



NZCA Easter Tournament

Hockey

Auckland 2008

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Summer Hockey

Do you want to play a sport or thinking about playing a sport in the NZCA Easter tournament? Or you just did not quite make it in to a team? Why not try hockey! It's a fantastic opportunity to just give it a go. Simply pick up a stick, shin pads and mouth guard and let your instincts guide you to play. It doesn't matter if your young or old, never played or use to play, just get a group of friends together and have a bit of fun.

Summer Hockey is the easiest way to learn hockey. It's social and fun and you don't need a big team to play. Played only on half a full field, it's easier to put a team together and a lot easier to play. It's simply pushing a ball round with a stick. There is no hitting in summer hockey so if you do want to - go play golf. So take the chance and play Summer Hockey this Easter, contact your local contingent and apply now!

- 7 aside, minimum of 5 people.
- No hitting the ball or offside.
- Played on one half of a water turf.
- Simply get a team together and your own gear.

Summer Hockey Rules

Team

- A team must consist of no more than 11 players and no less than 5 players.
- No more than 7 players on the field of play.
- Of the 7 players on the field there must be no more than 5 males..
- Zero, one or more female are allowed on the field to make up the rest of or all of the team of 7.
- No goalie or kicking goalie.

Clothing and Equipment

- The same colour t-shirt must be worn by the whole team.
- All players must wear shin pads and a mouth guard, otherwise he or she cannot play on the field.
- Players are to supply their own gear.

Game play

- Game is to be played on one half of a full size turf separated by a physical boundary.
- The physical boundary is either a large plastic pipe or wooden planks.
- The game is played in two halves of 20 minutes each and a 2 minutes change over.
- For every minute a team is late 1 point will be scored against them.
- Any team arriving later than 5 minutes for their game will automatic forfeit their game.

Ball in play

A penalty will be played against the player if:

- The player rolls the ball out over the boundaries. This is marked out by the white outer lines and the physical boundary.
- The player plays the ball using the physical boundary but not plays off the physical boundary.
- The player lifts the ball above knee height.
- The player hits (hands together) or slap shot the ball.
- The ball touches the player's reverse side of the stick
- Becomes in body contact of the ball while in play.
- Obstructs an opponent that is attempting to play the ball.

Penalty

- Ball must travel at least 1 metre to following team member.
- Defending player must be positing 3 meters away from where penalty is played.

Play in circle

- If a defending player causes a penalty within the circle, a short corner is played out.
- If an attacking player causes a penalty within the circle, defending player will play the ball outside the circle.
- If ball is cross the backline by a defending player then a long corner ball is played.
- If ball is cross the backline by attacking player, defending team can bring the ball to the top of the circle.

Short Corner

- 4 defenders behind the backline and the rest back must remain in the attacking circle.
- 1 defend may remain in the goal box while the other three on the opposite side of where the ball is been pulled out from.
- Ball must be pulled outside circle before a goal can be made.
- The remaining defending players cannot leave the circle until the ball has been pulled out off the backline.
- Attacking players must stay out of the defending circle until the ball has been pulled out off the backline.

Substitution

- Substitution must be made after or before a penalty is called and played out.
- Substitution is to happen from defending backline.
- Substitution can only be made when team member is off the field of play.

Start of Game

- Ball starts off team that goal was scored against or coin toss.
- All players must be on their defending half of turf until ball is in play.
- Defending team must be 3 meters away from ball.

Scoring a Goal

- Ball must roll over back line inside goal box to score a goal.
- Goal can be score if ball is touched by attacking side within the attacking half.
- Two point if scored inside circle and one point outside circle.
- An extra point added if a female scores a goal.

