



Wairarapa Hockey Association Inc.

CLAREVILLE SPORTURF, CHESTER ROAD, CARTERTON

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8 Aside Rules

1. 8 players per team on the turf at any one time
2. Mouthguards and shinpads must be worn by all players
3. Standard hockey balls are used
4. The ball may be pushed, hit or slap hit anywhere on the field, including in the circle.
5. The ball must travel at least one metre on a free hit/push before being touched by a player on the same team
6. All defending players must be at least 5 metres away from the ball at a free hit/push, including each start of play at halfway. (Umpires may use their discretion on an advantage for the attacking team if a defender is less than 5 metres away).
7. Free hit/push is given when the ball is stopped or kicked deliberately by the player's foot. Encourage children to get their feet out of the way. When there is no advantage gained, and for the sake of the flow of the game, umpires should use their discretion and let the game continue.
8. A player may not deliberately turn and place their body between the ball and an opposing player who is within playing distance of the ball.
9. A player may lift the ball skilfully over an opposing player's grounded stick in the field, including in the circle or when taking a shot at goal (as long as the lifted ball is not dangerous)
10. There is no offside
11. Goals are scored when the ball is played by an attacking player within the circle. An attacker may hit, push or slap hit when shooting for goal.
12. Penalty corners are awarded when there is an infringement in the circle by the defending team:
 - a) Defending team has 5 players behind the goal line and 3 players past halfway.
 - b) Attacking team stand outside the circle (except for the player hitting the penalty corner out)
 - c) Ball can be hit or pushed out by an attacker
 - d) Ball must travel outside the circle but does not need to be stopped

e) Penalty corner can be hit out from either side of the goal

13. A long corner is awarded if a defender accidentally puts the ball over the backline.

14. If the ball goes over the sideline, the opposing team takes a free hit/push at that place (this is only applicable at the turfs that have an 'out' line otherwise there are no outs on the sides). Teams to decide before the match whether they will use the 'out' line or just play off the boards.

15. Teams can choose whether to have a goalkeeper or not. If a player is going to stand in the goal they must be wearing goalie gear.

16. Sticks are not to be raised, or used, in a dangerous manner, including lifting them over the heads of other players.