



# HOCKEY RULES & REGULATIONS FOF 2022

## **HOCKEY RULES**

### **LADIES / GIRLS HOCKEY**

1. Age Category Open (14yrs and above)
2. 6 Aside
3. 3 Rolling substitutes
4. Kicking back Goalie (shirt color must be different from Team players)
5. Sheen pads / protective gear must be worn by players.
6. Team shirts should be of the same color.

### **MENS HOCKEY**

1. Age Category Open (14yrs and above)
2. 6 Aside
  - 3 players (14yrs. - 39 years)
  - 3 players (Over 40 years)
3. 3 Rolling substitutes
  - Can be of any age category but substituting player will only be done age wise.  
E.g. over 40yrs for Over 40yrs.
4. Kicking Back Goalie (Shirt color must be different from Team players)
5. Sheen pads / protective gear must be worn by players.
6. Team shirts should be of the same color.

### **BASIC RULES FOR BOTH MEN AND LADIES HOCKEY**

1. No hitting the Ball.
2. No Scooping the Ball.
3. Only Pushes of the ball will be allowed.
4. Goalie CANNOT kick or handle the ball out of the "D".
5. No Short Corners.
6. Long corners and outs will only be applicable depending on the field the game is being played on.
7. A "GOAL" is only counted if it hits the bottom boards of the Goal Post.

8. No penalties. In the case the referee has given a penalty, (an intentional foul in the "D") the ball will be placed in the center of the field. When the whistle is blown the player has 8 seconds to ENTER the "D" ONLY, and score versus the kicking back Goalie.
9. In the case of a draw in the Semis / Finals, the half-line run in of 8 seconds will apply. 3 team players shall be selected. If the draw still stands other members of the team shall be selected to a sudden death run in.
10. If an unintentional foul is given in the "D" the ball shall be placed out of the "D", the player will have to pass the ball 5mts to his team-mate before it enters the "D". No direct injection of the ball into the "D" area.
11. GREEN card (1 minute), YELLOW card (3 minutes), RED card (Player must leave the ground). If a respective card is issued the Player's penalty time will only start from the time he sits on the bench.
12. TIME of each game:
  - Round robin group stage 15 minutes straight
  - Semi-finals / Finals 20 minutes (10 min aside)
13. The tournament will be on a Round Robin Group stage, the Top 2 teams will move into the playoffs. In the case the teams draw on points, Goal difference, Goals for and Goals Against will apply.
14. Communities can form as many teams as they wish as long as it is based on the formation as above.
15. As per the FOF rule. The 3-community rule applies for the tournament to take place.
16. THE REFEREES DECISION IS FINAL.
17. The FIH rules will be applicable where necessary.

#### **CONVENOR: IAN REBELLO**

#### **PENALTIES:**

- No-Show Penalty Per Individual Per Sport.
- No-Show Penalty Per Team Per Sport.

An Event with Less than three (3) communities shall be cancelled. Subject to change without notice. Age As at 6th OF NOVEMBER 2022. For more information Contact your community representative.