



NORTH HARBOUR HOCKEY UMPIRING

USEFUL RULES GUIDE FOR UMPIRES



**YOUR OWN RULE
REMINDER
RESOURCE**

PLAYING THE GAME

Teams consist of a maximum of 11 players on the field per team, which may include a goalkeeper.

Substitutions:

Option 1. A maximum of 5 substitute players are permitted on the bench for a total of 16 players on a match card

Option 2. maximum of 7 substitute players with an extra goalkeeper for 18 players on the match card.

Substitutions may take place at any time during the game except during a penalty corner (see penalty corner rules). Substitutions take place at half way and time is not stopped for a substitution, other than for a goalkeeper substitution.

Each team must nominate a player as captain. Captains are responsible for managing team conduct on the field.

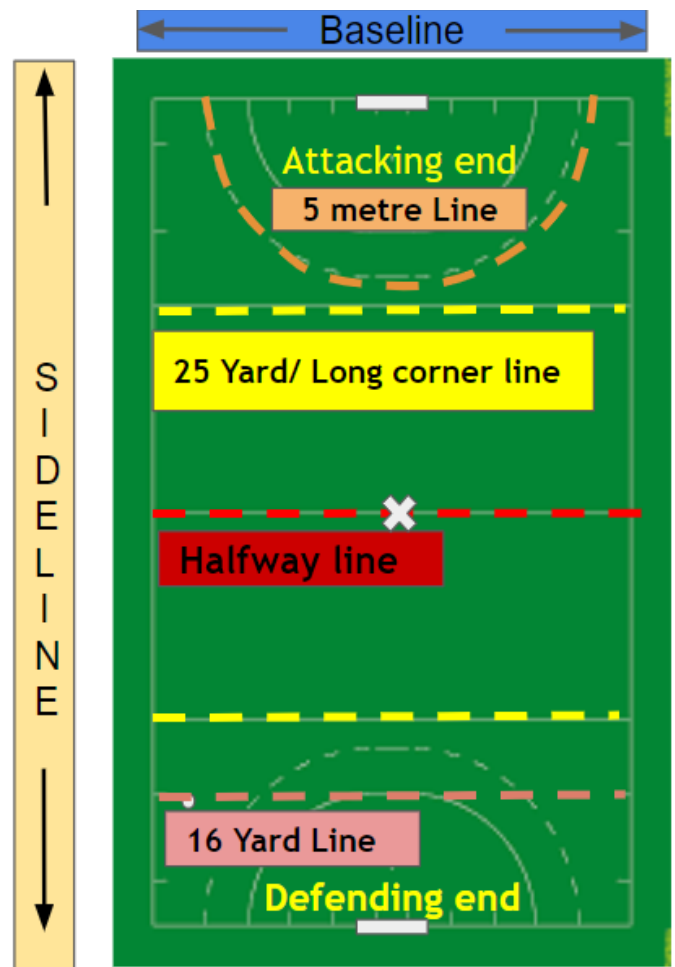
THE FIELD OF PLAY

Let's clarify the important markings on the field & what they're used for.

The ball is deemed 'out' only when the **whole** ball crosses the sideline or backline.

The game starts in the middle of the **halfway line**.

A goal is scored when the ball is played by an attacking player inside the circle, and the **whole** ball crosses the goal line.



A **sideline hit** occurs when the whole ball crosses the sideline. A player of the team who did not touch the ball last plays the ball from where the ball crossed the line.

A **16 yard line hit** occurs when the ball crosses the baseline and was last touched by an attacking player. A player from the defending team takes a hit in line with both the **16 yard/ 15 metre marks** (marked on the sideline and in line with the top of the circle) and where the ball crossed the baseline.

A **long corner hit** occurs when the ball crosses the backline and was last touched by a defender. An attacker takes a free hit on the **23 metre/ 25 yard** line and in line with where the ball crossed the baseline.

GOALKEEPERS

Goalkeepers can only take play in their own defensive 23 metre area (unless taking a penalty stroke).

They must wear protective headgear at all times.

Inside the circle:

They are permitted to use their pads and body to deflect the ball and defend their goal, but they are not allowed to lie on the ball.

Outside the circle:

They may only use their stick.



MATCH & RESULT

At North Harbour, games consist of;

- 4 x 17 minute quarters
- 2 minutes break after the first and third quarters (quarter time),
- 5 minute break after the second quarter (half time).

Coin toss:

Prior to the start of a match a coin toss is done between captains. The winning captain can choose either;

1. The direction of play for the first 2 quarters,
2. Possession of the ball at the start of the first 2 quarters.



CONDUCT OF PLAY

SAFETY FIRST:

*One of the fundamentals of umpiring is to keep the game safe,. Player safety is paramount and **dangerous play** should be whistled quickly.*

What is Dangerous Play?

A ball is considered 'dangerous' when it causes players to take legitimate evasive action, i.e. it would have hit them had they not moved.

- *Players must not lift their stick over the heads of other players.*
- *Dangerous play with the body or stick handling or interfering with other players must be dealt with.*

Ball & Stick Height:

Players may play the ball only with the flat, front side of the stick and can't play the ball with the back of the stick.

Players can play the ball at any height, including stick above their shoulders, **BUT IT IS SUBJECT TO DANGER.** Players must not play the ball dangerously or in a way that leads to danger.

- *Watch for reverse stick shots that 'bobble' upwards as these are often due to the back of the stick connecting with the ball.*

A penalty is given to the team causing danger and the free hit for danger is taken at the spot of the danger.

CONDUCT OF PLAY

Raised Ball Scenarios:

Players are permitted to raise the ball with a flick or scoop, **subject to danger**. If the ball is raised within 5 metres of an opponent, this is **considered dangerous**.

- *Players must not approach within 5 metres of an opponent receiving a raised ball until it has been received and controlled on the ground.*
- *The initial receiver has the right to receive the lifted ball. If it is not clear who the receiver is, the team that lifted the ball must let the other team receive the ball safely.*
- *The ball hitting a hand holding the stick is not an offence, as the ball would have otherwise hit the stick.*

Obstruction:

Players can't obstruct an opponent from playing the ball.

Obstruction looks like;

- *Backing into a player*
- *Interfering with the player with their stick or body*
- *Shielding the ball with their stick or body*

Tackling:

Players can't tackle unless in a position to play the ball without body contact. Dangerous, physical tackles are not allowed and must be penalised harshly.

PENALTIES; FREE HITS

What is a penalty?

A penalty is awarded only when a player has been disadvantaged by an opponent breaching the rules.

Free hits are awarded to the opposing team as a response to the penalty if the offence is outside the circle. It may be accompanied by personal penalties (cards) if the offence warrants it.

- Free hits are taken close to the spot of the offence (within playing distance and not creating an advantage).
- More precision is required inside the 23 metre area.
- Free hits must be stationary when taken, and opponents must be 5 metres from the ball. If within 5 metres, they can't interfere with the taking of the free hit or attempt to play the ball.
- **Free hits to the defence within 15m of the baseline** are taken anywhere up to the top of the circle (15 metres) in line with where they crossed the backline. Free hits to the defence in the circle can be taken anywhere in the circle.
- **Free hits to the attack inside the 23m area**, all players must be 5 metres from the ball, and the ball must travel 5 metres or be touched by the defending team before it may enter the circle.



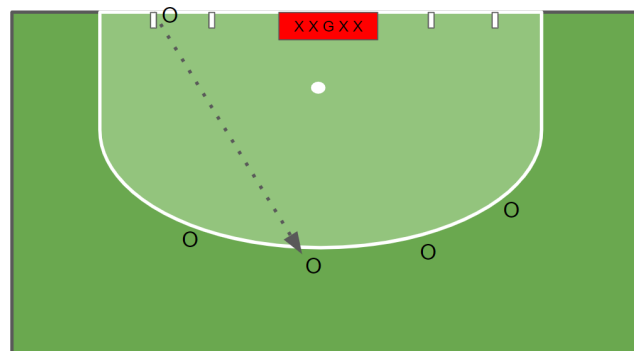
PENALTIES; PENALTY CORNERS

Penalty corners (PC'S) are awarded for:

1. Technical offences **inside the circle** that would otherwise be a free hit outside the circle).
2. If a defender intentionally plays the ball over the baseline
3. For an intentional offence outside the circle but within the 23m area.

Attacking Rules:

PC's are taken on the baseline inside the circle at least 10m from the goal post (marked on baseline). It begins by an attacker playing the ball to their team who must be outside the circle.



- If an attacker crosses the circle line before the penalty corner starts the player taking the penalty corner (the 'injector') has to go back to halfway.
- The ball must travel outside the circle for a goal to be scored
- Once the attacker plays the ball to start the penalty corner, he may not touch it again until it has been played by another player (self pass not permitted).
- The first shot at goal is a hit it must cross the goal line below the backboard height

What about deflections?

A deflection becomes the second shot and so may raise the ball to score a goal, as long as the initial shot would not have crossed the goal line above backboard height.

A penalty corner is completed when any of the below occur;

- A goal is scored
- Free hit to the defence is awarded
- The ball travels more than 5 metres outside the circle
- The ball is played over the backline (unintentionally from the defence) or a penalty stroke is awarded

PENALTIES; PENALTY CORNERS

Defending Rules:

There are 5 defenders in the goal, including the goalkeeper, who all must remain behind the goal line until the PC is started.



The other defenders must be behind the halfway line.

- If a defender breaks the goal line before the penalty corner is taken, the offending player goes back to halfway and can't be replaced. If the goalkeeper breaks, a defender is nominated to go back to halfway in their place.
- The penalty corner is over and the first shot rule abandoned if the ball travels more than 5 metres from the circle.

Remember:

If a penalty corner is awarded, or an infringement leading to the awarding of a penalty corner (or penalty stroke), before the end of a quarter, the penalty corner (or penalty stroke) is completed even if quarter time has expired.



The quarter is then over once the penalty corner (or penalty stroke) is completed.

PENALTIES; PENALTY STROKES

Penalty strokes are awarded for:

- An offence by a defender that stops the scoring of a probable goal



- For an intentional offence in the circle against an attacker who has possession or the opportunity to play the ball in the circle.

Penalty strokes are taken from the penalty spot in front of the goal. All players other than the stroke taker and the defending goalkeeper must be outside the 23 metre area.



PENALTY STROKES

Penalty Stroke Rules:

1. The player must stand behind the ball and within playing distance of the ball before beginning the stroke.
 - *If the goalkeeper moves before the ball is played, the stroke is retaken.*
2. The goalkeeper must stand with both feet on the goal line and can't move from the goal line until the ball has been played.
 - *If the stroke is taken before the whistle is blown and a goal is scored, the stroke is retaken.*
3. The whistle is blown to start the stroke, the ball may not be played prior to the whistle.
 - They may not "hit" the ball from a stroke.
4. The player may only play the ball once, and must push, flick or scoop the ball to any height.
 - If a goal is not scored, a free hit to the defence is awarded.

