

## **THE RULES!**

### *The Game*

- a) 4 x 10 minute quarters.
- b) Ball is in play until referee blows whistle to stop play.
- c) "Goalies" area designated at end of each court. Only the goalie may use any body part to handle ball in the "D" area, (provided he is holding a polo hockey stick) but once outside the "D" the goalie must only use the stick.
- d) You may enter your own teams goalie area but may not enter your opposition goal area at anytime.
- e) This play includes a striker who is completing a shot inside the area. If scored, the goal will not count and a penalty awarded.
- f) Goal keepers and Players can be interchanged at quarter time only unless an injury occurs.
- g) After each score, the ball is returned to the centre circle where play will resume.
- h) The goalkeeper may only go up to as far as the first third.
- i) Players in general – Players may only use the stick to bunt the ball around the court to score goals, the stick is not allowed to be raised above **waist height**.

### **Team Size**

The team consists of 5 players on the court plus interchange players, Mixed teams must have in the field of play 2 females at all times. Teams must have four players to take the court.

### **Preliminaries**

Before the start of the match, the referee supervises the toss. The winner of the toss has the option as to whether to stick-off first, or which end to take. The other team has the unchosen option.

### **Scoring**

- When the ball passes over the goal line, and through the face of the goal, it is deemed to have scored. This is determined by the umpire.
- Balls must be batted into the goal.
- If ball deflects off a defenders body into the goal, it counts as a goal (own goal).
- If ball deflects off an attackers body it does not count as a goal.

### **Penalties**

- a) It is the prime responsibility of the players and the referee to ensure that physical contact is kept to a minimum. (No shoulder charging or raised sticks).
- b) If a foul is committed, the referee will award a free shot.
- c) All players must be at least 2 metres away from the ball when the penalty is taken, apart from the player taking the shot and his team.
- d) Players other than the goalie must only use the stick to strike the ball.

- e) Players in control of the ball may only be contested by front or the side.
- f) No playing of the ball when player is not in a standing position.
- g) Penalties are to be taken from where the penalty occurred.
- h) No player is allowed to deliberately hang onto or push off the net.
- i) No player is allowed to raise the stick above waist height. This will be penalized as dangerous play.
- j) **Goalies also can't throw ball over half way; the ball automatically goes to the centre circle.**
- k) Points penalties apply at discretion of umpire from – 1 per infringement; for each uniform discrepancy (up to 3 players in which equals 3 goals); swearing, abusive language/behaviour will not be tolerated.
- l) Any free shot for infringement of the goalies area is to be taken at least 2 metres out from the goal circle, in a direct line back from the point of infringement and much touch at least 2 attacking players before the goal is scored. (Indirect)
- m) In addition to the above penalties, the umpire may send a player to the “sin bin” for 2 minutes.
- n) Card system:-
  - 1 yellow card = 2 minutes in sin bin
  - 1 red card = 1 game suspension and off for rest of the game that night.
- o) Once the goalie has control, he has five seconds to get rid of the ball. It must leave the area and cannot be taken back into the goal area by any player until it has traveled over the third line or been touched over the third line or been touched by an oppositions player. (Penalty will be the ball returns to center circle).

### **Drop Ball**

When in the judgement of the referee, the ball cannot be advanced by wither team, he may declare a drop ball between 2 opposing players. The drop ball will take place within 2 metres of the dead ball situation.

### POINTS

Win = 4 points

**Draw = 3 points**

**Loss = 2 points**

**Bonus = 1 per skin**