

NBHC Senior Mixed 7-a-side Game Rules



Code of conduct.

- Players must conform to the Nelson Bay Hockey Club Code of Conduct.

Player Safety

- All players must wear mouth guards and shin pads (unless Mouthguard Indemnity Form submitted)
- Players are not permitted to wear hard brimmed caps and/or sunglasses, (unless prescription glasses)

Teams

- Teams may nominate up to 10 players.
- 7 players can be on the field at any one time – **must** include at least one female
- If a team does not include a female, the team may only field 6 players.
- Regular rotation of substitutes should take place

Age

- A player must be 12 years old by the 1st of Jan of the competition year. A younger player may apply to join the Senior comp if close to the age and consider themselves competent to play in a senior competition. This is done by submitting an Age Eligibility Grading Form - the NBHC Committee will consider the appeal.

Time

- There will be two 25-minute halves with 5 minutes half time.
- Games should start on time. Late starts may result in shortened games.

Rules of the Game

- The FIH Rules of Hockey (latest version) will form the basis of our games, with the following modifications agreed to:

Additional Rules of the game

- **No hitting** by any player. Players can only flick or push. No slap hits, NO BACKSWING at all is allowed.
- **Short corners:** -
 - **Defending a short corner will be by 4 players.** A goalkeeper may be in the goalmouth, and all others are to be positioned outside the goal opposite to where the corner is being taken.
 - **Attacking team are allowed 4 players**
 - All other attacking and defending players are to retire past halfway.
- **No raised shots on goal** except for penalty strokes.
- **Penalty Strokes:** -
 - against a team fielding a goalkeeper - the ball may be pushed or flicked to any height.
 - against a team not fielding a goalkeeper - a penalty goal is automatically awarded.

FAQ's:

- **Goalkeepers:** - must be fully kitted
- **Long corners** are taken from the quarter line, in line with where the ball passed over the back line
- **Free "hits" (pushes) in the attacking quarter:** -
 - are taken on the spot - the ball must travel 5 metres or be touched by another player before it can be played into the circle.
 - All players are required to be 5 metres from the ball. If the free hit is within 5 metres of the circle, then players who are inside the circle within 5 metres of the free hit may remain there and shadow inside the circle as long as they do not influence play until the ball has travelled 5 metres or been touched by a defending player who can legitimately play the ball.
- Players are permitted to raise the ball with a flick or a scoop, provided it is not dangerous.

Cancellations:

- If the fields are closed by Council (e.g. due to weather) a message will be posted on our NBHC webpage / Email / Facebook as soon as we are advised.
- Washed out games will not be replayed. All teams get 3 points.