

## INDOOR HOCKEY – Open

Warm up prior to participation and warm down upon conclusion.

It is “strongly” recommended that mouth guards and other appropriate protective equipment be worn during play.

Keep hydrated

- 1 Teams consists of no more than 6 players (**General Rule 1.1, 1.2 & 1.3 apply**)
- 2 Balls cannot be lifted even when shooting for goal
- 3 No hitting allowed
- 4 Short corners are not played; a free from the 25 yard mark is played instead.
- 5 Any ball over the backline will result in a 16 yard free for the defending team. Except if deliberate by the defensive side which will result in a free from the 25 yard mark.
- 6 Standard game play Hockey rules apply (eg feet, third man).
- 7 In the event of a tie in a semi-final up to 5 minutes extra time is played (golden goal applies). If after 2 extra times there is still no result the team ranked highest over the normal rounds is the winner.
- 8 In the event of a tie in a final up to 5 minutes extra time is played (golden goal applies – first team to score wins). If after 2 extra times there is still no result the team with the highest percentage over the normal rounds is the winner.

### Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment

Competitors are also welcome to use their own sticks