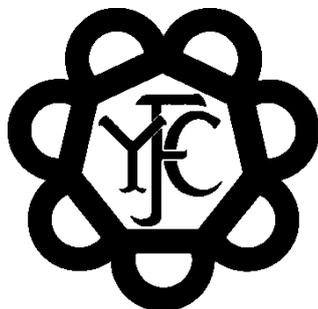


HEREFORDSHIRE FEDERATION OF YOUNG FARMERS' CLUBS



SPORTS DAY 2021-2022

on

Sunday 13th March 2022

from 9:30am

at

**Queen Elizabeth High School, Panniers Lane, Flaggoners
Green, Bromyard, Herefordshire, HR7 4QR.**

COMPETITION RULES

End of Year Trophies



Hereford Times Efficiency Shield

The Sports Trophy

The Junior Sports Trophy

IMPORTANT GUIDELINES

Please read carefully and follow instructions clearly in order to avoid any mistakes or confusion.

a) Closing date for entries to be received at the County Office is:

9pm on MONDAY 21th February 2022. LATE ENTRIES WILL NOT BE ACCEPTED.

We realise that some of the names on your form may change after this date. Providing the changes are notified to the competition steward this will cause no problem.

b) All competing members must have a **VALID CURRENT MEMBERSHIP CARD INCLUDING A PHOTO**. If new membership cards are required, the authorised membership forms must be received by the County Office no later than the deadline date above, along with the Entry Forms. Please note that all membership forms received at the office must be signed by the member, as well as a Parent/Guardian if under 18 and must be signed and dated by the authorised Club Officer.

c) One entry form is enclosed per Club. This is for completion and to be returned to the County Office by the deadline, you can make a copy for your records in the back of the booklet copy where the entry form is included or please ask for a spare form to fill in. You can also complete an online copy from email or the website.

All rules and entry forms are emailed to Club Chairmen and Secretaries in advance and posted out if not collected from the Office by a Club Representative.

d) Any trophies relating to this competition held by any Club member must be returned to the County Office by the above deadline date, along with the entry form.

e) Please make sure all competitors are aware of the competition rules and times.

f) **HELPING MEMEBRS WITH ADDITIONAL PHYSICAL or LEARNING REQUIREMENTS.** HFYFC seeks the inclusion of the full membership in its endeavours. Should a member require assistance to compete at a County Final due to any additional physical or learning requirements, every effort shall be made to ensure inclusion of any member with dignity, respect and confidentiality. HFYFC requests prior knowledge of assistance required in order to maximize the benefit to the individual.

HFYFC General Rules

- 1 The competitions listed herein are open to members of Herefordshire Federation of Young Farmers' Clubs (HFYFC) holding a valid, current YFC membership card. (Valid is classed as being of the correct year, having a signature and passport photograph of the member attached to the card.)
- 2 Any member who fails to produce a valid membership card will be able to purchase a temporary membership card from the office on the day, provided they are already a member. The card will cost £5 and will only be valid for the purpose of entering competitions on the day. Failure to produce a valid membership card will mean that the member will be unable to compete in the competition.
- 3 Age ranges for competitions are as follows:
Senior – Open to members 28 years of age or under on 1st September 2021
Intermediate – Open to members 21 years of age or under on 1st September 2021
Junior – Open to members 16 years of age or under on 1st September 2021, and 10 years of age or over on the day of the competition.
- 4 Health and Safety requirements must be adhered to at all times.
- 5 Competitors must act in accordance with HFYFC policies, where applicable.
- 6 No alcohol is to be consumed by competitors before or during competitions. Any member judged to be under the influence of alcohol or any other substance will not be permitted to continue with the competition and may be disqualified.
- 7 The use of mobile phones during competitions is prohibited.
- 8 A white coat must be worn unless otherwise specified.
- 9 No competitor can enter the same competition in different age ranges.
- 10 All work must be that of the competitor who has booked in.
- 11 All work must have been made in the last 12 months.
- 12 Competitors must arrive on time and report to the competition steward **before** the start time of the competition to book in with necessary equipment to complete the competition.
- 13 In the event of a conflict between the competition rules and the general rules, the competition rules will govern.
- 14 All staged items must remain the responsibility of the competitor. Neither HFYFC nor the site host accepts any liability for loss, damage or theft of any item.
- 15 No staged items or exhibits can be removed before prize giving, at penalty of disqualification.
- 16 For entries not according to schedule, 25% of marks awarded will be deducted. This includes any exhibits oversize.
- 17 The Chief Steward and Competitions Chairman reserve the right to cancel or amend any competition or rule at any time.
- 18 In all competitions the decision of the Chief Steward and the Competitions Chairman will be **final**.
- 19 Unacceptable behaviour by competitors or supporters which brings YFC into disrepute; or which may be deemed to adversely affect other competitors/ performers will be penalised. This includes maintaining a respectful attitude towards all judges, stewards, officers and any other event helpers.

Class 1: JUNIOR - Ultimate Frisbee

REMINDER: Read in conjunction with **NFYFC General Rules**. Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

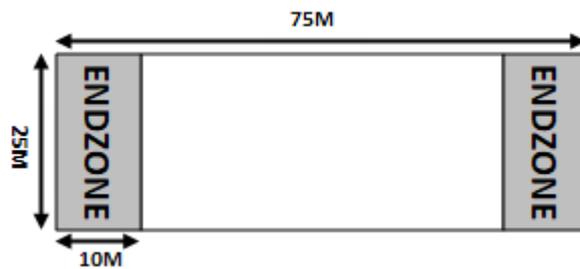
1. ELIGIBILITY

- 1.1 A minimum of **6 players** are required to make a squad, there is a maximum of **10 players** in a squad. From the squad **5 players** are selected to be on the pitch at any one time. This **MUST** include a **minimum of 1 female player on the pitch at any one time**.
- 1.2 All players must be aged between **10 years and over and 16 and under on 1st September 2021** (this age range must be adhered to), and full members of a Club affiliated to NFYFC may be nominated. This means competitors have attained their 10th birthday on 1st September 2021 competition and may be 17 on the day of the national final.
- 1.3 Up to 2 clubs may join together to form a team.

2. PROCEDURE (in brief)

- 5.1 Ultimate is a game for two teams of five players on the pitch, each team having a minimum of 1 reserve player on the sideline up to a maximum of 5 reserve players on the sideline.
- 5.2 Each game will last for **12 minutes** with the next score to occur completing the game or until a maximum time limit of 15 minutes is reached. I.e. The final whistle will signal 12 minutes of play, the game will then continue until the next score, after which the game will end. If no score is made the game will end at 15 minutes.
- 5.3 A goal is scored when you throw the disc to a member of your team standing (or more likely running) in the last section at the end of the field known as the "endzone", your team is attacking.
- 5.4 The winner is determined by the team scoring the most points. A draw will be awarded if both teams have scored the same number of points at the end of the game.
- 5.5 League points will be awarded as follows: Win 3, Draw 2, Loss 1
- 5.6 At the beginning of the game, each team stands in the endzone which they are defending and faces the opposite team. When both teams are ready, the team with the disc throws it as far as they can towards the opposite team who will automatically be in play once they have retrieved it.
- 5.7 Players cannot run with the disc. When a player catches, they have up to 3 steps to slow down and then they must choose a pivot foot and keep this still before throwing the disc. If the player has not thrown the disc and takes additional steps, the player must return their pivot foot back to where it should be, before throwing the disc. If they did make a throw after the 3 steps and the disc was caught by their team, the disc must be returned to the thrower however if the opposition caught the disc the turnover stands.
- 5.8 A team can therefore only move the disc upfield by throwing it from player to player.
- 5.9 The defending team takes possession if the disc touches the ground, if it goes out of bounds or if they make an interception by catching the disc or knocking it to the ground in mid-flight.
- 5.10 Teams change ends between each point. I.e. the scoring team stays in the end zone where they have just scored.
- 5.11 A team may make unlimited substitutions, but only in the break of play after a goal has been scored and before the game restarts. Teams are allowed an unlimited number of substitutions in each game.
- 5.12 The game is noncontact but when contact between players does occur; it may be deemed a foul.
- 5.13 The game is self-regulating, and players should admit when they have caused a foul. The level of sportsmanship will be rated by the opposition at the end of each game.
 - 5.13.1 All members of the team must be involved in scoring the opposition's Spirit of the Game.
 - 5.13.2 Teams will rate their opposition awarding points under the following headings:
 - Rules Knowledge and Use
 - Fouls and Body Contact
 - Fair-Mindedness
 - Positive Attitude and Self Control
 - Our Spirit compared to theirs
 - 5.13.3 A score of 10 is a normal good score

- 5.13.4 Once teams have completed their Spirit of the Game Score Sheet, they should hand it directly to the tournament steward who will calculate an overall average score to determine the team with the best spirit of the game score.
- 5.13.5 Please find a Spirit of the Game Score sheet below. This should be completed by each team at the end of each game.
- 5.14 The team with the best overall rating at the end of the tournament will receive additional awards. It is in each team's best interest to play honestly and fairly and treat their opposition as they would expect to be treated.
- 5.15 It is also advised that where possible a qualified Ultimate Coach or local player, in the role of "tournament advisor" be used. This will further reduce risk to members and also provide an individual that can answer rules questions, keep score and help players with self-refereeing if needed. UK Ultimate, the National Governing Body for Ultimate Frisbee, will offer support where possible and will try to find individuals that are able to help in this capacity.
- 5.16 **Field Dimensions: At the National Final**, the pitch will be outside on grass and will be no bigger than 75m by 25m; the endzones will be no more than 10m deep. Counties may vary these dimensions to suit their venue and may even play on an all-weather pitch, grass or indoors.
- 5.16.1 **Image to show maximum pitch dimensions. To note: this is the MAXIMUM size, pitches may be smaller to accommodate Younger Players or Beginners.**



- 5.17 At the National Final a 175g Ultimate disk will be used, e.g., an Ultrastar.
- 5.18 All competitors must be suitably dressed for playing sport and be wearing their team's colours/shirt.
- 5.19 **These are simplified rules and do not cover every situation. Basic principles of fairness should govern the outcome in situations not explicitly covered. Try to restart play in an appropriate manner such that the infringing team does not benefit. These rules are merely a guide and it is trusted that players will play this simple game in the way it is obviously meant to be played rather than looking for loopholes or ways to exploit the rules.**
- 5.20 Further information can be found at <http://www.ukultimate.com/> however the rules stated above will be adhered to at the NFYFC National Final.

6 PITCH AND EQUIPMENT

- 6.2 Two sets of wickets, the length being 17 yards apart measured from stump to stump
- 6.3 Boundaries are a minimum of 35 yards apart but can be reduced to accommodate available facilities, measured from the middle stump.
- 6.4 Equipment will be supplied by County.

7 SCORING

- 7.2 The team with the higher score wins, in the event of a tie the team taking more wickets will be the winner.
- 7.3 If it is still equal, each player bowls 1 ball at the wicket (no batter), with the team scoring the higher number of strikes being the winner.
- 7.4 Points will be awarded as follows:
Win 3, Draw 2, Loss 1

The Umpires decision is final.

- 7.5 It is advised that you have one umpire standing the stumps and another standing at square leg for run-outs and stumpings. The umpire must also score the game. Each team must state their colours on the entry form.

8 AWARDS

- 8.2 The 1st, 2nd and 3rd placed teams will be awarded HFYFC Prize Cards.
- 8.3 The 1st placed team will be requested to represent Herefordshire at the WMA Eliminator.

Information for Subsequent Rounds

Competition Aim

To provide members with the opportunity to take part in a National Ultimate Frisbee competition.

Learning outcomes

Frisbee skills, teamwork & working with others, adhering to rules, exercise, fun; winning/losing, personal development skills and improving own performance, evaluating strengths and weaknesses.

9 DATE AND VENUE

- 9.2 The WMA eliminator will be held on Sunday 3rd April 2022 in Herefordshire.
- 9.3 The NFYFC Final will be held at the National Sports day on Sunday 10th July 2022 in Staffordshire.

10 REPRESENTATION

- 10.2 Counties may enter one team per 600 members or part thereof in Area Events
- 10.3 English Areas and Wales will be represented by one team per 3,000 members or part thereof in the Competition Final.

11 SUBSTITUTION

- 11.1 **All substitutes must have been eligible to compete in the County Final.**

12 AWARDS

- 12.1 Trophy **and** NFYFC Prize Cards to the winning team
- 12.2 Prize Cards to teams placed 2nd to 4th
- 12.3 Trophy and NFYFC Prize cards to the winning sportsmanship team
- 12.4 NFYFC Certificate of Achievement will be awarded to all members of teams in the Final.

Class 2: INTERMEDIATE & SENIOR - Men's Dodgeball

REMINDER: Read in conjunction with NFYFC General Rules. Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

1. ELIGIBILITY

- 1.1. A squad of Ten (10) players, from whom Six (6) players will be chosen to form a team for each game.
- 1.2. All players must be aged 17 years and over on 1st September 2021 (this age range must be adhered to), and full members of a Club affiliated to NFYFC.
- 1.3. Up to 2 clubs may join together to form a team.

2. PROCEDURE

- 2.1. Equipment will be supplied by County.
- 2.2. Winning a Set
 - 2.2.1 Eliminate all opposing players or have more players remaining on your side at the end of a set.
- 2.3. Winning a Match
 - 2.3.1 A team wins a match if they have more points
 - 2.3.2 2 points for a set won, 1 for a set drawn and 0 for a set lost.
 - 2.3.3 in group tables, a team will receive 2 points for a match won, 1 for a match drawn and 0 for a match lost
 - 2.3.4 If a match is drawn in Knockout or Playoff matches, a 1 minute overtime set will be played where teams restart with 6 players. If a match is still drawn, then sudden death will be played.
- 2.4. Start of Play
 - 2.4.1 5 Balls are placed along the centre line.
 - 2.4.2 The 2 balls on a teams left are your designated balls.
 - 2.4.3 The centre ball is the only contested ball.
 - 2.4.4 A ball is not live until it is passed back beyond the return line.
- 2.5. Eliminating Opposing Players
 - 2.5.1 Live Balls – A ball is live until it hits a floor, wall or any other surrounding surface, multiple play is possible with a live ball.
 - 2.5.2 Hits- Any player struck with a live ball by an opposing player will be called out.
 - 2.5.3 Catches – A catch on a live ball will be valid. The Player who threw the caught ball will be called out and the catching team will gain one player from the outbox.
 - 2.5.4 Blocking – Players are able to use a ball in their possession to block an incoming ball. If the ball they are holding is knocked from their possession, they will be called out.
- 2.6. Lines
 - 2.6.1 Adult dodgeball is played on a dodgeball court.
 - 2.6.2 Players are called out for stepping over the side/back lines.
 - 2.6.3 Players may not leave the court to collect balls.
 - 2.6.4 Each team nominates 2 retrievers who put off-court balls back into play.
- 2.7 Stalling
 - 2.7.1 Players should not intentionally stall the game. Once a team has possession of 3, 4 or 5 balls they should look to make an attempt with at least 1 of those balls.
 - 2.7.2 When a referee calls 'Play Ball', a team has 5 seconds to throw. If they do not then players holding balls will be called out.
 - 2.7.3 Teams can keep 1 ball after 'play ball' has been called, and must throw the rest.
- 2.8 Multiple Play
 - 2.8.1 A player will be called out if they are hit by a ball that has deflected off a teammate whilst it is still live.
 - 2.8.2 A catch is valid if it has deflected off a teammate whilst it is still live – In this circumstance the hit player + the thrower will be called out – if the hit player is the first one out, then they will immediately return to the court.

3. **TIMING**

3.1 Set Length = 3 Mins

3.2 Match Length = 2 Halves of 15 Mins

4. **DRESS**

4.1. The wearing of any form of jewellery (including, without limitation, watches) is not permitted during play. Referees may refuse to allow players to play with inappropriate footwear and/or are wearing any form of jewellery.

5. **SCORING**

2 points for a set won, 1 for a set drawn and 0 for a set lost.

in group tables,

a team will receive 2 points for a match won, 1 for a match drawn and 0 for a match lost

6. **AWARDS**

6.1 The 1st, 2nd and 3rd placed teams will be awarded HFYFC Prize Cards.

6.2 The 1st and 2nd placed teams will be requested to represent Herefordshire at the WMA Eliminator.

Information for Subsequent Rounds

Competition Aim

To provide members with the opportunity to take part in a National Dodgeball Competition.

Learning outcomes

Dodgeball skills, teamwork, adhering to rules, exercise, fun, winning/losing, personal development skills and improving own performance.

7. **DATE AND VENUE**

7.1. The WMA eliminator will be held on Sunday 3rd April 2022 in Herefordshire.

7.2. The NFYFC Final will be held at the Sports Championships on Sunday 10th July 2022, in Staffordshire

8. **REPRESENTATION**

8.1. Counties may enter one team per 600 members or part thereof in Area Eliminators.

8.2. English Areas and Wales will be represented by one team per 3,000 members or part thereof in the Competition Final.

9. **SUBSTITUTION**

9.1. All substitutes must have been eligible to compete in the County Final.

10. **AWARDS**

10.1. Trophy and NFYFC Prize Cards to the winning team.

10.2. NFYFC Prize Cards to teams placed 2nd, 3rd and 4th.

10.3. NFYFC Certificate of Achievement will be awarded to all members of teams in the National Final.

Class 3: INTERMEDIATE & SENIOR Ladies Rush Hockey

REMINDER: Read in conjunction with NFYFC General Rules. Further information can be found at <http://www.nfyfc.org.uk/CompetitionsResources/competitionsresources>

1. ELIGIBILITY

- 1.1. A squad of up to **ten players**
- 1.2. All must be between **17 - 28 years of age** on 1st September 2021 (this age range must be adhered to), and full members of a Club affiliated to NFYFC may be nominated.
- 1.3. Up to 2 clubs may join together to form a team.

2. Procedure

- 2.1. At the NFYFC Final Tournament the teams shall be drawn into two leagues with the **league games lasting five (5) minutes each way with a two (2) minute half time** and change of ends.
- 2.2. League points will be awarded as follows:

Win	3
Score Draw	2
No Score Draw	1
Lose	NIL
- 2.3. In the event of the points being tied after all the league games have been played, the order will be decided using the greatest positive goal difference. If the points are still the same then the order will be decided by the highest goals for, followed by the results of the game between the two tied teams.
- 2.4. The highest scoring team from each league will play the second team from the other league (Semi-Final) to determine the two teams for the Championship Final.
- 2.5. The two losers in the Semi-Finals will play off for 3rd and 4th place under the same format.
- 2.6. The Final and Semi-Finals will consist of two halves of ten (10) minutes each way with a two (2) minute interval for half time.
- 2.7. In the event of the scores being equal at full time, extra time will be played until the next goal is scored up to a maximum of a further ten (10) minutes one way.
- 2.8. If the points are still equal after the additional ten (10) minutes a penalty shoot-out will take place with three nominated members from each team taking part. If the scores are still tied, then a sudden death penalty shoot-out will decide the winner, using alternative players from the squad.
- 2.9. During the game rolling substitutions will be allowed from your squad.
- 2.10. All competitors must be suitably dressed, i.e. hockey boots, socks, shin pads, shorts/skirts and shirts.
- 2.11. A player who is shown a yellow card will be sent off for three (3) minutes or the remainder of the game if less than three minutes remain and a player who is shown the red card will take no further part in that day's games.
- 2.12. The Umpires decision is final.
- 2.13. Each team must state their colours and reserve colour on the entry form.

3. AWARDS

- 3.1. The 1st, 2nd and 3rd placed teams will be awarded HFYFC Prize Cards.
- 3.2. The 1st placed team will be requested to represent Herefordshire at the WMA Eliminator.

4. SCORING

Win	3
Score Draw	2
No Score Draw	1
Loss	NIL

Information for Subsequent Rounds

COMPETITION AIM

To provide members with the opportunity to take part in a National Rush Hockey competition.

LEARNING OUTCOMES

Hockey skills, teamwork, adhering to rules, exercise, fun, winning/losing and personal development skills.

5. DATE AND VENUE

5.1 The WMA eliminator will be held on Sunday 3rd April 2022 in Herefordshire.

5.2 The NFYFC Final will be held at the National Sports Day on Sunday 10th July 2022, in Staffordshire

6. REPRESENTATION

6.1. Counties may enter one team per 600 members or part thereof in Area Eliminators.

6.2. English Areas and Wales will be represented by one team per 3,000 members or part thereof in the Competition Final.

7. SUBSTITUTION

7.1. All substitutes must have been eligible to compete in the County Final.

8. AWARDS

8.1 *The Worcestershire Federation Sports Trophy* and NFYFC prize cards to the winning team.

8.2. NFYFC prize cards will be given to teams placed 2nd, 3rd and 4th.

8.3 NFYFC Certificates of Achievement will be awarded to teams placed 1st to 11th.

Rush Hockey – Rules of the game

Rules provided by England Hockey - For further information please [CLICK HERE](#)

1. TEAMS

- 1.1. The game is played between two teams. They shall each have a maximum of ten (10) players. Five (5) are permitted on the pitch at any one time.
- 1.2. All players take part in each game using rolling substitutes at any time and as frequently as is required.
- 1.3. There is no goalkeeper.

2. SUBSTITUTIONS

- 2.1. Substitutions are allowed at any time.
- 2.2. Number of substitutions is unlimited.

3. CAPTAINS

- 3.1. The Captains toss a coin for choice of ends or possession of the ball at the start of the game.

4. THE PITCH

- 4.1. The game of Rush Hockey can be played on a variety of pitch sizes ranging from quarter pitch to full size pitch. Local organisers will advise teams ahead of the county and area rounds.

5. THE GOAL

- 5.1. Width: 6 foot
- 5.2. Height: 2 foot
- 5.3. It must be positioned against the outer edge of the back-line in line with the centre of the pitch.

6. THE BALL

- 6.1. It is preferable to use a lighter and larger ball than is used in the full game of hockey. A ball weighs approximately 110 grams and measures approximately 100mm.
- 6.2. The ball may be lifted off the pitch but must remain below knee level.

8. THE STICK

- 8.1. The stick shall be a standard regulation hockey stick. It shall have a flat face side and a rounded side.
- 8.2. The ball may be played with the flat face side of the stick or the edge of the rounded side, on condition that the flat side is visible (i.e. not flat to the turf / pitch).
- 8.3. The stick must remain below knee level.
 - 8.3.1. Playing the ball with the edge of the rounded side is always subject to dangerous play (i.e. it will be penalised by the umpires if it is measured to be dangerous or is leading to dangerous play).
 - 8.3.2. The umpires shall forbid the use of any stick that does not comply with the Rules of Hockey.

9. PLAYER EQUIPMENT & CLOTHING

- 9.1. It is **strongly recommended** that shin-protectors and mouth-guards are worn by all players at all times, (inclusive of training sessions/games).
- 9.2. No player shall wear any equipment that may be dangerous to the self or other players. This includes raised jewellery, baseball caps with a stiffened peak and / or any sharp object.
- 9.3. The use of appropriate footwear for the playing surface (trainers or turf shoes) is required.
 - 9.3.1. The umpires shall forbid the wearing of any equipment that does not comply with this Rule.

10. GOALKEEPER EQUIPMENT

- 10.1. No goalkeeper is required.

11. STARTING & RE-STARTING THE GAME

- 11.1. The game is started with a hit or push taken from the centre of the pitch. It follows the umpires whistle at the commencement of play in each half of the game and after a goal has been scored.
- 11.2. Each team must be positioned in their own half of the pitch until the centre pass is played.

11.3. The ball can be played forwards, backwards or sideways and must move a minimum of 1 metre before being played by a player of the same team.

11.4. The taker can use a self-pass (i.e. pass the ball self.) The pass must involve two very distinct actions i.e. the taker must first tap it forwards, sideways or backwards and then play it a second time either to pass it or to dribble it.

12. SCORING A GOAL

12.1. A goal is scored when the ball has been struck by, or deflected off, an attacker while hit (the ball) from anywhere on the pitch. It must cross completely over the goal-line between the goal-posts and under the cross-bar.

13. BLOCKING A GOAL

13.1. If a member of the defending team deliberately uses their body to prevent the goal from going in, then a penalty goal is awarded to the attacking team.

14. BALL OUTSIDE THE FIELD OF PLAY

14.1. **Over the side-line:**

14.1.1. When the ball passes completely over the side-line it shall be put into play along the ground in any direction by a hit, a push or a self-pass taken by an opponent of the player who last touched it. This is called a side-line hit in.

14.2. **Over the back-line off an attacker:**

14.2.1. When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is re-started with a hit from the defending team. The ball can be hit, pushed or a self-pass can be played. It is to be taken from 2 metres into the pitch from the backline and opposite the place where it crossed over the back-line.

14.3. **Over the back-line off a defender:**

14.3.1. If the ball is **accidentally** played over the back-line by a defender and no goal is scored, the game is re-started with a corner to the attacking team. The corner can be hit, pushed or a self-pass can be played.

14.3.2. The corner is taken on the side-line, 3 metres from the corner of the pitch.

15. FAIR PLAY

15.1. Rough or dangerous play shall not be allowed, nor any behaviour which in the opinion of the umpire, amounts to misconduct.

15.1.1. The umpires shall send any player who persists in breaking this Rule, off the pitch.

15.2. Players must not intentionally use any part of their body to play the ball (except the hand to protect the self in a dangerous situation).

15.3. Players must not use the rounded side of the stick when playing the ball and when striking the ball, the stick must in no way cause danger, nor lead to dangerous play, or be intimidating to any opponent.

15.4. A player must not use their stick to hit an opponent's stick, either intentionally or unintentionally (known as a stick tackle).

15.5. Players must not kick the ball.

15.5.1. *It is not an offence if the ball hits a player's foot and the whistle should only be blown if the incident causes a total break-down in play and / or a disadvantage. The umpires shall be the sole judges.*

15.6. Players must not obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball. Neither must they use any part of their body or stick to obstruct a player.

15.7. Players must not hold, charge, kick, shove, intentionally trip, or strike any player or umpire.

16. FREE HIT

16.1. Free hits are to be taken close to where the offence occurred.

16.2. The Self Pass rule can be played at **any** free hit.

16.3. The ball **must be stationary** at a free hit and if passed to another player of the same team (i.e. it is not a self-pass) it must move a minimum of 1 metre before being played by another player of the same team.

16.4. If the free hit is a self-pass the actions of taking the free hit and of next playing the ball must clearly be **two separate actions**.

16.5. Until the free hit is taken, all **opposition players** must be a minimum of 5 metres from the ball.

17. INCIDENT

- 17.1. If the game is temporarily suspended because of an accident or injury where no offence occurred, it shall be re-started with a bully close to the spot where the incident occurred.
- 17.2. Players must stand square of each other and prior to playing the ball and following the umpires whistle, they shall tap the ground with their stick once and tap each other's stick above the ball once.
- 17.3. Players who are cut or bleeding will be required to leave the pitch immediately and shall not be allowed to return until the bleeding has been suppressed or stopped.

18. UMPIRES

- 18.1. The umpires are responsible for all decisions and penalties.

19. RULES SUMMARY

- 19.1. Teams are 5-a-side with squads made up of up to 10 players
- 19.2. Players can be substituted when and as frequently as is required
- 19.3. The game involves no deliberate:
 - 19.3.1. Feet
 - 19.3.2. Using the back of the stick
 - 19.3.3. Stick tackling
 - 19.3.4. Contact with other players
- 19.4. Neither the stick or the ball should be raised above knee height
- 19.5. A sideline ball is taken from the point of exit. The ball can either be passed to a team member or taken into play yourself (known as a self-pass)
- 19.6. Players can shoot from anywhere
- 19.7. When a rule is broken the ball will be awarded to the opposing team where it can either be passed to a team member or taken into play yourself (known as a self-pass)
- 19.8. No goalkeeper
- 19.9. After a goal is scored, play is restarted from the centre of the pitch by the conceding team