



IFC Hockey Rules

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

Teams:

1. 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.
2. Substitutions are rolling/unlimited and are performed from each team's backline.
3. 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:

1. Games are played on half a standard hockey field with a divider between the two fields.
2. The ball is out of play when it passes completely over the sideline or backline.
3. The ball is not out if it hits the centre divider.
4. 16-yard hits are to be taken from within the circle.
5. 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:

1. 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.
2. 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
3. Each match consists of two periods of 12 minutes, with a two minute halftime.
4. **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).
5. In the case of a draw in a Finals game, an extra period of up to five minutes will be played.

- a. 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.
 - b. 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.
6. In the case of a default, the non-offending team will be recorded as winning 5-0.

Conduct of Play – Players:

1. There is to be **no hitting of the ball** – pushing only.
2. 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:

1. All players **must** wear a mouth guard and shin guards.
2. Appropriate footwear must be worn at all times – no metal studs or bare feet.
3. All players must wear black shorts. IFC multisport shirts will be provided and must be returned.
4. In the case of a default, the non-offending team will be recorded as winning 5-0.

Standard IFC rules are as follows:

- Competition points: Win = 3 points, Draw = 1 point, Loss = 0 points.
- Final placings from 1st to 8th must be determined.
- No watches, earrings, rings or other jewellery are allowed to be worn during play.
- No person may take part in any match if they reveal any evidence of bleeding. If any person within the field of play shows any evidence of bleeding or exposure of an open wound that is likely to bleed or otherwise discharge body fluid they must leave the field of play without delay.