parallel to and 9 metres from the back-lines, the 9 metres to be measured from the outside of the back-line to the outer edge of the lines.

b. these lines are continued uninterrupted each way to meet the back-lines in the form of quarter-circles with centres at the inside front corner of the nearer goal-posts.

c. the spaces enclosed by these lines including the lines themselves are called the shooting circles (referred to in these Rules as "the circle").

1.5 No marks other than those described in this rule shall be made on the playing surface.

- 1.6 A bench for each team and a table for the time-keeper(s) to be placed outside the pitch along either of the side-boards.

The table to be placed if possible at the centre line with one team bench on each side. The table to be provided with protective boards. Chairs for suspended players to be placed close to the table. The table and benches to be placed on the same side of the pitch and not to hinder players and umpires. All team equipment is to be placed behind the benches. For each half of the game teams occupy the bench nearest the goal they are defending.

2. GOALS

- 2.1 At centre of each back-line:

- a. goal-posts and crossbar to be white rectangular, not more than 8 centimetres wide and deep
- b. vertical goal-posts 3 metres apart (inside measurement)
- c. goal-posts must be placed on the external mark and have their front face touching the outer edge of the back-line
- d. horizontal crossbar 2 metres from the pitch (inside measurement) fixed to the goal-posts.
- e. goal-posts not to extend upwards beyond the crossbar
- f. crossbar not to extend sideways beyond the goal-posts.

- 2.2 Goal Sideboards:

- a. length 1 metre (minimum), height 46 centimetres
- b. positioned on the pitch at right angles to the back-line, fixed to the back of the goal-post but not increasing their width and to the ends of the backboard
- c. painted in a dark colour on the inside

- 2.3 Backboards

- a. length 3 metres, height 46 centimetres
- b. positioned on the pitch at the end of the sideboards
- c. painted in a dark colour on the inside

- 2.4 Nets

- a. attached at intervals of not more than 15 centimetres to the back of the goal-posts and crossbar and connected to the base and outside of the backboard and sideboards
- b. shall be secured in such a manner as to prevent the ball passing between them and the goal-posts, crossbar side-boards and back-boards
- c. fitted loosely to prevent the ball rebounding
- d. mesh not more than 3.8 centimetres

For games under their control, national associations may allow deviations in the width of lines, prohibition of other marks, the stipulation that goal-posts touch the outer edge of goal-lines (in which case they shall touch the inner edge of goal-lines) and the obligation to have a back-board and goal side-boards.

3. THE BALL

The ball

- a. shall be spherical, hard and of any material
- b. weight: minimum 156 grams, maximum 163 grams
- c. circumference: minimum 22.4 centimetres, maximum 23.5 centimetres
- d. surface: smooth

- e. colour: white or as agreed

4. THE STICK

The stick

- a. flat face on its left-hand side only, the face is the whole of the flat side and that part of the handle for the whole of the length which is above the flat side
 - b. back of the stick is the remainder for the whole length
 - c. head (ie. The part below the lower end of the splice or join) must be curved, of wood and not edged with or have any insets, fittings of any other substance, nor shall there be any sharp edges or dangerous splinters
 - d. maximum length of the curved head of the stick, as measured from the lowest part of the flat face shall not exceed 10 centimetres; must have rounded edges
 - e. total weight: minimum 340 grams, maximum 794 grams
 - f. size, inclusive of any covering, to pass through a ring having an interior diameter of 5.10 centimetres
- The stick has had a traditional shape and this will be retained. A stick with a deviation of up to 2 centimetres from either edge of the face of the handle shall be acceptable. No particular design has been approved but introduction of new, more extreme shapes will not be permitted.*

5. PLAYER'S CLOTHING AND EQUIPMENT

- 5.1 Players

- a. of the same team shall wear clothing approved by their Association or Club
- b. shall not wear anything that may be dangerous to other players
- c. shall only wear indoor footwear without protruding studs and bars and with clean soles

- 5.2 - are permitted to wear throughout a match for medical reasons only a smooth preferably transparent or white but otherwise single coloured face mask which closely fits the face, soft protective head-covering or eye protection in the form of plastic goggles (ie goggles with a soft-covered frame and plastic lenses); the medical reasons must be assessed by an appropriate authority and the player concerned must understand the possible implications of playing with the medical condition;

- 5.3 - are permitted to wear a smooth preferably transparent or white but otherwise single coloured face mask which closely fits the face when defending a penalty corner or penalty stroke for the duration of that penalty corner or penalty stroke and when they are in the circle they are defending;

- 5.4 - other than players with goalkeeping privileges, are not to wear protective headgear.

Field players are strongly recommended to wear shin/ankle and mouth guards.

Goalkeepers

- a. shall wear over any upper body protectors a shirt or garment of a colour different from that of their own team and of their opponents
- b. must wear full secured protective equipment except when taking (not defending) a penalty stroke

Protective headgear; a full helmet, incorporating fixed full-face protection and cover for all the head including the back and the throat is strongly recommended.

A helmet designed and approved for use in Ice Hockey will usually meet the needs of most goalkeepers.

Goalkeepers must wear protective equipment at all times. The following are permitted for their use only: body protectors, pads, kickers, hand protectors and elbow pads.

- c. pads, kickers, hand protectors: no rough edges or protrusions are permissible
- d. pads: each a maximum 30 centimetres wide when on the legs of the goalkeeper
- e. hand protectors: maximum 23 centimetres wide when laid flat, face upwards; maximum 35.5 centimetres long measured from the base to the extremity of the hand-protector; no additions to enable the stick to remain attached to the hand protector when not being held in the hand

II: TEAM CAPTAINS AND UMPIRES

6. TEAMS

- 6.1 A game shall be played between 2 teams of not more than 12 players each, but not more than 6 players of each team shall be on the pitch at the same time. Each team is permitted to substitute from the maximum of 12 players.
- 6.2 If any team has few than 4 players on the pitch, or permitted on the pitch, the Umpires shall stop the game, the opposing team to be the winners.
- 6.3 A player leaving the pitch, unless being subsisted, may not return without the agreement of an umpire.
- 6.4 Substitution:
 - a. only permitted when -
 - the ball is outside the pitch over the back-line or goal-line
 - a goal has been scored
 - play is to restart after an unsuccessful penalty stroke
 - play is to restart after half-time
 - time has been stopped for an injury when only the injured player may be substituted

Substitution is not permitted, except for injury, after the award or during the taking of a penalty corner or penalty stroke

 - b. no limit to the number of players who may be substituted at the same time nor to the number of times any player may substitute or be substituted
 - c. a player who is substituted must return to the team bench before being eligible to substitute again
 - d. substitution of a player may be made only after a player from the same team has left the pitch
 - e. time shall not be stopped for substitutions except for injuries
 - f. substitutes shall not be permitted for suspended players during their suspension
 - g. players leaving or entering the pitch shall do so at or near the centre-line on the side of the pitch where team benches are located
- 6.5 Each team must have one goalkeeper on the pitch:
 - a. an incapacitated or suspended goalkeeper shall be replaced immediately by another goalkeeper
 - b. a field player replacing an incapacitated or suspended goalkeeper shall be permitted to put on, without time-wasting, protective equipment

- c. a field player may be substituted for a goalkeeper
- d. a field player replacing or substituted for a goalkeeper must wear a shirt of a colour different from those of either team and must wear protective headgear when defending penalty corners and penalty strokes: this headgear must not be worn outside the circle
- e. during the suspension of a goalkeeper, the team must have one less player on the pitch

- 6.6 During play only the players and umpires may be on the pitch unless authorised by the umpires.

7. CAPTAINS

- 7.1 Each team must include a captain who must wear a distinctive arm band.
 - 7.2 Captains shall;
 - a. toss a coin; the winner shall have choice of ends or possession of the ball to start the game
 - b. indicate to the umpires any replacement captain
 - c. be responsible for the substitution of players
 - d. be responsible for the behaviour of all their team players.
- A breach of B, c or d should be regarded as misconduct.*

8. UMPIRES AND TIMEKEEPERS

Two umpires shall control the game and apply the Rules, they are the sole judges of fair play. Players and substitutes, whether on or off the pitch, including any period of temporary or permanent suspension, are under the jurisdiction of the umpires.

- 8.1 Umpires shall be:
 - a. primarily responsible for the decisions in their half of the pitch, for the whole of the game without changing ends
 - b. responsible for ensuring that the full or agreed time is played if timekeepers are not appointed
 - c. solely responsible for indicating the end of the first half of the game if time is prolonged for the completion of a penalty corner
 - d. solely responsible for decisions on penalty corners, penalty strokes and goals in their own half and free pushes in their own circle
 - e. responsible if necessary for keeping a written record of goals scored and warnings/suspensions
 - f. debarred from coaching during a game and during half time.
- 8.2 Umpires shall blow the whistle to
 - a. start and end each half of the game
 - b. enforce a penalty
 - c. start and end a penalty stroke
 - d. indicate that the ball has passed wholly outside the pitch
 - e. signal a goal
 - f. re-start the game after a goal has been scored or awarded
 - g. re-start the game after a penalty stroke in which a goal was not scored or awarded
 - h. stop the game for any other reason and re-start after such a stoppage

- 8.3** If the ball strikes an umpire, unauthorised person or any loose object on the pitch, play continues.

III: APPLICATION OF THE RULES OF THE GAME

9. DURATION OF PLAY

Two periods of 20 minutes each unless otherwise agreed:

- a. half-time 5 minutes, team changes ends and benches
- b. the game is prolonged for the completion of a penalty corner awarded before the time signal for half-time or full-time
- c. each half starts when the umpire blows the whistle for the centre pass.

For competitions within their jurisdiction, national associations may vary the duration of play.

10. TO START AND RE-START THE GAME

10.1 A coin is tossed:

- a. the team which wins the toss has the choice of which goal to attack in the first half of the match or to start the match with a centre pass
- b. if the team winning the toss chooses which goal to attack in the first half of the match, the opposing team starts the match
- c. if the team winning the toss chooses to start the match, the opposing team has the choice of which goal to attack in the first half of the match.

10.2 Direction of play is reversed in the second half of the match.

10.3 A centre pass is taken:

- a. to start the match by a player from the team winning the toss if they chose this option; otherwise by a player from the opposing team
- b. after half-time by a player of the team which did not take the centre pass to start the match
- c. after a goal by a player of the team against which the goal was scored or awarded.

10.4 Taking a centre pass:

- a. taken at the centre of the pitch
- b. it is permitted to play the ball in any direction
- c. all players other than the player taking the centre pass must be in the half of the pitch which includes the goal they are defending
- d. the procedures for taking a free push apply.

10.5 A bully takes place to re-start a match when time or play has been stopped for an Injury or for any other reason and no penalty has been awarded:

- a. a bully is taken close to the location of the ball when play was stopped but not within 9 metres of the back-line
- b. the ball is placed between one player from each team who face each other with the goal they are defending to their right
- c. the two players start with their sticks on the ground to the right of the ball and then tap the flat faces of their sticks together once just over the ball after which either player is permitted to play the ball
- d. all other players must be at least 3 metres from the ball.

10.6 A free push is taken by a defender 9.10 metres in front of the centre of the goal-line to re-start a match when a penalty stroke has been completed and no goal has scored or awarded.

10.3 Ball outside the pitch:

The ball is out of play when it passes completely over the side-board or back-line.

10.3.1 Over the side-board:

- a. within 1 metre of the spot where the ball went out of play; it that spot is within the circle, taken outside the circle within 1 metre of where the circle joins the side-board
- b. the player playing the ball is not required to be wholly inside or outside the side-board
- b. taken by a player of the opposing team.

10.3.2 Over the back-line by the attackers when no goal is scored:

- a. anywhere in the circle
- b. taken by a defender

10.3.3 Over the back-line unintentionally by the defence when no goal is scored:

- a. anywhere in the circle
- b. taken by a defender

Play is re-started with ball up to 9.10 metres from and in line with where it crossed the back-line.

The procedures for taking a free push apply.

10.3.4 Over the back-line intentionally by the defence from anywhere on the pitch when no goal is scored:

- a. on the back-line from a spot 6 metres from the nearer goal-post on whichever side the attacking team prefers
 - b. taken by an attacker
- That is, a penalty corner.

11 SCORING A GOAL

- a. a goal is scored when the ball is played in the circle by an attacker and does not go outside the circle before passing completely over the goal-line and under the crossbar.
- b. the ball may be pushed along the pitch or flicked, scooped or deflected into the air for a shot at goal, when the ball is played the player's stick must be on the pitch
- c. the ball may be played by or touch the stick or body of a defender before or after being played in the circle by an attacker
- d. after a stoppage of play inside the circle, the ball must again be played from inside the circle by an attacker before a goal can be scored
- e. a goal shall be awarded if a goalkeeper breaches the Penalty Stroke Rule preventing a goal being scored
- f. the team scoring the greater number of goals shall be the winner.

12 OFFSIDE

No longer applicable.

13 CONDUCT OF PLAY

Unless played with consideration for others, indoor hockey can be a dangerous game.

This rule prohibits or explains actions which affect the safety of all players.

Players on or off the pitch are under the jurisdiction of the umpires throughout the match including the half-time interval.

Players shall not:

13.1.1 Use of stick and playing equipment:

- a. play the ball intentionally with the back of the stick
- b. hit the ball

'Slap' hitting the ball, which involves a long pushing or sweeping movement with the stick before making contact with ball, is regarded as a hit and is therefore not permitted.

- c. raise the ball off the pitch except for a shot at goal

A player shall not be penalised when the ball rises unintentionally off the pitch for not more than 10 centimetres, unless an opponent is in the direct playing line or within playing distance of the ball.

A player shall not be penalised when stopping the ball if it rises slightly off the pitch (not more than 10 centimetres) unless an opponent within playing distance is hindered.

The stick may be used to press down a slightly raised ball to control it.

If the stick is still when the ball is received in the air a rebound in any direction is not an offence. Any deliberate movement or swinging of the stick when playing the ball in the air is an offence.

- d. take part or interfere with the game unless they have their stick in their hand
- e. play the ball above shoulder height with any part of the stick
- f. lift their sticks over the head of players.
- g. raise their sticks in a manner that is dangerous, intimidating or hampering to other players when approaching, attempting to play or playing the ball
- h. play the ball dangerously or in such a way as to be likely to lead to dangerous play
- i. hit, hook, charge, kick, shove, trip, strike at or personally handle another player or their stick or clothing
- j. throw any object or piece of playing equipment on to the pitch, at the ball, at another player, or at an umpire
- k. players must not play the ball when it is in the air except that a player from the team which did not put the ball in the air may stop it

If the ball is in the air as a result of a legitimate shot at goal which has rebounded from the goalkeeper, defender or from the goal-post or cross-bar, the ball may be stopped by a player of either team.

- l. Field players must not stop, kick, propel, pick up, throw or carry the ball with any part of their body.

It is not always an offence if the ball hits the foot, hand or body of a field player. The player only commits an offence if they voluntarily use their hand, foot or body to play ball or if they position themselves with the intention of stopping the ball in this way.

It is not an offence if the ball touches the hand holding the stick but would otherwise have touched the stick.

Players must not play the ball with any part of the stick when the ball is above shoulder height except that defenders are permitted to use the stick to stop or deflect a shot at goal at any height.

When saving a shot at goal, a defender must not be penalised if their stick is not motionless or is travelling towards the ball while attempting to stop or deflect the shot. Only if the ball is genuinely hit and a goal is prevented should a penalty stroke be awarded.

If a defender attempts to stop or deflect a ball travelling towards the goal which will actually miss the goal, any use of the stick above the shoulder must be penalised by a penalty corner and not a penalty stroke.

If dangerous play results after a legitimate stop or deflection, a penalty corner must be awarded.

13.1.2 Use of body, hands, feet:

- a. stop or catch the ball with the hand
- b. play the ball while lying on the pitch or while intentionally placing a knee, arm or hand on the pitch other than the hand in which the stick is held
- c. intentionally stop, kick, propel, pick up, throw or carry the ball with any part of their bodies
It is not an offence if the ball hits the foot or body of a player unless that player has moved into the path of the ball, or made no effort to avoid being hit, or was positioned with the clear intention of stopping the ball, or gains undue benefit. Players should not be penalised when the ball is played at them from a short distance.
- d. use the foot or leg to support the stick in a tackle
- e. intentionally enter their opponents' goal or stand on their opponents' goal-line
- f. intentionally run behind either goal
- g. hold on to goal-posts.

13.1.3 Obstruction:

Obstruct an opponent from attempting to play the ball by:

- a. moving or interposing themselves or their sticks
- b. shielding the ball with their sticks or any part of their bodies
- c. holding the ball against the side-boards
- d. physically interfering with the sticks or bodies of opponents

13.1.4 Time-wasting:

delay play by time-wasting

13.2 Goalkeepers may, when the ball is inside their own circle they are defending and they have their stick in their hand:

- a. goalkeepers wearing full protective equipment are permitted to use their stick, feet, kickers, legs or leg guards to propel the ball and to use their stick, feet, kickers, legs, leg guards or any other part of their body to stop the ball or deflect it in any direction including over the back-line

The goalkeeper wearing full protective equipment are permitted to use only Goal Keeping privileges.

The action in Rule 13.2.a is permitted only as part of a goal saving action or to move the ball away from the possibility of a goal scoring action by opponents. It does not permit a goalkeeper to propel the ball forcefully with arms, hands or body so that it travels a long distance.

Goalkeepers are not permitted to conduct themselves in a manner which is dangerous to other players by taking advantage of the protective equipment they wear.

It is not an offence if, when stopping a shot at goal, the ball rebounds off any part of a goalkeeper's body or equipment. A goalkeeper lying on the ball should be considered under the obstruction Rule

- b.** play the ball while lying on the pitch
A goalkeeper may not, while lying on the pitch, have any part of the body on the pitch outside the circle while playing the ball
- c.** stop or deflect but not propel the ball with the stick above their shoulder unless dangerous or likely to lead to dangerous play
- d.** deflect the ball over the cross-bar or around the goal-posts with the face of the stock or off any part of the body
- e.** Goalkeepers must not lie on the ball.
- f.** When the ball is outside the circle they are defending, goalkeepers are only permitted to play the ball with their stick if any opponent is not within playing distance.

13.3 If the ball strikes an umpire or any loose object on the pitch including any piece of playing equipment dropped unintentionally, the game shall continue.

14 PENALTIES

Advantage: A penalty shall be awarded only when a player or team has been clearly disadvantaged by an opponent's breaking the Rules:

If awarding a penalty is not an advantage to the team which did not break the Rules, play must continue.

14.1 A free push shall be awarded to the opposing team:

- a.** an offence by an attacker in the half of the pitch they are attacking
- b.** an unintentional offence by the defence outside their circle but within the half of the pitch they are defending

14.2 A penalty corner shall be awarded for

- a.** for an offence by a defender in the circle which does not prevent the probable scoring of a goal
- b.** for an intentional offence in the circle by a defender against an opponent who does not have possession of the ball or an opportunity to play the ball
- c.** for an intentional offence by a defender outside the circle but within the half of the pitch they are defending
- d.** for intentionally playing the ball over the back-line by a defender

Goalkeepers are permitted to deflect the ball with their stick, protective equipment or any part of the body in any direction including over the back-line.

- e.** against the team which carried out a substitution incorrectly
- f.** when the ball becomes lodged in a player's clothing or equipment while in the circle they are defending.

14.3 A penalty stroke shall be awarded for:

- a.** for an offence by a defender in the circle which prevents the probable scoring of a goal
- b.** for an intentional offence in the circle by a defender against an opponent who has possession of the ball or an opportunity to play the ball
- c.** for defender persistently crossing over the back-line before permitted during the taking of penalty corners.

14.4 If there is another offence or misconduct before the awarded penalty has been

taken:

- a.** a free push may be progressed up to 5 metres
A free push to the attack cannot be progressed to inside the circle.
- b.** a more severe penalty may be awarded
- c.** a personal penalty may be awarded
- d.** the penalty may be reversed if the subsequent offence was committed by the team first awarded the penalty.

15 PROCEDURES FOR TAKING PENALTIES

15.1 Mandatory Experimental Rule

Location of free push:

- a.** a free push is taken close to where the offence occurred
'Close to' means within playing distance of where the offence occurred and with no significant advantage gained.
The location from which a free push is taken must be more precise when the offence occurs close to the circle.
- b.** a free push awarded within 3 metres of the circle to the attack is taken at the nearest point 3 metres from the circle
- c.** a free push awarded outside the circle to the defence within 9 metres of the back-line is taken up to 9.10 metres from the back-line with the location of the offence, parallel to the side-board
- d.** a free push awarded inside the circle to the defence is taken anywhere inside the circle or up to 9.10 metres from the back-line with the location of the offence, parallel to the side-board.

15.2 Mandatory Experimental Rule

Procedures for taking a free push, centre passes and putting the ball back into play after it has been outside the pitch:

- a.** the ball must be stationary
- b.** opponents must be at least 3 metres from the ball
If an opponent is within 3 metres of the ball they must not interfere with the taking of the free push or must not play or attempt to play the ball. If this player is not playing the ball, attempting to play the ball or influencing play, the free push need not be delayed.
- c.** when a free push is awarded to the attack within the half of the pitch they are attacking, all players other than the player taking the free push must be at least 3 metres from the ball
- d.** the ball is moved using a push
- e.** if the player taking the free push is the next player to play the ball, the actions of taking the free push and of next playing the ball must be two separate actions
- e.** before another player of the team which took the free push is allowed to play the ball, the ball must move at least 1 metre
The ball does not have to move 1 metre before the player taking the free push may play the ball again.
- f.** from a free push awarded to the attack within the half of the pitch they are attacking, the ball must not be played into the circle until it has travelled at least 3 metres or has been touched by a player of either team other than the player taking the free push or has touched the side-board
If they player taking the free push continues to play the ball (ie no other player has yet played it):
- that player may play the ball any number of times, but

- the ball must travel at least 3 metres before
- that player plays the ball into the circle by pushing the ball again.

Alternatively:

- after the ball has touched the side-board, any player may deflect or push the ball into the circle.

All parts of rule 15 apply as appropriate to a free push, centre pass and putting the ball back into play after it has been outside the pitch.

15.2 Penalty corner:

15.2.1

- the ball is placed on the back-line inside the circle at least 6 metres from the goal-post on whichever side of the goal the attacking team prefers
 - an attacker pushes the ball without intentionally raising it
 - the attacker taking the push from the back-line must have at least one foot outside the pitch
 - the other attackers must be on the pitch, outside the circle with sticks, hands and feet not touching the ground inside the circle
 - no attacker other than the attacker taking the push from the back-line is permitted to be within 3 metres of the ball when the push is taken
 - the defending goalkeeper must be in the goal; up to five other members of the defending team may be positioned behind the back-line on the side of the goal furthest from where the penalty corner is being taken with their sticks, hands and feet not touching the ground inside the pitch
 - any defender not behind the back-line must be beyond the centre-line
 - until the ball has been played, no attacker other than the one taking the push from the back-line is permitted to enter the circle and no defender is permitted to cross the back-line or centre-line
 - after playing the ball, the attacker taking the push from the back-line must not play the ball again or approach within playing distance of it until it has been played by another player
 - a goal cannot be scored until the ball has travelled outside the circle.
- 'Slap' hitting the ball, which involves a long pushing or sweeping movement with the stick before making contact with the ball, is regarded as a hit and is therefore not permitted.*
- A defender who is clearly running into the shot or into the taker without attempting to play the ball with their stick must be penalised for dangerous play. Otherwise, if a defender is within three metres of the first shot at goal during the taking of a penalty corner and is struck by the ball below the knee, another penalty corner must be awarded or is struck on or above the knee in a normal stance, the shot is judged to be dangerous and a free push must be awarded to the defending team.*
- the penalty corner Rules no longer apply if the ball travels more than 3 metres from the circle.

15.2.2 The penalty corner may be given again when:

- the defenders stand with feet, hands and/or sticks touching the pitch inside the circle
- defenders touch the goal-posts for support
- defenders are within 3 metres of the ball before it is played
- defenders cross the back-line before the ball is played

Attackers entering the circle before the ball is played should be penalised by a free push.

15.2.3 At half-time or full-time the game shall be prolonged to permit completion of a penalty corner. For this purpose the penalty corner shall be considered completed if:

- a goal is scored
- a free push is awarded to the defending team
- the ball travels more than 3 metres outside the circle
- the ball is played over the back-line and a penalty corner is not awarded
- the ball travels over a side-board and a penalty corner is not awarded
- a defender commits an offence which does not result in another penalty corner
- a penalty stroke is awarded
- a bully is awarded

If play is stopped because of an injury or for any other reason during the taking of a penalty corner at the end of a prolonged first or second half and a bully would otherwise be awarded, the penalty corner must be taken again

When a defender commits a breach of a Rule during the taking of such a penalty corner and another penalty corner or a penalty stroke is awarded, the game shall be prolonged again to permit completion of the penalty.

15.3 Penalty Stroke:

15.3.1 Taking a Penalty Stroke

- all players on the pitch other than the player taking the stroke and the player defending it must stand outside the half of the pitch in which the penalty stroke is being taken and must not influence the taking of the stroke
- the ball is placed on the penalty spot
- the player taking the stroke must stand behind and within playing distance of the ball before beginning the stroke
- the player defending the stroke must stand with both feet on the goal-line and must not leave the goal-line or move either foot until the ball has been played
- the whistle is blown when the player taking the stroke and the player defending it are in position
- the player taking the stroke must not take it until the whistle has been blown
The player taking the stroke or the player defending it must not delay the taking of the stroke.
- the player taking the stroke must not feint at playing the ball
- the player taking the stroke must push, flick or scoop the ball and is permitted to raise it to any height
Using a 'dragging' action to play the ball at a penalty stroke is not permitted.
- the player taking the stroke must play the ball only once and must not subsequently approach either the ball or the player defending the stroke.

15.4 The penalty stroke is completed when:

- a goal is scored or awarded
- the ball comes to rest inside the circle, lodges in the goalkeeper's equipment, is caught by the goalkeeper or goes outside the circle.

15.5 For an offence during the taking of a penalty stroke:

- by the player taking the stroke: a free push is awarded to the defence
- when the goal-keeper defending the stroke prevents a goal being scored but leaves the goal-line or moves either foot before the ball has been played: the penalty stroke is completed and a goal is awarded
- for any other offence by the goal-keeper defending the stroke which prevents

- a goal being scored: a goal is awarded
- d. for an offence by a player of the defending team and a goal is not scored:
the penalty stroke is taken again

15.5.2 Re-starting the game after a penalty stroke:

- a. if a goal is scored or awarded the game is restarted by a centre pass to the opposing team
- b. If a goal is not awarded a push by the defending team from anywhere in the circle or up to 9.10 metres from the back-line in line with the top of the circle.

15.5.3 Penalties:

- a. free push, for an offence by the stroke taker
- b. goal awarded – for a breach of the Rules by the goalkeeper that prevents a goal being scored
- c. penalty stroke may be taken again for an offence by any player of either team.

15.6 Personal penalties:

- a. for rough or dangerous play, misconduct or any intentional offence, in addition to awarding the appropriate penalty the umpire may:
 - i. caution the offending player
 - ii. warn the offending player: green card
 - iii. temporarily suspend the offending player for a minimum of 2 minutes playing time – yellow card
 - iv. permanently suspend the offending player – red card
- b. for misconduct by players on the team bench the umpire may caution, warn, temporarily or permanently suspend the offending player; for the duration of a temporary suspension the offending team shall play with one less player; for a permanent suspension the offending team shall play for the remainder of the game with one less player
- c. temporarily suspended players shall report to the timekeeper who will start the period of suspension when the player is seated in the designated place. If there is no timekeeper, umpires shall control the suspension
- d. when the suspension period has ended the timekeeper (or umpire) shall permit the player to resume play at the centre-line or to return to the team bench with another player immediately entering the pitch, if a penalty corner or penalty stroke has been awarded but not completed, the suspended or replacement player may not resume play until the relevant penalty has been completed by
 - i. a goal being scored or awarded
 - ii. in the case of a penalty stroke, the stroke completed but no goal scored or awarded
 - iii. in the case of a penalty corner, the ball going out of the circle over the circle-line, the side-board or the back-line
 - iv. an attacker breaching any Rule
- e. temporarily suspended players may rejoin their team at half-time then return to the designated place to complete their suspension
- f. permanently suspended players shall not remain within the playing facility or its surrounds.

16 ACCIDENTS/INJURIES

- a. if a goal is scored before the game is stopped it shall be allowed if it would have been scored had the accident not occurred
- b. if a player is incapacitated, the umpire may stop the game
- c. an injured or bleeding player should leave the pitch as soon as it is safe to do so and receive treatment off the pitch unless medical reasons prevent this
- d. players shall not return to the pitch until their wounds have been dressed and no player remain on, or enter or re-enter the pitch wearing blood-stained clothing
- e. if an umpire is incapacitated, the game shall be stopped; if injured and cannot continue, should be replaced
- f. the game shall be re-started with a bully, with the appropriate penalty or with a centre pass if a goal was scored.