



# DET NSW School Sports Unit

## Hockey

All field players and the goalkeeper are subject to the general rules of hockey. Refer to [www.worldhockey.org/rules](http://www.worldhockey.org/rules) for the 2006 full version of rules.

### THE TEAM

1. There are eleven (11) players allowed on the field per team at any time. Reserves may be used at any time after the referee is notified.
2. One of these players is a goalkeeper. If a goalkeeper is not present then another player may be nominated as a 'kicking back'. This player then has the same allowances and restrictions as a goalkeeper.
3. Players are assigned positions on the field as Centre, Right & Left Inners, Right & Left Wings (attackers), Right, Left and Centre Halfbacks (midfielders) and Right & Left Backs and Goalkeeper (defenders).
  - There are special rules that relate to the goalkeeper:
  - the goalkeeper is allowed to use any part of his body to stop a shot at goal. (inside the circle).
  - outside the circle the goalkeeper is governed by the rule of the other field players.
  - they may use their hands to stop the ball but they must not propel the ball forward. The ball must hit the hand and fall straight down.
  - during a short corner the goalkeeper may not lie down before the shot at goal. Once the ball is hit they may then lie down.
  - before a penalty stroke the goalkeeper may put on or remove any protective clothing or equipment they choose.
  - any deliberate infringement by a goalkeeper inside the circle will result in a penalty stroke.
  - if a goalkeeper is sent from the field another player on the field may become a 'kicking back'.

If a goalkeeper is injured and has to leave the field another player may become kicking back or given time to put on protective equipment and play as a goalkeeper.

### THE GAME

1. A game consists of 2 x 35 minute halves
2. The ball must be struck with the flat edge of the stick and in most plays the ball cannot be lifted in a manner dangerous to players.
3. It is illegal to use the feet in hockey.
4. If the ball goes over the back line last touched by an attacking player the game recommences on the defenders' 16m line.
5. Field goals may only be scored from within the "shooting circle" in front of the defending goalkeeper.
6. Penalties are given for a variety of minor and more serious offences. Listed below are a list of infringements and the consequent penalties.

### EQUIPMENT

1. Hockey sticks suitable for different ages are available. A white, dimpled ball is suitable as a match ball.
2. Goalkeepers MUST protective clothing, helmet, mask, padded gloves and kickers. In the case of these not being available a "kicking back" can be used.
3. Shin pads AND mouthguards are compulsory for all players.