



3-5 Hockey Small Sided Games Rules

General:

The more technical rules should be relaxed to allow play to proceed while skills are being learned. The rules that ensure safety should be vigorously applied at all times.

Equipment:

All players must have shin pads, mouth guard and a hockey stick.
Each team is to play with a Goalie wearing a complete Goalie kit.

Teams:

3-5 will play 7-a-side on a modified ½ field pitch. Teams will be capped at 10

Duration:

Games will start and end on the stadium buzzer.
Games will consist of 2 x 25 minute halves with a 5 minute half time break.

The Game:

- The Game is commenced by a push from the centre spot. Each team must be on their own goal side of the centre spot. After a goal, the team that conceded shall restart from the centre spot.
- A goal is scored when the ball passes over the opponents goal line between the goal posts after having been pushed by an attacking player
- Players are not permitted to:
 - Raise the stick above waist height
 - Hit the stick into an opponent
 - Play the ball with their hands or feet
 - Raise the ball above the knee
 - Intentionally use the back of the stick
 - Rough and dangerous play is not permitted and body contact must be avoided
- A free hit may be awarded to the opposition for any breach of the rules. At the time a free hit is taken no other player from either team may be within 3 meters of the ball
- When the ball is played over the back line by the attacking team, a free hit is awarded to the defending team 5m from the backline adjacent to where it crossed the line
- When the ball is played over the backline by the defending team, a free hit is awarded to the attacking team 5m from the backline adjacent to where it crossed the line
- All players and coaches are requested to shake hands/high five/ acknowledge the opposition and thank them for the game. And don't forget your umpires!
- Rotations/Subs can be made from the sideline
- Where these rules do not cover a situation that arises, the umpire shall give a decision bearing in mind the objectives and spirit of the game.