



ACTION HOCKEY RULE BOOK





This rulebook contains all the rules for South African Hockey. All rules have been made with the knowledge and acceptance of the South African Indoor Hockey Federation (our governing body) and must be played at all competitions and tournaments sanctioned by the South African Indoor Hockey Federation.

As with all sports, it is the participants (players/referees/officials) responsibility to learn the rules. Included in this book are notes to referees. These are to state interpretations that will produce understanding and consistency for everyone. Rules are made not to hinder players, but to allow a fair and equal opportunity for either team to win a game regardless of their size, shape or gender.



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Rules of the Game

1. The Team

1. A maximum of five (5) players from each team take part in play at any particular time during the match.
2. Each team has a goalkeeper or kicker back on the pitch.
3. Each team may play with:
 - a) A goalkeeper with goalkeeping privileges wearing full protective equipment comprised of headgear (optional), leg guards, pads or shin guards (compulsory) and kickers (optional) and a different colour shirt; or
4. No team may play with less than four (4) players (including a goalkeeper) at any given time.
5. A team may register up to 10 players for a Provincial Tournament and 12 players for an Arena League during a season. Note ALL players may play at any given match for IPT's and only 8 for an arena league.
6. A player who is asked to fill in for a competition team of a lower grade than that which he/she generally competes on a regular basis, may incur penalties for the team that he/she is asked to play for, at the discretion of the Arena Management.
 - a) Opposing Team Captains must be advised that a fill-in player is being utilized and their agreement sought prior to the match being played and penalties being applied.
 - b) A fill-in player of a higher grade will not achieve play-off qualification and does not constitute as part of the team unless determined and agreed upon by Arena Management and opposing Team Captains.
 - c) A player playing 2 leagues below his actual grade will incur a 2 goal penalty per league should he/she play in the lower league (This rule may vary to the discretion of the Arena).

NB: The captain needs to lay complaints before the start of the game.

2. The Game

1. The game is played...
 - a) Provincial - Four quarters of 10 minutes each with a break of 2 minutes per quarter. Sides will change direction after every quarter. Skins will be 1 point per quarter.
 - b) Super-league - Four quarters of 10 minutes each with a break of 2 minutes per quarter. Sides will change direction after every quarter. Skins will be 1 point per quarter.



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- c) Arena League -
 - i. Two halves of 15 minutes each with a break at half time (3 minutes). Sides will change halves (i.e. change the direction of scoring) at the end of the first half.
 - ii. two halves of 20 minutes each with a break at half time (3 minutes). Sides will change halves (i.e. change the direction of scoring) at the end of the first half.
 - iii. Three thirds of 10 minutes each with a break at half time (1,1 minutes). Sides will change quarters (i.e. change the direction of scoring) at the end of the each third.
2. The choice of push-off is decided by a toss.
3. With push-offs the ball must be played backwards. If not the push-off will be reversed. Once played from the center, opposition players may gain possession of the ball.
4. The ball is considered to be “live” at all times off all boards, although a goal cannot be scored directly from any board.
5. A goal is scored when the whole ball has passed over the goal line.
6. The team compiling the highest number of goals is the winner.
7. Should both teams be equal at full time, the match will be declared a draw.
8. A game shall be deemed to be over when the prescribed number of minutes have passed or after the referee’s call or at their discretion.

3. Playing Equipment & Uniforms

1. Field players of the same team must wear uniform clothing.
2. No player may wear jewellery or any other accessories deemed dangerous
3. No playing areas to have any obstructions.
4. Players must not wear anything which is dangerous to other players.
5. **Field players:**
 - a) are permitted to wear gloves for protection which do not increase the natural size of the hands significantly ;
 - b) are recommended to wear shin (compulsory) and mouth protection ;
 - c) are permitted to wear a face mask which fits flush with the face.
6. **Goalkeepers must wear:**
 - a) a protective equipment comprised of at headgear (optional), leg guards (compulsory) and kickers (optional).
 - b) The following are permitted for use only by fully equipped goalkeepers: body, upper arm, elbow, forearm, hand and thigh protectors, leg guards and kickers.
7. Clothing or protective equipment which significantly increases the natural size of a goalkeeper’s body or area of protection is not permitted.





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8. The stick has a traditional shape with a handle and a curved head which is flat on its left side:
 - a) The stick must conform with the specification agreed by the Hockey Rules Board.
9. The ball is spherical, hard and white/yellow of colour.
10.
 1. Stick
 - a) Must be an approved hockey stick approved by SAHA.
 2. Ball
 - a) The ball : (preferably an ozzo/grays INDOOR hockey ball)
 - i. is spherical.
 - ii. has a circumference of between 224 mm and 235 mm.
 - iii. weighs between 156 grams and 163 grams.
 - iv. is made of any material and coloured white. (or an agreed colour which contrasts with the playing surface)
 - v. is hard with a smooth surface but indentations are permitted.
11. Shirt points will be awarded to teams with matching shirts after the third game.
12. If bibs are supplied by the Arena for a team to wear on a night, teams will still not get T-shirt points if shirts are not matching underneath the bibs.
13. Points for T-shirts must be marked off on the scoresheet at the end of the game provided that all six players have matching shirts.
14. No players are permitted onto the court wearing jeans or nonathletic type shoes.
15. Non-marking, soft indoor studded boots may be worn.
16. Indoor Hockey ball to be used- see 1 (a) above.

4. Team Captains

1. One player of each team must be appointed as captain.
2. The team captain must register their team's names 10 minutes prior to the start of any game.
3. Collect court fees and pay full game fee when registering their team if applicable.
4. Only the team captain has the right to approach the referee during an interval or at the conclusion of a game for clarification of any rule.
5. Captains are responsible for the behaviour of all players on their team including spectators and for ensuring that substitutions of players on their team are carried out correctly.
6. A replacement captain must be appointed when a captain is suspended.



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5. Player Qualifications

1. Players can only represent one league team or Centre during the course of a tournament/League.
2. Players can only play for one team during the duration of an IPT tournament.
3. Players competing in the 19 and Under grades must not turn 20 in the year of the tournament.
4. All players competing in the 30 and Over grades must be 30 or older as at the start of the year.
5. All players competing in any age restricted grade must be able to produce either an original birth certificate, driver license or passport if required by a tournament official.
6. Super League / Provincial players can only play for that Province/Arena that they last played within the current year for unless the following are met:
 - a) they have a written transfer releasing them from their previous Arena and;
 - b) a province that does not have Super-league team, doesn't qualify for Provincials. (will only apply once Super League is up and running)

6. Referees

Inter Provincial Finals shall have 2 Referees

1. The referee(s) shall have sole control of the game.
2. The decision of the referee shall be final and shall be given without appeal.
3. The ball shall be played live if it comes into contact with a referee during play.
4. The referees whistle shall:
 - a) Start and re-start the game at the beginning of each half.
 - b) End each period of play.
 - c) Indicate when a goal has been scored.
 - d) Indicate when an infringement of the rules has been made.
5. The referee shall:
 - a) Refrain from penalizing an infringement of the rules when by doing so the non-offending team would have played, to their advantage. The referee may call 'Advantage' or use hand signals to indicate an infringement has been observed but not penalized. Having blown the whistle for an infringement, the referee must award the penalty.
 - b) Not criticize or coach any team while a game is in progress.
 - c) State the infringement and penalty and may use hand signals to clarify decisions.
 - d) Answer questions regarding clarification of rules from team captains only and only at the break or at the conclusion of the game.
 - e) Advise each team of the correct score at half time.
 - f) Adjudicate the rules contained in this book both consistently and without bias.





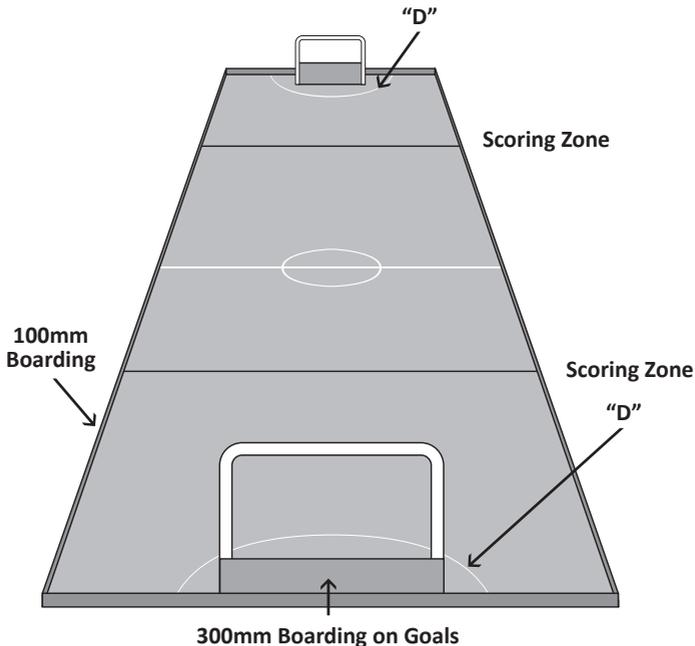
Rules of the Game

7. Score Sheet / Time Keeper

If after a game has been completed, a discrepancy is found on the score sheet, the result would stand as is. The running totals on score sheet shall be taken as being correct and may be requested or queried at any stage of the game, within reason, by the team captain. The referee shall be the sole judge of time.

8. Playing Areas / Markings

1. The court size shall be of official size of an Action Sports Court.
2. A center circle of 900mm radius to be marked in the center of the pitch and is to be used for starting or restarting the match.
3. A radius of 3.66m will be marked from the center of the back net on both sides and will be known as the goalkeepers "D".
4. A line of 1.8m will be marked 800mm from the center of the back net. This is the goal line.
5. All lines to be 50mm wide.
6. The penalty spot will be 7 meters from the back net in line with the center of the goals.
7. Wooden boards of 10cm high and a width of 15cm. The angle to be taped down by 10% to be placed on the inside and alongside the netting, inside the goals the board at a height of 300mm.



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9. Position of Play and Start of Play

1. The choice of goal end or push off will be decided by the referee's toss of a coin.
2. Teams will change ends at the end of each period.
3. The captain from each team will contest a toss of coin at the centre line, centre court, to determine side/start of the game.
4. Both Captains and their team must be on field when the toss-up is taken. All substitutes to be outside the court and goalkeepers must be in their correct positions.

10. Restart

A player from the team that has conceded will restart the game from within the center circle after each goal is scored. Push-off are to be played backwards towards his/her goal.

11. Late Arrivals

1. Any team not ready to go on court 10 minutes after official Start time will record an automatic default.
2. A team arriving late but within the first 10 minutes: The non-offending team must be on court ready to play, the referee will start the clock and the team on court will earn 1 penalty goal for every completed minute until the opposition up until 8 minutes has elapsed or the team is ready to play. Result will stand at 8 – 0.

12. Stoppages

1. Play may only be stopped for Major/Serious injury or illness in which case the referee will stop the clock for a period of time (maximum 2 minutes) for the injured or ill player(s) to resume play or to be substituted. Play will continue from where the ball was when play was stopped or a bully will be taken if the referee is unable to determine:
 - a) Who was in possession of the ball or
 - b) The ball was on the ground when play was stopped.
2. If the stoppage is due to obstruction, contact or any penalty offence, the offending player will be penalized and play will continue from where the offence occurred.
3. Blood Rule will be applied. Player must be allowed to leave the field , be substituted and may return once the player has cleaned up. See Rule 13.





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13. Bully

1. Any player excluding the goalkeeper may take a “Bully”.
2. The ball is to be placed on the ground with an attacker from team A and a defender (excluding goalkeeper) from team B.
3. They will then bump sticks above the ball once and from there play the ball forward or backwards.

14. Blood Bin

1. Any player that is blood binned by the referee must leave the game immediately and may be substituted in the vacant position. At the time the player is blood binned, the referee will stop the clock, ensure any equipment that is blood marked is replaced **IMMEDIATELY**, re-start the clock and let play continue.
2. The blood-binned player may return to the game in their original position:
 - a) When the referee is satisfied the player is safe and fit to re-enter the game and/or
 - b) After a rolling substitution is made.
 - c) All clothing etc is clean of blood.

15. Conduct of Players

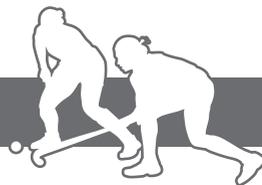
15.1 Field Players

Players are expected to act responsibly at all times.

1. Players on the pitch must hold their stick and not use it in a dangerous way.
 - a) Players must not lift their stick over the heads of other players.
2. Players must not touch, handle or interfere with other players or their sticks or clothing.
3. Players must not intimidate or impede another player.
4. Players must not hit the ball. Selfpass is allowed during field play (players to be 3 metres away from any penalty taken). No selfpass is allowed at start of “periods” or when a goal has been scored, must travel backwards. Ball must travel 3 metres before a shot is taken at goal regardless of a player being inside or outside of the scoring zone, unless it is played onto the side board.
 - a) ‘Slap’ hitting the ball, which involves a long pushing or sweeping movement with the stick before making contact with the ball, is regarded as a hit and is therefore not permitted.
5. Players must not play the ball with the back of the stick.
6. Players must not play the ball dangerously or in a way which leads to dangerous play.
7. Players must not play the ball when it is in the air.



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8. Players must not raise the ball off the pitch except for a Penalty flick at goal.
 - a) It is not an offence if the ball rises unintentionally off the pitch higher than board height unless an opponent is within playing distance of the ball.
9. Field players must not stop, kick, propel/arc into a player, pick up, throw or carry the ball with any part of their body.
 - a) It is not always an offence if the ball hits the foot, hand or body of a field player. The player only commits an offence if they voluntarily use their hand, foot or body to play the ball or if they position themselves with the intention of stopping the ball in this way. It is not an offence if the ball touches the hand holding the stick but would otherwise have touched the stick. Should the ball hit the offenders foot unintentionally, an attempt to play advantage must be played.
10. Players must not play the ball while lying on the pitch or with a hand, arm or knee on the pitch other than the hand holding the stick. (3 point rule) i.e. 2 feet and a hand.
11. Playing the ball through own legs is not allowed and is seen as an obstruction.
12. Players must not obstruct an opponent who is attempting to play the ball.
 - a) Players obstruct if they :
 - i. back into an opponent
 - ii. physically interfere with the stick or body of an opponent
 - iii. shield the ball from a legitimate tackle with their stick or any part of their body.
13. A stationary player receiving the ball is permitted to face in any direction.
14. A player with the ball is permitted to move off with it in any direction except bodily into an opponent.
15. A player who runs in front of or blocks an opponent to stop them legitimately playing or attempting to play the ball is obstructing (this is third party or shadow obstruction). This also applies if an attacker runs across or blocks defenders (including the goalkeeper)
16. Players must not tackle unless in a position to play the ball without body contact.
17. Players must not change their stick between the award and completion of a penalty stroke unless it no longer meets the stick specification.
18. Players must not throw any object or piece of equipment onto the pitch, at the ball, or at another player, referee or person.
19. Players must not delay play to gain benefit by time-wasting.
20. Spirit of the game and Sportsmanship will over rule all other Rules.





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15.2 Goalkeepers

Players are expected to act responsibly at all times.

1. When the ball is inside the circle they are defending and they have their stick in their hand, goalkeepers are permitted to:
 - a) Use their stick, protective equipment or any part of their body to push the ball away, deflect the ball (in any direction including over the back-line) or stop the ball. This permits a goalkeeper to use their hands, arms or any other part of their body to move the ball away but only as part of a goal saving action and not to propel the ball forcefully so that it travels a long distance. Players are to give the goalkeeper the ability to distribute the ball into play. (3 meter from the circle)
 - b) Use their stick, feet, kickers, legs or leg guards to play the ball.
2. When the ball is outside the circle they are defending, goalkeepers are only permitted to play the ball with their stick. Goalkeepers are permitted to play the ball inside the circle while lying on the pitch inside the circle. They may not log whilst a shot is taken at goal.

“Goal Keeper Logging” – Logging is the action described when the goal keeper has prematurely taken up a position to make a save before the shot is taken. It must be up to the discretion of the umpire that: 1) the shot is on target of the goals and 2) the goal keeper has taken up the full logging position before the shot was taken. Logging is when the goal keeper has more than 2 points on the ground, the goal keeper stick is a neutral point. If the goal keeper is standing with their stick on the ground this is considered 2 points and is not logging. However if the goal keeper makes contact on the ground with their knee, glove, stick holding hand etc this is considered logging and a penalty stroke is awarded
3.
 - a) The keeper is allowed to reach out of the “D” circle to gain possession of the ball with his stick (either standing, kneeling or lying down) provided no part of his/her body makes contact with the ground outside of the circle while he is in possession of the ball. Such infringement will result in a penalty.
 - b) Goalkeepers can either push or kick the ball into play provided it is lower than board height when clearing or whilst saving a shot at goal. The ball must touch a net or player before passing the centre line. If this does not happen a free hit will be awarded to the opposition on the halfway line.
 - c) The keeper has 5 seconds to get rid of the ball.
 - d) Goalkeepers cannot hold onto the net when trying to reach out of the goal area (the “D”) for the ball.
 - e) A goalkeeper can only be allowed to change between periods.
 - f) A player cannot come into contact with the ball when it is inside the “D”, even if the players feet are outside the “D”.



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15.3 Referees

1. One/two referee controls the match, applies the Rules and are the sole judge/s of fair play.
2. Referee is responsible for keeping a written record of goals scored or awarded and of warning or suspension cards used.
3. Referee is responsible for ensuring that the full time is played and for indicating the end of time for each period and for the completion of a penalty stroke if a half is prolonged. 4. Referees blow the whistle to :
 - a) Start and end each period of the match.
 - b) Start a bully.
 - c) Enforce a penalty.
 - d) Start and end a penalty stroke.
 - e) Indicate a goal.
 - f) Re-start the match after a goal has been scored or awarded.
 - g) Re-start the match after a penalty stroke when a goal was not scored or awarded.
 - h) Stop the match for any other reason and to re-start it.
 - i) Indicate, when necessary, that the ball has passed wholly outside the pitch.

15.4 Hand Signals

These are the official hand signals to be used by the referee when officiating a match:

DANGER/SLAMMING INTO A PLAYER: Arm diagonally across your chest almost touching your shoulder.

LIFTED BALL: 2 hands parallel in front of your chest showing a distance between them.

AWARDING OF A GOAL: Both hands pointing towards the centre of the halfway line. left arm raised above head whilst right hand pointing to the penalty spot.

SLAPPING/HITTING OF THE BALL: slapping gesture made by the hand.

SHOT OFF TARGET: Gesture made by pointing in the direction of goals that shot was off target.

GOALKEEPER KICKING THE BALL DIRECTLY OVER THE LINE: Waving of your hand right to left and pointing to the spot where the ball needs to be played on the halfway line.

NOT 3 METRES AWAY FROM PLAYER/S: 3 fingers pointing upwards.

OBSTRUCTION RULE: Both hands crossed over chest.

ADVANTAGE RULE: Right hand extended to the side.





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16. Penalties

1. The penalty must be taken in one fluent motion- 1 step away from the ball. No run up is allowed. If the referee is not satisfied that this is the case, the penalty will be disallowed and it will become the goalkeepers ball.
2. The penalty will be taken from 7 metres from the back net outside the “D” right in the middle.
3. When a player is taking a penalty stroke, the goalkeeper must be stationary on the goal line until the penalty taker starts his shot action. If Referee deems early movement , A retake of the penalty shall apply.
4. The penalty taker may not play the rebound off a penalty stroke. Ball reverts back to goalkeeper.
5. A penalty shall be awarded at the discretion of the referee.
6. The process of penalty stroke
 - a) When a player is taking a penalty stroke, the player and goalkeeper must be stationary on the goal line until the shot has been taken. A retake of the penalty shall apply.
 - b) Player ready, goalkeeper ready.
 - c) Then blow whistle and shot to be taken immediately.

17. Momentum

This rule is at the discretion of the referee.

1. Goalkeepers, when making a save must make the save inside the area, should he/she then roll out of the area, this will be classified as momentum. Should the Goalkeeper make the save diving outside the area, this will result in a penalty stroke.
2. Defenders, when running back to defend, he cannot stop in time but is not interfering in the game will be classified as momentum. Should the Defender be interfering with his position in the area, this will result in a penalty stroke.
3. Attackers, when running forward to attack, he shoots but cannot stop in time, but is not interfering in the game will be classified as momentum. Should the Attacker be interfering with his position in the area, this will result in a free hit to the goalkeeper.

18. Free Hits

1. All players must be 3m either side of the ball when a free hit is taken.
2. Free hit must be taken within five seconds of the referee’s whistle, or the free hit is reversed.
3. In summary, free hits are awarded for:
 - a) Illegal tackles.
 - b) Obstruction.
 - c) Pushing.



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- d) Time Wasting.
- e) The goalkeeper leaving the area. Bear in mind with the Momentum Rule. (Penalty stroke)
- f) Goalkeeper holding onto the ball for more than five seconds (free hit)
- g) Goalkeeper making contact with the ball, while standing outside the goal area. (Penalty stroke)
- h) An attacking player being intentionally fouled in a clear goal scoring situation. (Penalty stroke)
- i) Kicking the ball intentionally
- j) Stopping, propelling/arcing into a player, picking up, throwing or carrying the ball with any part of the body.
- k) Touching, handling or interfering with other players their sticks or clothing.
- l) Intimidating or impeding another player.
- m) No **HITTING** allowed. Players must not hit the ball. Slap' hitting the ball, which involves a long pushing or sweeping movement with the stick before making contact with the ball, is regarded as hit and is therefore not permitted.
- o) Playing the ball with the back of the stick.
- p) The ball raised higher than the side boards.
- q) Playing the ball dangerously or in a way which leads to dangerous play.
- r) Entering the goal area of their opponents subject to Momentum Rule.
- s) Holding onto the net or support himself while playing the ball.
- t) If a player is lying, sitting, kneeling or deemed to be on the ground, he cannot play the ball regardless of whether it was unintentional. This also includes where a player has the ball hit into him while on the ground.
- u) A player in possession of or going for the ball may not be put off by an opposing player through the means of yelling, stick tapping or any verbal abuse.

19. Call On Time

Only in an event of a penalty stroke being awarded on the buzzer blowing to end a period, the play will continue.

20. Scoring a Goal

A goal may be scored at anytime except for the following:

1. Hitting a net/board before going in without being touched.
2. The whole ball has not crossed the line.
3. An attacker has shot from inside the goalkeeper's area.
4. An illegal penalty take. Penalty to be retaken.
5. The whistle has blown before the ball has crossed the line.
6. Shot taken outside the Red line as demarcated on the Action Sports Field. (normally the Red/White line Last 3rd of Field on scoring side of the court)



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21. Substitutions

1. Only 1 player may be used as a substitute but no restrictions in placed on the amount of substitutions.
2. A goalkeeper may only be substituted at half time or when seriously injured has occurred.
3. Each team is permitted to substitute from its players not on the pitch:
 - a) A substitution is permitted at any time.
 - b) Substitution of a player is permitted only after that player has left the pitch.
 - c) Substitutions are not permitted for suspended players during their suspension.
 - i) For the duration of a temporary suspension, the offending team plays with one less player. For each permanent suspension, the offending team plays for the remainder of the match with one less player.
 - d) After completing a suspension, a player is permitted to be substituted without first returning to the pitch.
 - e) Goalkeepers are permitted to leave or enter the pitch for substitution at half time or injury to a player.
 - f) Time is stopped for substitutions of goalkeepers wearing full protective equipment but only for injury or half time.
4. No persons other than field players, goalkeepers and referees are permitted on the pitch during the match without the permission of an referee.
5. Players on or off the pitch are under the jurisdiction of the referee throughout the match including the half-time interval.
6. A player who is injured or bleeding must leave the pitch unless medical reasons prevent this and must not return until wounds have been covered; players must not wear blood stained clothing.

22. Misconduct / Suspensions

- a) Any swearing, arguing with the Referee, undue rough play, mistreatment of equipment, unduly wasting time may incur a penalty, the severity of which is solely at the discretion of the referee. No warning need precede the penalty.
- b) Any game may be stopped and awarded to either team if infringements of the above nature escalate to a point where the game has ceased to be under control.
- c) If the referee feels that the incident is severe, he can give an immediate red card. Two yellow card offences to the same individual in one game will result in a red card being issued to that individual.
- d) A green card card means the player is required to leave the court for one minute. Yellow card 2 minutes.
- e) A red card is a suspension from the rest of the game, he/she automatically incurs a two week/match suspension. (Provincial Games a game suspension) Same Player Red Carded in Provincial. Disciplinary Hearing. Player may be



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removed from Tournament after disciplinary for any Physical Abuse on Equipment ,Official or Opposition.

NB: If two players get red-carded, and there are only THREE players left, the game will end and the points will be awarded to the non-offending team.

f) **Player bookings**

- a) The referee will let all players know when a red card has been issued. Players name must be fill in on scoresheet to be upheld. When being sent off, the offending player will be notified as to when he will be eligible to play again.
 - ii. In the event of a player swearing whereby players/supporters can clearly hear the abuse outside the playing area, a yellow card may apply.
 - iii. Referees will not hesitate to show a green card for minor offences, swearing immediate yellow card.
 - iv. Referees will stop play to book a player regardless of where the ball is unless in a very clear goal scoring situation.

g) **Player Abuse**

- i. Any personal abuse is a most serious offence under our rules and will subsequently be dealt with extreme severity.
- ii. Any player heard personally abusing an opponent/ umpire will be red carded and possibly suspended.

h) **Behaviour**

- i) For the enjoyment of all, games are expected to be played in a sportsman like manner. The Arena reserves the right to dismiss any team or member thereof for threatening, offensive or abusive behaviour. The team shall be held responsible for the action of its members and spectators both on and off the court.

23. **Advantage Rule**

In the event that the referee believes the team receiving a free hit will receive a distinct advantage by calling play on, the advantage rule will apply.

24. **Net Abuse**

1. A player may not abuse any of the court equipment, this includes the nets.
2. A player may not jump into the net in anyway that may cause damage to the net or create a danger to players playing on the next court.
3. A player may not climb any nets to try and avoid a contact or to stop themselves from going into the goal area.
4. A player may not hold any net to maintain balance while defending an opponent.





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5. All net abuse infringements mentioned above will result in a free hit.

25. Spirit of the Game

All players should assist the referee who performs an often difficult task to the best of their ability. A rule clarification may be asked for by Team Captain after calling time out, when assistance of management may be requested if necessary. All decisions may be applied and must be taken within the

“SPIRIT OF THE GAME”

This standard shall override all rules detailed and total discretionary power shall be left with the Referee for their final decision after taking

“THE SPIRIT OF THE GAME”

into account.

26. Right of Admission Reserved

“Action Sports Arenas reserve the right of admission to all players and spectators at all times. Any player or spectator found guilty of misconduct either on or off the court may be suspended or banned from attendance or participation at any Action Sports Arena”.

27. Professional Foul

1. A professional foul is any offence that the referee believes is intentionally committed to effect the outcome of the game. Continuous time wasting, deliberate breaking of rules with the intention of placing the non-offending team at a disadvantage, can result in a professional foul.
2. In the case of professional fouls, the referee may award the non-offending team a penalty stroke opportunity and may include a yellow / red card.
3. A player may not pass a ball more than twice to the goalkeeper; at the third attempt it must be played away from goals otherwise a stroke will be awarded (time wasting).
4. Goalkeeper may not use the back of the stick when saving a shot at goal that is on target and if doing so a stroke will be awarded.

28. Discipline

1. The breaking of rules or the employment of any actions not covered by the wording of these rules, in a manner contrary to the spirit of the game will not be tolerated.
2. If a player breaks any of these rules either between the scoring of a goal and the re-start of play or between the awarding and taking of a penalty stroke, the referee shall penalise the player with a yellow/red card.



Rules of the Game



29. Point Scoring System

All tournaments and league events under the jurisdiction of the Action Sports SA will utilise the following points scoring system:

Win 4 Points

Draw 2 Points

Loss 0 Points

Forfeit -4 Points

Bonus points 1 point for every skin (period)

T-shirts (after 3rd Round) 2 points

Registration Fees Paid 10 points

Registration of Players per game 2 points

Full game fees paid per game X points (Arena optional)

30. Ladder Positions

When determining the order of teams at the end of all Round-Robin games, the positions will firstly be determined by:

1. Total Points

2. Games won (Drawn games count half points)

3. Games won between the teams

4. Goal Difference

5. Goals scored for

6. Goal Average. A goal average is calculated by dividing the goals for, by the number of games played.

31. Drawn Quarter, Semi and Finals

1. At the end of the competition there will be a finals series for the top teams. To qualify for the Playoff finals each player must have played at least 25% of the minor round games.
2. If the quarter and semi final are drawn, rule 27 applies.
3. When a final is drawn, there shall be an extra time period of five minutes each way. If the teams are still deadlocked at this stage, a 3 shot penalty shoot out will take place, thereafter a sudden death shootout will take place.
4. For the purposes of a sudden death penalty shoot out, each team will use the players who were on the court at the end of the extra time period, who will shoot in turn from the penalty spot. (7 meters from the backnet)





Rules of the Game

33. Mixed

In the mixed divisions the goalkeeper can either be a male or female player. However, only ONE male player will be allowed to play in the outfield with 3 female players.



