



# TWILIGHT HOCKEY

## *Adults Social Rules*

### **Who:**

- Social Hockey is for anyone looking to play hockey. No experience is needed. It's all about the fun. Mixed teams. This competition is five-a-side Social Open Grade.

### **Rules:**

- Normal FIH Hockey 5's rules apply with the following clarifications and additions;
- Games are non-stop 30 minutes and are played on a half turf.
- Teams can have as many players as they wish, with 5 players permitted to be on the field at any one time.
- 'Goalie Optional or 'No Goalie' to be confirmed for each venue in consultation with teams entered.
- A team may score anywhere on the field, including directly from a free hit.
  - Inside the 11m = 3 points
  - Outside the 11m = 1 point
- There are no penalty corners. Instead a free hit from the 11m area as marked on the turf.
- Pushing or aggressive behavior will not be allowed, nor will play deemed to be dangerous or likely to cause injury.
- Swearing on the field will not be allowed.
- No hitting. Players must have their hands apart to slap or push the ball (open pool)
  - hitting is permitted in field play but not at goal
  - no raised ball, i.e. flicking or overhead
- Competition points;  
Win = 3 points, Draw = 1 point, Loss = 0 points

### **Safety:**

Safety of players is vital to WHA while keeping an interesting game.

Further to this:

- (a) Players are recommended to wear mouth guards.
- (b) Players whose teams aren't currently playing must stay outside the fence area.

Please keep in mind that any grade is subject to the amount of registrations.

All teams will be informed of any significant changes before the start date.

**Any questions? Contact Wellington Hockey on competitions [@wellingtonhockey.org.nz](mailto:competitions@wellingtonhockey.org.nz)**

**[www.wellingtonhockey.org.nz](http://www.wellingtonhockey.org.nz)**