

# RULES FOR JUNIORS

## HILLS NIGHT HOCKEY ASSOCIATION (INC)



A team can't play with less than four (4) Players.

To start the game the team who has won the toss has the choice of taking the push or the choice of end.

For 1/2s & 3/4s the ball must be pushed along the ground at all times (no hitting of the ball or raising the ball for shots on goal). The stick can not be lifted higher than the shoulder. Penalty is free push to the opposition.

To score a goal the attacker must have the ball in the circle or on the circle line (the Player need not be in the circle). The **whole** of the ball must cross over the goal line for a goal to be scored.

Any infringement (e.g. ball off the foot) by a defender or a **deliberate** infringement by a defender (e.g. stick obstruction) a penalty corner shall be awarded to the opposing team.

**All** Players must be 3 metres from the ball when a free pass is awarded to the attacking team around the top of the circle.

### OBSTRUCTION

A Player can not obstruct by running between and opposition and the ball, stopping a Player of the opposing team from playing the ball. Penalty is a free hit to the opposition.

### ROUNDED SIDE OF THE STICK

A Player can not play the ball with the rounded side of the stick. The penalty is a free hit to the opposition.

If the ball was played deliberately with the rounded side of the stick by a defender in the circle, then a penalty corner shall be awarded to the attackers. If played with the rounded side by an attacker, in the circle, a free hit shall be awarded to the defending team, taken anywhere in the circle.

If a Player traps the ball and the ball pops over and touches the back of the stick, it is not an infringement – Play on.

### BALL OVER THE BACKLINE

For P/1/2s & 3/4s when the ball is pushed or deflected out over the backline by an attacker and no goal is scored, or is deflected off the stick of a defender, the game is re-started with a free push anywhere in the circle by a defender - or 10 metres from back line and in line with where it crossed the back line.

If the ball is deliberately pushed out over the back line by a defender, a penalty corner shall be awarded.

### BALL OVER SIDEBOARD

For 1/2s & 3/4s to be taken on side line where ball went out of play but can be moved into playing area 1 metre from side boards.

### UMPIRE CARDS

All Umpires will carry green, yellow and red cards for 9/10s & 11/12s matches.

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### SHOOTING AT GOAL

- 1/2s Flat, not raised
- 3/4s Flat, not raised
- 5/6s Waist height maximum
- 7/8s Any height
- 9/10s Any height
- 11/12s Any height

All shots on goal must not be dangerous. Dangerous balls will be penalised.

### PENALTY CORNER – ALL DIVISIONS PLAY THE FIH RULES

For P/1/2s & 3/4s the ball must remain flat on the ground (not raised) for a shot on goal to be scored.

#### 13.3 Taking a penalty corner:

- a time and play is stopped after a penalty corner is awarded and re-started when the teams are ready. Teams must take the minimum time to take their positions and put on protective equipment (as a guide up to 30 seconds) and play is re-started when the teams are ready.
- b 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.
- c the attacker taking the push from the back-line must have at least one foot outside the pitch.
- d the other attackers must be on the pitch, outside the circle with sticks, hands and feet not touching the ground inside the circle.
- e 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.
- f the defending goalkeeper if there is one, 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.

If the team defending a penalty corner has chosen to play only with field players, up to six members of the defending team may be positioned behind the back-line outside the goal.

- g any defender not behind the back-line must be beyond the point of the top of the circle at the other end of the pitch ie within 9.1 metres of the back line at the far end of the pitch.
- h 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 a point within 9.1 metres of the back line at the far end of the pitch.

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- i 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.
- j a goal cannot be scored until the ball has travelled outside the circle:

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.

- k the penalty corner Rules no longer apply if the ball travels more than 3 metres from the circle.

13.4 The match is prolonged at the end of each half and full- time to allow completion of a penalty corner or any subsequent penalty corner or penalty stroke.

13.5 The penalty corner is completed when:

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

13.6 For an offence during the taking of a penalty corner:

- a the player taking the push from the back-line does not have at least one foot outside the pitch: the penalty corner is taken again.
- b the player taking the push from the back-line feints at playing the ball, the offending player is required to go to within 9.1 metres of the back line at the far end of the pitch but is replaced by another attacker: the penalty corner is taken again.

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If this feinting leads to what otherwise would be a breach of this rule by a defender, only the attacker is required to go to within 9.1 metres of the back line at the far end of the pitch.

c a defender, other than the goalkeeper, crosses the back- line before permitted, the offending player is required to go to within 9.1 metres of the back line at the far end of the pitch and cannot be replaced by another defender: the penalty corner is taken again.

If a defender at this or any subsequently re- taken penalty corner crosses the back-line before permitted, the offending player is also required to go to within 9.1 metres of the back line at the far end of the pitch and cannot be replaced.

If a defender crosses the line 9.1 metres from the backline before permitted, the penalty corner is taken again.

d a goalkeeper crosses the goal-line before permitted, the defending team defends the penalty corner with one fewer player: the penalty corner is taken again.

The defending team nominates which player is required to go to within 9.1 metres of the back line at the far end of the pitch, and they cannot be replaced by another defender.

If a goalkeeper at this or any subsequently re- taken penalty corner crosses the goal-line before permitted, the defending team is required to nominate a further player to go to within 9.1 metres of the back line at the far end of the pitch, and they cannot be replaced.

A subsequently awarded penalty corner, as opposed to a re-taken penalty corner, may be defended by up to six players.

e an attacker enters the circle before permitted, the offending player is required to go to a point within 9.1 metres of the back line at the far end of the pitch: the penalty corner is taken again.

Attackers who are sent to a point within 9.1 metres of the back line at the far end of the pitch may not return for re-taken penalty corners, but may do so for a subsequently awarded penalty corner.

f for any other offence by attackers: a free push is awarded to the defence.

### PENALTY STROKES

Penalty strokes are not awarded in 1/2s & 3/4s.

Penalty strokes for 5/6s must not be higher than waist height.

Penalty strokes for 7/8s, 9/10s & 11/12s can be at any height.