

Senior Rules



Bunbury & Districts Hockey Stadium Incorporated

Summer Hockey 7-a-side

General rules

- Games will be 25 minute halves with 5 minute half time run from a central siren
- 2 females or U15's must be on the field at all times
- If a team decides to play without a goalkeeper then no goalkeeping privileges will apply to any player
- C Grade teams must consist of no SWHL players
- You must supply an umpire as shown on the roster

Modified hockey rules for 7-a-side

- No hitting
- No overheads (below the knee only in open play)
- Balls may be raised when shooting at goal only against a goalkeeper
- If there is no goalkeeper then shots must be backboard height
- Long corners will be taken from the half way line
- You cannot play the ball directly into the attacking circle from a free hit within the attacking half (this replaces the 25 yard line in normal rules)
- The standard 5 meter rule will be replaced with a 3 meter rule

Unless stated above, all other rules are consistent with standard hockey rules