



2024 Summer Hockey 5-aside Rules

FIH Rules of Hockey apply with the following clarifications and additions:

1. Five (5) players per team are permitted on the field at any one time. There must be a minimum of three (3) players per team on the field for the game to commence.
2. For the Family Fives grade, there should be more U15s on the field than Adults, as the spirit of this grade is to support younger players playing with the family.
3. Games will be played on a 1/2 field. Black tubes will be placed on the centre sidelines, but not the baseline or opposite sideline.
4. If the ball goes over the baseline it is deemed out, and should be taken 11m from the baseline where it went out as a free hit (similar to a 16 yard free hit).
5. The sideline is out of play, whereas the black tubing is still in play.
6. Matches consist of two periods of 15 minutes, with 2 minute in between each period. Teams change ends at the end of each period.
7. Umpires will be provided. Games will start and finish on the umpire's whistle. In rare circumstances when an umpire allocation is not possible, the game will still go ahead in good spirit in accordance to the rules set out in this document.
8. A goal is scored when the ball is played completely over the goal-line and under the cross-bar. A goal can be scored from anywhere in the team's attacking half. A goal is worth 1 point regardless of where it was scored from.
9. There are no penalty corners in the game of Hockey 5's. Instead free hits are taken from halfway. (*See FIH Hockey 5 Rules*)
10. **No Hitting** - Players must have their hands apart (approx. 25cm) to **sweep**, **slap** or **push** the ball. The stick should start on the turf with a short follow through due to hands being apart.
11. Sticks are not to be raised or used in a dangerous manner, including lifting them over the heads of other players. In all cases the decision of the umpire is

FINAL.

12. The ball must **not** be raised above the knee; it must also be a controlled lift.

EXCEPTION: Only when there is a clear shot at goal with NO player in the way, causing no danger or evasive action, a player can lift the ball by pushing or flicking it into goal.

13. The ball may not be deliberately kicked. In many cases, when the ball touches a foot there is no infringement. Only when a clear advantage has been gained should the offending player be penalised. Deliberate kicking of the ball will be penalised.

Behaviour of Players

1. Safety of all players is paramount and no dangerous play will be tolerated.
2. There will be no intimidation of Female players by Males, or intimidation of Juniors by Adults.
3. Swearing on the field will not be tolerated.
4. Abuse and harassment of umpires will not be tolerated.

Umpires will manage the safety and behaviour of teams. Cards can and will be used for serious or dangerous actions.

Injuries

If a player sustains an injury, which causes bleeding, then that player must leave the field of play as soon as possible and shall not re-enter until the bleeding has ceased and the wound is adequately covered. Blood stained clothing must be replaced and equipment cleaned before re-entry to the field of play.

All injuries must be reported to WHA online through our website as soon as possible.

Online form link: <https://www.wellingtonhockey.org.nz/about/health-and-safety/injury>

General

1. The team organiser on behalf of ALL team members agrees to abide by the playing conditions and rules of this competition, as per registration form.
2. All players must wear mouthguards and shinpads.
3. It is the responsibility of the team organiser to record the results of each game through PlayHQ. This is required in Fast Fives, and recommended for Fun Fives and Family Fives.

4. Results of each game shall be recorded by the appointed Umpire and handed in to the organisers each evening. The Umpire shall record the number of goals scored by each team as well as the result of the game.
5. **Competition Points:** Points are awarded to the winning team, or to both teams in the event of a draw. Where possible Fast Five winners will be determined with a final - if the format allows for a final the winner will be the team that wins the final, or if there is no final the winner will be the team with the most number of points at the conclusion of the competition. Due to an emphasis on participation over competition, there will be no official winner or finals in the Fun Fives and Family Fives grade.

I.	Winning team	3 Points
II.	In the event of a draw	1 Point
III.	Default Win Recorded	3 Points

1. **Time Keeping:** Teams are required to be ready at their appointed time. Any team not ready to start (where the opposing team has a full number of players available) shall forfeit one goal per three minutes until such time as they have a full team on the field. Any team unable to take the field within ten (10) minutes of their scheduled start time shall forfeit the game and concede three (3) goals to the opposition.
2. **Code of Conduct:** All summer hockey competitions are run under the Wellington Hockey Code of Conduct. Wellington Hockey will have a **no tolerance policy** for the following: abuse of umpires; abuse of opposition players; aggressive behaviour on or off the field. Teams will be given one warning before the team is withdrawn from the competition; without refund of fees. In all cases the decision by Wellington Hockey shall be final.
3. **Draw:** Wellington Hockey reserves the right to make changes to the playing conditions or the draw for each category. Changes to the draw include allocation of dates and time slots or non-compliance with playing conditions or club rules. Wellington Hockey endeavours to give adequate notice of such changes to the teams affected. Such changes will be sent to the person named as team organiser. The team organiser is responsible for notification of individual team members. In all cases the decision by Wellington Hockey shall be final.
4. **Subbing:** Teams are allowed as many substitute players per game. Please ensure your player has left the field of play before the new player takes the field. ***Please sub from the side of the field not from behind the goal area.***
5. **Umpiring:** Umpires should umpire from the edges of the field, not the centre.
6. Wellington Hockey will not accept any liability or responsibility for injury, medical expenses, damage or loss of property occasioned by participation in this competition.