



Sutherland Shire Women's Hockey Association

Seven's Division Hockey.

A player & parent guide to the Rules.



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Origin - March 2003
Update - Dec 2004



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1 Purpose of this document.

This document has been written to give Tartan Sevens Division hockey players a basic understanding of umpire's signals and the necessary actions to be carried out as a consequence of these signals.

An understanding of why the umpire made the decision and hence gave a signal will be covered in later documents.

This document is based on the current FIH rules and Sutherland Hockey Associations interpretation of the rule for Seven Division hockey players.

Under the Section heading, reference is made to the associated FIH rule.



2 FIELD OF PLAY

(Based on FIH Rule 1)

Sevens players use a half size field.

It has goal circles at both ends with sideline and backline marking.

It has no other standard hockey field marking are used.

3 TEAMS

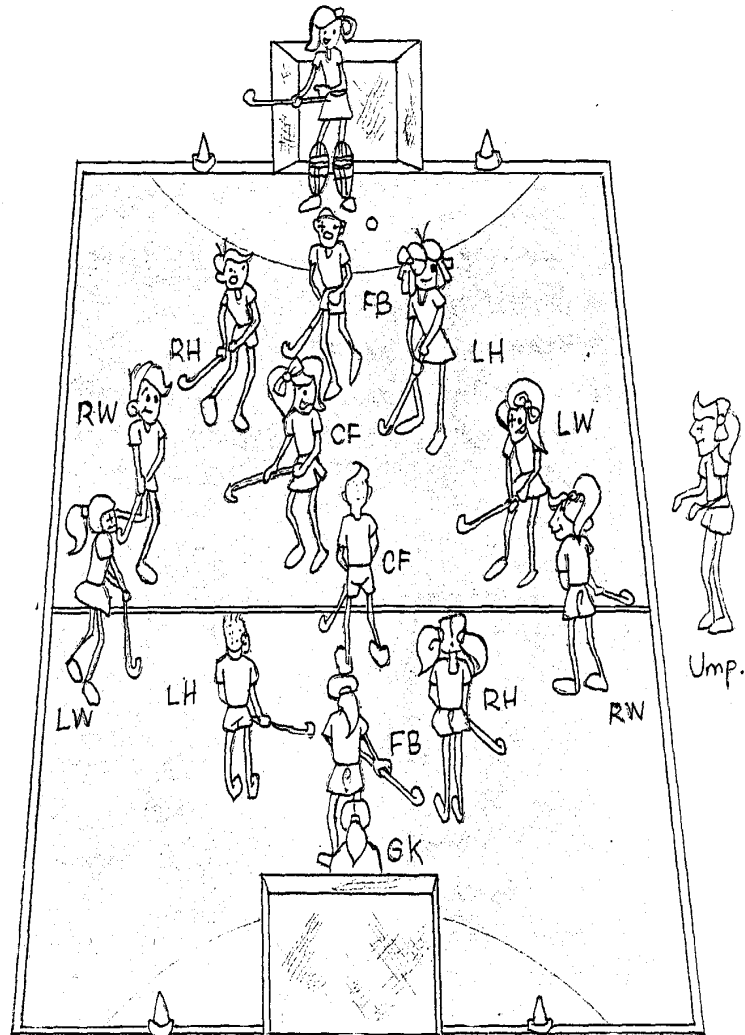
(Based on FIH Rule 2)

A Seven Division team consist of seven players.

One player must be a goalkeeper.

The other player positions are

- Right & Left wing
- Centre forward
- Right & Left Halves
- Full Back



In 7A Division where hitting is permitted, the goalie must be equipped with helmet, facemask, chest plate, pads and kickers.

In 7B Division where only pushing is permitted the goalie should be equipped with at least kickers and pads.

Unlimited substitutes are permitted.

Hitting is permitted in 7A Division but not in 7B Division. In 7B Division only pushing is allowed.



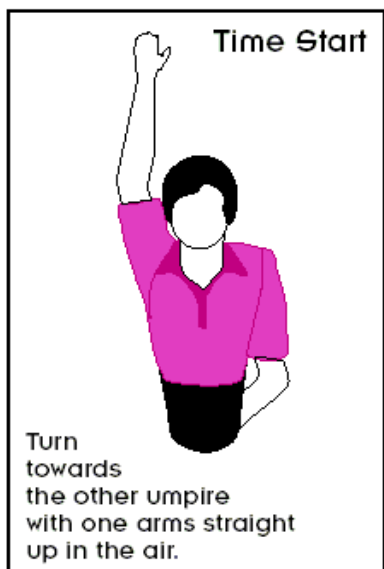
4 DURATION OF GAME

(Based on FIH Rule 5)

Sevens hockey is played in 2 x 20 minute halves with 5 to 10 minute half time.

The game starts with the umpire's signal and whistle.

Usually one junior umpire controls the game.





5 TO START & RE-START THE GAME

5.1 Centre pass

(Based on FIH Rule 6)

- ❑ Play commences from the centre of the field
- ❑ The centre pass can be made in any direction; all other players must be on their side of the field
- ❑ The player taking the centre pass can be in either side of the half way line.

5.2 Centre pass & putting the ball back into play

(Based on FIH Rule 6)

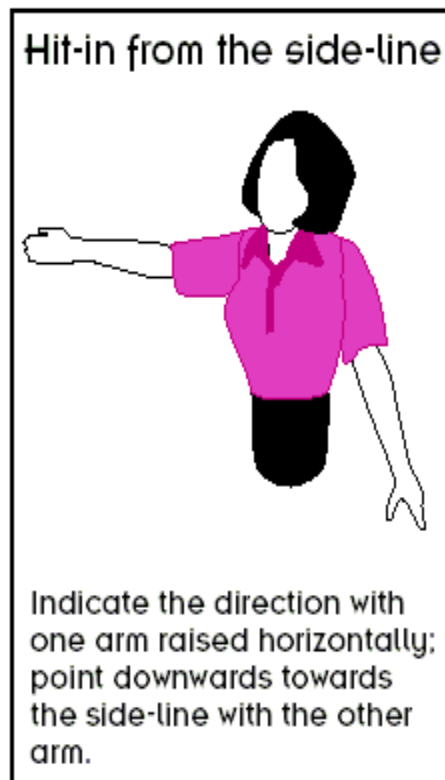
- ❑ Opponents must be 5m or more from ball
- ❑ Must move at least 1 metre
- ❑ The player taking the centre pass can't approach or re-hit the ball until it has been played by another player



5.3 Ball outside the field

5.3.1 Over the side-line

(Based on FIH Rule 7)

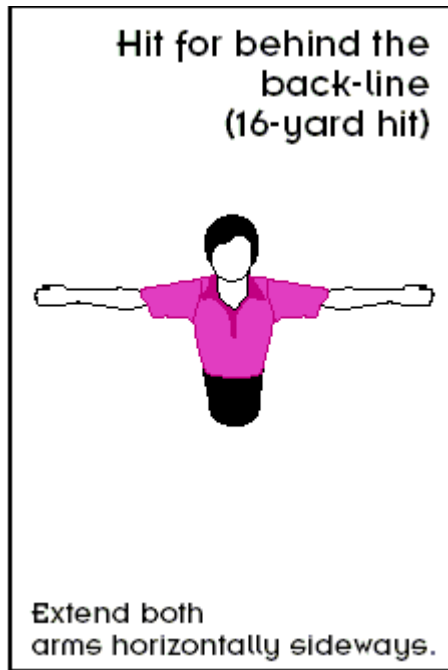


- Taken on sideline close to where the ball went out
- Player playing the ball can be inside/outside the line
- Umpire's raised hand points in the attacking direction of the team to take the free hit and to the sideline where the ball went out.
- Taken by the team who did not hit out.



5.3.2 Over the back-line: (by attack)

(Based on FIH Rule 7)

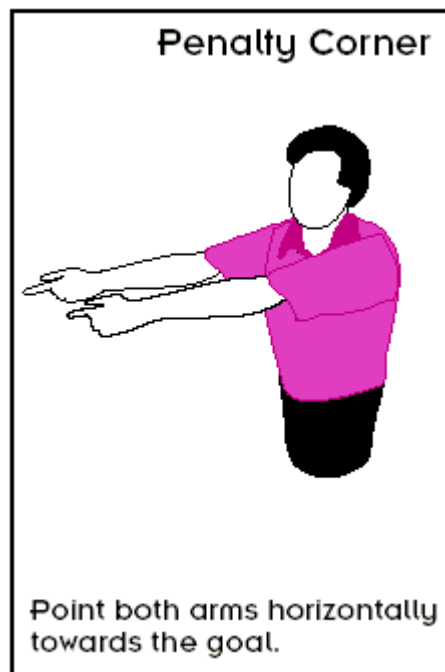


- If an attacking player plays the ball over the back line a hit (or push in 7B) is taken by defending team from the top of the circle.

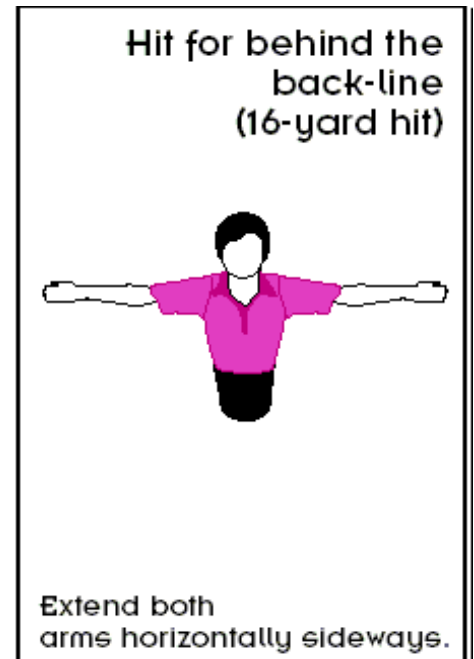


5.3.3 Over the back-line: (by defence)

(Based on FIH Rule 7)



- If a defender deliberately deflects the ball over the back-line a penalty corner is awarded to the attacking team.

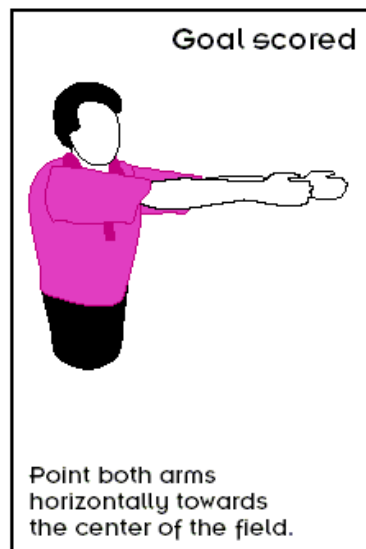


- If the ball is accidentally played over the back-line by a defender a hit (or push in 7B) is taken by the defending team from the top of circle.



6 SCORING A GOAL

(Based on FIH Rule 8)



- ❑ A goal can only be scored by an attacker from within the circle
- ❑ Game resumes from half way, by a player of the team against which the goal was scored or awarded.



7 CONDUCT OF PLAY

7.1 Use of stick & playing equipment

(Based on FIH Rule 9)

Players shall not:

- Play the ball intentionally with the back of the stick.
- Take part in or interfere with the game unless they have their stick in their hand
- Play the ball above shoulder height with any part of their stick
- Lift their sticks over the head of players
- Use their sticks in a manner that is dangerous, intimidating or hampering
- Play the ball dangerously or in such a way as to be likely to lead to dangerous play
- Hit, hook, charge, kick, shove, trip, strike at or personally handle other players or their sticks or clothing
- Intentionally raise the ball so that it lands directly in the circle
- Throw any object or piece of playing equipment on to the field, at the ball, at another player, or at the umpire.

7.2 Use of body, hands, feet by players other than goal-keepers

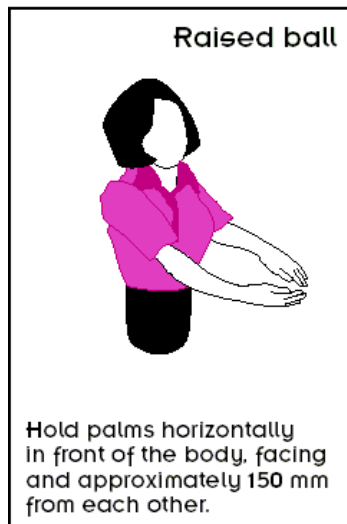
(Based on FIH Rule 9)

- stop or catch the ball with the hand (... except if protecting themselves ...)
- Intentionally stop, kick, propel, pick up, throw or carry the ball with any part of their bodies.



7.3 Raised ball

(Based on FIH Rule 9)



- Should not occur in Seven Division hockey.
- Other team gets a free hit

7.4 Obstruction

(Based on FIH Rule 9.10)



Obstruct an opponent from attempting to play the ball by:

- Moving or interposing themselves or their stick
- Shielding the ball with their sticks or any part of their bodies
- Physically interfering with the sticks or bodies of opponents

7.5 Goalkeeper may, when the ball is inside their own circle

(Based on FIH Rule 10)

- use their stick, kickers or leg guards to propel the ball, or any part of their bodies including the hands to stop but not propel or lie on the ball

7.6 Goalkeeper may, when the ball is outside their own circle

(Based on FIH Rule 10)

- play the ball like any other player
- no special goalie privileges outside the circle



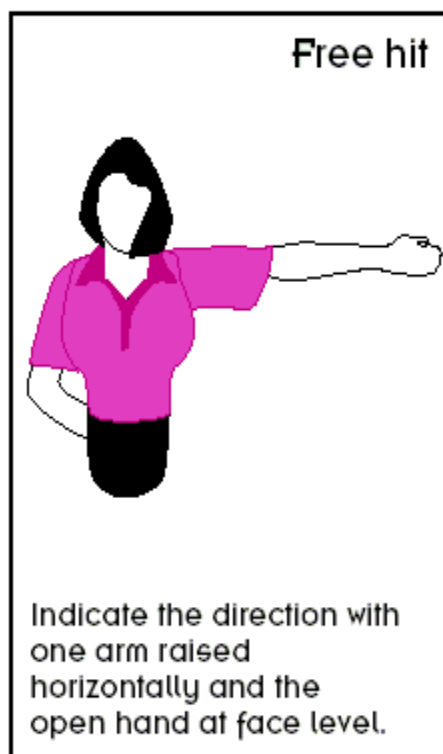
8 PENALTIES

Penalties are awarded based on the area of the playing field where the rule was broken eg goal circle, within the opponent's quarter, etc. The penalty is also based on whether the offence was intentional or accidental.

8.1 A free hit shall be awarded for

(Based on FIH Rule 12)

Why a free hit is awarded will be the subject of a separate document.

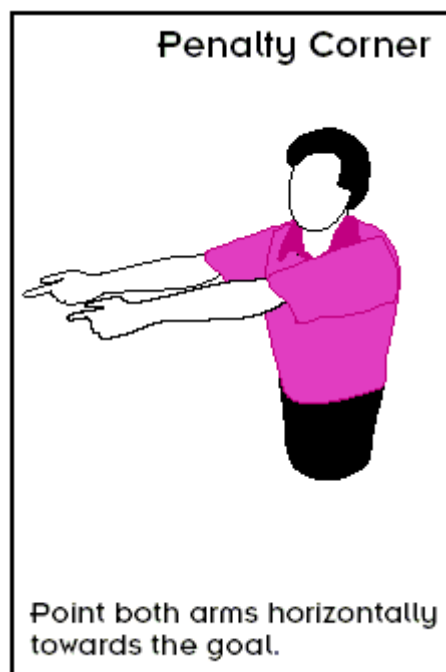




8.2 A penalty corner shall be awarded for

(Based on FIH Rule 12.3)

Why a penalty corner is awarded will be the subject of a separate document.

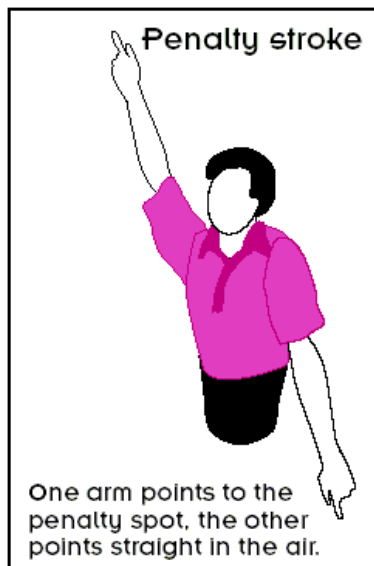




8.3 A penalty stroke shall be awarded for

(Based on FIH Rule 12.4)

Why a penalty corner is awarded will be the subject of a separate document.



8.4 Another offence before the awarded penalty

(Based on FIH Rule 12.5)

Subject of separate document.

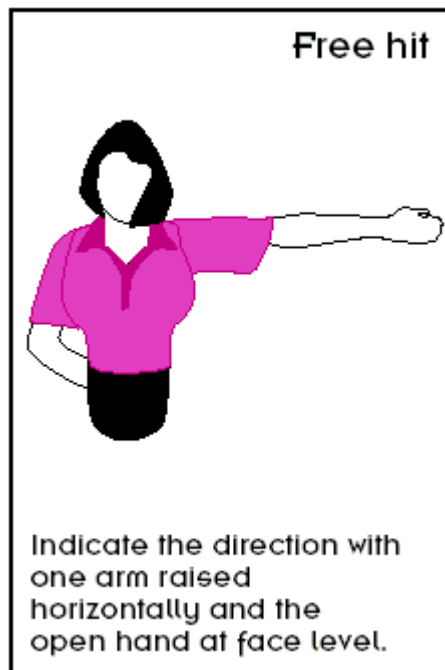


9 PROCEDURES FOR PENALTIES

Players should be awarded for participation and commitment and not for being the best or most improved.

9.1 Free hit

(Based on FIH Rule 13.1& 13.2)

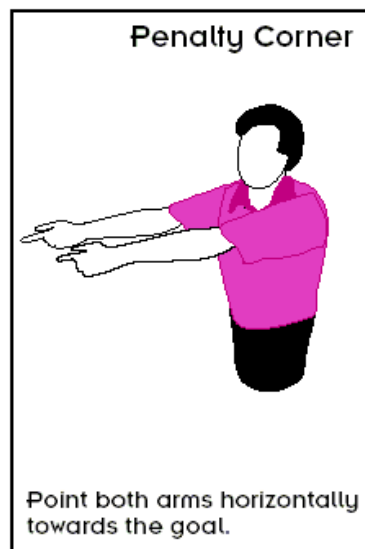


- When a free hit (or push in 7B) is awarded, no opponent is to be within 5 metres of the ball.
- Should be taken close to where the offence occurred.
- The ball must move at least 1 metre before another player of the same team is allowed to play the ball
- Striker may not play the ball again until it has been played by another player.
- Umpire's raised hand points in the attacking direction of the team to take the free hit.

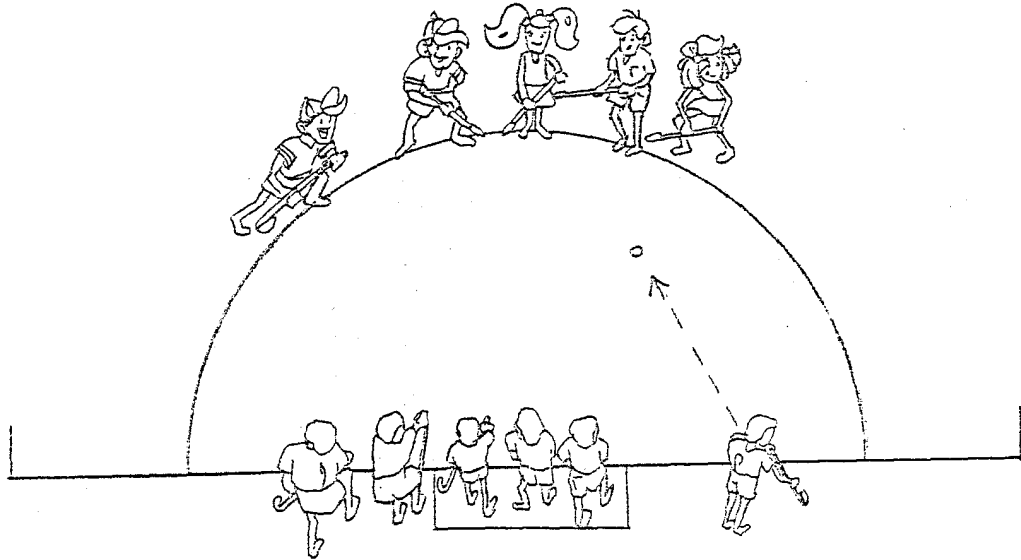


9.2 Penalty corner

(Based on FIH Rule 13.3)

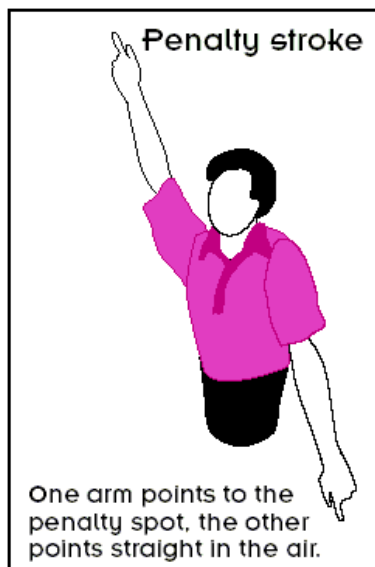


- ❑ In a penalty corner 5 defenders, including the goalie, will stand behind the goal line inside (goalie) or outside (other defenders) on the opposite side of the goal to where the push is being taken.
- ❑ The other 2 defenders stand on the centre line.
- ❑ The player taking the push must have at least one foot outside the field and takes the push from the intersection of back line and circle.
- ❑ The remaining attackers shall be on the field with sticks, hand and feet not touching the ground inside the circle
- ❑ Until the ball has been played, no attacker may enter the circle (except player taking the push)
- ❑ Until the ball has been played, no defender can cross the centre line or back line.
- ❑ No shot at goal shall be made until the ball has travelled outside the circle . It does not need to come to a stop.
- ❑ If the ball does not get outside the circle, an attacker can enter the circle, retrieve the ball, take it outside the circle, move the ball back in and take a shoot at goal.



9.3 Penalty Stroke

(Based on FIH Rule 13.5)



- ❑ A penalty stroke may be awarded for a deliberate breach by a defender inside the circle. Only the goalkeeper can defend the stroke with the other players outside the circle.
- ❑ The goalie can stop the stroke with any part of the body.



Sutherland Shire Women's Hockey Association

- Would be unlikely in Sevens Hockey.