



5s HOCKEY

Divisions and Rules 2019

DIVISION	# TEAMS IN DIVISION	PLAYING LEVEL GUIDELINE & AGE RESTRICTION	DIVISION DESCRIPTION
PREMIER	8	COMPETITIVE/SOCIAL 18+ years old	Slightly more competitive social hockey division. Teams are mixed gender and consist of current hockey players – 1 st team club, provincial and national players.
SOCIAL	8	SOCIAL 18+ years old	Social hockey division. Teams are mixed gender and consist of players who currently play 2 nd team club level or lower or who played hockey back in their school days.

5s HOCKEY ADAPTIONS & INFORMATION

BEACH HOCKEY FORMAT

Field characteristics

- “5s Hockey” is generally played on a loose sand pitch – at 10s, it will be played on a grass surface
- Size: 25x35m inflatable court
- The goal is 4 meters wide and 2 meters high
- For each goal there is a 2 meter zone, where the goalkeeper is protected, and only they are allowed in this area
- Two 10 meter lines on each side of the field. Measured from the goal line towards the middle of the field.
- Goal line is the back-line between the goal posts

Team characteristics

- Beach Hockey is played with two teams of maximum 10 players each
- A maximum of 5 players from each team take part in play at any particular time during the match



- Each team has one player with goalkeeping privileges on the field (they don't need goalkeeping kit!)
- Substitution is allowed at any time, except within the period from the award of a free hit or penalty shot. During this period substitution is only allowed for injury to or suspension of the defending 'goalkeeper'.
- Each team must assign a captain. When the captain is suspended a replacement captain must be appointed.
- Captains are responsible for the team behaviour during the game and for ensuring that substitutions of players on their team are carried out correctly.

Equipment and clothing

- Beach hockey is played with a small leather ball (20cm) - similar to a mini soccer ball
- Players are allowed to use a regular field hockey stick or a beach hockey stick
- Players can play with takkies/hockey shoes
- Players may wear shin pads if they would like, but it is not necessarily necessary
- All players to wear mouth-guards
- Person selected with goalkeeper privileges will be given a vest/bib to wear over their kit. This position can change between players during the match

Playing Rules

- A match lasts 1 x 20 minute half or as indicated at the local tournament rules
- The match starts with the ball in the middle of the field. Both teams start in their own goal, game starts at umpires signal
- Scoring is allowed from any position in the field
- The ball can be played above the shoulders. (Only if it isn't dangerous for the opponent) goals can be scored directly from a free hit.
- All players have to be at minimal 4 meters distance from the player who is taking the free hit
- All free hits have to be taken outside the 10 meter line
- When a defender charges the attacker while they are in a scoring position, the attacker gets a free scoring opportunity. A penalty shot is awarded
 - Penalty shot is a direct shot on the goalkeeper from the 10 meter line. All other player have to stand at least 4 meters behind the penalty shot taker. It is a dead situation, so no rebound
- When a player touches or stops the ball unintentionally with their feet or body the game continues
- If a player stops or carries the ball intentionally with their foot a free hit shot be given
- When a goal is scored, the defending team starts up with a free hit from inside the 2 meter zone.



Goalkeeper:

- The goalkeeper/person with goalkeeper privileges is allowed to reject the ball with their hands and/or feet. They can't catch the ball
- Goalkeepers are not allowed to kick the ball by a free hit or when they are outside of the 2 meter zone.
- The goalkeeper cannot be directly attacked when he is inside the 2 meter zone
- This 2 meter zone is a "safe space" for the goalkeeper

In summary, beach hockey format is very similar to normal field hockey. The 2 main differences are the foot rule and the 2 meter goalkeeper safe zone (and that we are playing on grass 😊)

ENTRY FEE INCLUDES

- Hockey tournament entry
- 5 guaranteed games
- 10s event merchandise
- Live entertainment
- Tickets for the Sharks vs Lions Super Rugby Fixture
- Massage & strapping services

HOCKEY RULES AND DETAILS ACROSS ALL DIVISIONS

SQUADS & REPLACEMENTS

1. 10-person squad per team for a match
2. 5 players on field at all times
3. At least 2 members of the opposite gender on field at all times
4. 1 person/team with golakeeper privilages
5. All players are allowed to be substituted on during the match – rolling substitution

MATCH LENGTH

All games will be:

- 1 x 20minute half
- Games will run on 25 minute slots

POINTS/SCORING

1. Round robin/pool games scoring:
 - 4 points are awarded for a win
 - 1 point is awarded for a draw
 - 0 points are awarded for a loss



2. If two or more teams end on level points, the position standing is determined by;
 - The team who won the head to head match, if that was a draw then,
 - Team with the best for/against points difference determines the winner, if that is equal,
 - Team scoring the most points 'for' determines the winner, if that equal,
 - A coin toss will determine the winner, if the coin lands on its side,
 - Boat Race

3. In the event of a tie in the final, sudden death extra-time is played, and the team scoring first is deemed the winner.

HOCKEY DISCIPLINE

- Event organisers and referees have the right to intervene if there is disrespectful, unruly or unsafe behaviour and play
- If a team does not arrive in time for the start of their game, the game will be considered a forfeit and a 5-0 winning score will be given to the punctual team - no exceptions, no excuses
- Normal green, yellow and red card rules apply
- 10s BLUE CARD
 - A referee has a BLUE CARD that may be shown to a player at any stage of the match. A blue card enables the referee to send a player off for unsportsmanlike behaviour or for being disorderly/intoxicated on the field/court. The referee may use this card at his/her own discretion and their decision is final. This is to protect the safety of all players.
 - The guilty player will have to leave the field/court for the remainder of the match.
 - No substitutions will be allowed on for the remainder of the half that the guilty player was given the blue card.
 - The team may replace the guilty player in the 2nd half if the incident happened in the 1st half.