



Over the back-line off an attacking player:

- 3) When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is re-started with a hit to the defence. This is called a hit-out. The ball can be hit, pushed, or a self-pass can be played. It is to be taken level with the top of the shooting circle and in line with the place where it crossed over the back-line.

Over the back-line off a defending player:

- 4) If the ball is accidentally played over the back-line by a defending player and no goal is scored, the game is re-started with a corner to the attacking team. The corner can be hit, pushed, or a self-pass can be played and the ball can be played directly into the shooting circle.
- 5) The corner is taken on the side-line, 3 metres from the corner of the pitch.
- 6) No player, other than the taker, shall be within 5 metres of the ball until it is played.
- 7) If the ball is deliberately played over the back-line by a defending player, the game is re-started with a penalty corner to the attacking team. The ball can be hit or pushed. A self pass is not permitted at a penalty corner.
- 8) The penalty corner is taken on the back-line, halfway between the goal-post and the edge of the circle.
- 9) No player, other than the taker, shall be within 4 metres of the ball until it is played.

RULE D – FAIR PLAY

- 1) Players must not intentionally use any part of their body to play the ball (except the hand to protect themselves in a dangerous situation).
- 2) Players must not play with the stick held at above waist height.
- 3) Players must not use the rounded side of the stick when playing the ball and when striking the ball, the stick must in no way cause danger, nor lead to dangerous play, or be intimidating to any opponent.
- 4) Players must not obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball. Neither must they use any part of their body or stick to obstruct a player.
- 5) Defending players must not intentionally tackle from behind an attacking player, nor obstruct an attacking player using their stick.

RULE E – FREE HIT

- 1) Free hits are to be taken close to where the offence occurred. The ball can be hit, pushed, or a self-pass can be played.
- 2) The ball must be stationary at a free hit.
- 3) Until the free hit is taken, all opposition players must be a minimum of 5 metres from the ball.
- 4) Opponents who remain within 5 metres when the free hit is taken (this is very common when the self pass is used) must not interfere with the play until they have moved 5 metres away from where the free hit was taken, or the ball has moved 5 metres. Running alongside the taker (channelling) will be penalised as Interference.

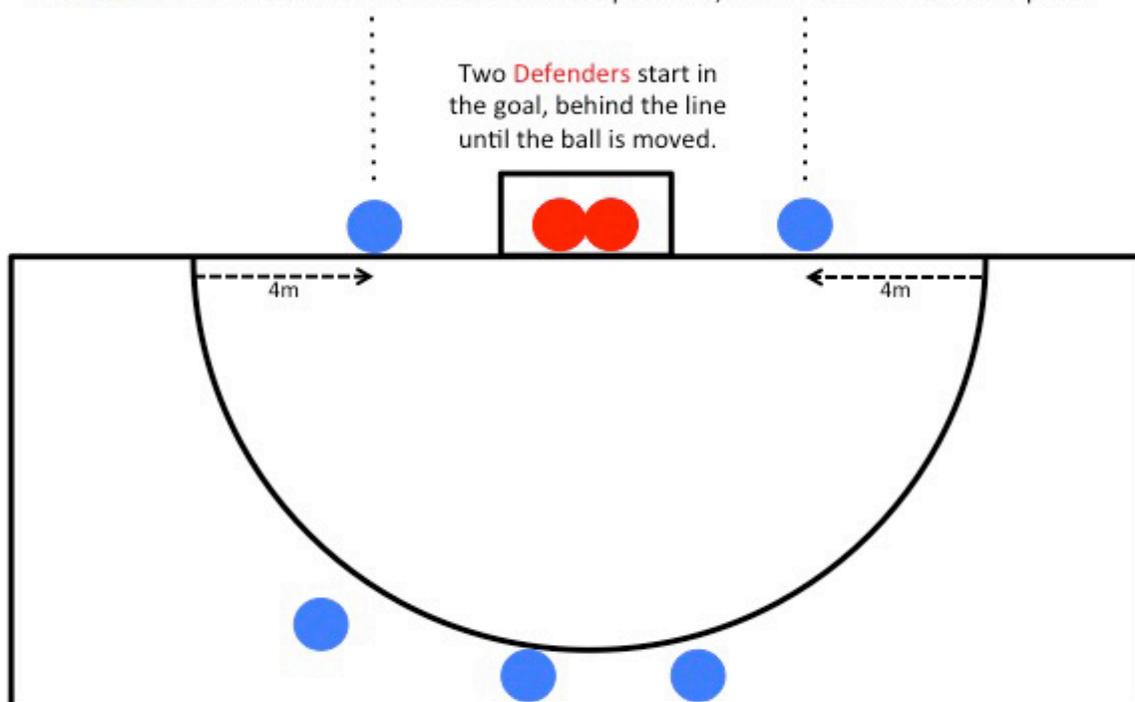
RULE F – PENALTY CORNER (4v2 Power Play)

- 1) Penalty corners are taken on the back-line on a marker that is 4 metres from the edge of the circle.
- 2) The players may choose which side of the goal to take the penalty corner.
- 3) The ball can be hit or pushed however a self pass is not permitted.
- 4) The taker must have at least one foot off the pitch (behind the back-line).
- 5) No more than three other attacking players must be outside the shooting circle, the two other members of the attacking team must be beyond the halfway line until the ball is played.
- 6) Two defending players should position themselves in the goal, and they are not permitted to move until the ball has been played. The remaining four defending players must be beyond the halfway line.
- 7) Before any shot at the goal, the ball must first pass outside (beyond) the circle edge.
- 8) All shots on goal must stay on the ground unless it takes a deflection off an attacking or a defending player on the way.
- 9) No shot will be allowed if it is judged as dangerous to other outfield players.
- 10) Any penalty corner awarded immediately before half or full time shall be completed.
- 11) If the penalty corner breaks down normal play should resume.

A penalty corner shall be awarded for any one of the following reasons:

- 12) A defending player accidentally committing an offence inside the circle.
- 13) A defending player deliberately playing the ball over their own back-line from anywhere on the pitch.
- 14) A defending player committing a deliberate offence in the shooting circle that does not prevent a probable or actual goal

One **Attacker** with the ball stands in either of these positions, with one foot outside the pitch.



Two **Defenders** start in the goal, behind the line until the ball is moved.

Up to three more **Attackers** can be positioned anywhere around the D with their feet outside the line until the ball is moved.



All other players must go to halfway until the ball is played.



RULE G – PENALTY UNDEFENDED SHOT

- 1) Penalty shots are taken undefended from the penalty shot spot, which is 2-3 metres outside the top of the shooting circle.
- 2) Apart from the one penalty shot taker, all other players must be beyond the halfway line.
- 3) The penalty shot taker is not limited by time.

A penalty shot shall be awarded for the following reason:

- 4) An offence by a defending player inside the circle that prevents the probable scoring of a goal

Following a penalty shot, play is re-started with a centre pass (if a goal has been scored). If no goal is scored or the allocated time runs out, play is re-started with a hit out to the defence taken at the top of the shooting circle.



RULE H – PENALTY 1v1 SHOT

Rule H only comes into effect on the Night of Champions, if the score is tied at the end of the allocated time.

- 1) Penalty shots are 1v1's taken from the penalty shot spot which is 2-3 metres outside the top of the shooting circle
- 2) Apart from one defending player and the penalty shot taker, all other players must be beyond the centre-line.
- 3) One defending player should be positioned anywhere along the goal line, and is not permitted to move until the ball has been played by the attacking player.
- 4) The attacking player is positioned on the penalty shot spot and has 15 seconds from when they first move the ball to beat the defending player and score a goal from within the shooting circle.
- 5) If the defending or attacking player fouls during the act of playing the penalty shot, the following should be awarded:
 - a. Attacking player fouls: A goal is not scored.
 - b. Defending player fouls deliberately: Penalty goal (goal automatically awarded to attacking team).
 - c. Defending player fouls accidentally: Re-take penalty shot.