



**Rules of Hockey5s
including explanations**

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Responsibility and Liability

Participants in Hockey5s must be aware of the Hockey5s Rules and of other information in this publication. They are expected to perform according to the Rules unless explicitly agreed by FIH, a Continental Federation, a National Association or all persons participating in a match.

Emphasis is placed on safety. Everyone involved in the game must act with consideration for the safety of others. Relevant national legislation must be observed. Players must ensure that their equipment does not constitute a danger to themselves or to others by virtue of its quality, materials or design.

The International Hockey Federation (FIH) does not accept responsibility for any defects or non-compliance of facilities and is not liable for any consequences resulting from their use. Any verification of facilities or equipment conducted before a match is limited to ensuring an overall appearance of compliance and sporting requirements.

Umpires exercise an important role controlling the game and ensuring fair play.

Implementation and Authority

The Hockey5s Rules apply to all Hockey5s players and officials. National Associations have discretion to decide the date of implementation at national level. The date of implementation for international competition is 1 May 2016.

The Rules are issued by the FIH Rules Committee under the authority of the International Hockey Federation. Copyright is held by the International Hockey Federation.

Availability of the Rules

Information about the availability of the Rules and other information on the FIH website is included at the end of this publication.

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INTRODUCTION

Hockey5s

Hockey5s is a short format of the sport which is designed to enhance the global reach of Hockey via a game which is fast, skilful and adaptable with a set of simplified rules.

How Hockey5s can be adapted and played flexibly will be explained later in this introduction.

Any matters not explicitly dealt with in the Rules of Hockey5s are covered by the eleven-a-side Rules of Hockey. Among other things, this enables this document describing the Rules of Hockey5s to be brief.

Hockey5s is a new version of the sport so FIH recognises that some changes might occur in the detailed Rules. If this happens, the changes will be published on the FIH website www.fih.ch

Adapting Hockey5s

For international competitions such as the Youth Olympic Games and its qualification Tournaments, the Rules must be very precise and followed by everyone taking part, and there may also be Tournament Regulations which vary the Rules of Hockey5s. However, outside of international competitions, Hockey5s is designed to be adaptable to the available facilities and for players of all ages and abilities.

For example, if the playing area is less than specified in these Rules, it might be appropriate to play with only four players of each team on the court. A goalkeeper is required in the Rules but, if necessary and appropriate, the game could be played with a player with goalkeeping privileges or only with field players. It might not be possible to provide boundary-boards, in which case the ball outside the sidelines could be dealt with in the same way as it is in eleven-a-side hockey. Other playing Rules can be adapted as necessary with these published Rules of Hockey5s providing a reference point and framework.

The Rules do not specify the type of surface on which Hockey5s is played. It is perfectly acceptable to play the game on any surface including natural grass, synthetic turf and hard recreational play areas.

In these ways, Hockey5s can be played virtually anywhere at any time. It is therefore an ideal introduction to the sport which enables core skills to develop and the game to be enjoyed with simple Rules in more informal surroundings.

Developing Hockey5s

The FIH will be promoting Hockey5s as a complementary version of the sport to 11-a-side hockey. It therefore welcomes suggestions for development of the Rules or for clarification of them especially from National Hockey Associations. National Associations are an important primary source of advice and guidance but, if appropriate, Rules suggestions or questions can be sent by email to info@fih.ch or to the FIH postal address.

Rules Changes

For all changes in this edition of the Rules, even for minor points of clarification or changes of wording, a line appears in the margin of any text which has been adjusted.

Playing the Game

For explanations of terminology and any other matters not explicitly dealt with in these Rules of Hockey5s, see the Rules of Hockey.

1 Field of Play, the 'Court'

The information below provides a simplified description of the field of play. It is based on using approximately half of a full-size field for which a detailed specification is provided in the Rules of Hockey.

- 1.1 The field of play (hereinafter referred to as the court) is rectangular.

The indicated maximum size is 55 metres long and 41.70 metres wide, however the court size may be varied according to available location, surface and age, size, strength and skill level of the players.

For dedicated Hockey5s courts, as used for the Youth Olympic Games and as recommended for their qualification Tournaments, the specified size is 48 metres long and 31.76 metres wide. Further information regarding the court and court furniture/equipment requirements for such dedicated facilities can be found in the Youth Olympic Games Hockey5s Court Specifications & Technical Requirements document, which may be found on the FIH website.

- 1.2 Side-lines mark the longer perimeters of the court; back-lines mark the shorter perimeters of the court.

- 1.3 The goal-lines are the parts of the back-lines between the goal-posts.

- 1.4 Boundary-boards, ideally with a height of 25 cm, mark the side-lines and back-lines but not the goal-lines; the boards are placed against the outside of the lines.

Hockey5s may be played with different size boundary-boards or even no boards at all.

Boundary-boards ideally should enable a true rebound in terms of the speed and angle of the ball onto and off the boards. They should be able to be carried and joined together easily, with non-hazardous fixings, such that they are stable structures and give a true rebound along their full length. Their construction should ideally be of materials which are weather-proof and resistant to court watering.

Construction requirements, rebound properties and cross-section dimensions for boundary-boards for dedicated Hockey5s competition courts are detailed in the Youth Olympic Games Hockey5s Court Specifications & Technical Requirements document

- 1.5 A line of 50 cm length is marked in the middle of the court: the centre line.

For the Youth Olympic Games, its qualification Tournaments and other International competitions, the centre-line is marked across the full width of the centre of the court.

- 1.6 Two lines each of 50 cm length are marked, half way in between the centre-line and the back-lines: the quarter-lines.

To help to identify each half of the court and the quarter-line areas, lines are marked on the boundary-boards parallel to the centre line and quarter-lines.

For the Youth Olympic Games, its qualification Tournaments and other International competitions, the quarter-lines are marked as broken lines

across the full width of the court. Each broken line starts with a solid section in line with the centre of the goal; each solid section is 300mm long with gaps between the solid sections 3 metres long.

- 1.7 Penalty spots 150 mm in diameter are marked in front of the centre of each goal with the centre of each spot 6.40 metres from the inner edge of the goal-line.
- 1.8 All lines are 75 mm wide and are part of the court.
- 1.9 Goals are positioned outside the court at the centre of and touching each back-line.

A detailed specification of the goal is provided in the Rules of Hockey.

A Hockey5s court layout and its markings is detailed in the Hockey5s Courts Facilities Guidance document, which may be found on the FIH website.

2 Composition of Teams

- 2.1 A maximum of five players from each team take part in play at any particular time during the match.

If a team has more than the permitted number of players on the court, time should be stopped to correct the situation. A personal penalty should be awarded against the captain of the team involved.

Decisions taken prior to correcting the situation cannot be changed, if time has already been re-started.

Play and time is restarted with a challenge awarded against the team responsible.

- 2.2 Each team has a goalkeeper on the court throughout a match.
- 2.3 Each team is permitted up to four substitutes.
- 2.4 Each team is permitted to substitute from its players not on the court:
- a substitution is permitted at any time
 - b there is no limit to the number of players who are permitted to be substituted at the same time or to the number of times any player is permitted to substitute or be substituted
 - c substitution of a player is permitted only after that player has left the court
 - d substitutions are not permitted for suspended players during their suspension
 - e after completing a suspension, a player is permitted to be substituted without first returning to the court
 - f time is not stopped for substitutions except for the substitution of an incapacitated or suspended goalkeeper.

Unless incapacitated, a goalkeeper may only be substituted if another goalkeeper is available as a substitute and is already wearing full protective equipment. Otherwise the goalkeeper required in these Rules must stay on the court throughout the match. If a goalkeeper is incapacitated, temporarily or permanently suspended and a substitute already wearing full protective equipment is not available, reasonable time should be allowed for a field player to put on protective equipment.

- 2.5 Players must leave or enter the court for substitution or any other purpose between the quarter-lines and the centre-line on a side of the court agreed with the umpires.

Players substituting for each other must do so within touching distance of each other.

- 2.6 No persons other than field players, goalkeepers and umpires are permitted on the court during the match without the permission of an umpire.
- 2.7 Players on or off the court are under the jurisdiction of the umpires throughout the match including the intervals.
- 2.8 A player who is injured or bleeding must leave the court unless medical reasons prevent this and must not return until wounds have been covered; players must not wear blood stained clothing.

3 Captains

- 3.1 One player of each team must be appointed as captain.
- 3.2 A replacement captain must be appointed when a captain is suspended.
- 3.3 Captains must wear a distinctive arm-band or similar distinguishing article on an upper arm or shoulder or over the upper part of a sock.
- 3.4 Captains are responsible for the behaviour of all players on their team and for ensuring that substitutions of players on their team are carried out correctly.

A personal penalty is awarded if a captain does not exercise these responsibilities.

4 Players' Clothing and Equipment

Tournament Regulations available from the FIH provide additional information and requirements about players' clothing, personal equipment and advertising. Refer also to regulations established by Continental Federations and National Associations.

- 4.1 Field players of the same team must wear uniform clothing.
- 4.2 Players must not wear anything which is dangerous to other players.

Field players:

- *are permitted to wear hand protection which does not increase the natural size of the hands significantly;*
- *are highly recommended to wear shin, ankle and mouth protection;*
- *are permitted to wear throughout a match for medical reasons only a smooth preferably transparent or white but otherwise single coloured face mask which closely fits the face, soft protective head-covering or eye protection in the form of plastic goggles (ie goggles with a soft-covered frame and plastic lenses); the medical reasons must be assessed by an appropriate authority and the player concerned must understand the possible implications of playing with the medical condition;*
- *other than goalkeepers, are not permitted to wear protective headgear (face mask or other protective head covering) in any other circumstances.*

- 4.3 Goalkeepers must wear a single coloured shirt or garment which is different in colour from that of both teams.

Goalkeepers must wear this shirt or garment over any upper body protection.

- 4.4 Goalkeepers must wear protective equipment comprising at least headgear, leg guards and kickers.

The following are permitted for use only by goalkeepers: body, upper arm, elbow, forearm, hand, thigh and knee protectors, leg guards and kickers.

- 4.5 Clothing or protective equipment which significantly increases the natural size of a goalkeeper's body or area of protection is not permitted.

- 4.6 The stick has a traditional shape with a handle and a curved head which is flat on its left side:

- a the stick must be smooth and must not have any rough or sharp parts
- b inclusive of any additional coverings used, the stick must be able to pass through a ring with an interior diameter of 51 mm
- c any curvature along the length of the stick (the rake or bow) must have a continuous smooth profile along the whole length, must occur along the face side or the back of the stick but not both and is limited to a depth of 25 mm
- d the stick must conform with the specification agreed by the FIH Rules Committee.

- 4.7 The ball is spherical, hard and a colour which contrasts with the playing surface.

Detailed specifications of the stick, ball and goalkeeper's equipment are provided in the Rules of Hockey.

5 Match and Result

- 5.1 A match consists of three periods of 10 minutes with an interval of 3 minutes between each period.

Other periods and intervals may be agreed as specified in Regulations for particular competitions, such as the Youth Olympic Games and its qualification Tournaments.

If an incident arises immediately before the end of a period or the end of the match which requires review by the umpires, the review may be conducted even though time has subsequently been completed and signalled. The review should take place immediately and action taken to revert to and correct the situation as appropriate.

Time is not stopped except to deal with an injury, or for a substitution of an incapacitated or suspended goalkeeper.

- 5.2 The team scoring the most goals is the winner.

Information about a Challenge Shoot-out competition as a way of reaching a result in a drawn match is included in Competition Regulations which are available, if required from the FIH website.

6 Start and Re-start the Match

- 6.1 A coin is tossed:

- a the team which wins the toss has the choice of which goal to attack in the first period of the match or to start the match with a centre pass
- b if the team winning the toss chooses which goal to attack in the first period of the match, the opposing team starts the match
- c if the team winning the toss chooses to start the match, the opposing team has the choice of which goal to attack in the first period of the match.

- 6.2 Direction of play is reversed in the second period of the match; direction of play in the third period is the same as in the first period.
- 6.3 A centre pass is taken:
- to start the match by a player from the team winning the toss if they chose this option; otherwise by a player from the opposing team
 - to re-start the match after an interval by a player of the team which did not take the centre pass in the previous period
 - after a goal by a player of the team against which the goal was scored.
- 6.4 Taking a centre pass:
- taken at the centre of the court
 - it is permitted to play the ball in any direction
 - all players other than the player taking the centre pass must be in the half of the court which includes the goal they are defending
 - the procedures for taking a free hit apply.
- 6.5 A bully takes place to re-start a match when time or play has been stopped for an injury or for any other reason and no penalty has been awarded:
- a bully is taken on the centre-line
 - the ball is placed between one player from each team who face each other with the goal they are defending to their right
 - the two players start with their sticks on the ground to the right of the ball and then tap the flat faces of their sticks together once just over the ball after which either player is permitted to play the ball
 - all other players must be at least 4 metres from the ball.

7 Ball Outside the Court

- 7.1 The ball is out of play when it passes completely over the boundary-board on the side-line or back-line.
- 7.2 Play is restarted by a player of the team which was not the last team to touch or play the ball before it went out of play.
- 7.3 When the ball travels over the side-line:
- play is re-started not more than one metre from where the ball crossed the side-line
 - if the ball crossed the side-line within the quarter-line area and was last touched by a defender, play is re-started from just outside the quarter-line area they are defending and not more than one metre from the side-line
 - the procedures for taking a free hit apply.
- 7.4 When the ball is played over the back-line and no goal is scored:
- if played by an attacker, play is re-started with the ball inside the quarter-line area their opponents are defending and the procedures for taking a free hit apply
 - if played by a defender or a goalkeeper, play is re-started with the ball outside the quarter-line area their opponents are attacking, 1 metre from the side-line nearest to where the ball crossed the back-line, and the procedures for taking a free hit apply.

8 Method of Scoring

- 8.1 A goal is scored when the ball is played completely over the goal-line and under the cross-bar.

A goal may be scored when the ball has been touched by an attacker or defender (including a goalkeeper) anywhere on the court.

- 8.2 Goalkeepers must not use their body, hands, legs or feet to score a goal for their team.

9 Conduct of Play: Players

Players are required to act responsibly at all times.

- 9.1 A match is played between two teams with not more than five players of each team on the court at the same time.

- 9.2 Players on the court must hold their stick and not use it in a dangerous way.

Players must not lift their stick over the heads of other players.

- 9.3 Players must not touch, handle or interfere with other players or their sticks or clothing.

- 9.4 Players must not intimidate or impede another player.

- 9.5 Players must not play the ball with the back of the stick.

- 9.6 Players may stop, receive and/or deflect the ball in a controlled manner in any part of the court when the ball is at any height including above the shoulder unless this is dangerous or leads to danger.

- 9.7 Players must not play the ball dangerously or in a way which leads to dangerous play.

A ball may be dangerous in itself; it is also considered dangerous when it causes legitimate evasive action by players.

The penalty is awarded where the action causing the danger took place.

- 9.8 Players must not intentionally raise the ball from a hit except for a shot at goal.

It is not an offence to raise the ball unintentionally from a hit, including a free hit, anywhere on the court unless it is dangerous.

If the ball is raised over an opponent's stick or body on the ground, it is permitted unless judged to be dangerous.

Players are permitted to raise the ball with a flick or scoop provided it is not dangerous. A flick or scoop towards an opponent within 4 metres is considered dangerous. If an opponent is clearly running into the shot or into the attacker without attempting to play the ball with their stick, they should be penalised for dangerous play.

- 9.9 Players must not approach within 4 metres of an opponent receiving a falling raised ball until it has been received, controlled and is on the ground.

The initial receiver has a right to the ball. If it is not clear which player is the initial receiver, the player of the team which raised the ball must allow the opponent to receive it.

- 9.10 Field players must not stop, kick, propel, pick up, throw or carry the ball with any part of their body.

It is not an offence if the ball hits the hand holding the stick but would otherwise have hit the stick.

9.11 Players must not obstruct an opponent who is attempting to play the ball.

Players obstruct if they:

- *back into an opponent*
- *physically interfere with the stick or body of an opponent*
- *shield the ball from a legitimate tackle with their stick or any part of their body.*

A stationary player receiving the ball is permitted to face in any direction.

A player with the ball is permitted to move off with it in any direction except bodily into an opponent or into a position between the ball and an opponent who is within playing distance of the ball and attempting to play it.

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).

9.12 Players must not tackle unless in a position to play the ball without body contact.

Physical play by field players, such as sliding tackles, which take an opponent to ground and risk causing injury should attract suitable match and personal penalties.

9.13 Players must not throw any object or piece of equipment onto the court, at the ball, or at another player, umpire or person.

9.14 Players must not delay play. It is not permitted to keep the ball in the team's possession without making any recognisable attempt to attack or to shoot at goal. Similarly, it is not allowed to gain benefit by repeatedly delaying the taking of free hits, or re-starts after the ball has been outside the court.

This is regarded as passive play, with the team in possession of the ball to be penalised unless the tendency to passive play ceases.

When a tendency to passive play is recognised, a prior warning signal (with the elbow extended at shoulder height, vertical arm and open palm) is shown by the umpire. If there is no attempt to attack or shoot at goal, after the prior warning signal has been shown, then a penalty is awarded against the team in possession.

In certain situations the umpires may award a penalty against the team in possession of the ball without any prior warning signal, for instance when a player has a clear scoring chance and intentionally refrains from shooting at goal.

The penalty is taken in accordance with the Penalties and Procedures for Taking Penalties, depending upon where the ball was when play was interrupted.

10 Conduct of Play: Goalkeepers

10.1 A goalkeeper must not take part in the match outside the half they are defending.

Protective headgear must be worn by a goalkeeper at all times.

10.2 When the ball is inside the half they are defending and they have their stick in their hand goalkeepers are permitted to use their stick, feet, kickers, legs, leg guards or any other part of their body to propel the ball in any direction including over the back-line but can only score a goal for their team using their stick.

Goalkeepers are not permitted to conduct themselves in a manner which is dangerous to other players by taking advantage of the protective equipment they wear.

10.3 Goalkeepers must not lie on the ball.

11 Conduct of Play: Umpires

11.1 One or two umpires control the match, apply the Rules and are the judges of fair play.

11.2 If two umpires:

- a each umpire has primary responsibility for decisions in one half of the court for the duration of the match
- b each is responsible for decisions on challenges and goals in one half of the court.

11.3 Umpires are responsible for keeping a written record of goals scored and of suspension cards used.

11.4 Umpires are responsible for ensuring that the full time is played and for indicating the end of time for each period.

11.5 Umpires blow the whistle to:

- a start and end each period of the match
- b start a bully
- c enforce a penalty
- d start a challenge
- e start and end a penalty stroke
- f indicate a goal
- g re-start the match after a goal has been scored
- h stop the play for the substitution onto or off the court of an incapacitated or suspended goalkeeper
- i stop the match for any other reason and to re-start it
- j indicate, when necessary, that the ball has passed wholly outside the court

11.6 Umpires must not coach during a match.

11.7 If the ball strikes an umpire, unauthorised person or any loose object on the court, play continues.

12 Penalties

12.1 Advantage: a penalty is awarded only when a player or team has been disadvantaged by an opponent breaking the Rules.

If awarding a penalty is not an advantage to the team which did not break the Rules, play must continue.

12.2 A free hit is awarded to the opposing team:

- a for an offence by any player between the quarter-line areas
- b for an offence by an attacker within the quarter-line area their opponents are defending
- c for an unintentional offence by a defender within the quarter-line area they are defending, including when the ball becomes lodged in a player's clothing or equipment.

12.3 A challenge is awarded:

- a for an offence by a defender within the half of the court they are defending which prevents the probable scoring of a goal
- b for an intentional offence by a defender within the half of the court they are defending against an opponent who has possession of the ball or an opportunity to play the ball.

The umpiring signal for a challenge is the same as for a penalty stroke in the Rules of Hockey; i.e. point one arm at the middle of the quarter-line and the other straight up in the air.

12.4 If there is another offence or misconduct before the awarded penalty has been taken:

- a a personal penalty may be awarded
- b the penalty may be reversed if the subsequent offence was committed by the team first awarded the penalty.

13 Procedures for Taking Penalties

13.1 Location of a free hit:

- a a free hit is taken close to where the offence occurred

'Close to' means within playing distance of where the offence occurred and with no significant advantage gained.

- b a free hit awarded to the attack within the quarter-line area their opponents are defending is taken outside the quarter-line area at the nearest point to the offence
- c a free hit awarded to the defence within their quarter-line area they are defending can be taken anywhere in that area.

13.2 Procedures for taking a free hit, centre pass and putting the ball back into play after it has been outside the court:

- a the ball must be stationary
- b all players other than the player taking the free hit must be at least 4 metres from the ball

If any player is within 4 metres of the ball, they must not interfere with the taking of the free hit or must not play or attempt to play the ball. If this player is not playing the ball, attempting to play the ball or influencing play, the free hit need not be delayed.

- c the ball is moved using a push, hit, scoop or flick
- d the ball may not be shot at or played directly towards the goal until it has travelled at least 4 metres or has been touched by a player of either team other than the player taking the free hit.

If the player taking the free hit continues to play the ball (ie no other player has yet played it):

- that player may play the ball any number of times, but
- the ball must travel at least 4 metres, before
- that player shoots the ball at goal by playing the ball again.

Alternatively:

- another player of either team who can legitimately play the ball can shoot at goal

- *after another player has touched the ball, it can be shot at goal by any other player including the player who took the free hit.*

13.3 Taking a challenge:

- a all players on the court other than the player taking the challenge and the goalkeeper defending it must stand beyond the centre-line
- b the ball is placed on the quarter-line nearest to the goal of the defending goalkeeper
- c the player taking the challenge must stand behind the ball before beginning the challenge
- d the goalkeeper defending the challenge must stand with both feet on or behind the goal-line and must not leave the goal-line until the ball has been played
- e the whistle is blown when the player taking the challenge and the goalkeeper defending it are in position to start the challenge
- f the player taking the challenge must not take it until the whistle has been blown

The player taking the challenge or the goalkeeper defending it must not delay the taking of the challenge.

- g the player taking the challenge may play the ball, but may not shoot the ball at goal until it has travelled at least 4 metres and is permitted to raise it to any height
- h after the attacker has played the ball the defending goalkeeper may move
- i after the attacker has played the ball open play resumes and the other players from both teams who were beyond the centre-line may re-join play

13.4 For an offence during the taking of a challenge:

- a the challenge is taken before the whistle is blown: the challenge is taken again
- b for any other offence by the player taking the challenge: a free hit is awarded to the defence
- c for any unintentional offence by the defending goalkeeper against the player taking the challenge including leaving the goal-line before the challenge has started: the challenge is taken again.
- d for any intentional offence by the defending goalkeeper against the player taking the challenge: a penalty stroke is awarded.

The penalty stroke is taken in accordance with the Rules of Hockey.

14 Personal Penalties

14.1 For any offence, the offending player may be:

- a cautioned (indicated by spoken words)
- b warned and temporarily suspended for 1 minute of playing time (indicated by a green card)

For the duration of each temporary suspension of a player on or off the court, with a green card, the offending team plays with one fewer player.

If a goalkeeper is awarded a green card, the team may nominate a field player to serve the suspension on their behalf.

The suspended player may return to the court immediately the opposing team scores a goal.

- c temporarily suspended for a minimum of 2 minutes of playing time (indicated by a yellow card)

For the duration of each temporary suspension of a player on or off the court, with a yellow card, the offending team plays with one fewer player.

If the goalkeeper is temporarily suspended the offending team plays with one fewer field-player. If a substitute goalkeeper already wearing full protective equipment is not available, reasonable time should be allowed for a field player to put on protective equipment.

The player must serve the full period of the suspension

- d permanently suspended from the current match (indicated by a red card).

For each permanent suspension, the offending team plays for the remainder of the match with one fewer player.

If the goalkeeper is permanently suspended, they must leave the court and its surrounding area. Each team must have a goalkeeper on the court throughout a match. If a substitute goalkeeper already wearing full protective equipment is not available, reasonable time should be allowed for a field player to put on protective equipment. The offending team plays with one fewer field player for the remainder of the match.

A personal penalty may be awarded in addition to the appropriate penalty.

- 14.2 Temporarily suspended players must remain in a designated place until permitted by the umpire who suspended them to resume play.
- 14.3 Temporarily suspended players are permitted to rejoin their team during intervals after which they must return to a designated place to complete their suspension.
- 14.4 The intended duration of a temporary suspension may be extended for misconduct by a player while suspended.
- 14.5 Permanently suspended players must leave the court and its surrounding area.

Additional Information

The International Hockey Federation (FIH) can provide information on various topics to assist participation in the sport.

In particular, **the Rules of Hockey** are referred to in the Hockey5s Rules and are available from the FIH.

The Rules of Hockey and much more information about hockey are available on the FIH website:

www.fih.ch

or from the FIH Office:

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