

HOCKEY: SPORT SPECIFIC RULES 2021-22

These sports specific rules are additional to the general rules which apply to all sports.

8. CONDITIONS OF PLAY AND FIXTURE OBLIGATIONS

HY 8.1

All games must be played on synthetic grass surfaces in line with the England Hockey pitch classification.

HY 8.2

All players must wear numbered shirts.

HY 8.3

League fixtures may be played as flexible format, but cup competitions are 11 a-side.

HY 8.4

No men can play in the women's competitions and no women in the men's competitions.

HY 8.5

In the mixed competition the following rules apply:

- The 11 players on the pitch should contain a minimum of five females (no maximum).
- The first shot at goal at an attacking penalty corner must be by a female player (any player can follow up).
- The defensive line up at a penalty corner must include at least 2 female field players
- Penalty stroke or shootout competitions must have a minimum of two females in the selected line-up.

HY 8.6

Duration – all matches will be played in accordance with the FIH rules of the game and shall be for a maximum of 70 minutes (i.e. 35 minutes each way).

HY 8.7

The following process will be used to determine the winner in the event of a draw at full-time of a cup match:

- Penalty flicks competition
- The team taking the first flick will be determined by the toss of a coin.
- Five different players from each of the teams, chosen from the players listed on the team sheet, but excluding any player who has been permanently suspended from the game (red card), shall take a penalty stroke alternately against the goalkeeper of the other team.
- If still a draw, the SAME players will continue in a sudden death shoot-out. The sequence in which the players take the strokes for their team need not be the same as in the previous series.

10. PLAYER REGISTRATION AND TEAM SHEETS

HY 10.1

A minimum of 16 players for each team must be registered in accordance with rule 10.

11. MATCH OFFICIALS

HY 11.1

The home institution should arrange for two umpires, which could be one qualified umpire from each team. Where a member of staff acts as an umpire they must be qualified to do so and may only participate in coaching duties during the interval.

HY 11.2

From the quarter final of the cup competition onwards, the home team must provide two neutral umpires.