

TRI-CITY EAGLES FIELD HOCKEY CLUB



~~~~~

## Mini House League Rules

- " 9 aside with a goalie
- " Unlimited substitution but players must sub at centre of the field
- " All players must wear mouthguards and shinguards
- " Shirts must be tucked into shorts and socks pulled up
- " Ball can only be hit with the flat side of the stick
- " Emphasis is on pushing, not hitting. Slap hitting is okay
- " Ball cannot be played with the feet, the hand or any part of the body
- " No first time hitting. Ball must be stopped before being hit or pushed.
- " Sticks are to be kept well below shoulder height . A stick does not have to be shoulder height to be dangerous!
- " No body checking
- " No stick checking, especially when tackling the player with the ball. Encourage players to tackle ( play ) on the ball
- " The ball may not be raised or lifted into another player.
- " There is no offside.
- " A goal is scored when the ball fully crosses the goal line.
- " No obstruction. A player cannot obstruct if she is stationary, no matter which way she is facing; she must move into a position to obstruct and the obstructed player must actively be trying to play the ball. A player can turn away from a tackler so long as the ball is held in front , and the player moves away from the tackler.
- " When a foul occurs a free hit is taken from the spot where the foul occurred. The defenders must be 5 metres away from the free push. Please encourage players to push or slap hit the ball rather than hit it.
- " To avoid overcrowding , umpires have been directed to give a free push if a team is bunching. The team penalized will be the team with the most shirts in the area.
- " From 10 yard line to 10 yard line all the above fouls are called.
- " Players can only attempt a push on goal when they are inside the 10 yard line. A ball sent in from outside the 10 and crossing the endline results in a 10 yard free push for the defenders. The push is taken from the 10 yard line in the same spot that it crossed the endline.
- " Free push inside the 10? All players must be 5 metres from the ball.
- " Foul within 5 metres of the goal? Ball must be backed up so that the free push is taken no closer than 5 metres of the goal. Defending team may have two players and the goalie to defend on the push. Everyone else must be 5 metres away.
- " Ball sent over the endline by a defender or the goalie? Long Corner (ball put into play from a spot on the sideline 5 metres up from the corner ) given on the side of the goal the ball exited the field.
- " Ball is sent over the endline by the attackers? 10 yard hit given to the defenders.

~~~~~