

Rules – Northern Zone Hockey 2024

- **All children must wear mouth-guards. NZHF rules**
- **Children must wear shin pads.**
- **There is no offside rule**
- **Sticks must not be raised higher than waist level**
- **The ball is not to touch the feet or the back of the stick**
- **Goals can only be scored inside 15 metres of the goal. This will be marked by cones on the sideline**
- **Goalies are not allowed to kick the ball clear. They must use the same rules as field players**
- **Goals are awarded when an attacker scores over the line and between the cones.**
- **If the ball is definitely going in the goal and it's stopped illegally e.g. a foot, then the goal will count, rather than a hit from the sideline (refs decision)**
- **No penalty goals. If the ball is hit out, take a free hit from the sideline.**
- **Teams will have 8 players on the field.**
- **Games will consist of two 8 minute halves**
- **Half time will be two minutes to change ends**
- **A siren will indicate half and full time for each game**
- **Teams are expected to be waiting near the field they are scheduled to play on, so games can commence on time.**
- **Due to the games being so short i.e. 8 min halves, we suggest having rolling substitutions.**
- **This will be a round robin competition.**
- **If an infringement occurs that would stop a goal, the goal will count (eg. if someone stops the ball with their feet or back of the stick and it was going in the goal the goal would be allowed).**

The referee's decision is final and teams are expected to follow all the above rules.

Please be kind as this is a social tournament.