

# RULES

The game instructor's decision is final!

## Start of the game / Free hits

- A self-pass (taker dribbles the ball) or pass starts the game – it can move in any direction
- All players should be in their own half
- Defenders must be 3m from the ball at free hits
- Free hits awarded to the attacking team around the circle must be moved by 3m from the circle edge. The ball must then move 3m before it goes into the circle.

## The normal rules of hockey apply except:

- Fouls in the circle by a defender result in a 'running penalty' being awarded to the attacking team
- One attacker starts with the ball on the half-way line
- The goalkeeper must stand behind the goal line
- All other players start at the edge of the scoring area at the other end of the pitch until the ball is played

# GAME ORGANISATION

## Pitch Size & Organisation

- Eights is played on half a full size hockey pitch
- 2 games can be played simultaneously across the pitch

# FORMAT

## Number of Players:

- 8 per team: 7 plus a Goalkeeper (fully kitted).
- Squad of up to 12 players including maximum of 4 substitutes
- This allows 32 players to be involved in two games being played simultaneously on one full sized pitch

## General:

- The ball can only touch the flat side of the stick
- The ball should be in control at all times – raised balls that are dangerous should be penalised
- The ball cannot hit a foot and become an advantage to that team (play on if not)
- All players must control their sticks & dangerous waving of the sticks above the head is an offence



## GUIDE FOR AGE GROUP UNDER 14'S

(ALL players should experience this format before moving to the 11-a-side version of the game)

## PLAYER PATHWAY FORMAT & RULES SHEET



- On the umpire's whistle, the attacker plays the ball and all players can move
- There is no time limit to score a goal
- A different attacker must take each subsequent running penalty
- If there is no goalkeeper, the attacking team is awarded a free hit 3m outside the scoring area

## Goal Scoring

- A goal is scored by a shot going into the goal having hit an attacker's stick within the scoring area
- Undercutting with a strike (hit) ball is not permitted although a flick or lifted push is allowed if safe

- Each pitch has a scoring circle, marked with throw down lines, chalk or talc and ideally a standard hockey goal
- Alternatively, a scoring area can be marked using cones at the side of the pitch, 10m from the goal line

## Game-Play Frequency:

- Players of this age group should experience match play every 2-3 weeks
- These shortened games should occur at least alternate weeks in training (also using smaller sided games)

## Recommended Game Duration:

- 1 period of 15-20 mins in festivals / tournaments
- 2 halves of 20 mins in one-off matches