

# HERVEY BAY HOCKEY ASSOCIATION 2014

## 5-A-SIDE MODIFIED RULES

### TEAM FORMAT:

The team consists of a maximum of 5 players on the field. Interchange may occur at any time, from the halfway line with a maximum of 11 players per team.

### UMPIRING DUTIES:

All teams must provide an umpire for the time slot prior to or upon completion of their game each week.

### REGISTRATION FEE:

All players are required to pay a registration fee of \$15.00 prior to participating in the competition. If you register for the hockey season the \$15.00 will be deducted from your Season Registration Fee.

### GAME FEE:

Each player is required to pay a game fee of \$3.00 prior to the game commencing.

### GAMES:

The competition commences 6.00pm Friday 7<sup>th</sup> February 2014, games are played weekly each Friday night with the competition finishing Friday 7<sup>th</sup> March 2014.

### GAME DURATION:

Games run for 20 minutes with a 5 minute half time break.

### NO HITTING:

There is to be No Hitting of the hockey ball it must be pushed at all times. Small movement of the stick prior to contact with ball may be acceptable. Swinging action more than 300mm will be penalised. This will result in a **Penalty; free push to the opposition.**

### RAISED BALL:

The ball is not to be raised above knee height at any time. Normal dangerous play rules apply (no overheads). This will result in a **Penalty; free push to the opposition**

### PENALTY CORNER:

A penalty corner is to be played as '*power play*'. That is 3 defenders in defending half only until push is taken. Attacking player to start with ball at 1/2 way line with a free push. Unrestricted number of attackers in play. Play ends with a goal, an attempted shot at goal or ball is out of play or defenders gain possession of the ball and start controlled move forward in attack.

### PENALTY STROKES:

Penalty strokes are not awarded in 5-a-side.

### LONG CORNER:

A free push is taken by the attacking side from the side line on the half way line. There are no restrictions on the number of defensive players in the defensive half.

### GENERAL RULES OF PLAY APPLY:

In accordance with the Federation of International Hockey and the HBHA Inc by-laws and rules of play.

### GOAL SCORED:

A goal is deemed to have been scored when the ball passes completely over the goal line and is below knee height. A goal may be scored from anywhere in your attacking half. Two points are awarded when a goal is scored from inside the circle. One point is awarded when a goal is scored from outside of the circle.

### OFFSIDE RULE APPLIES:

When the ball is played from the defensive half into the attacking half, the receiver of the ball must have at least one player between him and his scoring goal. Once the ball is in your attacking half, no offside rule applies.

### UMPIRES ADJUDICATE:

The umpire's decision/s is final and non-negotiable. The umpire shall run the game in a manner that ensures the event fosters a good time for all.

DANGEROUS, ROUGH AND INTIMIDATING TYPE OF PLAY WILL NOT BE ALLOWED.  
REMEMBER THE SPIRIT OF THE GAME OF 5-A-SIDE IS TO ENCOURAGE ALL, AND HAVE **FUN**