



New Zealand  
Indian Sports  
Association Inc.

## UNDER 23 HOCKEY FAST 5 TOURNAMENT RULES

January 2021

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All games will be 2 x 15-minute half's - 15 - 2 - 15, played on just under half field.

All games will start and finish on umpire's whistle

Rankings based on previous QBT placing.

### Teams:

- Maximum of five players from each team can take part in play at any particular time
- Each team must have a goalkeeper wearing full protective equipment on the field throughout a match.
- A goalkeeper can be substituted by another player wearing full protective equipment.
- Substitutions are to be made within 11 metres of the centre-line from the side of the field.

### Match and Result:

- The match will be two periods of 15 minutes with an interval of 2 minutes between the periods.
- Teams will reverse sides in the second period of play (2<sup>nd</sup> half)
- There must be winner to every match.
- If both teams have scored no goals, or, scored an equal number of goals at the end of regular time, extra time is to be played.
  - The match resumes for one period of two minutes, with each team having one player less on the field (3 field players + goalie).
  - If still a draw, one more player from each team leaves the field for the next period of two minutes (2 field players + goalie).
  - If still a draw, one more player from each team leaves the field for the next period of extra time (1 field players + goalie). No time limit applies to this period.
  - The periods of extra time cease as soon as a team has scored a goal. That team will be declared the winner of that match.
- A bully will take place for stoppage for an injury, or for another reason, and no penalty has been awarded. The bully will take place on the on the centre line, in line where the original stoppage occurred.

### Method of Scoring:

- A goal is scored when the ball is completely over the goal-line and under the cross-bar.
- A ball may not be shot at goal until it has travelled at least 4 metres, or, has been touched by a player of either team other than the player taking the free hit.
- A goal may be scored when the ball has been touched by an attacker or defender (including the goalkeeper) anywhere on the field.
- Goalkeepers must not use their body, hands, leg or feet to score a goal for their team.

**Taking Penalties:**

- A free hit is taken close to where the offence occurred
- Where a free hit is awarded within 11 metres of the back-line to the attacking side, the free hit is taken outside the 11-metre area at the nearest point of the offence.
- If any player, including the goalkeeper, is within 4 metres of the ball, they must not interfere with the taking of the free hit or must not play or attempt to play the ball.
- The ball may not be shot at goal until it has travelled at least 4 metres or has been touched by a player of either team other than the player taking the free hit. ie no goal is scored if player taking the free hit, hits the ball directly into the goal.