**Rules – Northern Zone Hockey 2023**

* **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 have five minutes to move between games and must be prompt.
* Substitutions will be at half time only or if an injury occurs.
* 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.