



Types of Penalties

- Advantage : a penalty is awarded only when a player or team has been disadvantaged by an opponent breaking the rules
- Free push
- Penalty corner or PC
- Penalty stroke
- Personal penalties
 - **Green** – temporary suspension: 1 min.
 - **Yellow** – temporary suspension: min 2 min.
 - **Red** – permanent suspension

OUTDOOR
GREEN: 2 min
YELLOW: min
5 min



Offence outside the circle

- Unintentional by attacker
→ **free push** defender
- Intentional by attacker
→ **free push** defender (+ possibly personal penalty)
- Unintentional by defender
→ **free push** attacker
- Intentional by defender
→ **penalty corner** (+ possibly personal penalty)



Offence inside the circle

- (Un)intentional by attacker
→ ***free push*** defender
- Unintentional by defender
→ ***penalty corner***
- Unintentional by defender but preventing a goal
(last man)
→ ***penalty stroke***
- Intentional by defender
→ ***penalty stroke*** (+ possibly personal penalty)



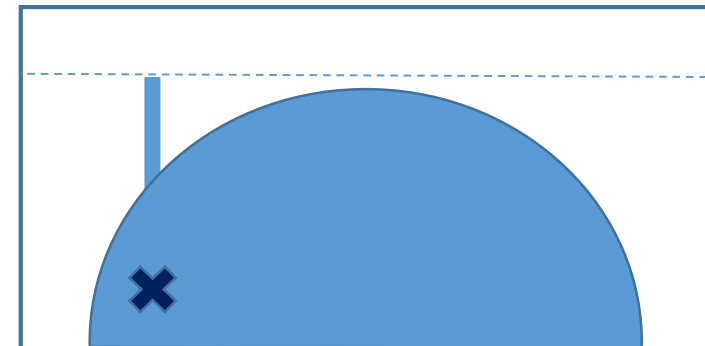
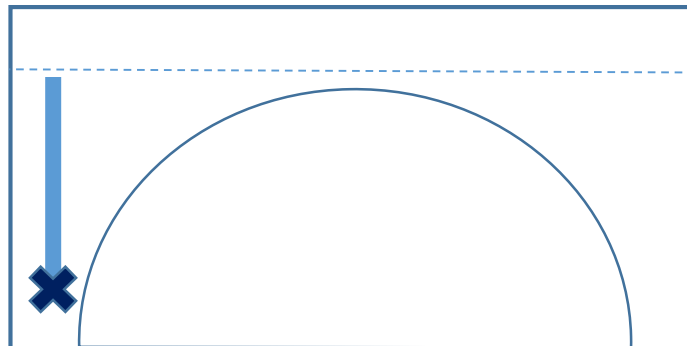
Procedure for free push

- Ball must be stationary and close to where the offence occurred (no significant advantage)
- The ball is moved using push or self-pass
- ***Opponents must always be at least 3m from the ball***
 - In case of intentional position within 3m by a defender
→ ***penalty corner***
- ***All players must be at least 3m from the ball*** when a free push is awarded to the attack within the half of the pitch they are attacking



Procedure for free push

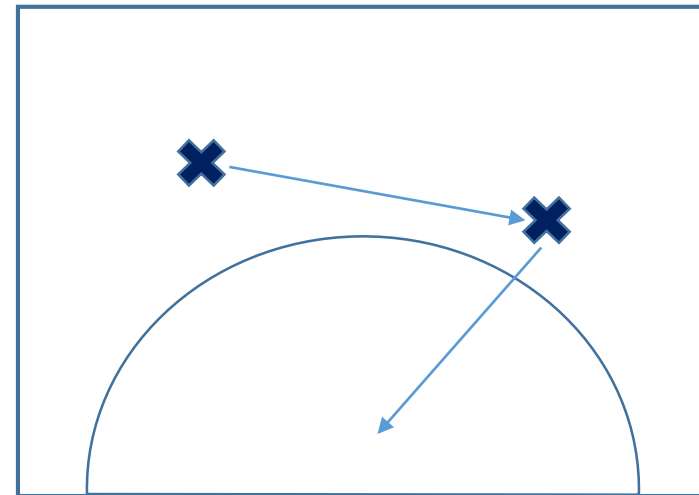
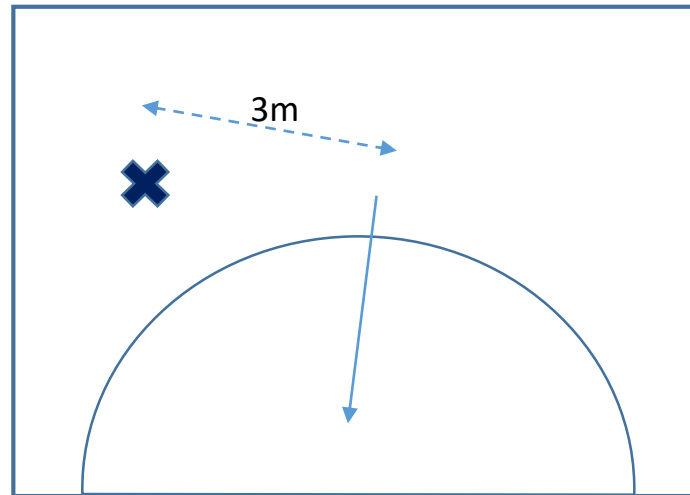
- **To the defence within 9 metres of back line**
 - Taken up to 9.1m from the back in line with the location of the offence parallel to the side-board
- **To the defence inside the circle**
 - Taken anywhere in the circle or
 - Taken up to 9.1m from the back in line with the location of the offence parallel to the side-board





Procedure for free push

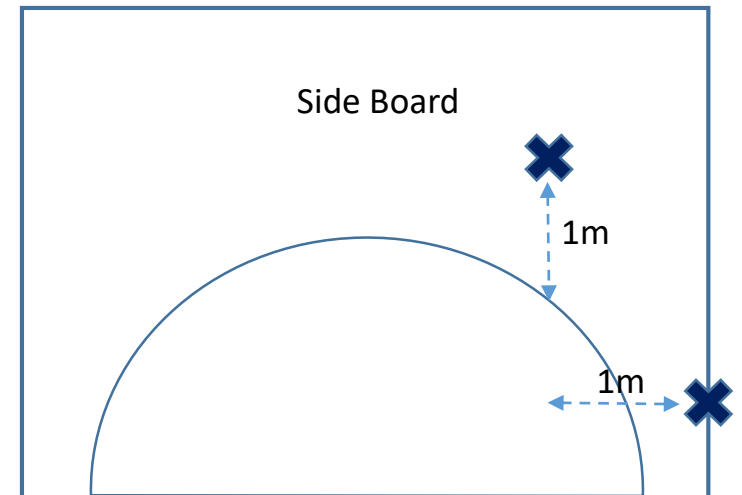
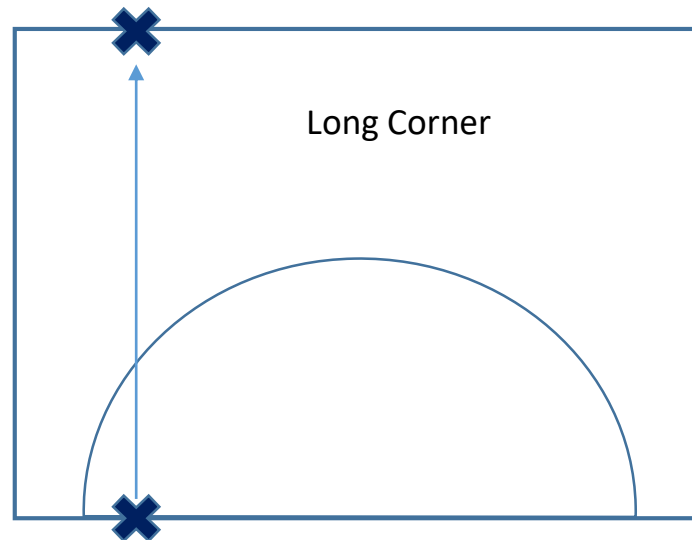
- To the attack within the half of attack
 - The ball must travel 3m before the attacker plays the ball into the circle or
 - Another player of either team plays the ball before it enters the circle
 - The balls must travel 3m before the attacker use the side-board





Procedure for ball outside pitch

- **Long Corner:** The ball is placed on the centre line in line with the location where the ball crossed the back-line parallel to the side board
- **Side Board:** 1m from side board and 1m from the circle
- **Procedure for free push apply on attacking half**





Procedure for penalty corner

- Ball placed on the back-line 6m from the goal-post (any side)
- Injector must have at least **1 foot outside the pitch.**
- Other players should not:
 - Have stick, hand or foot inside the circle. “Above” the circle is allowed.
 - No hands on the goal posts
- Goalkeeper **inside the goal**
- Defenders on the **opposite side of the goal or at the opposite circle**



Procedure for penalty corner

- Defenders may wear a face mask for the duration of a penalty corner. Those need to be removed when the defenders leave the circle.
- No player may be substituted for the duration of the penalty corner. Exception is the keeper in case of injury or suspension.



Procedure for penalty corner

- As soon as the ball is played defenders and attackers can enter the circle
- **Defender** crosses back-line before permitted: defender goes at the opposite circle and **cannot be replaced** – the PC is taken again
- **Goalkeeper** crosses goal-line before permitted: a **defender is nominated** to go at the opposite circle and cannot be replaced – the PC is taken again
- **Attacker** enters the circle before permitted: **Injector** goes at the opposite circle and **can be replaced** – the PC is taken again



Procedure for penalty corner

- A goal cannot be scored until the ball has travelled ***outside the circle***.
- If the ball did not travel outside the circle, there is ***no offence*** but no valid goal can be awarded.
- The attacker can play the ball in the air for an attempt to score but dangerous play always need to be judged.



Procedure for penalty corner

- **The PC is completed when:**
 - A goal is scored.
 - The ball travels more than 3m from the circle.
 - An offence by the defenders or the attackers or the ball travels outside the pitch
- **The match is prolonged at half-time and full-time to allow the completion of a PC or any subsequent PC or penalty stroke.**



Penalty Stroke



- Offence of defender in the circle
- Unintentional but preventing a goal (last man)
- Intentional (+ possibly personal penalty)



Procedure for Penalty Stroke

- The time is stopped
- The ball is placed on the penalty spot
- Keeper must stand **on** the goal-line
- Attacker stands behind the ball (***within playing distance***)
- ***Blow whistle*** when both players are in position – only then stroke can be taken.
- Attacker must play the ball ***only once*** and must not subsequently approach either the ball or the keeper
- Attacker must not feint to at playing the ball
- Attacker can push, flick or scoop (no hit, no dragging)



Procedure for Penalty Stroke

- The stroke should be retaken when
 - **Attacker** hits before whistle and **goal is scored**
 - **Keeper** moves from the goal-line before the ball is hit and **no goal is scored** (warning: green card and subsequent offence: yellow card = suspension)
- The stroke is completed when
 - A goal is scored → **goal**
 - The attacker makes an offence (double touch, feinting, non playable distance) → **free hit for defence**
 - When the ball goes over the back-line, comes at rest in the circle or goes outside the circle → **free hit for defence**



Personal penalties



- The green card



- The yellow card



- The red card



Personal penalties

- An offending player can be :
 - Cautioned (indicated with spoken words)
 - Temporary suspended for 1' → **green card**
 - Temporary suspended players must remain in a designated place until permitted to resume play
 - Temporary suspended for minimum 2' → **yellow card**
 - Temporary suspended players must remain in a designated place until permitted to resume play
 - Permanently suspended → **red card**
 - Permanent suspended players must leave the pitch and surrounding area

OUTDOOR
GREEN: 2 min
YELLOW: min
5 min



Personal penalties

- Avoid giving twice the same card to a player for the same offence
 - ✓ → 1st green card → 2nd *yellow card*
 - ✓ → 1st *yellow card* → 2nd *red card*
- For a dubbel *yellow card* the player should leave the pitch but can stay with the team.



New rules



Match timing

- A match consists of 4 quarters of 10 minutes and a half-time interval of 3 minutes. Between the 1st and 2nd quarter and between the 3rd and 4th quarter the interval is 1 minute



Match play

- No more player with goalkeeping privileges
- 3m distance with free pushes around the D
- No need to change benches



PC Rules

- End of PC (no more exceptions at the end of the quarter)
- Loose equipment in the D
- Free push defence after PC (play with mask)
- Attacker running in too early on PC
- Defending players who are not behind the backline with PC should be at the height of the top of the other D

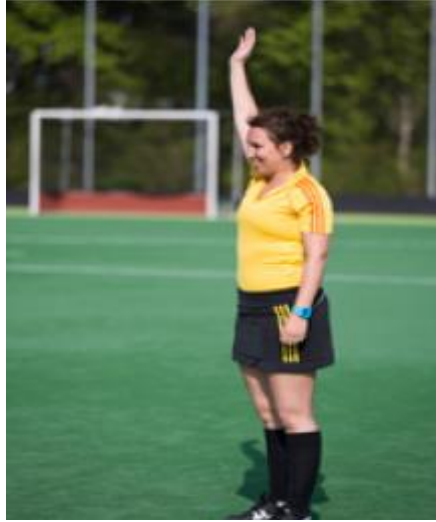


U9 – U12 Rules

- **U9 : Goal keeper plays without stick**
- **U10 :**
 - No more shoot – out → PC defended by 3 players + goal keeper (other players in the other D)
 - Strokes zijn toegestaan
- **U11 :**
 - PC defended by 4 players + goal keeper (other player in the other D)

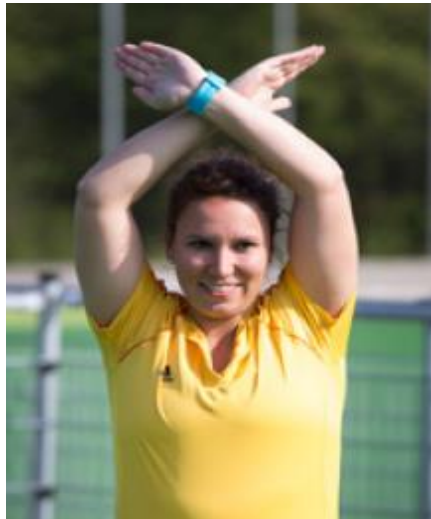


Umpiring signals



- **Start time**

- Turn towards the other umpire with one arm straight in the air. Blow.

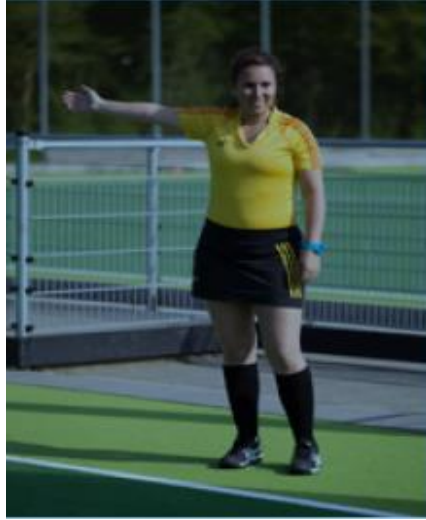


- **Stop time**

- Blow. Turn towards the other umpire and cross fully-extended arms at the wrists above the head.



Umpiring signals



- **Ball over the side-board**

- Indicate the direction with one arm raised horizontally. No need to blow unless confusion.



- **Long corner**

- Point one arm at the pitch corner nearest where the ball crossed the back-line

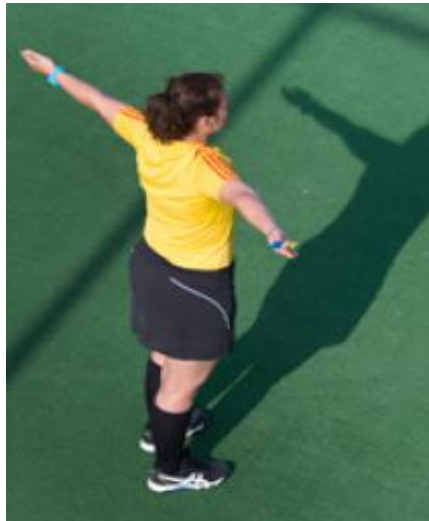


Umpiring signals



- **Penalty Corner (PC)**

- Point both arms horizontally towards the goal.



- **Ball over the back-line by attacker**

- Face the centre of the pitch and extend both arms horizontally sideways.



Umpiring signals



- **Goal scored**

- Point both arms horizontally towards the centre of the pitch.



- **Re-start after goal scored**

- Turn towards the other umpire with one arm straight in the air. Blow.



Umpiring signals



- **Misconduct and/or bad temper**
 - Stop play and make a calming movement by moving both hands slowly up and down, palm forward, in front of the body.



- **Free push**
 - Indicate the direction with one arm raised horizontally.



Umpiring signals



- **Advantage**

- Extend one arm high from the shoulder in the direction in which the benefiting team is playing.



- **Penalty stroke**

- Point one arm at the penalty stroke spot and the other straight up in the air. This signal means time is stopped.



Umpiring signals



- **3m distance**

- Extend one arm straight up in the air showing open hand with all fingers extended.



- **Bully**

- Move hands alternately up and down in front of the body with palms facing each other.



Umpiring signals



- **Obstruction**

- Hold crossed forearms in front of the chest



- **Third party or shadow obstruction**

- Alternately open and close crossed forearms in front of the chest



Umpiring signals



- **Kick**

- Slightly raise a leg and touch it near the foot or ankle with the hand



- **Back stick**

- Move the hand over the other hand with palms facing down.



Umpiring signals



- **Stick hit**

- Make a hit movement with one hand on the other forearm.



- **Sticks**

- Put arm in a 90° angle next to the body in the air and make a circular movement with the hand.



Umpiring signals



- **Dangerous play**

- Place one arm diagonally across the chest.



- **Stick obstruction**

- Hold on arm out and downwards in front of the body half-way between vertical and horizontal; touch the the forearm with the other hand



Additional info on YouTube

Hockey Spelregels

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