

Hockey 5's

Where possible, two **umpires** control the game, working together; each is responsible for their same areas of control as in 11 a side.

Field and Boundaries

Hockey5s will be played with boundary boards to encourage continuous play.

If the ball is played over the boundary boards between the quarters, a free hit is awarded to the team who did not touch the ball last before it went out – taken in line with where the ball where the ball crossed over the boards and no more than 1 metre from the sideline.

If the ball crosses the boundary boards within a quarter and is last touched by the defending team, a free hit is awarded to the attacking team from the quarter line/marker in line with where the ball went out.

Free Hit

A player can choose to pass to a team-mate, or 'auto pass' to themselves.

11 a-side Procedures for taking a free hit apply (5m, overheads, auto etc.).

Challenge

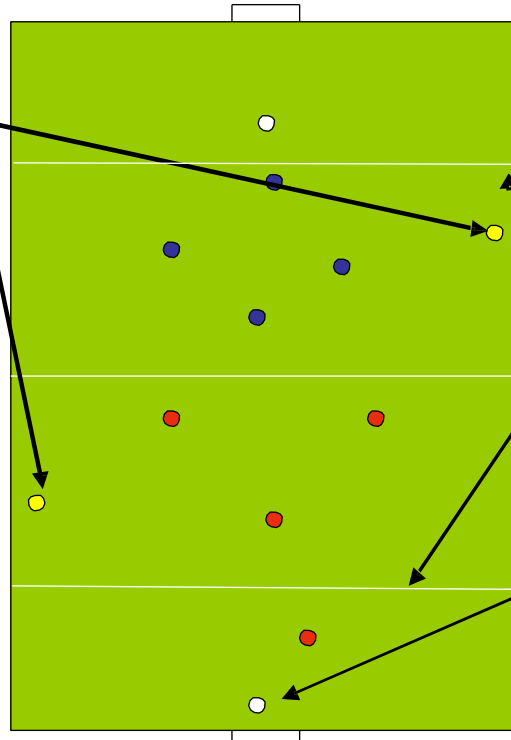
This is a 1v1 set play awarded to the attacking team following a serious breach by the defending team within the defensive quarter or serious player misconduct.

The player starts with the ball on the quarter line.

The goalkeeper must start on the goal line.

The Challenge starts on the umpire's whistle - the ball must travel 5m before a shot on goal is taken and there is no time limit.

All other players start from the halfway line and can return once play starts and provide help.



A game of **Hockey5s** is 3 periods of 12 mins, with 2 minutes between each of the periods. Hockey5s is played with 4 field players and a goalkeeper, the 4 players interchanging off the bench.

Substitutions are unlimited.

Quarter Lines/markers

Goalkeeper, a fully kitted GK is strongly recommended and should remain on the field at all times. A GK has full GK privileges within their teams defensive half of the field.

A 5th field player wearing a different coloured bib may be utilized in place of a GK, however, they are limited to their defensive half of the field and do not have GK privileges.

The 5th field player must return to half way with the rest of their team in the event a Challenge is awarded.

A **goal** can be scored from within a teams attacking 1/2 of the field.

Offside Players can play anywhere on the field, but goalkeepers/5th field player must stay in their half. A free hit from half way is awarded to the opposing team for an offside GK/5th field player.

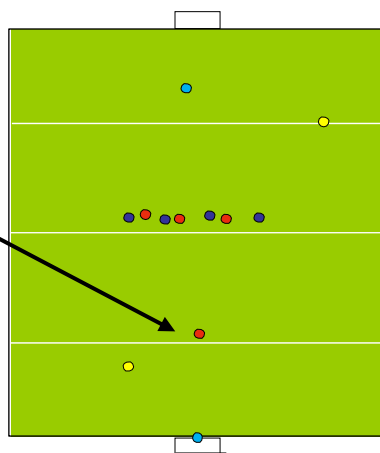
Most common fouls

Use of the feet or the rounded 'back' side of the stick.




Stick tackling or obstruction using the stick or body.

Dangerous play through use of the body or lifting the ball.

Players playing the ball within 5m of a free hit.



Discipline!

-  Green card 1 min suspension
-  Yellow card 2 min suspension
-  Red card Permanent suspension