



Northern Sydney and Beaches Hockey Association

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Small-sided Hockey Competition Rules

(5-Aside and 6-Aside)

Updated October 2021

NSBHA – COM - 021

Rev	Description	Date	NSBHA		
			By	Check	Approved
A	DRAFT	13/7/2020	DB	Clark, Cannon	
	FINAL	22/7/2020	DB		Committee
B	FINAL	4/9/2020	DB	COVID update	
C	Covid update	2/2/2021	DB	COVID update	
D	Covid update	25/10/21	DB	Clark, Champion	



1. OBJECTIVES

Play in a fun NON-COMPETITIVE small sided Competition. The emphasis is on enjoyment, participation and skill development in a fun environment. These rules apply equally to Junior and Senior events.

2. RESPONSIBILITY OF PLAYERS

All players are responsible for reading and understanding the rules contained herein. Players and their spectators are not permitted to drink or be under the influence of alcohol (or other banned substances) during the games or at the Venue.

If any rules are unclear, please discuss these with your Umpire prior to the commencement of the game or at half time. The Umpires will not be able to discuss rules or rulings during the game.

Should any player be found to consistently damage equipment, venue apparatuses or other associated materials, despite warnings, they shall be suspended from the competition and be required to pay for any damages incurred.

3. RESPONSIBILITY OF OFFICIALS

Umpire

The Umpire is directly responsible for the game and ensuring these rules are adhered to. They are responsible for the safety of the players and the timing and conduct of the games. They have a duty to be respectful and considerate to teams, act in an unbiased manner and ensure the game remains social and enjoyable for everyone involved.

Convenor

The Convenor (or nominated delegate) is responsible for the management of all games, teams, venue, equipment and administration. They will be present at all games (or nominated delegate) to ensure First Aid treatment is administered, information is provided and that all players and officials are conducting themselves in an appropriate manner.

4. REGISTRATION OF TEAMS AND PLAYERS

- 4.1. All players must be registered through the Events portal on the NSBHA website. Players may register as individuals or as part of a nominated team. Players/Teams may select the location of the Event they wish to enter if there is a choice of location. Payment is done at the time of registering through the *Revolutionise Sports* platform.
- 4.2. All Teams must have a nominated Team Contact or Manager. This Contact/Manager will be the main contact for all players in the team. Please make sure all players have paid their fees, and all contact details of each player are registered. They will also be the contact between the Competition organiser and their team. If there are any issues or problems or game cancellations the Competition organiser can pass on any important information.
- 4.3. The Event shall consist of a number of grades. Players must be fourteen (14) years or older to play in Division 1.
- 4.4. Teams may be female or mixed. For mixed teams, there can only be a maximum of TWO males on the field at any one time for 5-Aside and a maximum of THREE males for 6-Aside.
- 4.5. Teams may register additional players during the season at any time, providing they are registered in accordance with item 4.1 above.



5. GRADING OF TEAMS

- 5.1. The small-sided event will be divided into such Divisions as the NSBHA Competition committee determines from time to time. Consideration will be given to nominations, gender, balance and number of teams across the divisions.
- 5.2. Teams may nominate for Division 1, providing the players have played hockey for at least 3 years, otherwise they should play Division 2. Although we will allow you to play in Division 1 with your friends if you so wish but do so at your own risk.
- 5.3. Players who have played for less than TWO years are advised to play in Division 2. No men are allowed to play in Division 2 (Boys under 15 years can play in Division 2 providing there are no more than 4 boys on the field at any one time).
- 5.4. Depending on number of teams nominating, the divisions may be split into MIXED, FAMILY, WOMEN Div 1 and WOMEN Div 2.
- 5.5. There are to be NO MORE THAN TWO MALES (over 15 years) on the field at any one time in 5-Aside, and THREE MALES for 6-Aside.
- 5.6. If teams are short on the night, we will allow you to play across divisions to help out but not down divisions.
- 5.7. Minkey 5-8 years - 5 players per team– No Restrictions on how many boys or girls can take the field, just keep teams in similar groups and standards.
Coaches for the first month will be allowed to stay on the field behind the Minkey players while they are learning the game. PLEASE NO PARENTS, SIBLINGS OR SPECTATORS ARE ALLOWED ON THE PLAYING FIELDS AT ANY TIME.
Primary 9 – 12 years – 5 A-side we WILL allow more than two boys to take the field at any one time; we want to encourage participation of players.
High School age 13 – 17 years, 5 a side - If entering teams ONLY 2 MALES are allowed to take the field at any one time. Male players must be 15 years or younger.

6. CONDITIONS OF PLAY

- 6.1. **Location** - All games are played on modified size hockey/soccer/Futsal fields. Some fields may have boards placed down the side lines. In this instant, the boards can be used by the players.
- 6.2. **Number of Players** The game is played by two teams of 5-8 players, with no more than 5 players from each team being on the field at any one time in 5-Aside, and 6 players for 6-Aside. No goalie is needed in small-sided Hockey games. A Minimum of 3 players is required for a game to commence.
- 6.3. **Duration of Game** – Variations due to teams entered. As a guide no less than: -
Adults Playing time is between 25 to 35 minutes with no half time break.
MINKEYS & JUNIORS will be Duration of 25 min; 2 x 12-minute Halves, 1-minute break switch over at half time. Times may vary depending on number of teams entering.

Time Slots allocated to ages and Divisions below:
4:00pm – 6:30pm MINKEYS and Junior Games.
6:30pm – 9:30pm for other teams only.
- 6.4. **Type of Ball** - A bright coloured ball must be used in match play, or a Minkey hockey ball for Minkey players. Balls will be provided each night and must be returned at end of each game to the Umpire.
- 6.5. **Basic Play** Players are permitted to push the ball only. A back swing is not permitted and the stick should not follow through above knee height. The ball may be raised slightly below knee height as



long as it is not dangerous and into a player (all existing official hockey rules apply for raised balls). Players are permitted to use a controlled slap hit (with hand lower on the stick). Any stick raised above knee-height is deemed dangerous play and a penalty push should be awarded to the other team.

THERE ARE TO BE NO TOMAHAWK HITS OR HITTING IN THIS SMALL SIDED GAME

- 6.6. Teams listed first on the draw will have first hit off for the start of play.
- 6.7. **Start of Play** The game starts with a push from the centre spot by the attacking team. After a goal has been scored the game is restarted from the centre spot by the team against which the goal was scored. Note that a shot on goal cannot be taken directly as the centre pass.
- 6.8. **Limited number of players allowed in shooting zone**
- Seniors & High School grades for safety we advise that within the SHOOTING ZONE there should only be 2 defenders and 2 attackers. A goal may ONLY be scored from anywhere within the opposing teams SHOOTING LINE. This line is determined by a straight imaginary line which is in line with a black dot about 7 metres directly in front of the goal posts on all fields. Cones are placed on each sideline to define the SHOOTING LINE.
- Minkey's and 9 – 12's age groups the players will be able to shoot from anywhere within the semi circle of a small sided field. Minkey's can have more than two defenders and two attackers in the semi circle at any one time.
- 6.9. **Scoring a Goal** A goal is scored when the ball passes wholly over the opponents' goal line between the goal posts after having been pushed or deflected (not raised or played in a dangerous manner) by an attacking player within the SHOOTING ZONE. The team scoring the most goals is the winner of the game.
- 6.10. **Limit on any one player scoring three goals** Should a player score three goals in a game, they cannot score another goal until all team-mates have also scored a minimum of two goals each. This rule focuses on inclusion, awareness and for all players developing goal scoring skills.
- 6.11. No one is allowed inside the playing field unless you are a player or a coach. All Spectators are to remain outside the fenced areas at all times.

7. PLAYERS ARE NOT PERMITTED TO: -

- 7.1. Hit the ball or use the rounded side of the stick.
- 7.2. Play the ball with their hands or feet.
- 7.3. Flick, raise or deflect the ball in a dangerous manner off the ground.
- 7.4. Criticise or ridicule another player or umpire.
- 7.5. Obstruct an opponent from playing the ball by moving any part of her body in between the opponent and the ball.
- 7.6. Dive or lie on the ground to block or stop play from progressing.



- 7.7. Use the stick to obstruct an opponent reaching the ball or moving about the field.
- 7.8. Rough and dangerous play is not permitted and body contact must be avoided.
- 7.9. A penalty push may be awarded to the opponents for any breach of the rules.
- 7.10. At the time the penalty push is taken all players must retire 3 metres away from the area for play to continue.
- 7.11. For any breach by a defender in the SHOOTING ZONE the attacking team will be awarded a penalty push outside the SHOOTING ZONE. This free push is to be taken within 3 metres of the SHOOTING LINE in line with where the breach occurred. The ball may be played directly into the SHOOTING ZONE, but it must make contact with another player before a goal can be scored. This can include contact with the stick of an attacker or defender or contact with a defender's body. A goal is not awarded if the ball is played within 3 metres of the SHOOTING LINE directly into the goal.
- 7.12. There is no awarding of penalty strokes or corners in small-sided games. Any breaches are to be taken 3 metres from outside the SHOOTING ZONE – refer 7.11 above.
- 7.13. When the ball is played over the sideline the opposing team will be awarded a penalty push at the point where the ball crossed the line.
- 7.14. If the ball crosses the backline whether it is touched by an attacker or defender, the ball is given to defending team for a push at the SHOOTING LINE opposite where the ball crossed the Backline.
- 7.15. A penalty push is awarded when the ball hits the feet of an opponent resulting in the attacking team being disadvantaged or the defending team gaining an advantage.
- 7.16. Rolling substitutions are allowed. Please apply discretion when replacing a player on the field. If you have more than the required number of players on the field at any one time, a penalty will be awarded to the non - offending team where breach occurred.
- 7.17. Hacking (i.e. hitting another person's stick) is not allowed. A penalty push is awarded to the Team in first possession of the ball.
- 7.18. Tackling from Behind or obstructing an attacker from behind is also not allowed in small-sided games. A penalty Push is awarded to the team in possession of the ball.

8. EQUIPMENT AND UNIFORMS

- 8.1. Mouthguards and shin pads are compulsory for every player. Written notification must be obtained for exemption.
- 8.2. All players must have the same colour shirts and socks each week. Please bring a different colour pair of socks in your bag just in case it clashes with other teams. Please notify organisers of team colours and sock colours when entering your team. If there is a clash between teams, coloured bibs will be provided by the Umpire or Convenor. If they are distributed, it is the responsibility of the team captain to ensure they are all returned to the Umpire after the game.



8.3. It is compulsory for all players to wear appropriate enclosed sports shoes. Plastic moulded tags are allowed BUT NO screw in plastic or metal tags are allowed. No player can take the field without shoes.

8.4. No jewellery may be worn of any kind, including watches or leather bands. The Umpire will ask any player to remove the jewellery.

9. UMPIRES

Umpires will be allocated to games by the Convenor with consideration for any special requests made by umpires (e.g. particular grounds, specific times etc). Umpires must insist on all safety equipment being used. First-aid kit and ice for the treatment of injuries will be provided by the Convenor.

10. INJURIES

10.1. A player may call for stoppage due to an injury or illness, although the decision to stop play shall be at the sole discretion of the Umpire. If a player is injured, it is their or their teammate's responsibility to immediately inform the Umpire. The Umpire may stop the game at any time.

10.2. Bleeding – You must leave the field and get attended to by Competition Convenor. Refer to General Safety Policy for Blood Policy Procedures.

10.3. PLEASE REPORT INJURY ON THE DAY TO THE CONVENOR – MUST BE WRITTEN IN INJURY BOOK. All injury claims must be done within 30 days of Injury. A Claim form can be downloaded from the HNSW website located [HERE](#).

11. COVID-19 PROTOCOLS (UPDATED OCTOBER 2021)

All staff, volunteers, parents/carers and participants will need to adhere to the following:

- You must not attend if unwell, particularly if you have a fever, cold or flu-like symptoms.
- All visitors to the venue over 16 years will need to be fully vaccinated and will be required to show proof of full vaccination or evidence of medical contraindication exemption. This must be strictly enforced.
- Check in at the registration desk at the Venue using the QR code and use hand sanitiser
- Convenor must ensure there are no more than 1 person per 2 square metres of space at the outdoor venue in which the activity is conducted.
- No handshakes, instead replace this gesture with tapping sticks
- No high fives or team huddles
- Adopt the “**Get in – Play – Get out**” policy. Players must vacate the courts promptly at the conclusion of their game. Players for the next game cannot enter the court area until all players from the previous game have exited the facility.
- Where available use the different entry and exit points to prevent mixing between two groups.
- Keep socially distant - the 1.5m rule, at points of mixing and queuing, between seated groups and between staff/volunteers
- Avoid congestion of people in specific areas such as change rooms and communal facilities.
- Sanitise hands at the start and end of any hockey activity
- Don't share hockey equipment, drinks, towels, lip balm or sunscreen
- Adhere to the Covid-19 requirements stipulated at each hockey venue / futsal court
- Competition organisers shall advise all participants in writing of the COVID-19 safety protocols prior to the event commencing.