



HOCKEY RULES AND REGULATIONS

All matches are to be played under Hockey Victoria Rules unless otherwise stated below.

TIMES

- Matches must be a minimum of 25-minute halves, with a 7-minute half time break.
- Games must start on time or be shortened to allow time for the following matches.
- If a team arrives late to a venue, 1 goal will be added to the other teams score for every 10 minutes they are late in starting (two coaches to discuss and make allowances under exceptional circumstances).
- If a match is tied at the end of the second half, penalty strokes will NOT be played, the only exception is the final match.
- In the event of penalty strokes, first 5 penalties are played out. If it is still a draw, penalties continue under sudden death rules until there is a winner.

NUMBER OF PLAYERS

- Teams can consist of up to 16 players. There are two Hockey teams in the SEISA Competition:
 - Junior Mixed – Year 7-8 (minimum of 3 girls per team on the field)
 - Senior Mixed – Year 9-12 (minimum of 3 girls per team on the field)
- No more than 11 players can be on the field at any one time, minimum of 8 players per side.
- Eligible junior players are permitted to participate in the senior competition to fill the teams up to 11 players (minimum of 8 players).

UNIFORM

- All players must wear school sports shorts.
- All players must wear school sports tops or matching hockey shirts (with numbers on shirts, where possible).
- The goalkeeper must wear a shirt of a different colour to the rest of the team.

SAFETY

- Playing fields must be kept free of dangerous obstacles.
- Players in all competitions must wear shin guards.
- Players in all competitions are strongly recommended to wear mouth guards.
- Schools must provide all their own equipment.
- Goalkeepers must wear kickers, leg pads, body protection, gloves, and helmet with full-face protection.
- Face masks are to be worn when defending a penalty corner or penalty strokes when they are inside the circle they are defending as per the Hockey Victoria guidelines.
- Spectators should be at least 2m from the sidelines.

UMPIRES

- Two umpires should be provided for each match.
- Umpires should be of an appropriate skill level and experience level. They are encouraged to discuss with coaches' interpretations of the rules to provide overall consistency.

BEHAVIOUR

Players, coaches, officials, and spectators should all uphold and encourage the SEISA Code of Conduct in regard to behaviour on and off the field. It is customary for competing teams to clap each other onto the ground and to shake hands before the captains toss for the choice of ends or pass. At the conclusion of the game the captain should call for three cheers for the other team and the umpires and team members should shake hands with the opposition.

PERSONAL PENALTIES

For rough or dangerous play, misconduct, or any intentional offence, the umpire may award the appropriate penalty and may:

1. Caution the offending player.
2. Warn the offending player (green card).
3. Temporarily suspend the offending player, for a minimum of five minutes playing time (yellow card). The player cannot be replaced during this time.
4. Permanently suspend the player (red card). The player cannot be replaced for that match and cannot play in any subsequent matches on that day.
5. Umpires report and incident report must be filled out for any carded incident.

OBSTRUCTION

A player should not obstruct an opponent from attempting to play the ball by:

- i. Moving or interposing themselves or their stick.
- ii. Shielding the ball with their sticks or any part of their bodies.
- iii. Physically interfering with the sticks or bodies of opponents.

FREE HIT

When a free hit is taken:

- The ball must be stationary.
- The ball must move at least 1m before another player of the same team is allowed to play the ball.
- The ball shall not be raised intentionally or in such a way as to be dangerous or likely to lead to dangerous play.
- After playing the ball, the striker may not play the ball again or approach within playing distance of it until it has been played by another player.

ADVANTAGE

A penalty shall be awarded only when a player or team has been clearly disadvantaged by an opponent's offence.

OFFSIDE

There is no offside rule in hockey.

SUBSTITUTIONS

- Substitutions are permitted at any time except after the awarding of a penalty corner and during the taking of a penalty corner. (The exception is the substitution of a defending goalkeeper due to injury).
- No limit to the number of players that can be substituted.
- Substitution of a player may only be made after a player from the same team has left the field.
- Time shall not be stopped for any substitution, except the goalkeeper.
- In the event of a tied game and extra time played, the goalkeeper may not be substituted for the extra period of play.

CONDUCT OF PLAY – Use of Equipment

A player shall not:

- Play the ball intentionally with the back of their stick.
- Take part in or interfere with the game unless they have their stick in their hand.
- Play the ball above shoulder height with any part of the stick.
- Lift their stick over the heads of players.
- Raise their stick in a manner that is dangerous, intimidating or hampering to other players when approaching, attempting to play, or playing the ball.

USE OF BODY, HAND FEET - Players shall not:

- Stop or catch the ball with their hand.
- Intentionally stop, kick, propel, pick up, throw, or carry the ball with any part of their bodies.