

## HOCKEY RULES AT NEVER LESS

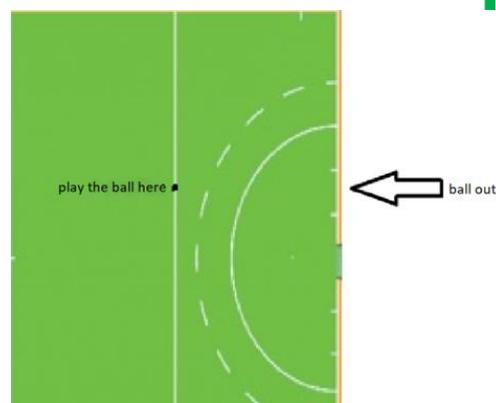
At Never Less, we play matches of 25 minutes in which teams play against each other 11 against 11 (**with a maximum of 4 men amongst those 11**). We play without a goalkeeper, which means 11 field players. We follow, except for a few exceptions, the official hockey rules set up by the KNHB (royal Dutch hockey association). Below, you can find the basic rules with some clarification and the set plays which can happen. On the final pages, you can find several tips for the referees.

### Basic rules

- **Shoot** - Shoot means that the ball touches a part of your body. A ball which touches the hand which holds the sticks is not considered a foul, provided that the hand does not move towards the ball
- **Curved side or back side** - This means that it is not allowed to play the ball with the curved side of the stick.
- **High ball** - it is not allowed to play a high ball at Never Less, when you take an advantage from it. For example if it creates a dangerous situation, when it happens in the shooting circle or you play a ball over someone else's stick. A slightly high pass or high stopping of the ball, below the knee without taking advantage, is tolerated.
- **Hitting the stick of another player:** Hitting someone else's stick without playing the ball is prohibited.
- **Hitting:** Hitting the ball within or to the shooting circle is not allowed due to the lack of a goalkeeper
- **Obstruction:** This means that the attacker deliberately stands between the ball and the defender in order to make sure that the defender cannot hit the ball.
- **Contact:** Field hockey is a non-contact game so it is not allowed to shove people.
- **Distance:** When playing a ball from a set play, the defending team always have to keep a distance of 5 meters. Within the 23-metre area, the attacking team also needs to keep 5 meters distance.

### Set plays

- **Outside the sidelines:** When the ball completely passes the sideline, it is returned on the spot where the ball left the field. The team who did not touch the ball the last time, can start playing again.
- **Outside the back line by an attacker:** The ball will be placed on the shooting circle line at the height of the place where the ball went outside the back line and can be brought back into play by a defender.
- **Outside the back line by a defender:** The ball will be placed on the 23-metre line at the height of the place where the ball went outside the back line and can be brought back into play by an attacker
- **Free hit:** Everywhere on the field, except for the shooting circle, a free hit is awarded when a foul is made. The team offended against can bring the ball back into play after putting the ball in stationary position close to the place where the foul was made.

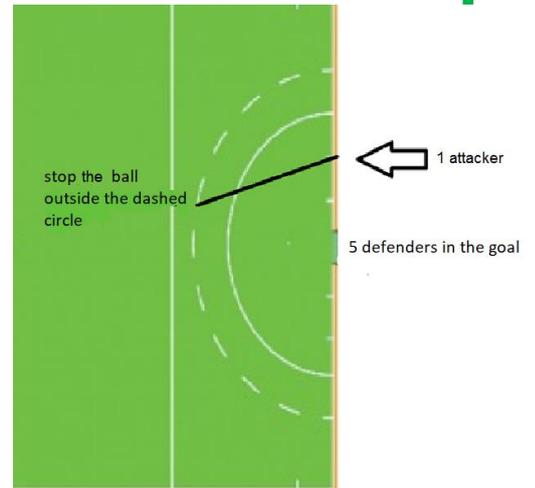


- **Free hit defending party in the shooting circle:** When the attacking team makes a foul within the shooting circle, the defending party can start playing again anywhere in the circle as if it is a free hit.
- **Penalty corner:** This will be awarded when the defending team makes a foul within the shooting circle. This can be a shoot, high ball or shooting the ball over the back sideline on purpose.

### Penalty corner at Never Less

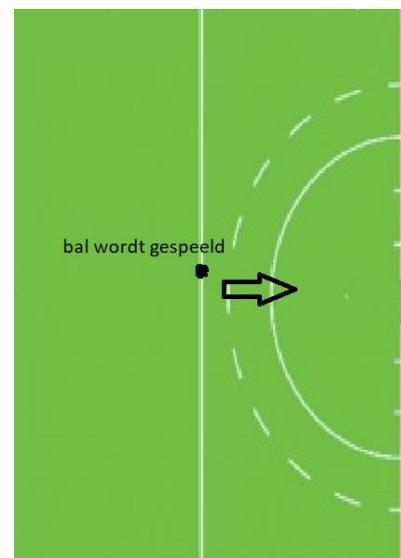
- Five defenders inside the goal and the remaining ones passed the centre line of the field.
- One attacker, the passer, is with the ball at the penalty corner mark. The remaining attackers who want to take part are outside the dotted line.
- The corner starts by passing the ball outside the dotted line. After the ball is being brought into play, attackers and defenders can run into the circle. After stopping the ball outside the dotted line, the attacking team can try to score a goal. **So, you can only score after the ball has been outside the dotted line.**

→ Defenders and attackers can start running when the ball is played by the passer



### Penalty stroke

- **Penalty stroke** – A penalty stroke is given for a foul which prevents a goal from happening (for example a shoot before the goal line).
- The penalty stroke is taken by a single attacker on the 23-metre line. There is no defender between the ball and the goal and the attacker has to play the ball once, without moving with the ball. This is changed due to the lack of a goalkeeper.



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## Penalty shoot-out

- During a final which ends in a draw, penalty shoot-outs will be taken.
- One attacker starts on the 23-meter line and one defender on the penalty stroke spot before the goal. When the referee blows his whistle, the attacker gets eight seconds to score.
- There are four possible outcomes of a shoot-out
  1. The attacker scores → a goal for the attacker
  2. The attacker does not score or makes a foul → no goal for the attacker
  3. The defender makes a deliberate or heavy foul on the attacker or ball to prevent a goal → penalty stroke for the attacker.
  4. The defender makes a general foul which is non-deliberate → a new shoot-out for the attacker.
- Both teams get five opportunities to score a shoot-out. The team with the most goals wins the final.

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## Tips for referees

- Blow the whistle loud and clear to make sure everyone on the field can hear you. This way, you also sound more confident.
- Give clear instructions with your arms and keep them in that pose until it is seen by both teams.
- Walk along with the ball and the game. The better you move along the sideline and back line, the better you can see what is happening and the better the players will trust you.
- Let the game continue when the attacking team has no disadvantage of a foul committed against them. When no advantageous situation arises, you can still blow the whistle.
- Try not to be too strict for beginning hockey players in, for example, their passing. You clearly notice when someone does not have a lot of experience.
- Make sure to watch with the other referee on the other side of the pitch. For example, in busy circumstances in the shooting circle. As a team, you support each other when necessary.
- When a player does not understand a decision, quickly explain why you did what you did.
- Some important positions for a referee:
  - Clearly indicate the side for which the ball is after a foul or a ball outside the lines. Point towards the goal in which the team who has the ball should score.



- A goal: Point towards the center of the field.



- The penalty corner: Point towards the goal.



- The penalty stroke: point to the penalty stroke spot with one hand.

