



**UNI HOC RULES**

**Contestants**

* Must be from year 4(or younger)
* There are 3 males and 3 females on court at any one time
* The length of each game will be determined by the number of teams entering the competition

**Starts / Restarts**

* The game commences with a push back from the centre line by the team who wins the toss
* If the puck goes over the sideline the game is restarted with a push in. All players must be 2m away from where the push in is taken
* If the puck goes behind the goal it is given to the goalkeeper who restarts the game with a push out (no corners). All players must retreat 2m from the goalkeeper for this push out
* Free hits will be given against players who have high sticks or who are generally unsafe with their sticks.
* Free hits will be given against players who hit the puck with their feet, though this is at the referee’s discretion (may be deemed better to keep the game moving).
* Free hits will be given against players who lift the puck above chest height
* Free hits are taken from where the infringement occurs. Opposing players must be 2m back.

**Scoring**

* A goal cannot be scored from a sideline push in.
* In open play attackers may get as close to goal as they wish
* Goalkeepers must remain on their feet unless diving to make a save (not allowed to be on knees)
* Goalkeepers can stop the puck with their sticks, their bodies, or legs – **but not their hands.**
* A penalty shot from 3m will be awarded to the attacking team for any infringement by the defenders within 2m of goal.

**Equipment**

* We shall use a puck for this competition
* Each school should bring their own uni-hoc sticks