

2009 – 2010 RULES OF HOCKEY

WHY CHANGE AGAIN?

1. Decrease the number and duration of interruptions to the flow of play
2. Increase the time the ball is in play
3. Reduce danger and aid visibility [for better umpiring]

RULE CLARIFICATIONS MADE, e.g.:

- How to deal with too many players on the pitch
- Goalkeeper variations and permitted actions
- Completing a PC

UMPIRING GUIDANCE ADDED, e.g.:

- Re-emphasis on not penalising an offence if no benefit gained (this includes ball-foot anywhere on the pitch)
- Anticipate and facilitate flow (pre-emptive umpiring)
- No unnecessary interruptions!

DEFINITIONS ADJUSTED, e.g.:

“SHOT” may be missing the goal but if the intention was to score, it’s a shot within the PC rule (but penalise if danger)

“CLOSE TO” = playing distance = distance a player is capable of reaching to play the ball = stick length plus outstretched arm.

In the context of where hits are taken, the rules say “close to”.

Umpires need to be sensible and consistent, remaining mindful of the need to cut out unnecessary interruptions but players must not be allowed to gain a significant advantage. Significant advantage increases the nearer you are to the D and depends on the level of hockey being played – A major

factor is where opposition players are - taking a hit from the wrong place, even backwards or sideways, “can” result in an unfair advantage if the opposition has ringed the right area, but if they have not, play on! The further the opposition is away, the more latitude can be allowed with ball position.

Umpires should be PROACTIVE and have a ball repositioned (if necessary) **before** the hit is taken.

The players must, by their actions, demonstrate to the umpire that they are playing within the word and spirit of the rules.

Fouls within the circle – No change

Foul by a defender in own circle = penalty corner or stroke

Foul by an attacker in opponent’s circle = free hit to defence

- Taken in line with the offence and UP TO 15m from the back line (same as hit-out), or...
- From anywhere IN the circle (NB. this is different from hit-out)

FREE HITS, CENTRE PASS and BALL BACK INTO PLAY (i.e. Long Corner, Hit Out, and Sidelines)

Between 23m lines - No change

- Ball to be stationary
 - Ball “close to” where the offence occurred or where the ball went off
- All opponents 5m from the ball
- Ball not INTENTIONALLY raised (no foul if accidental and no danger or advantage gained)
- Ball is moved with push or hit and must travel 1m before it’s played by another player of same team

Defending 23m area - No change

- If free hit within 15m, UP TO 15m “in line”
- If in circle = anywhere in the circle (see above)

Attacking 23m area – to reduce congestion + improve safety

- **ALL PLAYERS** except the striker to be 5m from the ball, this includes all long corners and attacking sideline balls within 23m
- Ball may not be played into the circle until:
 - **Either** the ball has travelled a **cumulative** 5m (not necessarily in one direction)
 - **Or** the ball is touched, played or deflected by a player of either team

Umpires should not penalise unless and until the ball actually enters the circle.

If an attacking hit is moved back outside 23m in order to play it directly into the circle or to play it to a team-mate within 5m, this is an unfair advantage and should be penalised. As above, it is far better for the umpire to spot that this may happen and prevent it with guidance or instructions. If it does happen, re-take in 23m or penalise for persistence.

Attacking 5m dotted area – to reduce player congestion and improve safety

- Ball to be moved out to nearest point 5m from the circle for the hit to be taken

“SELF-PASS” – a new **OPTION** for all above hits

- Ball must be stationary (or a very clear attempt?)
- Close to the right place
- First and second touch to be distinct and separate actions (no dribbling)

- Ball does not need to go 1m before the same player plays it again (but must move - no tap on top!)

DEFENDERS WITHIN 5m OF OPPONENT'S HIT

(anywhere on the pitch)

- May not play the ball
- May not ATTEMPT to play the ball
- May not INTERFERE with the taking of the hit (as the self pass is allowed, it is no defence to claim that a quick take “was not on”)
- May not INFLUENCE play
 - Includes shadowing attacker by moving
 - Putting stick to ground to prevent a pass or reduce available angles, etc.

* If not doing any of the above, a defender caught within 5m by a quick hit or self-pass is not committing an offence
Umpires can say, “Don't play it” or “OK that's gone 5” to help

* Best player tactic is to allow another defender to be the first “active player”

* The onus is on the defender to retreat and not become active if the ball is put back into play while they are still within 5m of the original hit. If judged deliberate, umpire can/should green card, give PC if in 23m or, if just outside 23m or a goal-scoring opportunity is prevented, yellow card (i.e. same consequence as for knocking the ball away).

* It is **NOT NECESSARILY** OK for the defender to become active when the ball has moved 5m (depends on which direction the ball has moved)

* When a close defender does not move or interfere and the attacker or ball runs into them, they should not be penalised except with another free hit.