

Competition Rules

7 A Side Hockey Competition Rules and Information

In this competition the emphasis is on enjoyment, social atmosphere and skill development/maintenance. While competitiveness is not discouraged, it should be remembered that novice players need some encouragement and the "win at all costs" philosophy is not appropriate. The normal rules of field hockey shall apply except to the extent that they are negated or modified by these rules. All rules are open to the interpretation of the umpire and their decision is final.

1. Responsibility of Players

All players are responsible for reading and understanding the rules contained herein.

If there are any rules that are not clear please discuss these with the umpire or convenor prior to the commencement of the game or at half time. Because of time constraints the umpires will not discuss rules or rulings during the game.

It is the responsibility of the players to conduct themselves in a positive and proper manner throughout the games and ensure their behaviour is not detrimental, dangerous or disrespectful toward anyone involved in the games.

Should any player be found to consistently damage equipment, venue apparatuses or other associated materials, despite warnings, they shall be suspended from the competition and be required to pay for damages incurred.

2. Responsibilities of the Officials

Umpire

The umpire(s) are directly responsible for the games and ensuring the rules are adhered to. They are responsible for the safety of the players; and the timing and the conduct of the games. They have a duty to be respectful and considerate to all teams, act in an unbiased manner and ensure the game remains social and enjoyable for all involved.

Convenor

The convenor is responsible for the management of the games, teams, venue, equipment and administration. They will be present at all games to ensure that First Aid is administered, information is provided and that all players and officials are conducting themselves in an appropriate manner.

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3. Location

Unless otherwise indicated, all games will be played on GOLD COAST HOCKEY ASSOCIATION TURF at Musgrave Ave, Labrador.

4. Game Commencement

Teams should arrive 10 minutes prior to the commencement of their match to allow for smooth transition of games.

Any teams that are not ready to commence play with a minimum of 5 appropriate players (see Rule 5) 10 minutes after the umpire has signalled the game can start will incur a 0-6 loss.

Note that as this competition is social, the game may go ahead after 10 minutes; however the 0-6 loss will stand regardless of the actual score.

Teams toss for possession of the ball or choose ends. Team who wins toss, chooses either ball or end, at half time, the team who did not start with the ball will start with the ball on the 2nd half.

The ball may be pushed backwards or forwards however all members of both teams must be in their own half until the ball leaves the stick.

In all circumstances the game must finish at the scheduled time.

5. Number of Players

(a) Teams are allowed a maximum of 7 players (no goalkeeper) on the field;

(b) For mixed competitions, there must be a minimum of 2 females and a maximum of 4 males on the field at all times.

(c) Teams can have as many reserves as they like. Unlimited substitution from half way is allowed provided rules 5(a) and (b) are adhered to and the umpire is aware of and allows the substitution. All substitutions must take place within 3 meters of the halfway line. The substituted player must be off the field before the substitute can enter. The game will not be stopped for any substitution.

(d) Teams may commence games with five players provided rule 5(b) is satisfied.

(e) In the event that rule 5(a), (b) or (d) are broken and the umpire doesn't immediately notice, any goals scored by the offending team during this time shall be disallowed and a penalty goal will be awarded to the opposition.

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If the number of goals scored during this period is unknown then the offending team shall be deemed to have forfeited the match and the score recorded as a 0-6 loss. Should both teams agree to continue playing, this will be purely for social purposes.

It is the responsibility of individual teams and team captains to ensure that they maintain the appropriate number of players on the field in accordance with Rule 5. It is not the responsibility of the umpire.

6. Required Uniform and Jewellery

GCHA advises that players in a team should all wear the same colour t-shirt.

It is compulsory for all players to wear appropriate enclosed sports shoes.

No player can take the field with bare feet or while wearing jewellery of any kind.

Players should wear shin guards at all times and mouthguards are highly recommended.

7. Game Length

Games consist of 2 by 20 minute halves with a 3-minute half time break. Should rain force the cancellation of a game, then the result will be valid provided that a complete half has been played.

No time outs are allowed.

If a game commences late (and is not deemed a forfeit) then it still must finish at the scheduled time.

8. Hitting Rule

Hitting is not allowed by members of the teams by either sex. However, slap hitting and pushing will be allowed.

Slap Hit

Swinging of the stick no higher than knee height, with both hands apart on the stick (i.e. one hand on or near the top of the grip, and one hand toward the bottom). According to this rule, all other variations of the slap hit, where hands are together at the top of the stick, and the stick is run along the ground will be prohibited.

Pushes and drag pushes with the hands together on the stick will be allowed provided that the stick head does not leave the ball prior to it being propelled (i.e. no sound is heard on the ball), as this will constitute a hit.

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9. Dangerous/Raised Ball

The raised ball rule will be brought into line with the normal FIH Hockey Rules. Under this rule, the umpire shall determine whether a ball is played into a dangerous situation rather than a pre-defined height. In general play, if a ball is played at, or in the close proximity of, another player a penalty for high ball will be blown if the ball is raised higher than the height of the player's shin pad.

Shots on goal will be subject to a strict interpretation of the raised ball rule. Hence, any shot raised will likely be disallowed due to a high likelihood of danger, with the close proximity of players being of the greatest concern.

However, there will be no penalty for height breaches in general open play where no player is placed within danger. This being said, an overhead will be constituted by the ball being raised above shoulder height, and these will remain banned.

10. Scoring a Goal

A goal can be scored by an attacking player anywhere on the field

A Goal is Scored when the whole of the ball has passed over the goal line, between the goal posts whether on the ground or in the air.

11. Free hits

For all free hits the offending team must be at least 3 metres from the ball until the ball is 'hit'.

Long Corner Hit - When the ball has wholly crossed the goal line after being last touched by a player from the defending team, it is put back into play by a 'hit' by the attacking team from the corner on the side the ball went out.

12. The Playing and Goal Areas

The game shall be played on a half field from normal sideline to sideline. Normal sized Hockey goals will be used.

13. Other Rules

If the ball is hit or pushed over the sideline, it is played back in by the opposition placing it on the ground where it went out and directing it back into the field of play.

A delay of game penalty will be awarded if a player intentionally hits or pushes the ball away. In this instance the opposition's free hit is advanced 5 metres.

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Any time the blade of the stick is intentionally brought above the waist to make contact with another person, the offending player will be removed from the field and the team will not be allowed a substitute player.

There is no 'offside' in this competition.

The ball is Out of Play when (a) it has wholly crossed the sideline, goal line or backline, whether on the ground or in the air, or (b) when the game has been stopped by the umpire. The ball is in play at all other times.

A free hit is awarded to the opposing team if a player commits any of the following offences in a manner considered by the umpire to be careless, reckless or using excessive force: (a) hits, (b) trips, (c) jumps at, (d) charges, (e) strikes, (f) pushes. (g) holds, (h) spits, (i) deliberately handles the ball, or (j) tackles an opponent to gain possession of the ball.

Time Wasting is penalised by the award of a free hit from where the ball would have been played.

14. The Sin Bin

This competition is social. Any rough play, abusive language, bickering, inappropriate behaviour or challenge to the umpire's authority etc. will not be tolerated.

Inappropriate behaviour includes, but is not limited to, holding, hooking, interference, tripping, high sticking, and throwing the stick.

Rough play includes any act or omission that, in the umpire's opinion, places the safety of players at risk.

In most instances the following procedure will apply for the above infringements. Note however that the umpire is perfectly entitled to send off any player at any stage for any reason for any period of time if they feel it necessary to do so for player safety or their ability to effectively control the game:

First offence

Warning for an infringement of rough play, abusive language, bickering or dissent.

Second offence

Time of 5 minutes in the sin bin for a second infringement or a single incident that the umpire feels is sufficiently dangerous to warrant its award. No substitute player is allowed to replace a player who is sent off.

Third Offence

The player is sent off for the entire game and must leave the area immediately until the conclusion of the game. Should the player choose remain on the oval or on the sideline, their team will lose the game 0-10. This is awarded for a third infringement or a single incident that the umpire feels is sufficiently dangerous to warrant its award. Again no substitute player is allowed to replace a player who is sent off.

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15. Team Draws

It is the responsibility of the team captain and individual team members to read the draw. All correspondence will be forwarded via email to the team contacts and be available through the website.

16. Scorecards and Points

Umpires will keep score.

Team captains are required to sign the scorecard at the conclusion of the game to ratify the result.

Three points will be awarded for a win, no point for a loss and one point for a draw. Teams who lose by forfeit will receive negative 0 points and their opposition will receive 3 points. The result shall be recorded as 6-0.

Please note that the competition administrator reserves the right to ask a team to leave the competition, without refund, if they forfeit more than two games and do not provide a valid reason. In this instance, what is deemed 'valid' shall be at the sole discretion of the competition administrator/s.

17. Injury and Insurance

A player may call for 'time' due to an injury or illness, although the decision to stop play shall be at the sole discretion of the Umpire. The clock however does not stop. If a player is injured, it is their or their team mates responsibility to immediately inform the Umpire. The Umpire may stop the game at any time.

For a minor injury, the umpire should send the injured player or a bystander to the Hockey Sports Trainer for first aid treatment and to collect an Injury Report Form (this must be completed by the injured or another responsible person before they return to the field).

The Umpire can stop a game for any period of time to deal with an emergency.

For a medical emergency, the Umpire is to remain with the injured player and send somebody else to inform the Sports Trainer of the emergency.

During time for injury, all players must remain on the field unless involved in a substitution. In the event that a player is bleeding, they must leave the field and not return until the wound has been cleaned and all blood and blood stained items have been removed and covered. If necessary, the ball and field shall be cleaned before play resumes.

Many injuries that occur during officially sanctioned and managed GCHA activities are covered by our insurance policy. For further information regarding insurance please follow the link through the Hockey Queensland Website. Alternatively you can contact the Convenor on admin@goldcoasthockey.com or (07) 5571 2244.

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18. Protest

If a protest is to be lodged it should be done through the team captain to the Hockey Convenor immediately after the completion of the game.

19. Grievance and Disciplinary Procedures

Should any player, team or official conduct themselves in a manner that is deemed inappropriate, discriminatory, disrespectful or dangerous, then action will be taken by GCHA Officials and Management.

If you feel that a player, team or official has conducted themselves in this manner, you may lodge a formal complaint in writing in order to report the incident.

Discipline procedures are in place to ensure that action is taken against any player, team or official who has acted in an inappropriate manner. Any action(s) taken will be at the sole discretion of the GCHA Officials and Management