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Rules

1. The game is **20 minutes** long – 2 x 10 minute halves with short break included.
2. There are **five** players on court from each team at any one time. One of who is a goalie.
3. Players can be substituted at anytime during the game. Substitute players who are going on must not interfere with the game and must wait until the player they are replacing is off the court before they go on.
4. Teams swap playing ends at half time.
5. To start play a player from each team stands in front of the ball in the middle of the court facing their goal. They then proceed to do **Hockey-1-2-3** when the whistle is blown. This also occurs after a goal has been scored.
6. **A goal is scored when the ball completely passes over the front of the goal line.** (It does not have to touch the net at the back.)
7. **The goalie may use his/her body to stop the ball going in to the goal. They may not catch the ball** and in doing so, the opposition may take a free pass no closer than 3m to the goal.
8. If the ball is knocked out of play, a free pass is given to the opposing team.
9. An infringement of the rules results in a free pass signalled by a whistle by the referee. The opposing teams stick has to be back at least 1m from the player taking the pass.
10. A free pass is not allowed to be shot at goal. The goal will be disallowed if scored. If the goalie touches it on the way past the goal will count.
11. If there is a free pass in the immediate vicinity of the goal, it will be taken from no closer than 3m to the goal.
12. **Infringements occur when:**
 1. **Lifting the blade of the stick above waist-level** (either in wind-up or in follow-through), regardless of whether or not the ball is contacted. (Note that it is allowed to hit the ball with the shaft of the stick, even if the contact is above waist level, as long as the blade of the stick stays below waist level at all times.)

2. Tackling or hitting someone with the stick, in any context.
3. Touching the ball with body (intentionally) except the goalie.
4. Holding the stick with one hand while hitting the ball.
5. Kicking the ball with the foot to a player on one's own team (either on purpose or accidentally).
6. Kicking the ball into the goal on offence.
7. Putting the stick between another player's legs.
- 8. Intentionally flicking the ball up into the air with the stick.**
9. Accidentally tripping, shoving, pushing or any other un-sportsman-like conduct of an opponent. Players are not permitted to run into one another on purpose, although non-contact blocking is permitted.
10. Taking part in the game on one knee, on two knees, or in a lying-down position.
11. Intentionally delaying the game.
12. Constant high sticks could result in the player being removed from the game due to the safety of other players.
13. Any player or associated person causing disruption by crossing the court during an active game will result in a 1 goal penalisation awarded to the opposing team before the start of their game per any player or person caught.
14. Teams can only play with their registered players and can not use another player from another grade in their team.

Serious Fouls (the following are penalised by the player being seriously warned off on first infringement)

1. Throwing one's stick.
2. Tripping or checking (purposefully) an opponent.
3. Language that is unacceptable
 - **NOTE:** In the case that a player has repeated and/or serious offences, it is the prerogative of the referee to remove him or her from the court for two minutes, with no substitute player for that time. If it continues he or she may be removed for the entire game.