



Sutherland Shire Women's Hockey Association

Appendix B – Seven's Playing Rules

HOW TO PLAY SEVENS

1. Matches are played in halves of 20 minutes unless varied by the Junior Convenor.
2. Teams consist of seven players, one of whom must be a goalkeeper. Unlimited substitutes are permitted. Maximum of 2 boys on the field per team in 7A division and this includes the goalie position.
3. 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.
4. The goalie cannot lay across the goal in 7A division when the narrower width goals are used.
5. A goal can only be scored by an attacker from within the circle.
6. If a defender deliberately deflects to ball over the goal line a penalty corner is awarded. 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 the circle. The same applies when an attacking player plays the ball over the goal line.
7. Rough or dangerous play, especially raising the stick above the waist, must be penalized immediately.
8. When a free hit (or push in 7B) is awarded, no opponent is to be within 5 metres of the ball.
9. In a penalty corner the goal keeper will stand inside the goal (as near as possible with the modified goal posts) and the four other defenders, will stand behind the goal line on the opposite side of the goal to where the push is being taken. The remaining defenders stand on the centre line. A hit at goal from a penalty corner must not rise above 45cm. The ball is placed on the junction of the back-line and circle for the hit in.
10. Hitting is permitted in 7A Division but in 7B Division only pushing is allowed. In Seven A Division, the stick will not be raised above the waist in general play, but "full" hitting will be permitted from sideline hits, 16's and free hits.



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11. 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. The stroke taker must push or flick the ball only once from the 6 metre penalty spot.
12. Coaches are permitted on the field until that point of the series when it is requested they remain on the sideline. It is important that as the season progresses players play the game without guidance from an on field coach.
13. At all times the umpire is to ensure the game is played in the right spirit by players, officials and supporters. Enjoying the match is the priority.