

HOCKEY for Fun Friendship & Fitness

MASTERS SIX-A-SIDE COMPETITION

*This competition is organised for new, past and present players to keep fit, to have fun and to enjoy the friendship of other players. It will help new players to gain more hockey experiences and to introduce (or re-introduce) new and past players to the game.

*It is a SOCIAL COMPETITION and points will be awarded throughout the competition concluding in a “mystery/novelty” presentation at the end. Games will be played on a half field.

*We aim to run a WOMEN’S ONLY comp as well as a MIXED competition, depending on numbers.

*Players will nominate to play and will then be placed into teams by the committee. Teams will be graded according to ability and experience.

*Players in this competition should be 35 years or older as at 1/1/2011. Please contact the organisers for special permission if required.

This competition should be played for fun with good sportsmanship displayed at all times.

RULES

General Rules

1. A maximum of 9 players per team and no more than 6 players on the field at any time.
2. In a mixed side no more than 3 men can be on the field at the same time.
3. No player may score more than 3 goals in a game.
4. A game shall consist of two (2) twenty-five (25) minute halves with a five (5) minute break at half time.
5. If a team fails to notify of forfeiting within a reasonable time before the game is to be played, they will be charged a fee.
6. Players who are NOT current members of the BHC or FNCHA must pay a registration fee to cover costs of insurance and administration. This will also give them social membership to the BHC.
ALL PLAYERS MUST BE REGISTERED before they will be allowed to take the field.
7. Cost per game is \$5 per person to be paid prior to taking the field every week.
8. All players must wear shin pads and mouthguards during play.

General Play

1. **You can only push the ball** – NO hitting, slap hitting, jinking or flicking the ball.
2. **The ball cannot be raised above ankle height** – no flicking, scooping or jinking the ball in general play or when shooting for goal. **The ball cannot leave the ground.**
3. A push shall be taken one (1) metre in from the sideline to restart play after the ball has crossed the sideline.
4. Free passes shall be awarded and taken as per the current hockey rules.
(ie. When taking a free pass the opposition must be 5 metres away but team members may be closer except within 5 metres of the circle. Free passes may be taken on the run.
When within 5 metres of the circle the ball cannot be passed directly into the circle. If you self play you must run the ball 5 metres before passing the ball.)
5. **When the ball passes over the back line unintentionally** it is the defenders push, no matter which team had possession at the time. The defender must restart play with a push from within the circle.
When the ball is pushed over the back line intentionally by a defender a penalty corner is awarded.
6. **A penalty corner** – the **defending team** is allowed 4 players to defend a penalty corner. They must have 3 players beside the goal box on the opposite side to the attacking team taking the corner and only one player in the goal box.
The **attacking team** must pass the ball outside the circle before passing it back into the circle for a push at goal.
7. The umpire’s decision will be final and must be respected and obeyed at all times.