



2024 SUMMER HOCKEY 5s RULES

FIH Rules of Hockey apply with the following clarifications and additions:

1. Five (5) players per team are permitted on the field at any one time. There must be a minimum number of three (3) players per team on the field for a game to commence.
2. In mixed grades (Senior Grades 1, 2 & 3), there must be a minimum of two (2) females on the field at all times. (It is recommended that teams register a minimum of 3 females)
3. Games will be played on a 1/3 field. Boards will be placed on the sidelines but not the baseline.
4. Matches consist of three periods of 12 minutes, with 1 minute in between each period. Teams change ends at the end of each period.
5. Games will start and finish on the horn. Turf coordinator will call the end of the 1st and 2nd period.
6. A goal is scored when the ball is played completely over the goal-line and under the cross-bar. A goal may be scored from anywhere on the field. A goal is worth 1 point regardless of where it was scored from.
7. There are no penalty corners in the game of Hockey 5's. Instead free hits are taken from outside the 11 meter area as marked on the pitch. (See *FIH Hockey 5 Rules*)
8. Challenges will be awarded in the case of an infringement inside the 11m area. If no fully padded goalkeeper is on the field, the Challenge can be defended by a field player from the offending team. (See *FIH Hockey 5 Rules*)
9. **No Hitting** - Players must have their hands apart (approx. 25cm) to **sweep, slap** or **push** the ball. The stick should start on the turf with a short follow through due to hands being apart.

Sticks are not to be raised or used in a dangerous manner, including lifting them over the heads of other players. In all cases the decision of the umpire is **FINAL**.

10. The ball must **not** be raised above the knee; it must also be a controlled lift.

EXCEPTION: Only when there is a clear shot at goal with no player in the way a player can lift the ball by pushing or flicking it.

11. The ball may not be deliberately kicked. In many cases, when the ball touches a foot there is no infringement. Only when a clear advantage has been gained should the offending player be penalised. Deliberate kicking of the ball will be penalised.

Behaviour of Players

1. Safety of all players is paramount and no dangerous play will be tolerated.
2. Males who intimidate female players or Adults who intimidate Juniors, in any way, will be penalised by a minimum of a 1 minute suspension (green card).
3. Repeat offenders will be suspended from play for a minimum of a 2 minute suspension (yellow card).
4. Swearing on the field will **not** be tolerated and will be penalised by a minimum 1 minute suspension (green card)
5. Abuse and harassment of umpires will **not** be tolerated and will be penalised by a minimum of a 2 minute suspension (yellow card).
6. Persistent offenders will be ordered off the field (red card) and receive an automatic suspension for one match.

Injuries

If a player sustains an injury, which causes bleeding, then that player must leave the field of play as soon as possible and shall not re-enter until the bleeding has ceased and the wound is adequately covered. Blood stained clothing must be replaced and equipment cleaned before re-entry to the field of play.

All injuries must be reported to the Coordinator on Duty as soon as possible after they occur.

General

1. The team organiser on behalf of ALL team members agrees to abide by the playing conditions and rules of this competition, as per registration form.
2. All players must wear mouth guards and shin pads.
3. Results of each game shall be recorded by the appointed Umpire and handed in to the organisers each evening. The Umpire shall record the number of goals scored by each team as well as the result of the game.
4. **Competition Points:** Points are awarded to the winning team, or to both teams in the event of a draw. Where possible grade winners will be determined with a final - if the format allows for a final the winner will be the team that wins the final, or if there is no final the winner will be the team with the most number of points at the conclusion of the competition.
 - i. **Winning team** 3 points
 - ii. **In the event of a draw** 1 point
 - iii. **Default Win Recorded (3-0)** 3 points
5. **Time Keeping:** Teams are required to be ready at their appointed time. Any team not ready to start (where the opposing team has a full number of players available) shall forfeit one goal per three minutes until such time as they have a full team on the field. Any team unable to take the field within ten (10) minutes of their scheduled start time shall forfeit the game and concede three (3) goals to the opposition. If a team does not have the required number of female players at the start of the game, but a second is on their way, the team can play one (1) player short until the second female arrives.
6. **Code of Conduct:** All summer hockey competitions are run under the Auckland Hockey Code of Conduct. Auckland Hockey will have a **no tolerance policy** for the following: abuse of umpires; abuse of opposition players; aggressive behaviour on or off the field. Teams will be given one warning before the team is withdrawn from the competition; without refund of fees. In all cases the decision by Auckland Hockey shall be final.

7. **Draw:** Auckland Hockey reserves the right to make changes to the playing conditions or the draw for each category. Changes to the draw include allocation of dates and time slots, cancellation of team entries for failure to meet payment terms or non-compliance with playing conditions or club rules. Auckland Hockey endeavours to give adequate notice of such changes to the teams affected. Such changes will be sent to the person named as team organiser. The team organiser is responsible for notification of individual team members. In all cases the decision by Auckland Hockey shall be final.

8. **Subbing:** Teams are allowed a **maximum of three (3)** substitute players per game. Please ensure your player has left the field of play before the new player takes the field. ***Please sub from the side of the field not from behind the goal area on turfs T1 and T3.***
Please note on T1 & T3 the blue turf up to the fence-line is included in the pitch size.
On T2 please sub on from the dugouts or keep to the corner of the pitch, not behind the goal.

9. **Boards:** Please be mindful of the boards around the playing area, and take extra care when entering/exiting the field of play.

10. **Umpiring:** Umpires should umpire from the edges of the field, not the centre.

11. Auckland Hockey will not accept any liability or responsibility for injury, medical expenses, damage or loss of property occasioned by participation in this competition.