

## NBHC Senior Mixed Game Rules



Our Competition is governed by the following documents and Local Rules:

- **The FIH Rules of Hockey** ([latest version](#)) will form the basis of our games, with some agreed modifications (below) to reflect the nature of our local Mixed Competition:
- **NBHC By-Laws**, ([latest version](#)) - in particular: -
  1. Code of Conduct
  3. a) Dangerous Play  
b) Senior Competition – minimum age  
d) Juniors playing in a Senior Team  
f) Uniform  
h) Registration Closing Date
  4. a) Captains' Responsibilities
  5. Finals Play – team positions, countbacks, player eligibility, drawn matches
  6. Guide for Umpires – player conduct, dangerous play, B&F points

- **Local Rule Modifications:**

### 1) Teams

- a. The Competition Co-ordinator(s) will allocate players to teams based on:
  - i. Player's requests
  - ii. Gender balance across all teams
  - iii. Player experience / skills balance across all teams.
  - iv. Adjustments to team lists should not occur after the second competition game
- b. 11 players can be on the field at any one time – **must include at least two (2) females (maximum 9 male players)**. This rule may be varied for special events such as Women's Masters weekend.
- c. If a team does not include two females, then those on-field positions will remain vacant (i.e. the team may have to play with less players)

### 2. Player Safety

- a. All players must wear mouth guards and shin pads (unless Mouthguard Indemnity Form submitted)
- b. Players are not permitted to wear hard brimmed caps and/or sunglasses
- c. Players are to obtain permission each season if they need to wear, for medical reasons, prescription glasses, mask, head gear or similar on the field. Protective equipment must comply with FIH rules.

### 3. Game Time

- a. There will be two 35-minute halves with 5 minutes half time.
- b. Games should start on time. Late starts may result in shortened games.

### 4. Penalty Corners

- a. Field defenders are encouraged to wear protective face-masks.

### 5. Point Score and Forfeits

- a. 3 win, 2 draw, 1 loss and 0 for a forfeit.
- b. If a team does not have 7 players, a forfeit will be called 5 minutes after the scheduled starting time.

### 6. Cancellations:

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