

1. See General Regulations Governing Sporting Competitions.
2. Hockey is conducted under the rules of the Hockey Victoria unless otherwise stated.

SAFETY

1. All players must wear a mouth guard and shin guards.
2. Goal Keeper must wear mouth guard, kickers, helmet, gloves and foot protectors.

BASIC RULES

1. Each team consists of 11 players, usually 5 forwards, 3 halfbacks, 2 fullbacks, goalkeeper and up to 5 substitutes. If schools are conducting matches across the pitch (i.e. half pitch), it is recommended that a maximum of 8 players are on the field per team (7 players, and 1 Goal Keeper).
2. A match between two teams consists of two 30 min halves with a half time break of usually 5 minutes.
3. The field is 90 meters long and 55 meters wide.
4. Play begins from the centre spot.
5. Hitting the ball with anything other than the flat side of the stick is also considered a foul.
6. A goal can only be scored when the ball goes over the centre line. The ball must be struck by a player inside the striking circle or touch the stick of an attacking player, standing inside the striking circle, before crossing the line.
7. The foul that is made most often is obstruction. This is called when a player deliberately blocks an opposing player from reaching a ball while not trying to play it themselves.
8. No player, except for the goalkeeper, is allowed to touch the ball with any part of their bodies during play.
9. This is not specifically defined but is based on the judgment of the officials. It is usually called when the ball comes above the knees of nearby players or when a high ball goes into a crowd of players.
10. A foul is also committed if the stick is used in a dangerous manner.
11. A free hit means that the offended player gets possession of the ball with defenders at least 5 metres away. This is awarded for any minor fouls occurring outside the circle.
12. In a penalty corner, the ball is placed on the goal line at least 9 metres from the nearest goal post. One attacking player hits the ball to a team-mate just outside the striking circle line. No shot on goal may be taken until the ball is stopped outside the circle. All attackers must be outside the circle before the shot is taken. On defence, a maximum of five defenders may be behind the goal line while the remaining defenders must be positioned beyond the centreline. Penalty corners are awarded for any infraction within the striking circle or when a defender intentionally sends the ball into touch beyond the goal line. **It is compulsory that all defensive players wear a mask when starting inside the D/ Circle during a penalty corner.**
13. A penalty stroke is one-on-one, 6.4 metres in front of the goal, between an offensive player versus a goalkeeper on the goal line. All other players must stand behind the 23 metre line. The goalkeeper must stand with both feet on the goal line and may not move either foot until the ball has been played. A penalty stroke is awarded when a foul by a defender prevents what would have been a certain goal, or for an intentional foul by a defender within the striking circle.
14. **Mercy Rule/Termination Score:** The Mercy rule will be invoked when a team is **5 goals** ahead. When one team leads by **5 goals** the following strategies will apply:
 - a. Rotate key players.
 - b. Free hits instead of penalty corners for the winning team.
 - c. No 'playing on' from a free hit for the winning team (must pass).If the score difference exceeds **10 goals**, the game is terminated, and teams are mixed up to provide a more even competition for the duration of the match. The Home team must provide bibs for this situation.

ETIQUETTE

Coaches should avoid mismatches, thereby demoralising the opposition team.