



IFT Hockey Rules 2018

Normal rules of hockey apply in addition to and/or including the following:

Teams:

- Six players per team – three female and three male players must be on the field at all times with a maximum of 10 players used per game.
- Substitutions are rolling/unlimited and are performed from each team's backline.
- There are no fully kitted goalkeepers – each team may have a field player with goalkeeping privileges (may kick inside circle) and they must be wearing a bib.

Field of Play:

- Games are played on half a standard hockey field with a divider between the two fields.
- The ball is out of play when it passes completely over the sideline or backline.
- The ball is not out if it hits the centre divider.
- 16-yard hits are to be taken from within the circle.
- Long corners are to be taken from approximately two metres back from the top of the circle, in line with where the ball went out of play.

Gameplay and Results:

- Normal Penalty corner rules will not apply. Instead a free hit will be awarded to the attacking team 5m from the circle and must travel 5m before entering the circle. 4 defenders will remain in the circle – the remaining two must retreat to halfway.
- From a free hit, the ball must not be played into the circle until it has travelled at least 5 metres or has been touched by any player other than the player taking the hit. All players must be 5 metres from the player taking the ball. The ball can be played from where the infringement occurred ie the edge of the circle but it must travel 5 metres before entering the circle
- Each match consists of two periods of 12 minutes, with a two minute halftime.
- **Goals can only be scored if the ball hits the backboard** within the goal (i.e. the goal does not count if it hits the netting).
- Standings Points: Win = 4, Draw = 2, Loss = 0.
- In the case of a draw in a Finals game, an extra period of up to five minutes will be played.
 - If scores are still tied at the end of the five minute period, an extra 'golden goal' period of five minutes will be played, with the first team to score a single goal declared the winner.
 - If there are no goals scored during the 'golden goal' period, the team who scored the first goal of the match will be declared the winner.

Conduct of Play – Players:

- There is to be **no hitting of the ball** – pushing only.
- Players can lift the ball up to knee height provided it is in a controlled manner and not deemed dangerous by the referee.

Uniform and Equipment:

- All players **must** wear a mouth guard, shin guards and black shorts.
- No watches or jewellery are to be worn during games.
- Appropriate footwear must be worn at all times.