

Hockey Sixers Rules

The Court

- Hockey Sixers is played on smaller pitches, approximately half the size of a normal hockey pitch.

Duration of the Game

- 3 x 12-minute periods, with a 2-minute interval between periods.

Playing Numbers

- Hockey Sixers is Six (6) a side.
- No more than four (4) substitute players per team is recommended.
- Substitutions can take place at any time during the game or at the end of each period.
- Substitutions are to take place from the half way line on the side of the pitch.
- Minimum of two (2) players of each gender on the ground (per team) at all times in mixed competitions, unless an alternative is agreed by the team captains and facilitators.
- No Goalkeepers. Defenders are encouraged not to stand in front of the goal.

Uniform

- No uniform required, just wear comfortable sports clothing.
- Similar coloured tops are preferable if registered as a team.
- Bibs will be provided on the night by our Hockey Sixers Facilitators.

Scoring

- Any player can score from anywhere on the pitch.

Raised Balls

- Under all circumstances, the ball is not allowed to be raised above knee height.
- Regardless of the condition of play, the last person to touch the ball prior to it being raised above knee height will have a free hit awarded against them, unless an advantage can be played.

Over the barriers/Off the pitch

- If the ball travels up and over the barrier or off the pitch, a free hit is awarded against the team that touched the ball last.
- The free hit is to be taken 1m in field from where it went over the barriers/out of play, including the baseline
- If the ball travels over the baseline by any team, it is the defensive teams free unless the defensive team intentionally play the ball over the baseline. If this occurs;
 - o A 1v1 is awarded to the attacking team.

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Drills

- A drill occurs when a player taking a free hit tries to forcefully pass the ball through a defensive player (within their shoulder width), resulting in the ball either making dangerous contact with their stick or any other part of their body.
- Any player who performs a drill will have a free hit awarded against them.

30cm Rule

- In Hockey Sixers, players are not permitted to hit, slap or swing at the ball, only a push is permitted.
- Much like indoor, players are only allowed approximately 30cm of distance for the stick to move before making contact with the ball.
- If a player strikes the ball with a back swing longer than this, a free hit will be awarded to the opposition team.

Obstruction

- Players must not obstruct an opponent who is attempting to play the ball.
- Players obstruct if they:
 - o back into an opponent.
 - o physically interfere with the stick or body of an opponent.
 - o shield the ball from a legitimate tackle with their stick or any part of their body.

Tackling

- Players must not tackle unless in a position to play the ball without body contact.
- Reckless play, such as sliding tackles and other overly physical challenges by players, which take an opponent to ground and/or have the potential to cause injury will be penalised and may result in participants being asked to leave the game.

Use of Body

- Players must not stop, kick, propel, pick up, throw or carry the ball with any part of their body.
- Accidental use of the foot, hand or body is too be allowed. It is only an offence if;
 - o The player gains an advantage or if they position themselves with the intention of stopping the ball in this way.
- It is not an offence if the ball hits the hand holding the stick but would otherwise have hit the stick.

Taking a Free Hit

- For a free hit, a player can:
 - o Play on by dribbling the play or;
 - o Pass to a teammate
- Goals cannot be scored directly from a free hit
- The defensive player must be at least 5m away from the attacking player.

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No Goalkeepers

- In Hockey Sixers, there are no goalies! This means that everyone is free to move around their zone.
- Players however, are not permitted to intentionally stop the ball going into the goal with any part of their body.
- Only their stick is allowed to prevent a goal.
- Any deliberate use of body to prevent a goal being scored will result in a goal being awarded or a 1v1 being awarded.

1v1

- An attacking player starts approximately 15m from the goal and plays 1 v 1 against a defender (who must start a minimum of 5m from the attacker).

Starting the game

- Coin Toss with the winning team starting the game with the first centre pass.
- At a centre pass, all players start in their defensive half, with the midfield players of the opposition team, starting in their defensive half before the first pass.
- The centre pass must be backwards.
- Each time a goal is scored, the team conceding the goal shall re-start the game from the centre of the field, with a centre pass.
- Teams will change sides after each period and will alternate who starts each period.

Safety

- Hockey Sixers is a non-contact sport. Any intentional body contact is not allowed. Sticks should not be lifted above knee height at any time.

Equipment

- Players are responsible for bringing their own hockey stick and safety equipment (mouth guard & shin pads)
- Hockey Sixers organiser will provide the pitch equipment, hockey ball and bibs.

Additional Rules for Social Level Competitions and/or family competitions

- The pitch will be divided into 3 zones of equal size – Attack Zone, Midfield Zone & Defence Zone.
- There will be two (2) players from your team in each zone (Attack, Midfield, Defence).
- Only attackers in the Attack Zone are able to score.
- Players must remain a minimum of 1.5m from other players at all times.
- Tackling is not permitted in Hockey Sixers; players may only intercept the ball.
- Players must not be in possession of the ball for longer than 3 seconds at any one time. If a player is in possession of the ball for longer than 3 seconds, a free hit is awarded against them.
- A minimum of two participants aged 16 or under must be on the field at all times in the family competition.