



In2HOCKEY

TAKE IT TO THE NEXT LEVEL

7-a-side RULES

VALID FROM SEPTEMBER 2015



ENGLAND
HOCKEY

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7-A-SIDE RULES

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RULE 1 - TEAMS

- a. The game is played between two teams. They shall each have a maximum of ten players. Seven are permitted on the pitch at any one time
- b. They are six outfield players and one goal-keeper
- c. The remaining three players are substitutes
- d. Every team must play with a goalkeeper. Kicking backs are not permitted in In2Hockey
- e. When playing in the England Hockey Championships there are special regulations relating to the composition of teams i.e. a maximum of two girls can play in the boys U10 clubs and the boys U11 schools competitions but those same girls cannot then play in the respective girls competitions. (For more details see the regulations on the England Hockey website)

RULE 2 - SUBSTITUTIONS

- a. Substitutions are made on the centre line, and are allowed at any time, except following the award of a penalty corner or penalty stroke, until its completion, when only the defending goalkeeper may be substituted – and only if injured

RULE 3 - DURATION OF THE GAME

- a. Two halves (usually of 12-15 minutes each) with an interval (half-time) of not more than 5 minutes
- b. For the finals of the England Hockey National In2Hockey Championships, the Under 13 group matches are 9 minutes each way
- c. Following half-time the two teams change ends

RULE 4 - CAPTAINS

- a. The Captains toss a coin for choice of ends or possession of the ball at the start of the game
- b. Each Captain is responsible for the conduct of all players in their team, including those on the bench - the substitutes

RULE 5 - THE PITCH

LENGTH	55 metres
WIDTH	43 metres
SHOOTING CIRCLES	Radius of 14.63 metres (the same as a full-size hockey pitch)
PENALTY STROKE SPOT	5 metres from the goal-line into the pitch
PENALTY CORNER MARKERS	10 metres from each goal-post on the back-line
CORNER MARKERS	3 metres from the corner of the pitch on the side-line

Please refer to the In2Hockey Advisory Guidelines for full diagram of pitch and markings

RULE 6 - THE GOAL

- a. Width: 3.6 metres. It must be positioned against the outer edge of the back-line in line with the centre of the pitch (goals are the same size as those used in 11-a-side hockey)

RULE 7 - THE BALL

- a. For matches involving younger, inexperienced players, it is preferable to use an In2Hockey ball. The ball is the same size, but weighs 100 grams (4ozs) so is lighter than a standard hockey ball
- b. This recommendation is very much dependent on the standard and experience of the players. If they have been playing hockey for a period of time, they may well be comfortable with a standard ball, but the age and ability of all players involved should be taken into account

RULE 8 - THE STICK

- a. The stick shall be a standard regulation hockey stick. It shall have a flat face side and a rounded side
- b. The ball may be played with the flat face side of the stick or the edge of the rounded side, on condition that the flat side is visible (i.e. not flat to the turf/pitch). It should be noted that playing the ball with the edge of the rounded side is always subject to dangerous play (i.e. it will be penalised by the umpires if it is measured to be dangerous or is leading to dangerous play)
- c. It should be noted that playing the ball with the edge of the rounded side is always subject to dangerous play (i.e. it will be penalised by the umpires if it is deemed to be dangerous or is leading to dangerous play)

NOTE: THE UMPIRES SHALL FORBID THE USE OF ANY STICK THAT DOES NOT COMPLY WITH THE RULES OF HOCKEY

RULE 9 - PLAYER EQUIPMENT & CLOTHING

- a.** It is strongly recommended that shin-protectors and mouth-guards are worn by all outfield players at all times, (inclusive of training sessions/games)
- b.** No player shall wear any equipment that may be dangerous to themselves or other players. This includes raised jewellery, baseball caps with a stiffened peak and / or any sharp object
- c.** The use of appropriate footwear for the playing surface (trainers or turf shoes) and suitable warm clothing (track-suit) is encouraged

NOTE: THE UMPIRES SHALL FORBID THE WEARING OF ANY EQUIPMENT THAT DOES NOT COMPLY WITH THIS RULE

RULE 10 - GOALKEEPER EQUIPMENT

In the interest of safety, goalkeepers must wear full goalkeeping equipment including:

- > Full helmet with throat guard
- > Body protector (groin and chest areas)
- > Hand protectors
- > Leg protectors
- > Feet protectors (kickers)
- > Abdominal guard or box

Goalkeepers should also have a stick

NOTE: THE UMPIRES WILL NOT ALLOW ANY TEAM TO PLAY WITH A GOALKEEPER WHO IS NOT PROPERLY PROTECTED



RULE 11 - STARTING & RE-STARTING THE GAME

- a.** The game is started with a hit or push or scoop taken from the centre of the centre line. It follows the umpire's whistle as play commences at the start of each half, and after a goal has been scored. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit
- b.** Each team must be positioned in their own half of the pitch and the opposing players must be a minimum of 5 metres from the ball until the centre pass is played
- c.** The ball can be played forwards, backwards or sideways
- d.** The taker can use a self-pass (i.e. pass the ball to themselves)

RULE 12 - SCORING A GOAL

- a.** A goal is scored when the ball has been struck by, or deflected off, an attacking player while it (the ball) is in the shooting circle. It must cross completely over the goal-line between the goal-posts and under the cross-bar

RULE 13 - BALL OUTSIDE THE FIELD OF PLAY

Over the side-line:

- a.** When the ball passes completely over the side-line it shall be put back into play in any direction by a hit, push, scoop or self-pass taken by an opponent of the player who last touched it. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit. This is called a side-line hit-in
- b.** Until the hit-in is taken, no opposition player shall be within 5 metres of the ball

Over the back-line off an attacking player:

- c.** When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is re-started with a hit to the defence. This is called a hit-out. The ball can be hit, pushed, scooped or a self-pass can be played. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit. It is to be taken level with the top of the shooting circle and in line with the place where it crossed over the back-line

Over the back-line off a defending player:

- d.** If the ball is accidentally played over the back-line by a defending player and no goal is scored, the game is started with a hit to the attacking team on the half-way (27.5m) line and in line with where it crossed the back line. This means the ball is in the attacking half of the pitch and therefore rule 15e applies
- e.** The Rules relating to the taking of a free hit (15.a - 15.e) shall apply to all such restarts
- f.** If the ball is deliberately played over the back-line by a defending player, the game is re-started with a penalty corner to the attacking team. The ball can be hit or pushed. A self pass is not permitted at a penalty corner
- g.** The penalty corner is taken on the back-line, 10 metres from the goal-post
- h.** No player, other than the taker, shall be within 5 metres of the ball until it is played

RULE 14 - FAIR PLAY

- a. Rough or dangerous play shall not be allowed, nor any behaviour which in the opinion of the umpire, amounts to misconduct

NOTE: THE UMPIRES SHALL ADMINISTER A PERSONAL PENALTY TO ANY PLAYER WHO PERSISTS IN BREAKING THIS RULE

- b. Players must not intentionally use any part of their body to play the ball (except the hand to protect themselves in a dangerous situation)
- c. Players must not play at any high ball with the stick held at above shoulder height unless they are attempting to prevent a goal from being scored (i.e. to defend a shot on goal). The shot must be on target! If it is going wide of the post or over the cross bar the defending player is not permitted to try to play at it with the stick at above shoulder height
- d. Goalkeepers are also permitted to use a high stick when defending a shot on goal. In both cases (i.e. outfield players and goalkeepers) it is essential that the stick is used safely and wisely
- e. Players must not use the rounded side of the stick when playing the ball and when striking the ball, the stick must in no way cause danger; nor lead to dangerous play, or be intimidating to any opponent
- f. Players must not play in any way that is dangerous
- g. Players must not kick the ball
- h. Players must not obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball. Neither must they use any part of their body or stick to obstruct a player
- i. Players must not hold, charge, kick, shove, intentionally trip, or strike any player or umpire

RULE 15 - FREE HIT

- a. Free hits are to be taken close to where the offence occurred. The ball can be hit, pushed, scooped or a self-pass can be played. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit
- b. The ball must be stationary at a free hit
- c. Until the free hit is taken, all opposition players must be a minimum of 5 metres from the ball
- d. Opponents who remain within 5 metres when the free hit is taken (this is very common when the self pass is used) must not interfere with the play until they have moved 5 metres away from where the free hit was taken, or the ball has moved 5 metres. Running alongside the taker (channelling) will be penalised as interference
- e. If the free hit is awarded in the half that the team is attacking, all players except the taker must be a minimum of 5 metres from the ball. The ball must move a minimum of 5 metres (in any direction), or be touched by another player of either team, before it can be played into the circle

RULE 16 - PENALTY CORNER

- a. Penalty corners are taken on the back-line on a marker that is 10 metres from each goal-post
- b. The players may choose which side of the goal to take the penalty corner
- c. The ball can be hit or pushed however a self pass is not permitted.
- d. The taker must have at least one foot off the pitch (behind the back-line)
- e. All other attacking players must be outside the circle
- f. The five defending players (four outfield plus Goalkeeper) must stand behind the back-line at least 5 metres from the ball. The remaining two defending players must be in the other shooting circle - at the opposite end of the pitch
- g. If a defender, other than the goalkeeper, crosses the line before the attacker plays the ball, then that defender shall be sent to join their teammates in the circle at the other end of the pitch and they cannot be replaced by another defender. The penalty corner shall be taken again
- h. If the goalkeeper crosses the line before the attacker plays the ball, the defending team shall send one of the other defenders to join their teammates in the circle at the other end of the pitch and they cannot be replaced by another defender. The penalty corner shall be taken again
- i. Before any shot at the goal, the ball must first pass outside (beyond) the circle edge
- j. If the first shot at goal is a hit, it must not cross the goal-line at above 460mm, (the height of the back-board) unless it takes a deflection off an attacking or a defending player on the way
- k. No shot will be allowed if it is judged as dangerous to other outfield players
- l. If the ball passes beyond 5 metres of the circle edge, the penalty corner restrictions (Rules) shall cease to apply
- m. Any penalty corner awarded immediately before half or full time shall be completed
- n. If the penalty corner breaks down normal play should resume

A penalty corner shall be awarded for any one of the following reasons:

- o. A defending player accidentally committing an offence inside the circle
- p. A defending player deliberately committing an offence outside the shooting circle, but within their own half of the pitch
- q. A defending player deliberately playing the ball over their own back-line from anywhere on the pitch
- r. A defending player committing a deliberate offence in the shooting circle that does not prevent a probable or actual goal
- s. When the ball becomes lodged in a goalkeeper/player's clothing or equipment while in the circle they are defending



RULE 17 - PENALTY STROKE

- a. Penalty strokes are taken on the penalty stroke spot which is 5 metres from the goal-line into the pitch
- b. Apart from the defending goalkeeper and the penalty stroke taker, all other players must be beyond the centre-line
- c. The goalkeeper must remain on the goal-line until the ball is played
- d. The taker must be positioned behind the ball and must not touch the ball a second time
- e. The clock stops (time is stopped by the umpires) immediately a penalty stroke is awarded

A penalty stroke shall be awarded for any one of the following reasons:

- f. An offence by a defending player inside the circle that prevents the probable scoring of a goal
- g. An intentional offence in the circle by a defending player against an opponent who has possession of the ball or an opportunity to play the ball
- h. Following a penalty stroke, play is re-started with a centre pass if a goal has been scored. If no goal is scored, play is re-started with a hit out to the defence taken at the top of the shooting circle

RULE 18 - INCIDENT

- a. If the game is temporarily suspended because of an accident or injury where no offence occurred it shall be re-started with a bully close to the spot where the incident occurred
- b. Players must stand square of each other and prior to playing the ball and following the umpires whistle, they shall tap the ground with their stick once and tap each other's stick above the ball once
- c. All non-involved players must be a minimum of 5 metres from the ball

NOTE: NO BULLY SHALL EVER BE PLAYED WITHIN 14 METRES OF THE BACK-LINE, (INSIDE THE SHOOTING CIRCLE).

- d. Players who are cut or bleeding will be required to leave the pitch immediately and shall not be allowed to return until the bleeding has been suppressed or stopped

RULE 19 - PERSONAL PENALTIES

- a. There are four types of personal penalties in a game of In2Hockey and three of them are supported by warning cards
- b. The first type of personal penalty is a verbal warning
- c. The second is a green card. Examples of why this may be given are: a stick tackle for the first time; or knocking the ball away for the first time
- d. The third penalty is a yellow card and this represents a suspension of a minimum of two minutes. Examples of why this may be given are: an intentional offence; a stick tackle for a second time; or knocking the ball away for a second time
- e. The fourth is a red card and this represents a permanent suspension from the match. Examples of why this may be given are: for intentionally hitting or striking out at another player; or a second yellow card offence

RULE 20 - UMPIRES

- a. In2Hockey shall be controlled by one or two umpires (preferably two)
- b. The umpires are responsible for all decisions and penalties

IN₂HOCKEY RULES

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