



Summer 6 a-side Hockey Rules

- 1 Maximum of 12 players per team, 6 players on field at a time (rolling substitutions). Teams which are “mixed” are required to have at least “2” girls playing at one time.
- 2 Each team provides an umpire. (Team members can take turns.)
- 3 Normal rules of hockey apply except:
 - a. Game duration is 12 minutes each way with a 2 minute half-time. (If the game starts late, it must finish 4 minutes before the half hour/hour
 - b. Goalkeepers optional – if playing as a ‘keeper, player must wear a helmet – no kicking backs!
 - c. No long corners. (If ball is accidentally deflected over backline – game restarts with 16m hit to defensive team. Deliberately playing the ball over the back line results in a penalty corner to the attacking team.)
 - d. High balls which are potentially dangerous should be penalised.
- 4 Penalty corners, 5 defensive players behind goal-line, 1 outside half.
- 5 Mouth guards are compulsory and shin pads highly recommended.
- 6 Players must have clean sports footwear – no street shoes on the turf.