



**SENIOR COMPETITION RULES**  
**NEPEAN HOCKEY ASSOCIATION Inc.**  
**2024**

## Table of Contents

1	DEFINITIONS.....	3
2	PLAYER REGISTRATION AND TRANSFER .....	4
3	MATCH CARDS.....	5
4	PLAYERS .....	5
5	UMPIRES .....	8
6	STARTING AND FINISHING TIMES OF MATCHES .....	8
7	FORFEITURE OF MATCHES .....	9
8	POINTS ALLOCATION .....	9
9	MATCH NOT PLAYED IN ACCORDANCE WITH THE DRAW .....	10
10	TERMINATED MATCHES .....	10
11	THE MINOR PREMIERSHIP .....	11
12	MAJOR PREMIERSHIP (Finals Series).....	11
13	GRADING OF TEAMS .....	13
14	ALL MATCHES .....	13
15	INCLEMENT WEATHER/TURF CONDITION POLICIY.....	13
16	HEAD INJURIES .....	14
	ATTACHMENT A – Penalty Shoot-Out Competition .....	15

# 1 DEFINITIONS

- 1.1 **Fees** – means an amount of money set and determined from time to time as determined by the Management Council.
- 1.2 **Finals** – means the Semi Finals, Finals and Grand Finals
- 1.3 **Major Premiership** – those games comprising the Semi Finals, Finals and Grand Finals
- 1.4 **Executive** – a group of five (5) persons duly elected at the Annual General Meeting of the Association or a Management Council Meeting should a vacancy occur.
- 1.5 **Match Cards** – a card supplied by the Association for the purpose of recording the players who participated in a match and the details and results of the match.
- 1.6 **Minor Premiership** – those games comprising the rounds of a competition prior to the Finals.
- 1.7 **Player** – a player is a person who has been accepted as a registered player by the Management Council of the Association and in respect of whom all fees owing to the Association have been paid in full.
- 1.8 **Registration** – Each individual to complete registration on line.

## **2 PLAYER REGISTRATION AND TRANSFER**

- 2.1** Variation to competition rules as passed at the commencement of each season shall incur \$200.00 penalty if the club is successful in their appeal. Any successful appeal by a club shall not be retrospective for any other club. Any successful appeal shall not be deemed to have set a precedent for the remainder of that competition season.
- 2.2** A player and non playing officials will be considered to be registered with Nepean Hockey Association (NHA) only after an affiliated Club or member of NHA has input details into the Revolutionise Sport System.
- 2.3** All players and non playing officials are to be entered into the Revolutionise Sport System prior to participation in any Competition Match. If a player takes the field in any Competition Match Unregistered, then the Team shall Forfeit the game and incur a three (3) point penalty for the team fielding the ineligible player.
- 2.4** Lists of registered Club members together with payment of Registration Fees are to be paid to NHA by the 3rd competition game or 1st May each year whichever comes first. If Refund application is requested it may be lodged by 1<sup>st</sup> May each year
- 2.5** In the event that a player or non playing official commences with a Club after the registration date the Club is to provide the details of the player or non playing official to the Association Secretary and Treasurer before the player takes the field for the Club.
- 2.6** It is the responsibility of Clubs to provide the Association in writing with the details of any unfinancial players prior to the commencement of the competition. These details are to be updated by the Club in the event that the player's unfinancial status changes. Unfinancial members will be notified to HNSW.
- 2.7** Any player resigning from a Club during a playing season shall be required to obtain a clearance in writing from such Club before being eligible to represent any other Club in competition matches. Such clearance will not be unreasonably withheld. Grading for any player that is granted a transfer will recommence with the new club
- 2.8** A copy of such clearance is to be given to the Competition Convenor who shall have the transfer ratified at the earliest available Council meeting.
- 2.9** No player that has not attained the age of eleven (11) years of age for the Women's Competition and No player that has not attained the age of fourteen (14) years of age for the Men's Competition shall be eligible to play in the Competition.
- 2.10** Notice of any dispute arising from a ruling made by the Competition Convenor pursuant to these Competition Rules, may be made in writing to the Management Council within seven (7) days of the ruling.
- 2.11** A Club registering a Senior Team/s will be required to pay a \$300 deposit for that Club to register those team/s. The deposit will be held for that season and deducted from the final

invoice. Deposit shall be forfeited, after the competition draw is finalised if a Club withdraws a team/s or request to change the grade they originally nominated.

### **3 MATCH CARDS**

**3.1** Each Club is responsible to ensure that the pre-printed match cards for games in which they compete are completed accurately and in full, with the following details:

**3.1.1** The first name & last name that has been used in Revolutionise, of each Player taking the field in that match, and alongside that name:

**3.1.1.1** The playing shirt number that the player is to wear in that match, for the Men's Competition.

**3.1.2** Each Player participating should have a tick placed next to their name.

**3.1.3** Players that did not play are to have their names crossed out.

**3.1.4** Before any player can take the field in that Match their details, in accordance with 3.1.1, must be clearly recorded on the Match Card.

**3.2** At the conclusion of a Match, each Team Captain is to sign the Match Card to acknowledge that all details recorded for their team are correct.

**3.3** Any Breach of 3.1 or 3.2 will result in a loss of 3 penalty points, regardless of the results of that match, in which the Breach occurred.

### **4 PLAYERS**

Players in breach of the rules in Section 4 will not be permitted on the field of play.

#### **4.1 Player Uniforms**

**4.1.1** That from the commencement of the 2024 players will transition to having shirt numbers, with all players being required to have shirt numbers by the end of the grading period in the 2025 season in the senior competition.

**4.1.2** Players must be wearing their club's approved uniform by the first round. Appropriate numbering to be attached to the Men's playing shirts. Dispensation may be granted by the Management Council on the request from clubs.

**4.1.3** Playing socks and skirts / shorts must be the same colour for the entire team (except for goal keepers).

**4.1.4** If bike pants are worn under skirts (Women's Competition) they must be the same colour of the skirt or black.

**4.1.5** No two players on the same team in the Senior Men's competition shall wear the same shirt number.

- 4.1.6 Shirt numbering in the Senior Men's competition must be affixed to the back of the shirt and be a minimum of 20 cm high.
- 4.1.7 Team Captains shall wear a distinctive arm band or sock band. The arm band or sock band is to be transferred to any substitute Captain.
- 4.1.8 If a team has no "Padded Up" Goalkeeper no field player will have any Goalkeeper privileges.
- 4.1.9 All Players are required to wear shin pads and mouthguard when training and playing competition games unless a standard waiver form is signed for 18 and over players. Under 18 players must wear shin pads and mouthguard. A list of the players with waivers will be held in the dugout folder.

#### **4.2 Player Substitution.**

- 4.2.1 The maximum number of substitute players that may be used in a match is five.
- 4.2.2 There is no limit to the number of times a player may be substituted on/off the field during a match

#### **4.3 Players Grading**

- 4.3.1 A Player may be promoted or relegated within a Club, from week to week, provided that the player plays down no more than one (1) grade below that in which the player has been graded for the majority of their preceding games.
- 4.3.2 A player may play in only two (2) competition matches in any one round. These matches are to be in consecutive grades, except where the player is substituting in a higher grade than one in which the player has played the majority of their preceding competition matches in the season.
- 4.3.3 Where a player plays in more than one match in the competition round, their grading for that round will be determined by the higher grade played. The game played in the lower grade in that round will not be counted when determining which grade a player has played the majority of their matches in.
- 4.3.4 In the case of a player having equal number of rounds in two (2) grades they will be graded in the higher grade.
- 4.3.5 No more than two (2) players, in any game, may play in any grade lower than that in which they have played the majority of their preceding matches.
- 4.3.6 When a Club has two (2) teams in a grade below or above that in which a Player is graded, that player may play down or above in only one team
- 4.3.7 Deferred games shall be taken as if they were played on the date as originally scheduled.

- 4.3.8 Any breaches of these Competition By-Laws shall forfeit the game and incur a three (3) point penalty for the team fielding the ineligible player.
- 4.3.9 Where Clubs have more than one (1) team in a grade:
- a) Players may only fill in for one (1) of the multiple teams in each grade.  
e.g. A player in B grade can only play for their designated team and one (1) other in that same grade.
  - b) If that player is playing up or down into a Grade where there is also multiple teams from the same Club, they can only play into the one (1) team and no other team.
  - c) Maximum two (2) players permitted to play across into a team.
  - d) Players cannot play across into teams in the same grade in the Final Series.
- 4.3.10 Grading of Players for the Major Premiership will remain as the grading recorded at the conclusion of the Minor Premiership competition.
- 4.3.11 Clubs shall have the right of appeal to the Management Council for the regrading of a Player before any positional playoff, semi-final, final or grand final. Any such appeal must be lodged with the Management Council in writing no less than 72 hours prior to the time scheduled for the match.
- 4.3.12 Goalkeepers – have the same grading as any other player, however clubs may apply in writing to the Management Council for special circumstances.

#### **4.4 Player Discipline**

- 4.4.1 Any player who receives a red card (permanent suspension) shall not be permitted to play in any match either within the Association competition or representing the Association until the case is determined by the Judiciary.
- 4.4.2 Any player who plays in a competition match or represents the Association while under suspension or is unfinancial with either a club or Association affiliated with Hockey NSW will be referred to; in the case of a competition match, to the Competition Convenor and in the case of being unfinancial with a Club or Hockey NSW or affiliate will be referred to the Management Council.
- 4.4.3 All yellow cards will cease to count at the end of the Minor premiership, except if a player receives their third yellow card in a consecutive six week period in the last round then that player must serve their one (1) weeks suspension.
- 4.4.4 Any player receiving a red card will appear before a Judiciary committee as per NHA Constitution 12.2.
- 4.4.5 In accordance with 2.4.2 of the NHA Judiciary Disciplinary Policy – Penalties by way of suspension shall be by number of matches from within the competition that the match was played and extend into a subsequent season if necessary. For Mandatory Reporting offences 1 – 5 (refer Appendix A), suspension shall also be extended to all competition games conducted by NHA. This suspension will also prevent the player

from umpiring and performing an official duty in the Dug-out during competitions (including, but not limited to Umpire; Coach; Manager; Ground Marshall).

- 4.4.6 Any off field offence referred to Judiciary Panel for investigation/hearing, and if that offence is proven, then that suspension may include suspension across all competitions under the control of NHA Inc. That suspension may also include suspension from playing, umpiring, on field coaching, or any NHA duties i.e. ground marshall duties.
- 4.4.7 Any formal complaint in occurs with Section 12 of the By-Laws may be forwarded to a Judiciary for hearing at the discretion of the Executive. The Judiciary will determine should any further charges be laid or to act only on the formal complaint raised.

## **5 UMPIRES**

- 5.1 If playing immediately before or after your allocated umpiring commitment then a yellow shirt must be worn and your clubs playing socks pulled up and shorts/ skirt may be worn (including club jacket for inclement weather). All other occasions the dress will be black trousers/skirt long black socks pulled up, fluoro yellow shirt and fluoro yellow or club jacket for inclement weather. A fine of \$25 (twenty five) dollars will be imposed for incorrect attire. Thongs and scuffs are not acceptable footwear. Fine will be imposed to the Club
- 5.2 Fines of \$10 (ten dollars) will be imposed for any score card/sheet that does not include the umpires printed name and the club for whom they are umpiring.
- 5.3 Umpires are not to switch umpiring duties if they are a named Umpire or the change will results in the Umpire are umpiring their own club, fines of \$25 (twenty five) dollars will be imposed. Umpires are to record on the match card the club name they are umpiring for.
- 5.4 A fine to the Club of \$50 (fifty dollars) will be imposed for failing to fulfil your rostered umpiring duties. This \$50 fine will increase by \$10 for every subsequent failure to umpire (i.e. 1<sup>st</sup> offence \$50, 2<sup>nd</sup> offence \$60, 3<sup>rd</sup> offence \$70 and will continue to increase by \$10) From these fine monies, \$30 (thirty) dollars will be paid by the association to the person who fulfilled the commitment and the remaining (twenty) \$20 or any higher amount will be paid to the NHA account. If a member of the umpiring committee is not present at the field the Ground Marshal on duty has the authority to organise another umpire to fulfil the commitment. Any and all failures to fulfil umpiring commitments must be recorded on the match card by the Ground Marshal on duty.
- 5.5 Umpires are not permitted to umpire more than two (2) competition matches per day. Fines of \$25 (twenty five) dollars will be imposed.
- 5.6 Umpiring payments will be standard for all Competition games. \$30.00 per game for Seniors and \$20.00 per game for Juniors (excluding U8's)

## **6 STARTING AND FINISHING TIMES OF MATCHES**

- 6.1 The competition Convenor will determine starting and finishing times of matches



- 6.2** In the event that a match fails to commence on time, any time lost shall be taken from the first half.
- 6.3** The match will begin and end on the sounding of the Umpires whistle. Timing of the game will be central timing hooter. In the event of no central timing hooter the Umpires will keep time.

## **7 FORFEITURE OF MATCHES**

- 7.1** If a team is unable or refuse to take the field within 10 mins after the scheduled starting time of the match that team will forfeit the match.
- 7.2** The team/Club forfeiting the match will be liable for the full field hire that would have been payable by both Clubs had the match progressed. However, if the teams notify the Competition Convenor of a forfeit a minimum of five (5) days prior to the scheduled date/time of the match no costs will be incurred.
- 7.2A** -To claim a forfeit, on the day at the fields a team must:
- i. Be on the field of play with sufficient number of players eligible to play,
  - ii. Five (5) minutes after the starting time of the match advise the umpire that they wish to claim a forfeit,
  - iii The umpires, on being advised that a team is claiming a forfeit will warn the opposition who will then have an additional five (5) minutes to take the field,
  - iv If, within five (5) minutes of the warning, the opposition have not taken the field, the match will be awarded to the team taking the forfeit,
- 7.3** The Umpires upon awarding the forfeit will sign and record the reason on the match card.
- 7.4** Any game won as a forfeit shall be recorded as a win with a 3 - 0 score.
- 7.5** A match card is required from a team receiving a forfeit under 7.2. Grading for a forfeit will be determined by Competition Convenor.
- 7.6** A 'technical' forfeit which was awarded when the Competition Convenor determined there had been a breach of the grading rules, shall count as a 3 – 0 win to the team receiving the "technical" forfeit, unless the goals "for" and "against" in the actual game yield a higher goal difference, in which case the actual goals scored shall stand.
- 7.7** A player whose name is not on the match card, or a player whose name is on the match card and does not play, will result in a penalty under 7.6. That being a technical forfeit

## **8 POINTS ALLOCATION**

- 8.1** Allocation of points for Minor Premiership shall be as follows:

- 8.2** Three (3) points for a win.  
One (1) point for a draw  
Zero (0) points for a loss  
Zero (0) points for a loss by a forfeit

## **9 MATCH NOT PLAYED IN ACCORDANCE WITH THE DRAW**

- 9.1** The Competition Convenor reserves the right to reschedule a match, at any time and for any reason and will provide the teams involved with 5 days notice to teams to be given with a new match time and date.
- 9.2** Any team which has three (3) or more players absent due to their involvement in a NHA Inc representative team may request to have their competition game deferred. The request for the deferred match must be requested no later than 2 weeks from time selected in team. The date for the deferred game will be determined by the Competition Convenor.
- 9.3** Any team which has two (2) or more players absent because they are playing in a Hockey NSW Ltd Representative team at a Hockey Australia national Championship may request to have their competition game deferred. The request for the deferred match must be requested no later than 2 weeks from time selected in team. The date for the deferred game will be determined by the Competition Convenor.
- 9.4** Teams granted permission for a deferred game must play the game within three (3) weeks of the deferred match. The Competition Convenor will set down the date and time of the deferred match after consultation with the teams. The teams will need to supply their own Umpires for any deferred games.
- 9.5** In the event of a game not being played because of inclement weather (See Competition Rule 15), field closure, the game shall be played on the next designated inclement weather day. If there be no designated inclement weather days available, then the game will be played at the time designated by the Competition Convenor.

## **10 TERMINATED MATCHES**

- 10.1** Other than for misconduct, any match that is terminated prior to half time will be declared a 3–3 draw. In a match that is terminated after the half time break, the score at the time the match was terminated shall stand.
- 10.2** The result of any match terminated (due to misconduct) will be determined by the Management Committee taking into account:
- 10.2.1 All the circumstances surrounding the termination of the match
- 10.2.2 The Umpires reports
- 10.2.3 Any Judiciary hearing findings resulting from the termination of the match

10.2.4 The score at the time the match was terminated

- 10.3** The Umpires may terminate a game. Should the Captains of both teams agree that to continue the game would present a danger to players; the Captains may overrule the Umpires and terminate a game with the result being determined in accordance with point 10.1.

## **11 THE MINOR PREMIERSHIP**

- 11.1** The competition shall be played in grades, the number of which shall be determined by the Management Council.
- 11.2** Each team shall play the same number of games within each grade, in the Minor Premiership.
- 11.3** The team finishing with the most match points in a grade at the completion of the Minor Premiership will be declared the Minor Premiers.
- 11.4** Within a grade if more than one team finished on equal match points, then the Minor Premiership will be determined as follows:
- 11.4.1 Goal Differences, i.e. goals "For" minus goals "Against" for each team. The team having the better goal difference declared Minor Premiers.
- 11.4.2 If the goal difference is the same. Then the team having the higher number of goals scored will be declared Minor Premiers.
- 11.4.3 In the event that both goal difference and the number of goals are the same between the two teams then a playoff match will be arranged mid week the timing of which will be determined by the competition convenor

## **12 MAJOR PREMIERSHIP (Finals Series)**

- 12.1** Player Eligibility
- 12.1.1 A player, to be eligible to play in the Major Premiership must have played in at least five (5) games, for that team in that competition, during the current season. Any junior, who has played in the current Senior Competition, will be eligible, provided that they have met the Eligibility Criteria for the Junior Finals.
- 12.1.2 Grading of Players for the Major Premiership will remain as the grading recorded at the conclusion of the minor premiership competition. This does not preclude them from playing in a positional or Major Premiership of a higher grade.

- 12.1.3 Where unforeseen circumstances arise, and a player is ineligible to play in the Major Premiership as a result of 12.1.1 or 12.1.2 the Club may make application to the Management Council of the Association for a dispensation.

## **12.2 Finals Series**

- 12.2.1 Semi Finals, Finals and Grand Finals will be played in each grade.

- 12.2.2 The Major Premiership will be played under the following format:

### **12.2.2.1 Major Semi Final**

The Team with the highest points score shall play the team with the second highest points scores. The winner of this match shall advance directly to play in the Grand Final. The loser of this match shall proceed to play in the Final. No extra time will be played in the Major Semi Final.

### **12.2.2.2 Minor Semi Final**

The team with the third highest points score shall play the team with the fourth highest points score. The winner of this match shall advance to play in the Final. The loser of this match shall exit the competition.

### **12.2.2.3 Final**

The final shall be played between the loser of Major Semi Final and the winner of the Minor Semi Final. The winner of the Final shall advance to play in the Grand Final. The loser of the Final shall exit the competition.

### **12.2.2.4 Grand Final**

Shall be played between the winner of the Major Semi Final and the winner of the Final.

- 12.2.3 In the event of a draw at full time in any Senior Competition Minor/Final/Grand Final Series, the teams shall have five (5) minutes break, change ends and play an extra twenty (20) minutes made up of ten (10) minutes each way with no half time break sudden death i.e. the team scoring the first goal to be deemed the winner. In the first ten (10) minutes only nine (9) players will take the field and this will include a fully "padded up Goal Keeper". For the second ten (10) minutes, only seven (7) players will take the field and this will include a fully "padded up Goal Keeper". If after this time the scores are still level, in the Minor Semi-Final or Final then the winner will be the team ranked higher on the Minor Premiership Ladder. For the Grand Final if the score is still level then the game will go to Penalty Shoot Out as per Attachment "A" to decide the winner.

- 12.2.4 Timeout will be allowed for injury or unexpended stoppages of play during the Final Series.

## 13 GRADING OF TEAMS

- 13.1** Each Club shall nominate graded teams to the Association, who shall arrange matches to decide premiership in each grade.
- 13.2** Major Premiership winning teams will automatically be promoted to the next highest grade for the following season; unless the club already have a team in that grade, however if the club has won the premiership in the grade for two (2) from three (3) years they will be promoted in the next highest grade regardless how many teams the club has in that grade.
- 13.3** Only the team that places last at the completion in the "A" Grade or 1<sup>st</sup> Grade of the Minor Premiership in the season, shall have the option to return to the "B" Grade or 2<sup>nd</sup> Grade. The current rules for promotion from "B" Grade or 2<sup>nd</sup> Grade will remain. (Rules 13.2 of Senior Competition Rules)
- 13.4** Competition Convenor to be able to recommend to the Management Council Meeting after the first round if teams should be regraded. Teams affected to be given right of Appeal before decision is made.
- 13.5** Should a team be regraded to a higher grade that team will carry up all points already obtain, however the goal differences, goals for and against will be reset to zero.
- 13.6** In the event that a team withdraws after the draw has been finalised, the affected games are to be treated as a Bye. The draw will stay as scheduled for the remainder of the 1<sup>st</sup> Round or completion of the affected round. No points to be awarded for the bye or the games already completed within that round that had been played by the team that has withdrawn.

## 14 ALL MATCHES

- 14.1** All matches will be played in accordance with the FIH Rules unless an NHA domestic ruling is in place for Senior Competition Rules.

## 15 INCLEMENT WEATHER/TURF CONDITION POLICIY

- 15.1** A decision should be made by both umpires and both team captains as to the match starting/continuing. All four (4) persons must be in agreement, or the match will be cancelled or suspended.
- 15.2** The conditions to be considered are:
- a Amount of water on turf
  - b Storms i.e. electrical/hail
  - c High winds
  - d Damaged turf or any other issue that could be unsafe or not meet the requirements of "Duty of Care".

- 15.3** If there is excess water on turf or damage to the turf a photo is to be taken and sent to the Secretary of Nepean Hockey Association who will on forward to Turf Committee.
- 15.4** The match card is to be noted as to whatever decision was decided.

## **16 HEAD INJURIES**

- 16.1** If a player is injured by an on field incident and displays dizziness or a confused state. The players Team Management/Captain is to be called to escort them from the field. A mandatory ten (10) minutes is to be enforced before Team Management/Captain can request the players return to the field.
- 16.2** If the player is unresponsive standard First Aid procedures are to be implemented and the player will not be permitted to return to the field.
- 16.3** Should a player be Under 18 years of age and the parent/guardian is present at the field care and responsibility is to be handed to them.

## **ATTACHMENT A – Penalty Shoot-Out Competition**

In a shootout competition, five players from each team take a one-on-one shootout alternatively against a goalkeeper from the other team as set out in this annexe. The shootout competition comprises all series of shootouts required to determine a result.

The following sets out both playing rules and the procedures to be followed.

1. Respective Team Managers or Coaches nominate five (5) players to take and one (1) player (Goalkeeper) to defend the shootouts on the Match Card except as excluded below. A player nominated to defend (Goalkeeper) the shootouts can also be nominated to take a shootout. No substitutions or replacements are permitted during the shootout competition other than specified below.
2. Team Managers or Coaches sign the shootout competition form to confirm the nominations of the five (5) players and the sequence of the players to take the shootouts and submit the form to the Technical Official on duty.
3. If the shootout competition takes place after the end of a match, the above procedure must be carried out promptly so that the first shootout can take place within five (5) minutes of the end of the match.
4. A player who is still serving a disciplinary suspension by the Judiciary Convenor at the time the shootout competition takes place or has been excluded permanently (red card) during the match which leads to the shootout competition, cannot take part in the shootout competition. Any player serving a suspension (Green or Yellow card) at the conclusion of the extra time periods is permitted to participate in the Penalty Shootout Competition.
5. The umpires will specify in advance the goal to be used.
6. A coin is tossed; the team which wins the toss has the choice to take or defend the first shootout.
7. All persons listed on the Match Card other than any player who has been excluded permanently (red card) during the match which leads to the shootout competition are permitted to enter the field of play outside the 23 metre area used for the shootout but must be at least 10 metres from the spot where the ball is placed at the start of the shootout.
8. The goalkeeper of the team taking a shootout may be on the backline outside the circle.
9. A player taking or defending a shootout may enter the 23 metre area for that purpose.

- 10.** Players taking a shootout and also defending the shootouts taken by opponents are allowed reasonable time to take off their protective equipment to take their shootout and subsequently to put back on their protective equipment.
- 11.** Five (5) players from each team take a shootout alternatively against a Goalkeeper of the other team making a total of ten (10) shootouts.
- 12.** Taking a shoot-out:
  - a. the Goalkeeper starts on or behind the goal-line between the goal posts;
  - b. the ball is placed on the nearest 23 metre line opposite the centre of the goal;
  - c. an attacker stands outside the 23 metre area near the ball;
  - d. the Umpire signals to the field that the time may start;
  - e. one Umpire starts the clock and blows a whistle which issues an audible signal that the shoot-out has started. This Umpire is not watching the shoot-out and will blow the whistle loudly again after eight (8) seconds as per Rule 12.g.1 regardless of whether a whistle has been blown by the engaged umpire
    - i. If a Technical Official or third Umpire is present then two umpires must watch the play and one time the eight (8) seconds
  - f. the attacker and the Goalkeeper may move in any direction;
  - g. the shoot-out is completed when:
    - i. eight (8) seconds has elapsed since the start signal;
    - ii. a goal is scored;
    - iii. the attacker commits an offence;
    - iv. the goalkeeper commits an unintentional offence inside or outside the circle in which case the shoot-out is re-taken by the same player against the same goalkeeper;
    - v. the goalkeeper commits an intentional offence inside the circle, in which case a penalty stroke is awarded and taken;
    - vi. the goalkeeper commits an intentional offence outside the circle in which case the shoot-out is re-taken by the same player against the same goalkeeper unless the umpires decide to suspend by a yellow or red card the goalkeeper for the offence. (as per Rule 16 b, i and ii);
    - vii. the ball goes out of play over the backline or sideline; this includes the goalkeeper intentionally playing the ball over the backline;
- 13.** If a Penalty Stroke is awarded as specified above, it can be taken or defended by any eligible player on the Match Card.
- 14.** The team scoring the most goals (or ahead by more goals than the other team has untaken shoot-outs available) is the winner.



- 15.** A player may be suspended by a yellow or red card but not a green card during the shoot-out competition
- 16.** If during a shoot-out competition (including during a penalty stroke which is awarded) a player is suspended by a yellow or red card:
- that player takes no further part in that shoot-out competition and, unless goalkeeper, cannot be replaced;
  - the replacement of a suspended goalkeeper can only come from the five (5) players of that team nominated to take part in the shoot-out competition:
    - the replacement goalkeeper is allowed reasonable time to put on protective equipment similar to that which the goalkeeper they are replacing was wearing;
    - for taking their own shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it back on again.
  - any shoot-out due to be taken by a suspended player is forfeited; any goals scored by this player before being suspended count as goal.
- 17.** If during a shoot-out competition, a goalkeeper is incapacitated:
- the goalkeeper may be replaced by another player from among the players listed on the Match Card for that particular match, except as excluded in this Regulation or unless suspended by an Umpire during the shoot-out competition;
  - the replacement goalkeeper:
    - is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper was wearing;
    - if this replacement is also nominated to take a shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it back on again.
- 18.** If during the shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player from among the players listed on the Match Card for that particular match, except as excluded above or unless suspended by an Umpire during the shoot-out competition.
- 19.** If an equal number of goals are scored after each team has taken five (5) shoot-outs:
- a second series of five (5) shoot-outs is taken with the same players, subject to the conditions in this Appendix;
  - the sequence in which the attackers take the shoot-out need not be the same in the first series;
  - the team whose player took the first shoot-out in a series defends the first shoot-out of the next series;
  - when one team has scored or been awarded one more goal than the opposing team after each has taken the same number of shoot-outs, not necessarily being all five (5) shoot-outs, that team is the winner.

- 20.** If an equal number of goals are scored after a second series of five (5) shoot-outs, additional series of shoot-outs are taken with the same players subject to the conditions specified in this Appendix:
- a. the sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;
  - b. the team which starts each shoot-out series alternates for each series.
- 21.** Unless varied by this Regulation, the Rules of Hockey apply during a shoot-out.