



KINGS LANGLEY HOCKEY CLUB

Est. 2008



4-A-Side Information Sheet

This is a **9 week** recreational competition being run to provide locals with an opportunity to play hockey in Blacktown. It is aimed at players from **year 10 to adult** playing in **mixed or single sex sides**. In 2012 it will be run as part of the **Blacktown City Games**. A maximum of **12 teams** will be registered.

Matches will be played on **Saturday afternoons** at Cavanagh Reserve Tennis Courts, Northcott Road, **Lalor Park**. The first match is scheduled to start at **2.30pm** on **28 April 2012**. The last round of games and presentation BBQ will take place on **23 June 2012**.

For individuals looking to be placed in a team the total fee is;

- U18s \$55.00, Over 18s \$75.00

For individuals in a team the fee consists of 2 parts;

- HNSW Registration Fee U18's \$20.00 / Over 18s \$40.00
- Contribution to Season Team Fee of \$180

(Note; players registered for the winter competition with HNSW need to cite their current National ID number to have the individual registration fee waived)

To register as an individual complete a 4-a-side player registration form. To register a team complete both a team registration form and a player form for each team member. Forms and payment should be sent to:

The Secretary, Kings Langley Hockey Club PO Box 719 Kings Langley NSW 2147

Equipment; Own stick, shin pads and mouth guard (the club can organise equipment packs)

Uniform; Ideally team mates should have the same socks and similar coloured shirts

4-A-Side Rules

4-a-side hockey allows for a maximum of 8 players / team with a maximum of 4 on the field at any one time. In the interests of keeping the game low key, safe, affordable and fun it is played without goal keepers, lifting the ball is not permitted nor is hitting. That being said, the umpires understand that there will be variations in skill and will allow some leeway in this regard. The rules have evolved over the 2011 season of 4-a-side. There may be further adaptations during the 2012 season if players agree that the changes will help improve the game.

Game Time:- 2 x 20 minute halves

Subbing:- there is unlimited subbing. Please ensure however that players leave the field before being replaced.

Pushing:- that a back swing of up to 20cm be allowed.

Lifting:- the ball may be accidentally raised to around ankle height. All other raised balls shall be penalised.

Physical contact:- there should be no intentional contact with another player. In particular a player tackling from the reverse stick side and making contact with the stick or body of an opponent will be penalised. Accidental contact that does not interfere with another player is OK.

Obstruction:- A player shall not use their body to protect the ball nor should a team mate come between a defender and the ball carrier to protect the ball.

"16 yard hits":- If the ball goes out over the end line then it is the defending team's ball.

Corners:- Corners will be awarded for infringements by the defending team in the D including when a defender deliberately puts the ball over the end line. If the first shot on goal is stopped by someone's feet and the umpire believes that the ball would have gone in then a goal will be awarded.

Free passes:-

1. Both teams shall stay back 3m from the spot where the free pass is being taken.
2. All free passes awarded to the attacking team inside the attacking 25 which for 4-a-side will be the line of the singles sideline will be taken from the singles line in line with the place at which the infringement occurred. The ball must travel 3m or come off a defender's stick before entering the circle.
3. The ball must be stationary before taking a free pass.

Unless otherwise stated FIH rules apply. Please let the umpires umpire!