

McKenna Park Junior Hockey

Guidelines for play

The game is played across the field over half of the full size hockey field. The scoring area is marked by markers located 5 metres from end of field.

Teams of 6 players on the field at any time unless agreed to by team coaches then up to a maximum of 8 players can play.

The match is played with two 20 minutes halves with a 5 minutes break between halves.

A push back is used to start the match, after half time and after each goal is scored, from centre of playing field.

Ball over Sideline - Push in goes against team that put ball over the sideline.

Ball over Backline - A free is given against the team that put ball over the backline and it is taken level with goal area marker.

No corners – Free push to team 5 metres outside scoring area.

A goal is scored when then ball is pushed inside the scoring area and then passes between the goal post markers.

No hitting – Pushing only – No back lift of stick when pushing.

No lifting of ball off the ground.

Avoid using feet, hands or body. Accidental contact should be play on.

Ball to be played with flat side of the stick. Accidental contact with reverse side (Round side) should be play on.

Respect your umpire.

Teams to come together as a group after match to shake hands and to thank the umpire.

Enjoy the game.