

## MATCH REGULATIONS - HOCKEY cont'd

---

### Modified

- Hm.1. Games to be played as play on to advantage per EISM Hockey Match Regulations unless otherwise stated. Default Match start time is 1.30pm. Schools that cannot manage the default start time must communicate with opposition schools, venues and umpires prior to the day of competition
- Hm.2. Modified Hockey is played on HALF size Hockey field (Coaches to remain on sidelines). Players to be aware of loose/out of bounds ball from adjoining game – roll ball off field.
- Hm.3. **Duration of the game:** The game will be of two equal periods, preferably 20min halves, or as determined by the two coaches prior to the start of the game. 5min half time break.
- Hm.4. Home team supplies 2 regulation balls for the game to allow for quick match continuation for out of bounds balls
- Hm.5. Both competing School teams to be equipped with 4 cones (same colour) for goals and 2 placemarkers (discs / low domes) for 5m shooting zone. Home team to set up.
- Hm.6. Shooting zone placemaker to be placed 5 metres directly in front of the goal on the quarter line. Goal cones are to be 3 metres apart, equally distanced across the quarter line markings
- Hm.7. For any breach by a defender (within the 5m shooting zone), the attacking Free Hit (Push) is to be taken from the breaching point, in a straight line to the 5m attacking line. Both defending and attacking players must be at least 3m from the Free Hit location.
- Hm.8. **There are no Short Corners or Penalty Corners.**
- Hm.9. For any breach by a defender in open play the attacking team will be awarded a penalty at the point where the breach occurred. Defenders must be at least 3m from the point of breach.
- Hm.10. If the ball crosses the backline and is touched by a defending player, a Long Corner is awarded. The Free Hit is immediately taken in a straight line from where the ball crossed the back line. Both Defending and Attacking players must be at least 3m from the Free Hit.
- Hm.11. Free Hits from the 5m line must be dribbled at least 3m before attempting to score. Both Defenders and Attacking players must be at least 3m from where the Free Hit is taken.
- Hm.12. The 5m shooting zone becomes the shooting circle in the modified format.
- Hm.13. The game is played by two teams of 7-12 players, with no more than 7 players from each team being on the field at any one time. A Goal Keeper does not take part within modified Hockey. A Minimum of 5 players is required for a game to commence.
- Hm.14. Push only – scoops, flicks and tomahawks not permitted. Players will not be permitted to;
- Raise the stick above the waist height
  - Raise the ball above knee height (subject to Umpire discretion)
  - Use rough or dangerous play
- Hm.15. Teams to play with minimum numbers (at least 5). In the event that a team starts with less than maximum team numbers (7), opposition teams with maximum team numbers are encouraged to equalise number of players, but are not required to.
- Hm.16. **All field players** must have a Mouth Guard & Shin Guards.