



SECONDARY ORGANISATION, GUIDELINES AND OPTIONS

This guidance document includes a variety of formats to suit the intention of your sessions/ events and offers advice on how to organise and deliver.

INTRODUCTION

Hockey is one of the most gender equitable team sports and is fun, fast, safe, and exciting.

England Hockey is committed to developing hockey in schools and this guide will offer you a range of opportunities to help deliver fun and engaging events that are simple and easy for anyone to deliver.



Hockey is a great invasion game to deliver because: -

- **It's equally appealing to boy and girls so engages a wider group**
- **Children tend to start playing at the same age so do not have lots of prior knowledge and experience**
- **Develops multiple skills. Physical competence such as balance, co-ordination, agility and dexterity and wider personal skills such as teamwork, communication, respect, discipline, fairness and pride**

The core aim throughout all our adapted formats of the game is for children to have fun whilst learning and developing core skills.

Delivering fun, engaging and safe hockey sessions is the most important thing for children playing hockey. Children have also told us that to have a great hockey experience they want:

- To feel involved
- To have lots of touches of the ball, and to play small sided games
- To score lots of goals and to achieve tasks as this increases fun and enjoyment
- To let everyone, play - winning isn't crucial
- Simple rules

All the formats are designed to be fully inclusive and provide gradual learning for young people.

GUIDE TO DIFFERENT DELIVERY OPTIONS

We have different event formats to suit whichever intent you are trying to achieve. This can be delivered as follows: -



Personal Best

Skill station challenges enable children to focus on their personal best, and they can try to demonstrate an improvement in their score on any of the skill station challenges.

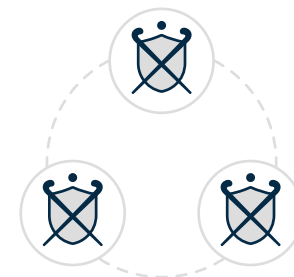
This format can be delivered either within PE lessons, or as part of a wider festival.



Intra School Festival

The activity for an intra school festival can be either skill station challenges or a game-based festival format.

For either type of activity children can be grouped into teams to suit the numbers, space and time available.



Inter School Festival

For inter school festivals the activity can be based around either skill station challenges or a game-based festival format.

Again, children can be grouped into teams to suit numbers, space and time available.

CONTENT OVERVIEW

All the content suggested is based around In2Hockey.

In2Hockey is designed specifically for Key Stage 3 in secondary schools. Schools and organisers can choose to deliver festivals using either the skill station challenges or the game based 6 or 7 a-side version, or a combination of both. The whole emphasis of an In2Hockey festival should be based around FUN and participation, rather than performance and results.



In2Hockey Skill Station Challenges (Key Stage 3)

This flexible format is a selection of challenges presented via hockey skills stations. The focus should be on fun, enjoyment and improving individual skills and personal bests. The aim is to involve as many children playing as many of the challenges as possible.

Each challenge has been designed to build confidence in a fun and engaging way. They help children practice and develop the basic and fundamental movements of agility, balance and co-ordination needed for all sports and for life in general. Throughout the challenges young people can also be rewarded for the demonstration of wider personal skills alongside their hockey skills – for example respect, perseverance, and communication.

For each challenge deliverers can choose whether to focus on individual scores / personal bests, and / or group / team scores. Alternatively, the activities can be delivered with more of a focus on the character skills, or with no scoring.

Eight skill station challenge cards are provided. Each card contains instructions, a diagram of the challenge and suggested scoring options.

In2Hockey Game Based Festival (Key Stage 3)

An In2Hockey game-based format is recommended for all secondary school games. Schools are encouraged to deliver intra school Festivals and then organise and enter local inter-school Festivals.

Playing small sided games ensure children:-

- To be constantly involved in the game
- With rotating subs players can have a quick rest without disrupting the game
- To slowly build their knowledge of the rules

There are up to 10 members in an In2Hockey team, and the game can be played as either 6-a-side without goalkeepers, or 7-a-side with goalkeepers. All team members should be encouraged to have a go at umpiring during the game. The game is played in two halves of 12-15 minutes each, with a half time interval of up to 5 minutes.

Key differences at a glance:

| 6-a-side In2Hockey | 7-a-side In2Hockey |
|--|---|
| No goalkeepers | Introduction of goalkeepers |
| Added restricted zones for safety | Introduction of more formal hockey rules, such as penalty corners |
| Suitable for multiple surfaces | |
| Amended rules to make understanding of the game easier | |

HOCKEY BASICS

When passing and/or scoring, players will use a variety of methods from pushing to hitting the ball. The height allowed for the backswing of the stick should always be advised by the deliverer; in accordance with the players' ability and experience levels.

If players are beginners and have little experience, it is advised to keep sticks below waist height during the introductory sessions. As players become more comfortable with the game and their skills develop, this guidance can be altered to allow a higher backswing when hitting the Ball.

Carrying the Ball

When carrying/dribbling the ball every player's technique (body/hand/head/position) will be different and vary depending on the situation they are facing in front of them. What works for one player may not for another, so players, particularly beginners, benefit from having lots of opportunities to carry the ball in different situations as part of their training session.

A fantastic way to encourage this is to give players a ball each as part of the session (me and my ball time) and allow them vital time to experiment carrying/dribbling the ball under less pressure and build up confidence and experience to transfer this across to a game like situation. Just make sure the size of the practice area is big enough to allow players to carry the ball at pace.



Players should be reminded that In2Hockey is predominantly played on or near the ground so when receiving a pass, carrying the ball or making a tackle the head of the stick should be close to the ground.



Moving the ball

When moving/passing the ball every player's technique (body/hand/head position) will be different and vary depending on the situation they are facing in front of them. What works for one player may not for another, so players, particularly beginners, benefit from having lots of opportunities to move the ball in different situations as part of their training session.

A great way to encourage this is to put players in pairs with a ball each and allow them vital time to experiment moving/passing the ball under less pressure and build up confidence and experience to transfer this across to a game like situation.



HOCKEY BASICS (CONT.)

Hints and tips

- Players should only use the flat side of the stick.
- Players should look up and try not to kick the ball.
- Players should be careful not to bump into anyone, or to hit anyone else's stick.

Health and safety

- Sticks should be kept below hip height at all times.
- Players of the same team should wear the same colour tops or bibs.
- Players must not wear anything which is dangerous to other players (such as jewellery, caps, any sharp objects).
- Even though the Quicksticks ball is safe, it is strongly recommended that shin protectors and mouthguards are worn by players on the pitch.

The Ball

For matches involving younger, inexperienced players, it is preferable to use an In2Hockey ball. The ball is the same size, but weighs 100 grams (4ozs) so it is lighter than a standard hockey ball. Another alternative would be to use a Quicksticks ball which is larger and lighter, so it is easier to control.

Players who have played hockey for a longer period of time may be comfortable with a standard hockey ball, but the age and ability of all players involved should be considered.

Either an In2Hockey ball or a Quicksticks ball must be used when playing 6-a-side and 7-a-side In2Hockey without goalkeepers.

Teams

Teams can be girls, boys or mixed.

Goals

7 aside

Standard hockey goal: width = 3.6m.

It must be positioned against the outer edge of the backline in line with the centre of the pitch.

6 aside and Skill Station Challenges

England Hockey target goals or any other goal of a similar size can be used for skill station challenges and the 6 aside version of the game. In some of the challenges cones or hoops can be used as goals. Just ensure the size and height are suitable for the age and stage of the group

PITCH LAYOUT OPTIONS

In2Hockey Skill Station Challenge Based Festival

Space should be divided to allow for 6/8 stations depending on the number of children and the length of your event. We would recommend a maximum of 8 players per station..



PITCH LAYOUT OPTIONS (CONT.)

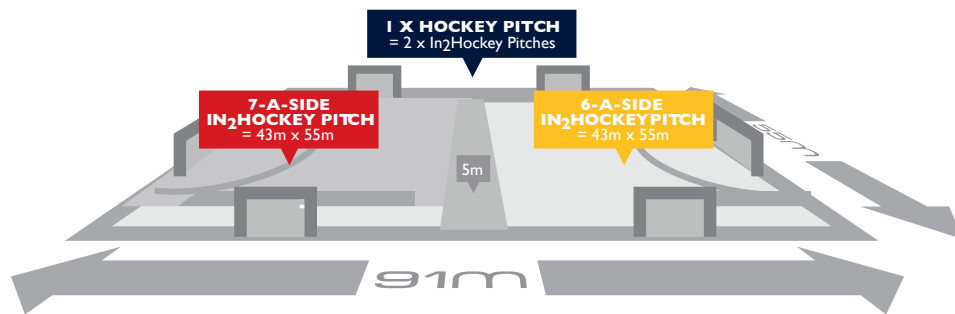
In2Hockey Game Based Festival

Up to 20 teams (200 participants) - dependent on facilities and available leaders. 20 teams require 4 In2Hockey pitches

The field of play is rectangular, and based on an area the size of half a standard hockey pitch. 6-a-side and 7-a-side In2Hockey is played on the same sized pitch, and two In2Hockey pitches can be accommodated on a full sized standard hockey pitch with a 5m safety area between the two pitches.

1 hockey pitch = 2 In2Hockey pitches,

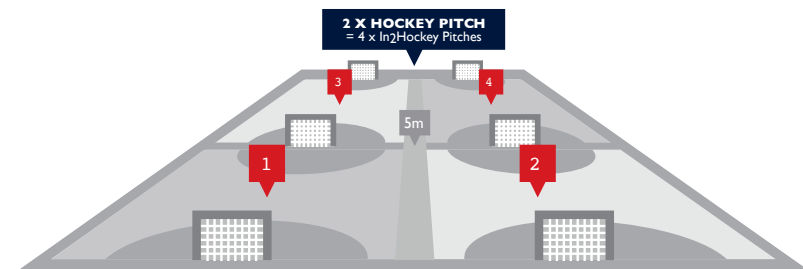
Teams and participants - up to 10 teams rotated, up to 100 participants



Other pitch layouts

2 hockey pitch = 4 In2Hockey pitches,

Teams and participants - up to 20 teams rotated, up to 200 participants

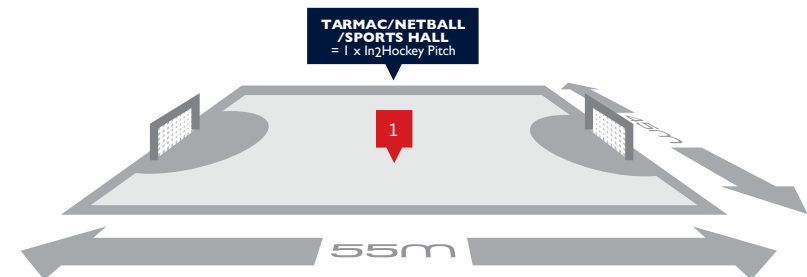


If festivals are to be held on a tarmac area or in a sports hall, the following layout is suggested:

Tarmac area / netball courts / sports hall (dimensions approx 55m x 45m, or amended as necessary)

1 pitch

Teams and participants - up to 5 teams, up to 50 participants



CONTENT FOR IN2HOCKEY SKILL STATION CHALLENGES

Skill Station Challenge Content Overview

The format is designed to allow flexibility so that the teacher/organiser can select from any of the skill station challenges based on the age and stage of the children, the numbers involved and the space and time available.

Scoring

Deliverers can choose whether to focus the scoring around personal bests, team / group scores, or no scoring and no overall winners.

Timing

Maximum of 7 – 8 minutes per activity.
Rotate so everyone experiences every station.

Numbers

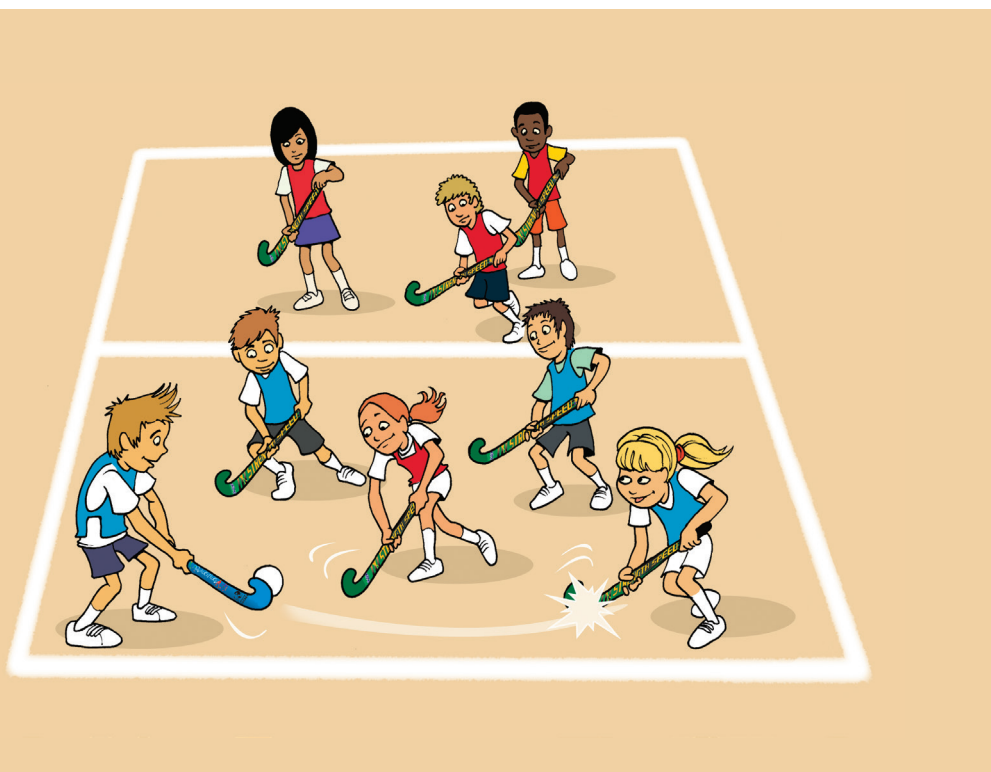
Maximum 8 children per group.
Challenges should be adapted depending on overall numbers participating.

Young Leaders

We would suggest using several older young leaders to lead a specific station..

CHALLENGE 1

KABADI



THEME

MOVING THE BALL



INSTRUCTIONS

Kabaddi is a possession-based game that will see teams try and keep the ball for as long as possible while coming under increasing pressure from the opposition. The focus of this game is how effectively can players move the ball within their team.

EQUIPMENT

- 1 Stick per player
- 2-3 balls
- 20-30 cones or floor markers to create pitch boundary

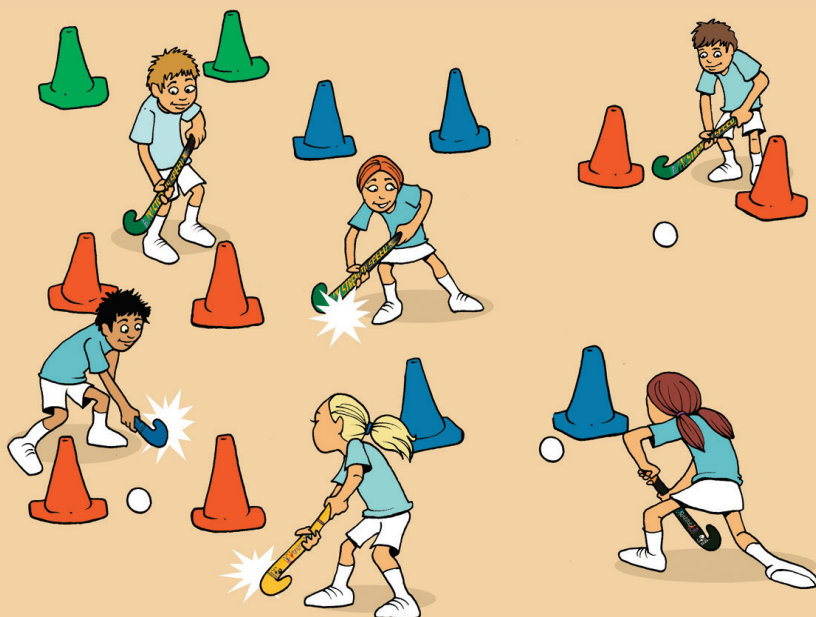
SCORING

Allow your players time to experiment with the game and playing area. For a scoring round, play continuously for 4 minutes. Each teams' cumulative passes will total their score. For example, Team 1 makes 6 passes before losing the ball, they will earn 6 points, once Team 2 gain possession this switches over and Team 2 have the chance to gain points. Keep track of each Team's score across the 4 minutes, or see which Team can score the most points in one go before losing possession. Highest score after the period of play wins.

Remember you can also choose whether to focus the scoring around personal bests, team / group scores, or no scoring and no overall winners.

CHALLENGE 2

PASS TO WIN



THEME

MOVING THE BALL



INSTRUCTIONS

The playing area will be full of small gates of varying width and angles. Each team are to use these gates as guides when we start to explore how we pass and receive when working as a pair. Once you have successfully completed a pass through one gate, you must move to a different part of the playing area and complete a pass through a new gate. Teams will get practice time to understand the game before completing their score round.

EQUIPMENT

- 1 set of cones placed around the playing area as gates
- 1 stick per player
- 1 ball per pair

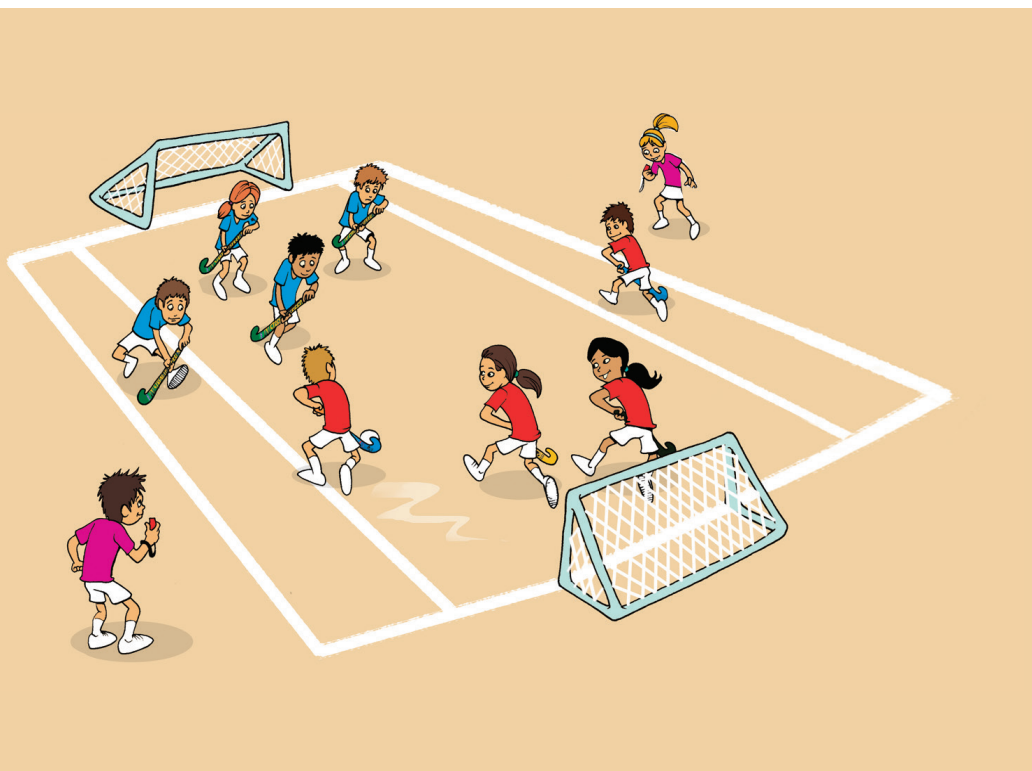
SCORING

Players can have 2 or 3 rounds of 60 seconds to explore the game. Through coach led questioning, players can prioritise 2 different ways to pass the ball through gates and allocate them 1 or 2 points. Pairs will take part in a 60 second scoring round. Every successful pass through a gate that links to the skills identified earns the team 1 or 2 points. You cannot score through the same gate consecutively.

Remember you can also choose whether to focus the scoring around personal bests, team / group scores, or no scoring and no overall winners.

CHALLENGE 3

CHANNELS



THEME

MOVING THE BALL



INSTRUCTIONS

In this 4v4 challenge players look to score within their team's attacking goal.

Before players can score a goal, they must pass the ball to a player located in the wing channel on either the left or right-hand side of the pitch.

Players can move freely between the main playing area and the wing channels.

Each time possession of the ball switches over the last pass to the wing player is cancelled out, teams must make a pass to the wing player before they can attempt to score.

EQUIPMENT

1 stick per player
2-3 balls (for spares)
2 goals

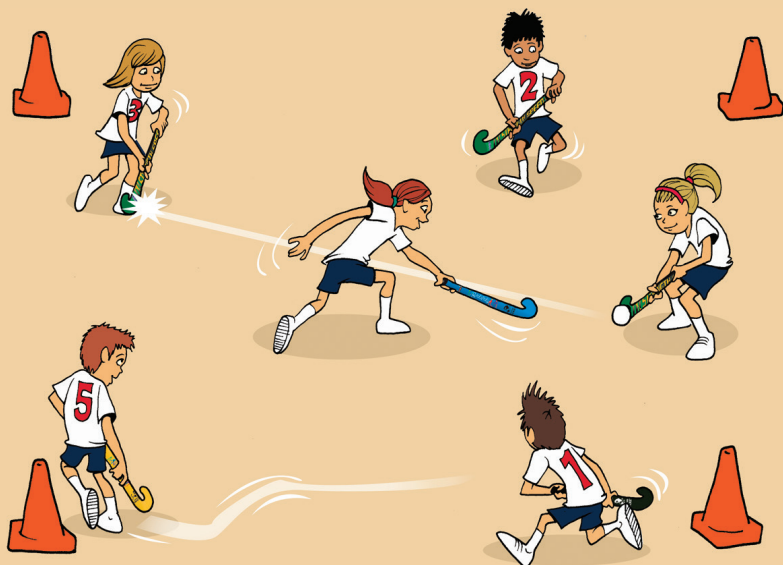
SCORING

Each goal is worth 1 point.

Remember you can also choose whether to focus the scoring around personal bests, team / group scores, or no scoring and no overall winners.

CHALLENGE 4

THE INTERCEPTOR



THEME

PASSING & INTERCEPTING



INSTRUCTIONS

Instructions - How many passes can you make in the time limit before the interceptor wins possession – add up all the attempts whilst changing interceptor. How many times can you make 3 or 4 passes before being intercepted.

EQUIPMENT

1 stick per player
1 ball per group of 4
4 cones per group

SCORING

A scoring round of 60 seconds to see how many passes you make in the time limit before the interceptor wins possession – add up all the attempts whilst changing interceptor. Each pass equals 1 point.

Remember you can also choose whether to focus the scoring around personal bests, team / group scores, or no scoring and no overall winners.

CHALLENGE 5

SLALOM



THEME

MOVING THE BALL



INSTRUCTIONS

Players will use their carrying skills to navigate around the slalom course. They will also have to keep their head up to see where the other players are and decide which obstacle to aim for next depending on where the space is.

For a bonus round, allow each team to set up the obstacles for a more difficult final challenge!

EQUIPMENT

Hurdles / cones / throw downs / any other obstacles you can find
1 ball per player
1 stick per player

SCORING

To score this game, all teams and players will complete the slalom course. The scoring round will run for 90 seconds, players keep score of how many obstacles they have carried the ball round in the time period.

Remember you can also choose whether to focus the scoring around personal bests, team / group scores, or no scoring and no overall winners.

CHALLENGE 6

4v4 ENDZONE



THEME

MOVING THE BALL



INSTRUCTIONS

This is a 4v4 challenge which will encourage players to carry the ball whilst supporting them to make good decisions around when it is best to carry the ball and when it is best to pass.

2 Teams of 4 will play on a pitch with endzones.

EQUIPMENT

- 1 Stick per player
- 2-3 Balls (to allow for spares)
- 8-10 Throw down markers

SCORING

Teams will score points for successfully carrying the ball into the opposition endzone.

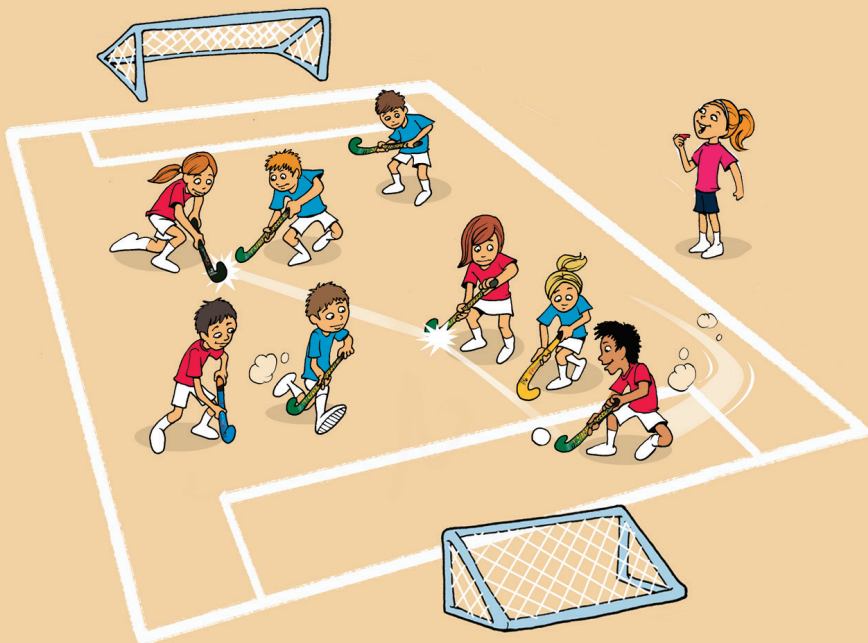
To encourage inclusion in the team, each individual players first carry into an endzone will be worth 3 points. All subsequent carries into the endzone will be worth 1 point.

Once a team has scored, the opposition restarts from a defensive hit out. Play 2 halves to allow both teams to have an opportunity to reflect and make any necessary changes.

Remember you can also choose whether to focus the scoring around personal bests, team / group scores, or no scoring and no overall winners.

CHALLENGE 7

LEVELS



THEME

GAMEPLAY



INSTRUCTIONS

The group will be split into 2 teams. Teams will play 4 minute rounds following the levels set out below. Groups will be challenged to use different skills and make different decisions depending on the numbers in play.

Each time the ball leaves the playing area, the next level starts. Coach/Leader to feed the ball in to start each level.

Level 1 – 1v1

Level 2 – 2v2

Level 3 – 3v3

Level 4 – 4v4

EQUIPMENT

1 Stick per player

2 goals

2-3 balls

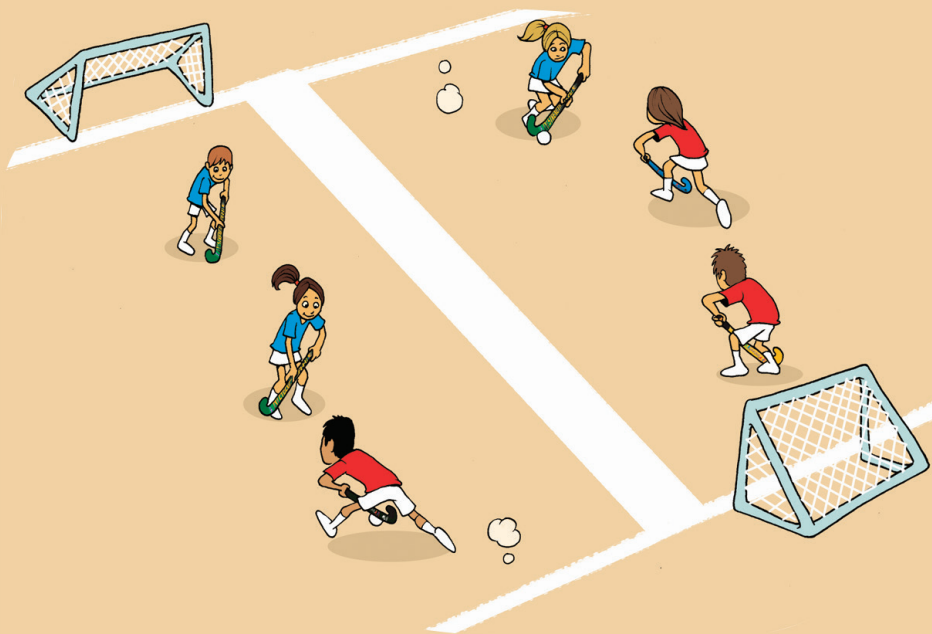
SCORING

Teams will earn a point for every goal they score.

Remember you can also choose whether to focus the scoring around personal bests, team / group scores, or no scoring and no overall winners.

CHALLENGE 8

RUN THE GAUNTLET



THEME

DEFENDING



INSTRUCTIONS

The practice will see a 1v2 gauntlet run. The 1 attacker will have to try and carry their ball into the attacking zone protected by 2 defenders! If the defenders win the ball from the attacker, they will have a chance to carry the ball into their scoring zone. How do our defenders try to win the ball? Can they work together to get more success?

EQUIPMENT

1 Stick per player
10 balls
Bibs
Cones/Goal or Hoop for scoring zones

SCORING

Each ball the defenders successfully tackle and carry safely to their scoring zone will earn them 1 point. Each ball the attackers get into the defenders zone, will be worth 2 points.

Remember you can also choose whether to focus the scoring around personal bests, team / group scores, or no scoring and no overall winners.

GAMES BASED IN2HOCKEY FESTIVAL FORMAT

Small sided hockey games allow teachers to:-

- Balance teams more easily so players with similar ability and fitness are playing with and against each other.
- Cater for small groups where there aren't enough players for 11v11.
- Cater for large groups where they are too many for 11v11.
- Improve the players experience at a session as they get more touches of the ball and feel more involved in a game.

Rules for 6 aside and 7 aside game

Full Rules for 6 and 7 aside can be found on page 27 of this document.

Advisory Guidelines for 6 aside and 7aside game

Advisory Guidelines for 6 and 7 aside game based formats are available on page 21 of this document.

Alternatively visit the [In2Hockey section](#) on the Hockey Hub.

FURTHER HELP AND SUPPORT

England Hockey provide a wide range of support available to help you deliver fun, engaging and safe hockey sessions within your school.

Schools Membership

To make it easier for schools to access delivery support we have developed a schools membership offer which aims to bring together and enhance the range of support available for schools and teachers.

To sign up, you simply need to register for a free [HockeyHub](#) account and 'tick' that you are a teacher when selecting your role(s). Once logged into your HockeyHub account you will see a link to the teacher's section in the main navigation bar.

Schools members can access a range of exclusive benefits and delivery support. See appendix for further details.

England Hockey Website

The England Hockey website has lots of useful information for teachers and SGO's to help you deliver hockey in school.

<https://www.englandhockey.co.uk/deliver/teach>

Hockey Hub

The Hockey Hub is a free one-stop shop, packed full of useful hockey resources, with a dedicated section for teachers. It provides a suite of video resources, ideas for your sessions, leadership content and more!

There is also an online training course for Quicksticks and In2Hockey. The site is regularly updated with content so keep checking back to see what is new.

<https://hockeyhub.englandhockey.co.uk/teachers>

Schools Team Email

For any questions, support or queries please email schools@englandhockey.co.uk

FURTHER HELP AND SUPPORT (CONT.)

Equipment and Resources

A wide range of adapted hockey equipment packs and resources are available to assist with hockey delivery at all key stages.

To view equipment and resources [click here](#)

In2Hockey Resources

The In2Hockey curriculum resource and delivery cards consist of a core set plus two accompanying bolt-ons to assist with the delivery of the game. The core resource comprises of a teacher and coaches resource booklet including three sets of session plans and a series of 51 delivery cards. Two additional bolt-on resources are also available to support the introduction of goalkeepers, and to help with the development of In2Hockey umpires.

All have been designed for use with secondary age children at Key Stage 3 in years 7, 8 and 9, and link to the Key Stage 3 national curriculum. References to each strand are clearly identified in the core resource booklet and session plans. The resource uses delivery cards to bring a variety of linked/progressive activities for developing hockey skills and techniques over a period of six weeks. They are colour coded using a traffic light system to help teachers identify activities which are at an appropriate level for the group that they are working with.

<https://hockeyhub.englandhockey.co.uk/shop>

School Club Links

There are around 800 community hockey clubs across the country and England Hockey actively encourages clubs to engage with their local community. Many of these clubs would be keen to support school delivery and festivals/competitions.

To find out about hockey clubs in your area please visit: [find a club](#)

The Junior Coordinator at a club is usually the main contact regarding Club-School Links.



ADVISORY GUIDELINES

VALID FROM SEPTEMBER 2021

ADVISORY GUIDELINES FOR PLAYING IN2HOCKEY

Note: These are guidelines only and you can use the step principle; adapting space, time, equipment, and number of players/rules to suit your needs.

In2Hockey can be played in two formats - the 6-a-side game is played without goalkeepers and the 7-a-side game includes goalkeepers. Copies of the rules for both versions of the game are available to download at englandhockey.co.uk/in2hockey.

Schools and clubs are encouraged to introduce goalkeepers as soon as appropriate in order to encourage the development of players who may ultimately specialise in the position, and to provide further progression towards the 11-a-side game. See the tables overleaf for more details on the two In2Hockey formats.



Safety

In order to provide a safe environment for In2Hockey activity, the following should always be considered:

- The surface must be appropriate and free from obstacles or dangerous objects - remove small stones and loose debris (wet leaves, litter) from the playing area
- Use throw-down markers as opposed to cones where possible
- Make sure there is enough space for each young player and any groups to participate safely
- It is strongly recommended that shin-protectors and mouthguards are worn by outfield players at all times, (inclusive of training sessions /games)
- No player should wear any item that may be dangerous to themselves or other players. This includes raised jewellery baseball caps with a stiffened peak and/or any sharp object
- The use of appropriate footwear for the playing surface (trainers or turf shoes) and suitable warm clothing (track-suit) is encouraged
- The appropriate type of ball should be used taking into account the surface, and the age and ability levels of the players

When passing and/or scoring, players will use a variety of methods from pushing to hitting the ball. The height allowed for the backswing of the stick should always be advised by the deliverer; in accordance with the players' ability and experience levels. If players are beginners and have little experience, it is advised to keep sticks below waist height during the introductory sessions. As players become more comfortable with the game and their skills develop, this guidance can be altered to allow a higher backswing when hitting the ball.

Players should be reminded that In2Hockey is predominantly played on or near the ground so when receiving a pass, carrying the ball or making a tackle the head of the stick should be close to the ground.

6 - A - SIDE GUIDELINES

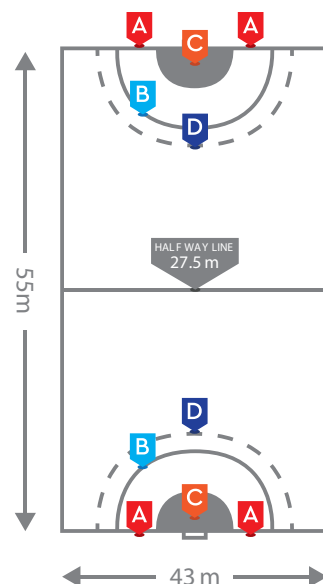
FIELD OF PLAY & PITCH MARKINGS

A **Penalty Corners** Marks on both sides of goal, 10m from goalpost for PC injection

B **Shooting Circles** Radius 14.63m

C **Restricted Zone** Radius 4.57m

D **Penalty Shot Spot** 3m from top circle



Pitch Length: 55m, width: 43m

Two full size In2Hockey pitches can be set up across a standard 11-a-side pitch.

GOALS

- Standard hockey goal: width = 3.6m.
- Samba goal: 6-8ft wide x 2ft high.
- It must be positioned against the outer edge of the back-line in line with the centre of the pitch.

THE BALL

- With beginners is recommended to use a Quicksticks ball, as it is larger and lighter than a standard ball, making it safer and easier for players.
- For more advanced players, an In2Hockey ball should be used. The ball is the same size, but weighs 100 grams (4ozs) so is lighter than a standard hockey ball.

Under no circumstances should a standard hockey ball be used when playing without goalkeepers.

TEAMS

- Six players are permitted on the pitch at any one time from each team (six outfield players and no goalkeeper).
- Teams may have four substitutes. Defending players are not permitted to enter the restricted zone at any time.

DURATION

- Match durations can vary, depending on the type of activity and the nature of the competition. Matches are usually two halves (of approximately 12-15 minutes each) with an interval (half-time) of not more than 5 minutes. For specific guidance on suggested match durations for different ages please see appendix 1 in the 6 aside Rules.

6-A-SIDE GUIDELINES (CONT.)

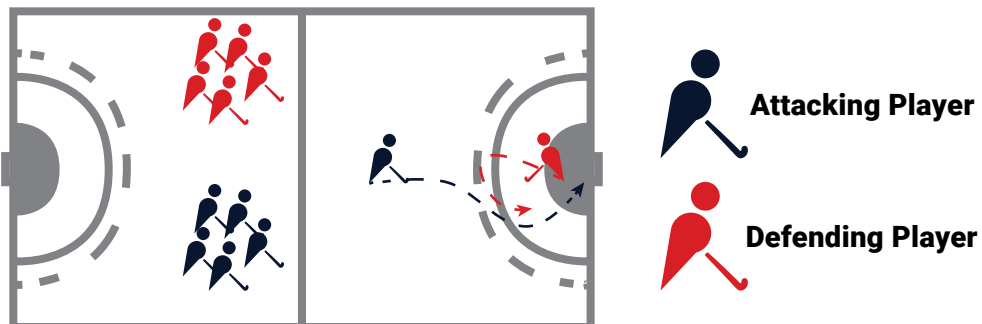
PENALTY CORNERS

- Penalty Corners amended to 4v2 Power Play
- The starting positions of attacking and defending players at a penalty corner.



PENALTY STROKES

- Penalty Corners amended to 4v2 Power Play
- The starting positions of attacking and defending players at a penalty corner.



THE RESULT

- The team scoring the most goals is the winner.
- If no goals are scored, or if the teams score an equal number of goals, the match is drawn.
- If a winner is deemed necessary, then penalty 1v1 shots can be taken.

7 - A - SIDE GUIDELINES

FIELD OF PLAY & PITCH MARKINGS



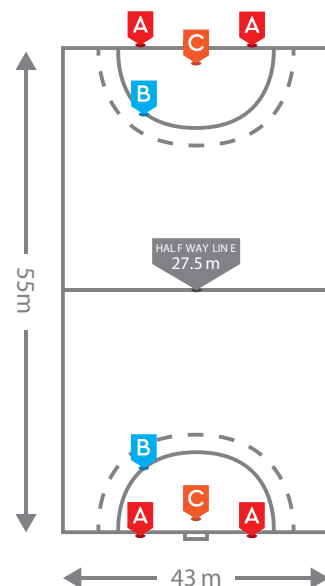
Penalty Corners 5m and 10m from each goalpost on the back line



Shooting Circles Radius 14.63m



Penalty Shot Spot 5m from the goal line



Pitch Length: 55m, width: 43m

Two full size In2Hockey pitches can be set up across a standard 11 -a-side pitch.

GOALS

- Standard hockey goal: width = 3.6m.
- It must be positioned against the outer edge of the back-line in line with the centre of the pitch.

THE BALL

- For matches involving younger, inexperienced players, it is preferable to use an In2Hockey ball. The ball is the same size, but weighs 100 grams (4ozs) so is lighter than a standard hockey ball.
- Players who have played hockey for a period of time may well be comfortable with a standard hockey ball, but the age and ability of all players involved should be taken into account.

TEAMS

- Seven players are permitted on the pitch at any one time from each team (six outfield players and one fully kitted out goalkeeper).
- Teams may have three substitutes.

DURATION

- Match durations can vary, depending on the type of activity and the nature of the competition. Matches are usually two halves (of approximately 12-15 minutes each) with an interval (half-time) of not more than 5 minutes. For specific guidance on suggested match durations for different ages please see appendix 1 in the 7 aside Rules.

7-A-SIDE GUIDELINES (CONT.)

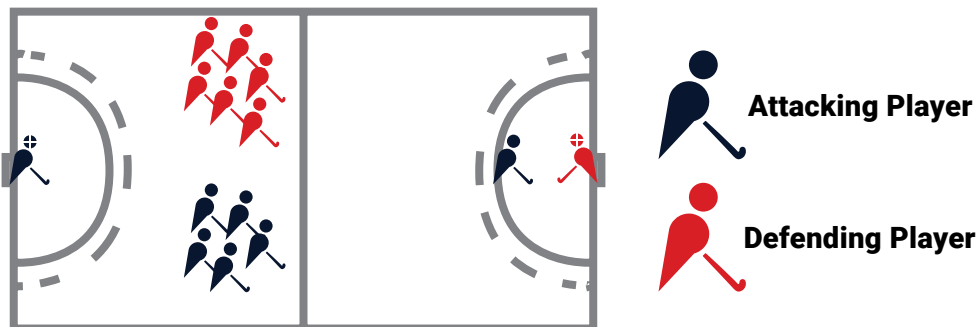
PENALTY CORNERS

- Played as per 11 -a-side hockey.
- The starting positions of attacking and defending players at a penalty corner.



PENALTY STROKES

- Played as per 11 -a-side hockey.



THE RESULT

- The team scoring the most goals is the winner.
- If no goals are scored, or if the teams score an equal number of goals, the match is drawn.
- If a winner is deemed necessary, then penalty strokes can be taken.



RULE BOOK

VALID FROM SEPTEMBER 2021

6 - A - SIDE RULES



Rule 1 - Teams

- a.** The game is played between two teams. They shall each have a maximum of ten players. Six are permitted on the pitch at any one time.
- b.** They are six outfield players - goal-keepers or kicking back are not permitted.
- c.** The remaining four players are substitutes.

- d.** Teams can be a mixture of boys and girls – providing they are of similar age and ability. When playing in local festivals there may be special regulations relating to the composition of teams i.e. the split of boys and girls, so please refer to the entry regulations for clarification.

Rule 2 – Substitutions

- a.** Substitutions are made on the centre line, and are allowed at any time, except following the award of a penalty corner or penalty shot, until its completion.

Rule 3 – Duration Of The Game

- a.** Two halves (usually of 12-15 minutes each) with an interval (half-time) of not more than 5 minutes.
- b.** Following half-time the two teams change ends.

Rule 4 – Captains

- a.** The Captains toss a coin for choice of ends or possession of the ball at the start of the game.

- b.** Team Managers and / or coaches are responsible for the conduct of all players in their team, including those on the bench (the substitutes).

Rule 5 – The Pitch

LENGTH

55 metres

WIDTH

43 metres

SHOOTING CIRCLES

Radius of 14.63 metres (the same as a full-size hockey pitch)

RESTRICTED ZONE

Radius of 4.57m from the goal line (defending players are not permitted to enter the restricted zone at any time)

PENALTY SHOT SPOT

3 metres from the top of the shooting circle

PENALTY CORNER MARKERS

10 metres from each goal-post on the back-line

Please refer to the In2Hockey Advisory Guidelines for full diagram of pitch and markings

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Rule 6 - The Goal

- a.** Either a standard hockey goal (width 3.6m - the same size as those used in 11-a-side hockey) or an 6-8ft wide x 2ft high samba goal can be used.
- b.** The goal must be positioned against the outer edge of the back-line in line with the centre of the pitch.

Rule 7 - The Ball

- a.** With beginners it is recommended to use a Quicksticks ball as it is larger and lighter than a standard ball, making it safer and easier for the players.
- b.** With more advanced players, an In2Hockey ball should be used. This ball is the same size, but lighter than a standard hockey ball. It weighs 100 grams (4ozs).
- c.** Under no circumstances should a standard hockey ball be used when playing without goalkeepers.

Rule 8 - The Stick

- a.** The stick shall be a standard regulation hockey stick. It shall have a flat face side and a rounded side.

b. The ball may be played with the flat face side of the stick or the edge of the rounded side, on condition that the flat side is visible (i.e. not flat to the turf/pitch).

c. It should be noted that playing the ball with the edge of the rounded side is always subject to dangerous play (i.e. it will be penalised by the umpires if it is measured to be dangerous or is leading to dangerous play).

d. Coaches and teachers are asked to ensure that young players use a suitable length and weight of stick.

Note: The umpires shall forbid the use of any stick that does not comply with the Rules of Hockey.

Rule 9 - Player Equipment & Clothing

- a.** In line with England Hockey's Safety Guidance FAQs ([here](#)), it is strongly recommended that shin/ankle protection and mouth-guards are worn by all outfield players at all times (inclusive of training sessions/games).
- b.** No player shall wear any equipment that may be dangerous to themselves or other players. This includes raised jewellery, baseball caps with a stiffened peak and / or any sharp object.

c. The use of appropriate footwear for the playing surface (trainers or turf shoes) and suitable warm clothing (track-suit) is encouraged.

Note: The umpires shall forbid the wearing of any equipment that does not comply with this Rule.

Rule 10 - Fair Play

a. Rough or dangerous play shall not be allowed, nor any behaviour which in the opinion of the umpire, amounts to misconduct. Note: The Umpires shall administer a personal penalty to any player who persists in breaking this rule.

b. Players must not intentionally use any part of their body to play the ball (except the hand to protect themselves in a dangerous situation).

c. Players must not play at any high ball with the stick held at above shoulder height unless they are attempting to prevent a goal from being scored (i.e. to defend a shot on goal). The shot must be on target. If it is going wide of the post or over the cross bar the defending player is not permitted to try to play at it with the stick at above shoulder height.

d. Players must not use the rounded side of the

6 - A - SIDE RULES

stick when playing the ball and when striking the ball, the stick must in no way cause danger, nor lead to dangerous play, or be intimidating to any opponent.

e. Players must not kick the ball.

f. Players must not obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball. Neither must they use any part of their body or stick to obstruct another player.

g. Players must not hold, charge, kick, shove, intentionally trip, or strike any player or umpire.

Rule 11 - Starting & Re-Starting The Game

A CENTRE PASS IS TAKEN:

- to start the match by a player from the team winning the toss if they chose this option; otherwise by a player from the opposing team.
- to re-start the match after half-time by a player of the team which did not take the centre pass to start the match.
- after a goal by a player of the team against which the goal was scored.

TAKING A CENTRE PASS:

- it is taken at the centre of the field.

- it is permitted to play the ball in any direction.
- all players other than the player taking the centre pass must be in the half of the field, which includes the goal they are defending
- the procedures for taking a free hit apply.

Rule 12 - Scoring A Goal

a. A goal is scored when the ball has been struck by, or deflected off, an attacking player while it (the ball) is in the shooting circle. It must cross completely over the goal-line between the goal-posts and under the cross-bar.

b. Attacking players can score from within the restricted zone; however defending players are not permitted to enter the restricted zone at any time.

Rule 13 - Ball Outside The Field Of Play

OVER THE SIDE-LINE:

a. When the ball passes completely over the side-line it shall be put back into play in any direction by a hit, push, scoop or self-pass taken by an opponent of the player who last touched it. The ball may be raised immediately using a push, flick or scoop but must not be

raised intentionally using a hit. This is called a side-line hit-in.

b. In the half that the team is defending: until the hit-in is taken no opposition player shall be within 5 metres of the ball.

c. In the half that the team is attacking: until the hit-in is taken all players except the taker must be a minimum of 5 metres from the ball and, once the ball has been played, it must move a minimum of 5 metres (in any direction), or be touched by a player of the defending team, before it can be played into the circle.

OVER THE BACK-LINE OFF AN ATTACKING PLAYER:

a. When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is re-started with a hit to the defence. This is called a hit-out. The ball can be hit, pushed, flicked, scooped or a self-pass can be played. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit. It is to be taken level with the top of the shooting circle and in line with the place where it crossed over the back-line.

OVER THE BACK-LINE OFF A DEFENDING PLAYER:

a. If the ball is accidentally played over the

6 - A - SIDE RULES

back-line by a defending player and no goal is scored, the game is started with a hit to the attacking team on the half-way (27.5m) line and in line with where it crossed the back line. This means the ball is in the attacking half of the pitch and therefore rule 14e applies.

b. The Rules relating to the taking of a free hit (14.a - 14.e) shall apply to all such re-starts.

c. If the ball is deliberately played over the back-line by a defending player, the game is re-started with a penalty corner to the attacking team. The ball can be hit or pushed. A self-pass is not permitted at a penalty corner.

d. The penalty corner is taken on the back-line, 10 metres from the goal-post.

e. No player, other than the taker, shall be within 5 metres of the ball until it is played.

Rule 14 - Free Hit

a. Free hits are to be taken close to where the offence occurred. The ball can be hit, pushed, flicked, scooped or a self-pass can be played. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit.

b. The ball must be stationary at a free hit.

c. Until the free hit is taken, all opposition players must be a minimum of 5 metres from the ball.

d. Opponents who remain within 5 metres when the free hit is taken (this is very common when the self-pass is used) must not interfere with the play until they have moved 5 metres away from where the free hit was taken, or the ball has moved 5 metres. Running alongside the taker (channelling) will be penalised as interference.

e. If the free hit is awarded in the half that the team is attacking, all players except the taker must be a minimum of 5 metres from the ball. The ball can only enter the circle once it has either travelled 5m "under control" (i.e. dribbled or passed to team mate outside of the circle), or it is touched by a player of the defending team.

Rule 15 - Penalty Corner (4v2 Power Play)

a. Penalty corners are taken on the back-line on a marker that is 10 metres from each goal-post.

b. The players may choose which side of the goal to take the penalty corner.

c. The ball can be hit or pushed however a self pass is not permitted.

d. The taker must have at least one foot off the pitch (behind the back-line).

e. No more than three other attacking players must be outside the shooting circle, the two other members of the attacking team must be in the opposite circle (their defending circle) until the ball is played.

f. Two defending players should position themselves on the edge of the restricted zone, and they are not permitted to move until the ball has been played. The remaining four defending players must be in the other shooting circle - at the opposite end of the pitch.

g. If either of the defending players moves early they shall be verbally warned not to break again. If either player moves early for a second time, that player shall be sent to join their teammates in the circle at the other end of the pitch and only one player shall defend the penalty corner. If the remaining defender moves early again they will be given one final warning. If they move early for a fourth time then they too shall join their colleagues and the corner shall be taken with no defenders present.

h. Defending players are not permitted to enter the restricted zone .

i. Before any shot at the goal, the ball must first pass outside (beyond) the circle edge.

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j. If the first shot at goal is a hit, it must not cross the goal-line at above 460mm, (the height of a standard hockey goal back-board) unless it takes a deflection off an attacking or a defending player on the way

k. No shot will be allowed if it is judged as dangerous to other outfield players.

l. If the ball passes beyond 5 metres of the circle edge, the penalty corner restrictions (Rules) shall cease to apply.

m. Any penalty corner awarded immediately before half or full time shall be completed.

n. If the penalty corner breaks down normal play should resume A penalty corner shall be awarded for any one of the following reasons:

o. A defending player accidentally committing an offence inside the circle.

p. A defending player deliberately committing an offence outside the shooting circle, but within their own half of the pitch.

q. A defending player deliberately playing the ball over their own back-line from anywhere on the pitch.

r. A defending player committing a deliberate offence in the shooting circle that does not prevent a probable or actual goal.

s. When the ball becomes lodged in a player's clothing or equipment while in the circle they are defending.

t. A defending player entering the restricted zone.

Rule 16 - Penalty 1v1 Shot

a. Penalty shots are 1v1's taken from the penalty shot spot which is 3 metres outside the top of the shooting circle.

b. Apart from one defending player and the penalty shot taker, all other players must be beyond the centre-line.

c. One defending player should be positioned anywhere along the edge of the restricted zone, and is not permitted to move until the ball has been played by the attacking player.

d. The attacking player is positioned on the penalty shot spot and has 8 seconds from when they first move the ball to beat the defending player and score a goal from within the shooting circle.

e. Defending players are not permitted to enter the restricted zone.

f. If the defending or attacking player fouls during the act of playing the penalty shot, the

following should be awarded:

- Attacking player fouls: A hit out to the defence, taken from the top of the shooting circle.
- Defending player fouls deliberately: Penalty goal (goal automatically awarded to attacking team).
- Defending player fouls accidentally: Re-take penalty shot. A penalty shot shall be awarded for any one of the following reasons:
- An offence by a defending player inside the circle that prevents the probable scoring of a goal.
- An intentional offence in the circle by a defending player against an opponent who has possession of the ball or an opportunity to play the ball.
- A defending player entering the restricted zone and deliberately interfering with play Following a penalty shot, play is re-started with a centre pass (if a goal has been scored). If no goal is scored or the allocated time runs out, play is re-started with a hit out to the defence taken at the top of the shooting circle.

Rule 17 - Incident

a. If the game is temporarily suspended because of an accident or injury where no

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offence occurred it shall be re-started with a bully close to the spot where the incident occurred.

b. Players must stand square of each other and prior to playing the ball and following the umpires whistle, they shall tap the ground with their stick once and tap each other's stick above the ball once.

c. All non-involved players must be a minimum of 5 metres from the ball.

Note: No bully shall ever be played within 14 metres of the back-line, (inside the shooting circle)

d. Players who are cut or bleeding will be required to leave the pitch immediately and shall not be allowed to return until the bleeding has been suppressed or stopped.

Rule 18 - Personal Penalties

a. There are three types of personal penalties in a game of In2Hockey supported by warning cards.

b. The first is a green card accompanied with a verbal warning. This is given for repetitive, minor offences.

- Examples of why this may be given are repeated: stick tackles or not retreating 5m when required.

c. The second is a yellow card and this represents a suspension of a minimum of two minutes. Examples of why this may be given are: an intentional offence; or conducting an action again that the player had already received a green card for.

d. The third is a red card and this represents a permanent suspension from the match. Examples of why this may be given are: for intentionally hitting or striking out at another player or umpire; or a second yellow card offence.

Rule 19 - Umpires

a. In2Hockey shall be controlled by one or two umpires (preferably two).

b. The umpires are responsible for all decisions and penalties.



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Rule 1 - Teams

- a.** The game is played between two teams. They shall each have a maximum of ten players. Seven are permitted on the pitch at any one time.
- b.** They are six outfield players and one goal-keeper.
- c.** The remaining three players are substitutes.

d. Every team must play with a fully kitted goalkeeper.

e. When playing in the England Hockey In2Hockey Championships there are special regulations relating to the composition of teams.

(For more details see the regulations on the England Hockey website)

Rule 2 – Substitutions

a. Substitutions are made on the centre line, and are allowed at any time, except following the award of a penalty corner or penalty stroke, until its completion, when only the defending goalkeeper may be substituted if injured for another fully kitted goalkeeper.

Rule 3 – Duration Of The Game

a. Match durations can vary, depending on the type of activity and the nature of the competition. Matches are usually two halves (of approximately 12-15 minutes each) with an interval (half-time) of not more than 5 minutes. For specific guidance on suggested match durations for different ages please see appendix 1.

b. Following half-time the two teams change ends.

Rule 4 – Captains

- a.** The Captains toss a coin for choice of ends or possession of the ball at the start of the game.
- b.** Team Managers and / or coaches are responsible for the conduct of all players in their team, including those on the bench (the substitutes).

Rule 5 – The Pitch

LENGTH

55 metres

WIDTH

43 metres

SHOOTING CIRCLES

Radius of 14.63 metres (the same as a full-size hockey pitch)

PENALTY STROKE SPOT

5 metres from the goal-line into the pitch

PENALTY CORNER MARKERS

10 metres from each goal-post on the back-line

Please refer to the In2Hockey Advisory Guidelines for full diagram of pitch and markings.

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Rule 6 - The Goal

a. Width: 3.6 metres. It must be positioned against the outer edge of the back-line in line with the centre of the pitch (goals are the same size as those used in 11-a-side hockey).

Rule 7 - The Ball

a. For matches involving younger, inexperienced players, it is preferable to use an In2Hockey ball. The ball is the same size, but weighs 100 grams (4ozs) so is lighter than a standard hockey ball.

b. This recommendation is very much dependent on the standard and experience of the players. If they have been playing hockey for a period of time, they may well be comfortable with a standard ball, but the age and ability of all players involved should be taken into account.

Rule 8 - The Stick

a. The stick shall be a standard regulation hockey stick. It shall have a flat face side and a rounded side.

b. The ball may be played with the flat face side of the stick or the edge of the rounded side, on condition that the flat side is visible (i.e. not flat to

the turf/pitch). It should be noted that playing the ball with the edge of the rounded side is always subject to dangerous play (i.e. it will be penalised by the umpires if it is measured to be dangerous or is leading to dangerous play).

Note: The umpires shall forbid the use of any stick that does not comply with the Rules of Hockey.

Rule 9 - Player Equipment & Clothing

a. In line with England Hockey's Safety Guidance FAQs ([here](#)), it is strongly recommended that shin/ankle protection and mouth-guards are worn by all outfield players at all times (inclusive of training sessions/games).

b. Players must not throw any object or piece of equipment onto the field, at the ball, or at another player umpire or person. Following a penalty corner, if the ball hits any discarded equipment, such as a hand protector, knee pads or a face mask, a free hit should be awarded if this occurs outside the circle, and a penalty corner awarded if this occurs inside the circle.

c. No player shall wear any equipment that may be dangerous to themselves or other players. This includes raised jewellery, baseball caps with a stiffened peak and / or any sharp object.

d. The use of appropriate footwear for the playing surface (trainers or turf shoes) and suitable warm clothing (track-suit) is encouraged.

Note: The umpires shall forbid the wearing of any equipment that does not comply with this Rule.

Rule 10 - Goalkeeper Equipment

In the interest of safety, goalkeepers must wear full goalkeeping equipment including:

- Full helmet with throat guard
- Body protector (groin and chest areas)
- Hand protectors
- Leg protectors
- Feet protectors (kickers)
- Abdominal guard or box

Goalkeepers must also have a stick

Note: The umpires will not allow any team to play with a goalkeeper who is not properly protected.

Rule 11 - Fair Play

a. Rough or dangerous play shall not be allowed, nor any behaviour which in the opinion of the umpire, amounts to misconduct.

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Note: The Umpires shall administer a personal penalty to any player who persists in breaking this rule.

b. Players must not intentionally use any part of their body to play the ball (except the hand to protect themselves in a dangerous situation).

c. Players must not play at any high ball with the stick held at above shoulder height unless they are attempting to prevent a goal from being scored (i.e. to defend a shot on goal). The shot must be on target. If it is going wide of the post or over the cross bar the defending player is not permitted to try to play at it with the stick at above shoulder height.

d. Goalkeepers are also permitted to use a high stick when defending a shot on goal. In both cases (i.e. outfield players and goalkeepers) it is essential that the stick is used safely and wisely.

e. Players must not use the rounded side of the stick when playing the ball and when striking the ball, the stick must in no way cause danger, nor lead to dangerous play, or be intimidating to any opponent.

f. Players must not kick the ball.

g. Players must not obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing

the ball. Neither must they use any part of their body or stick to obstruct another player.

h. Players must not hold, charge, kick, shove, intentionally trip, or strike any player or umpire.

Rule 12 - Starting & Restarting The Game

A CENTRE PASS IS TAKEN:

- to start the match by a player from the team winning the toss if they chose this option; otherwise by a player from the opposing team.
- to re-start the match after half-time by a player of the team which did not take the centre pass to start the match.
- after a goal by a player of the team against which the goal was scored.

TAKING A CENTRE PASS:

- it is taken at the centre of the field.
- it is permitted to play the ball in any direction.
- all players other than the player taking the centre pass must be in the half of the field. which includes the goal they are defending
- the procedures for taking a free hit apply.

Rule 13 - Scoring A Goal

a. A goal is scored when the ball has been struck by, or deflected off, an attacking player while it (the ball) is in the shooting circle. It must cross completely over the goal-line between the goal-posts and under the cross-bar.

Rule 14 - Ball Outside The Field Of Play

OVER THE SIDE-LINE:

a. When the ball passes completely over the side-line it shall be put back into play in any direction by a hit, push, scoop or self-pass taken by an opponent of the player who last touched it. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit. This is called a side-line hit-in.

b. In the half that the team is defending: until the hit-in is taken no opposition player shall be within 5 metres of the ball.

c. In the half that the team is attacking: until the hit-in is taken all players except the taker must be a minimum of 5 metres from the ball and, once the ball has been played, it must move a minimum of 5 metres (in any direction), or

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be touched by a player of the defending team, before it can be played into the circle.

OVER THE BACK-LINE OFF AN ATTACKING PLAYER:

a. When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is re-started with a hit to the defence. This is called a hit-out. The ball can be hit, pushed, flicked, scooped or a self-pass can be played. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit. It is to be taken level with the top of the shooting circle and in line with the place where it crossed over the back-line.

OVER THE BACK-LINE OFF A DEFENDING PLAYER:

a. If the ball is accidentally played over the back-line by a defending player and no goal is scored, the game is started with a hit to the attacking team on the half-way (27.5m) line and in line with where it crossed the back line. This means the ball is in the attacking half of the pitch and therefore rule 15e applies.

b. The Rules relating to the taking of a free hit (15.a - 15.e) shall apply to all such re-starts.

c. If the ball is deliberately played over the back-line by a defending player, the game is

re-started with a penalty corner to the attacking team. The ball can be hit or pushed. A self-pass is not permitted at a penalty corner.

d. The penalty corner is taken on the back-line, 10 metres from the goal-post.

e. No player, other than the taker, shall be within 5 metres of the ball until it is played.

Rule 15 - Free Hit

a. Free hits are to be taken close to where the offence occurred.

- The ball can be hit, pushed, scooped or a self-pass can be played.
- The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit.

b. The ball must be stationary at a free hit.

c. Until the free hit is taken, all opposition players must be a minimum of 5 metres from the ball.

d. Opponents who remain within 5 metres when the free hit is taken (this is very common when the self-pass is used) must not interfere with the play until they have moved 5 metres away from where the free hit was taken, or the ball has moved 5 metres. Running alongside the taker (channelling) will be penalised

as interference.

e. If the free hit is awarded in the half that the team is attacking, all players except the taker must be a minimum of 5 metres from the ball. The ball can only enter the circle once it has either travelled 5m "under control" (i.e. dribbled or passed to team mate outside of the circle), or it is touched by a player of the defending team.

Rule 16 - Penalty Corner

a. Penalty corners are taken on the back-line on a marker that is 10 metres from each goal-post.

b. The players may choose which side of the goal to take the penalty corner.

c. The ball can be hit or pushed however a self pass is not permitted.

d. The taker must have at least one foot off the pitch (behind the back-line).

e. All other attacking players must be outside the circle. If an attacker enters the circle before permitted, the player taking the push or hit from the backline is required to go into the other shooting circle – at the opposite end of the pitch. This player may not return for any retaken penalty corners, but may do so for any subsequently awarded penalty corner.

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f. The five defending players (four outfield plus Goalkeeper) must stand behind the back-line at least 5 metres from the ball. The remaining two defending players must be in the other shooting circle - at the opposite end of the pitch.

g. If a defender, other than the goalkeeper, crosses the line before the attacker plays the ball, then that defender shall be sent to join their teammates in the circle at the other end of the pitch and they cannot be replaced by another defender. The penalty corner shall be taken again. This player may not return for any retaken penalty corners, but may do so for any subsequently awarded penalty corner.

h. If the goalkeeper crosses the line before the attacker plays the ball, the defending team shall send one of the other defenders to join their teammates in the circle at the other end of the pitch and they cannot be replaced by another defender. The penalty corner shall be taken again. This player may not return for any retaken penalty corners, but may do so for any subsequently awarded penalty corner.

i. Before any shot at the goal, the ball must first pass outside (beyond) the circle edge.

j. If the first shot at goal is a hit, it must not cross the goal-line at above 460mm, (the height of the back-board) unless it takes a deflection

off an attacking or a defending player on the way.

k. No shot will be allowed if it is judged as dangerous to other outfield players.

l. If the ball passes beyond 5 metres of the circle edge, the penalty corner restrictions (rules) shall cease to apply.

m. Any penalty corner awarded immediately before half or full time shall be completed.

n. If the penalty corner breaks down normal play should resume.

o. A penalty corner shall be awarded for any one of the following reasons:

- A defending player accidentally committing an offence inside the circle.
- A defending player deliberately committing an offence outside the shooting circle, but within their own half of the pitch.
- A defending player deliberately playing the ball over their own back-line from anywhere on the pitch.
- A defending player committing a deliberate offence in the shooting circle that does not prevent a probable or actual goal.
- When the ball becomes lodged in a goalkeeper/player's clothing or equipment while in the circle they are defending.

Rule 17 - Penalty Stroke

a. Penalty strokes are taken on the penalty stroke spot which is 5 metres from the goal-line into the pitch.

b. Apart from the defending goalkeeper and the penalty stroke taker, all other players must be beyond the centre-line.

c. The goalkeeper must remain on the goal-line until the ball is played.

d. The taker must be positioned behind the ball and must not touch the ball a second time.

e. The player taking the stroke must push, flick or scoop the ball and is permitted to raise it to any height.

f. The clock stops (time is stopped by the umpires) immediately when a penalty stroke is awarded.

g. A penalty stroke shall be awarded for any one of the following reasons:

- An offence by a defending player inside the circle that prevents the probable scoring of a goal. If the ball hits a piece of equipment lying in the circle and a probable goal is prevented, a penalty stroke may be awarded.
- An intentional offence in the circle by a

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- An intentional offence in the circle by a defending player against an opponent who has possession of the ball or an opportunity to play the ball.
- h.** Following a penalty stroke, play is re-started with a centre pass if a goal has been scored. If no goal is scored, play is re-started with a hit out to the defence taken at the top of the shooting circle.

Rule 18 - Incident

- a.** If the game is temporarily suspended because of an accident or injury where no offence occurred it shall be re-started with a bully close to the spot where the incident occurred.
- b.** Players must stand square of each other and prior to playing the ball and following the umpires whistle, they shall tap the ground with their stick once and tap each other's stick above the ball once.
- c.** All non-involved players must be a minimum of 5 metres from the ball.

Note: A bully is taken close to the location of the ball when play was stopped but not within 15 metres of the backline and not within 5 metres of the circle.

- d.** Players who are cut or bleeding will be required to leave the pitch immediately and shall not be allowed to return until the bleeding has been suppressed or stopped.

Rule 19 - Personal Penalties

- a.** There are three types of personal penalties in a game of In2Hockey supported by warning cards.
- b.** The first is a green card accompanied with a verbal warning. This is given for repetitive, minor offences Examples of why this may be given are repeated: stick tackles or not retreating 5m when required.
- c.** The second is a yellow card and this represents a suspension of a minimum of two minutes. Examples of why this may be given are: an intentional offence; or conducting an action again that the player had already received a green card for.
- d.** The third is a red card and this represents a permanent suspension from the match. Examples of why this may be given are: for intentionally hitting or striking out at another player or umpire; or a second yellow card offence.

Rule 20 - Umpires

- a.** In2Hockey shall be controlled by one or two umpires (preferably two).
- b.** The umpires are responsible for all decisions and penalties.



APPENDIX

Specific guidance on suggested match durations for different ages

At U18, U16 and U14 level if playing full length games, teams should only play one full length match in one day, however teams in this and other age groups may play for a longer duration in a tournament or festival with shorter matches.

When passing and/or scoring, players will use a variety of methods from pushing to hitting the ball. The height allowed for the backswing of the stick should always be advised by the deliverer; in accordance with the players' ability and experience levels. If players are beginners and have little experience, it is advised to keep sticks below waist height during the introductory sessions. As players become more comfortable with the game and their skills develop, this guidance can be altered to allow a higher backswing when hitting the ball.

Recommended times are as below.

| Age Group | 6, 7 or 11 a-side | Max Time in a day* | Max No of games | Min Duration of games^ | Duration of games for triangulars~ | Max Duration of games (& Times for U14 U16 U18 T1 T2 one-off matches) |
|-----------|-------------------|--------------------|-----------------|---------------------------|------------------------------------|---|
| U18 | 11 | 2 hours | 4 matches | 15 mins e/w | 25 mins e/w | 35 mins e/w, ie full length game |
| U16 | 11 | 2 hours | 4 matches | 15 mins e/w | 25 mins e/w | 35 mins e/w, ie full length game |
| U14 | 11 | 2 hours | 4 matches | 15 mins e/w | 20 mins e/w | 35 mins e/w, ie full length game |
| U14 | 7 | 2 hours | 6 matches | 10 mins e/w | 15 mins e/w | 15 mins e/w |
| U13 & U12 | 7 or 6 | 1 hour 45 mins | 7 matches | 9 mins e/w, 15 mins 1/way | 15 mins e/w | 15 mins e/w |
| U11 | 7 or 6 | 1 hours 30 mins | 9 matches | 9 mins e/w, 10 mins 1/way | 15 mins e/w | 15 mins e/w |
| U10 | 7 or 6 | 1 hours 30 mins | 9 matches | 9 mins e/w, 10 mins 1/way | 15 mins e/w | 15 mins e/w |
| U8 | 7, 6 or 4 | 1 hours 15 mins | 7 matches | 7 mins e/w, 10 mins 1/way | 10 mins e/w | 10 mins e/w |

*Max Time in a day - this is based on a tournament or festival style activity where teams have multiple games and breaks. Teams must have a break between games. If the Max Time in a day is used it is strongly recommended that the overall length of the activity is at least one and a half times as long, e.g. 2 hours play in 5 hours activity.

^Min Duration of games - these are recommended times for T1 and T2 activity, however organisers may vary these and shorten particularly for lower Tier activity and festivals.

~Triangulars – U16 and U18 T1 and T2
Recommend schedule. Matches 25 mins

e/w. 1200 hrs Match 1 – A v B
1230 hrs Match 2 – B v C
1300 hrs Match 3 – C v A

~Triangulars – U14 T1 and T2
Recommended schedule. Matches 20 mins

e/w. 1200 hrs Match 1 – A v B
1225 hrs Match 2 – B v C
1250 hrs Match 3 – C v A

SCHOOL MEMBERSHIP

Benefit of Membership

| |
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| <p>Access to the 'core' schools area on Hockey Hub</p> <p>Providing general hockey delivery support and assistance to schools and CPD opportunities for teachers</p> |
| <p>Access to 'enhanced' schools area on the Hockey Hub</p> <p>Providing more tailored hockey delivery support, plus advice on, & signposting to, further bespoke development & CPD opportunities</p> |
| <p>Pre-recorded video content and webinars</p> <p>Covering a range of topics that can be accessed when convenient and relevant to support delivery</p> |
| <p>Access to inspirational pre-recorded content with international hockey players</p> <p>This content can be used as and when you wish, to inspire your pupils and/or to support your delivery within school</p> |
| <p>Ready-made session content to help with both lesson or session planning, and also delivery and assessment</p> |
| <p>Termly e-newsletters to keep you up to date with schools news, exclusive offers & access to tickets to international matches</p> |
| <p>Help and support to identify suitable CPD courses to help school staff develop and improve their hockey delivery</p> |
| <p>15-20% discount on the paid for Online Coach Development Offer for school staff</p> <p>Savings: £10 per Workshop - £59 per Sessional Course - £15 per Intro Course - £80 per Coach Course</p> |
| <p>Invitation for 1 representative from your school to attend 1 England Age Group training day per year</p> <p>Worth £75</p> |
| <p>Access to bespoke webinars to help develop umpiring within your school</p> <p>Worth £10pp per session</p> |
| <p>Three Talent Webinars per year (one per term) on key topics and themes that will help support the development of players.</p> <p>Worth £10pp per session</p> |
| <p>Priority access to FIH Pro League tickets, via the EH priority ticket window</p> |
| <p>Q & A with Junior International Coaches.</p> <p>Focused on providing helpful insight to improve the players experience.</p> |

| Basic Membership Free | Full Membership £200 per school year |
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