

## **New Rules to be Adopted in the Illawarra Men's & Junior Indoor Hockey Competition in 2009**

These rules have been taken from the 'NSW Hockey Summary of FIH 2009 Indoor Rule Changes' and are the **only** new rules that will be played in our local Indoor Hockey competitions (junior and senior).

### **13 Procedures for taking penalties**

13.1 **Mandatory Experimental Rule** Location of a free push:

a) A free push 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. The location from which a free push is taken must be more precise when the offence occurs close to the circle.*

b) A free push awarded within 3 metres of the circle to the attack is taken at the nearest point 3 metres from the circle

c) A free push awarded outside the circle to the defence within 9 metres of the back-line is taken up to 9.10 metres from the back-line in line with the location of the offence, parallel to the side-board

d) A free push awarded inside the circle to the defence is taken anywhere inside the circle or up to 9.10 metres from the back-line in line with the location of the offence, parallel to the sideboard.

13.2 **Mandatory Experimental Rule** - Procedures for taking a free push, centre pass and putting the ball back into play after it has been outside the pitch:

a) The ball must be stationary

b) Opponents must be at least 3 metres from the ball

- *If an opponent is within 3 metres of the ball they must not interfere with the taking of the free push 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 push need not be delayed.*

c) When a free push is awarded to the attack within the half of the pitch they are attacking, all players other

than the player taking the free push must be at least 3 metres from the ball

- d) The ball is moved using a push
- e) If the player taking the free push is the next player to play the ball, the actions of taking the free push and of next playing the ball must be two separate actions
- f) Before another player of the team which took the free push is allowed to play the ball, the ball must move at least 1 metre
  - *The ball does not have to move 1 metre before the player taking the free push may play the ball again.*
- g) From a free push awarded to the attack within the half of the pitch they are attacking, the ball must not be played into the circle until it has travelled at least 3 metres or has been touched by a player of either team other than the player taking the free push or has touched the sideboard.
  - *If the player taking the free push 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 3 metres before*
    - *That player plays the ball into the circle by pushing the ball again.*

*Alternatively :*

- *Another player of either team who can legitimately play the ball must deflect or push the ball before it enters the circle, or*
- *After this player has touched the ball, it can be played into the circle by any other player including the player who took the free push, or*
- *After the ball has touched the side-board, any player may deflect or push the ball into the circle.*

All parts of rule 13.2 apply as appropriate to a free push, centre pass and putting the ball back into play after it has been outside the pitch.