

In December 2018 the FIH released the 2019 FIH Rules of Hockey (Outdoor). Included are several rule changes. The two major changes to the rules are the change in game time format from halves to quarters and the removal of the 'kicking back' option.

Quarters

For 2019, Hockey ACT will only implement the new game time format (quarters) for CL1 and CL2 competitions. All other competitions will remain as halves as per previous seasons. The time format for Capital League is as follows:



Notes:

- Games will start at the designated starting time – teams must be ready to start. Umpires and Captains will need to have done the coin toss prior to starting time
- The match clock will be stopped when the umpire signals for time off including penalty strokes and Penalty Corners
 - Both teams will have a maximum of 40 seconds to be ready for the Penalty Corner to start

- When an initial penalty corner is awarded, the timing of the match shall be stopped for up to 40 seconds before allowing the penalty corner to commence. The engaged Umpire shall advise both the defence and the attackers as the countdown clock approaches zero. After 40 seconds the Umpire will re-start play by blowing the whistle and the ball shall be injected immediately or very shortly thereafter.
- In the event that a team is not ready the umpire is to identify and issue a personal penalty (i.e. a green card) to the player who is responsible for the delay, with an increased personal penalty (i.e. a yellow card) for repeated offences. If this player is a defender, the defending team defends the particular Penalty Corner with one player fewer. For any offence of this rule by a defending goalkeeper the defending team defends the penalty corner with one fewer player and the defending team nominates which defender will be subject to the personal penalty. If the attacking injector is not ready then a personal penalty will be issued and the attacking team selects a new injector.
- For any re-taken Penalty Corners awarded the match clock is stopped as per above except that time is restarted as quickly as possible.
- Teams swap ends at half time, not at each quarter
- The team that takes the center pass to start the game will also take the center pass to start the 2nd quarter

Removal of Player with Goalkeeping Privileges

Teams may no longer play with a 'kicking back'. The only options available are a fully equipped goalkeeper (minimum of different coloured shirt, kickers, leg guards, helmet, and stick) or up to eleven (11) field players.

Change to ball hitting equipment lying in the circle (Rule 12.4a)

Under the new rules if a ball hits a piece of equipment lying on the ground in the circle and prevents a probable goal then a Penalty Stroke may be awarded. Previously only a Penalty Corner could be awarded.

Change to free hit location inside the circle (Rule 13.1b)

Under the new rules a free hit awarded to the defence, for a breach inside the circle, can be taken anywhere inside the circle. Previously the free hit could only be taken in line with where the breach occurred.

Change to the 5m requirement for defenders for free hits close to the circle (Rule 13.2f)

For attacking free hits awarded within five metres of the circle all players, except for the attacker taking the free hit, are required to be 5m away unless the free hit is taken immediately.

If the free hit is taken immediately then defending players who are inside the circle within 5m of the free hit may shadow the self-pass around the inside of the circle provided they do not play or attempt to play at the ball or influence play until the ball has travelled 5m or been touched by a defending player who can legitimately play the ball.

Change to Penalty Corner completion (Rule 13.5)

A penalty corner is no longer considered completed, for any purpose, if the ball travels outside of the circle for a second time.

Change to Penalty Corner breaking (Rule 13.6e)

During a Penalty Corner if an attacking player breaks the line before the ball is injected then the injector is sent to half way and the attacking team selects a new person to inject the ball. Under the old rules the attacker who broke the line was the player sent to half way.

Change to facemask disposal (Rule 4.2)

Players are permitted to wear facemasks to defend Penalty Corners and Penalty Strokes. Under the new rules players are permitted to continue wearing their facemasks whilst taking a free hit that was awarded immediately after the Penalty Corner. The player must then take off their face mask and dispose of it safely.

Hockey ACT Competition Rules change to playing the ball above the shoulder

Hockey ACT has removed the prohibition on players being able to play the ball above their shoulder in all competitions except for U11s.

Hockey ACT would like to remind players that safety is paramount and players are expected to behave responsibly at all times (see Rule 9 of the FIH Rules of Hockey). Players are not permitted to raise the ball from a hit except for when shooting at goals (Rule 9.9) which means that when playing the ball above the shoulders the ball must be brought towards the ground. Umpires should be strict on players who use their stick in a dangerous manner.

Players are also reminded of the 5m rule regarding falling raised balls (9.10). If an opponent is within 5m then it is not permitted to play the ball above your shoulder to bring the ball into this crowded situation. Being permitted to play the ball above the shoulder does not override the 5m rule.