

CAIRNS HOCKEY ASSOCIATION 10/4/10
RULES FOR UNDER 8 HOCKEY

- (a) The game is played with two teams of six players on the field at once with a goalkeeper or kicking fullback. Additional players may be interchanged freely during the game.
- (b) Playing time is divided into two halves of twenty minutes with a break of three minutes between. Teams will change ends after the half time break.
- (c) Teams will toss to decide which team will commence the game from the centre spot. The team losing the toss will have the choice of field's end. After the half time break the opposing team shall commence play from the centre spot.
- (d) The game is commenced with a push from the centre spot. At the time of the commencement each team must be on their own goal side of the centre spot. After each goal is scored the team against which the goal has been scored will take possession to restart the game from the centre spot.
- (e) A goal maybe scored from anywhere within the opposing team's defensive zone (within 10m of goal line).
- (f) A goal is scored when the ball passes over the opponent's goal line between the goal markers after having been pushed by an attacking player or glanced off the attacking players stick within 10m of the goal line. The team scoring the most goals is the winner of the game.
- (g) Players are not permitted to:
 - Raise the stick above the shoulder
 - Hit the stick into an opponent
 - Use the stick to obstruct an opponent reaching the ball or moving about the field
 - Play the ball with their hands or feet
 - Raise the ball at all
 - Criticize or ridicule another player or use bad language.
- (h) Rough and dangerous play is not permitted and body contact must be avoided.
- (i) A free push/hit may be awarded to the opponents for any breach of the rules. At any time that a free push/hit is taken no other player may be within three metres of the ball.
- (j) For a breach of the rules by a defender with the defensive (10m) zone the attacking team will be awarded a free push at a point outside the 10m line opposite the point where the breach occurred.
- (k) A defender may not deliberately play the ball over his/her own goal line. If this breach occurs than the attacking team will be awarded a free push from the outside the 10m line opposite where the breach occurred. When the ball is played over the goal line by an attacker, or accidentally be a defender, the defending team is awarded a free push from on the 10m line in line with where the ball went out of play.
- (l) When the ball is played over the sideline the opposing team will be awarded a free push at the point where the ball crossed the line.