

# **SUHC Summer Hockey Rules - 7-a-Side Mixed Hockey**

All rules as per normal hockey rules with the following exceptions:

1. Teams must have a minimum of 3 Females who must be on field at all times throughout the game. Exemptions will be considered on case by case basis.
2. Games are played on ½ field.
3. Each game is 40 minutes in length with a 5 minute half time.
4. No goalkeepers but ONE KICKING BACK can be nominated and identified by a different coloured shirt. Kicking is only permitted in the kicking back defending half.
5. Hitting or slapping, is not permitted by any players.
6. No short corners. Free hits will be taken outside the dotted blue circle.
7. Long corners and penalties that occur within 5 meters of the goal must be brought back to 5 meters from the goal line, in line with where the penalty occurred or the ball went out.
8. Goals may be scored from any part of your opposition's end of the field and must be below the backboard (unless deflected from the defending team). NO DRAG flick or SLAP shots on goal.
9. No direct shot on goal can be taken from a penalty.
10. Deliberate infringement within 5 meters of goal, or an infringement which would otherwise lead to a goal being scored, will result in a penalty goal being awarded.
11. Ball cannot be lifted above knee height at any stage, or a penalty will be awarded to the opposing team.
12. Penalties must travel at least 1 meter before a player from the same team can touch the ball.
13. Self-hits are allowed but you cannot score off them unless you have travelled 5 meters with the ball before shooting, or another player has touched the ball.
14. Teams must supply an umpire – a roster will be provided.
15. Games will be postponed or cancelled with adverse weather (including extreme heat and lightning – we will refer to Hockey Australia - Extreme Weather Guidelines).
16. All players must QR register their attendance at every game and comply with the Sydney University Hockey Club - Bruce Pryor Hockey Facility COVID-19 Return to Competition Safety Rules and Procedures and the NSW Public Health Order. Failure to comply will result in forfeit of the game.

Any questions or clarification, please don't hesitate to ask!