



7-A-Side Mixed & Ladies Summer Hockey Rules & Regulations

- The team composition is a minimum of 7 players. Mixed teams to have a maximum of 4 males on the field at any one time. Players must be 14 years and above.
- Games are played over a half field. All games will begin on the hooter. Teams must be ready to play before their start time. Games will be 30 minutes in one direction. The hooter will also end the game. Goals scored after the hooter will not count.
- Goals can be scored from anywhere in the attacking half. You score **2 points** for a goal scored inside the circle and **1 point** for outside the circle.
- In all competitions, there is **NO** direct hitting or “sweep hitting” by any player. The ball also **cannot be lifted**. Regarding the no lifting rule, this is clarified to nothing higher than backboard/shin pad height - so the little flick over the opponent’s stick is ok and everything above that is not.
- No side-line hit-ins. Teams are to use the boundary boards to deflect the ball. If the ball goes over the boundary board, then the team that was the last to not touch it takes a ‘free push” 1 meter inside where it went out.
- There are to be **NO** Goalkeepers. There are to be **NO** kicking fullbacks.
- **No Penalty Corners** – Power Play will be played out for penalties won inside the circle. Please see appendix 1 for rules on Power Play. Power plays have been introduced to create an open style of play.
- Winning team to complete the Play HQ scorecard.
- General hockey rules apply.
- **Team Uniforms are required.**
- **To enable teams to be fairly graded you must complete the online entry form in its entirety. Missing details may result in teams being placed incorrectly. There will be NO recourse to change the grade if the form is incomplete/incorrect. Teams must register a minimum of 7 players**
- Full player details may be required for the North Harbour Hockey database. Entry forms must be completed in their entirety, if not and they have to be sent back, you will lose your place in the queue.
- Teams must supply an email address as all correspondence is sent out via e-mail. All draws and points tables will be on the website www.harbourhockey.org.nz.
- Cancellations will be via the Harbour Hockey App, and Facebook and posted on the website by 5 pm.
- SH Competitions Terms and Conditions – see appendix 1

Appendix 1:

Power Play (instead of PCs)

- Safety is the primary concern,
- As this is open play, no additional protective equipment (e.g. facemasks) will be required,
- Power plays will run as a 4 (attacking) on 3 (defending) open play,
 - 3 defenders start in their defending goal
 - 1 injector starts on the circle/baseline edge (pushing to the other attackers at halfway),
 - 3 attackers start on the halfway
 - The rest of the players (attacking and defending) are to start at the other circle's baseline.
 - ALL players can ONLY move once the ball has been injected.
- The **ball must be pushed out to halfway before attackers can score**,
- Power plays are to be set up and executed swiftly so that we can maximize game time.

Please see the below image for reference. This can also be found on our website.

