

Hockey 8s rules

For Premier teams, Mixed Social and Junior A

RULES

- One player must remain in attacking half. Penalty is a short corner.
- Short corners: 3 defenders v 5 attackers. Defenders involved in the corner can move once the ball is injected into play. Attackers involved in the corner and remaining defenders and attackers at half line cannot move over half line until the ball is moved from back line OVER the 25 metre line.
- Short corners: Penalty for breaking, loose one defender.
- Short corners: If the first shot at goal is a hit (as opposed to a push, flick or scoop), the ball must cross the goal-line at a height of not more than the height of the backboard
- Long corners. As per FIH rule along the 25 metre line.
- Penalty stroke: One on one. Attacker starts at 25, has 8 seconds to complete.
- Goal: Once a goal is scored, team to restart may restart whenever they are ready. They do not need to wait until players are onside or for the umpire's whistle.
- Free Hits: We will not enforce taking free hit from the correct place. An allowance of up to 8 metres from infringement. Must attempt to stop the ball before playing.
- High ball: Players may play the ball above shoulder height subject to danger considerations.
- Advantage play will be encouraged.
- Professional foul (Bad tackles, unfair play, umpire abuse) Penalty. Short corner and yellow card.
- Interchange to take place between 25's. Players must tap sticks.

While this is a H8 competition, if both captains agree, 9 players may take the field for each team.