

UniSport Australia Guideline

Hockey

Men and Women

UniSport Australia (UniSport) hockey competitions are conducted in accordance with the rules of hockey from the [International Hockey Federation \(FIH\)](#), except where these differ from UniSport competition guidelines; in which case the latter shall take precedence. Reference should also be made to the UniSport *Breach of Competition Requirements* guideline for penalties related to breaches.

1. Team/squad size

- Minimum registered players – 14
- Maximum registered players – 18
- Maximum cross registrations – 3
- Minimum number of players that can take the field without incurring a forfeit – 7
- The only personal permitted to be on the bench during the duration of the match include:
 - Registered players
 - Team Coach
 - Team Assistant Coach
 - Team Manager
 - Team Physio
 - Team Doctor

2. Competition rules

2.1. Game duration

All games will be played in four x 12-minute quarters in duration, with a two minute interval at quarter time, five minutes for half time, and a two minute interval at three quarter time. There is no time stoppage for Penalty Strokes, Penalty Corners or Goals. Penalty Corners and Strokes will be allowed to continue should time expire until said PC or Stroke is completed per the rules of Hockey. Although play could be stopped for example to attend to an injury, time will not be stopped.

2.2. Pool points scoring

Points for each match shall be awarded as follows:

- a) Winning team: 3 points
- b) Drawn match: 2 points per team
- c) Losing team: 1 point
- d) Forfeited team: 0 points

2.3. Pool tiebreakers

In the event that two or more teams finish equal on points at the conclusion of the pool stage, the following criteria will be used to separate the teams:

- a) Highest number of matches won
- b) Highest goal difference
- c) Highest number of field goals scored
- d) Highest number of total goals scored
- e) Head to head result(s) between the teams concerned
- f) Shoot-out competition between the teams concerned (Shoot-out process per Appendix 1 below)

2.4. Drawn matches

- a) If preliminary matches are drawn at full time, both teams will be awarded two points as per section 2.2.b.
- b) If progression or medal matches are drawn at the completion of normal time a shoot-out will take place per Appendix 1.

2.5 Team bench allocations and starting the game

- a) Teams named first on the draw will be allocated the left bench and the team listed second will go to the right side of the bench facing the field.
- b) A coin toss will occur at the start of the match. The team that wins the coin toss will choose which end they would like to start with *or* whether they start the match with possession of the ball.
- c) The team who starts the first quarter with possession of the ball will also start the second quarter with possession of the ball. At half time, the opposing team will start the third and fourth quarters with possession of the ball.

3. Misconduct

- 3.1. All misconduct by players or team staff that occurs during the normal proceedings of a game will be actioned as according to the [FIH Rules of Hockey](#).
- 3.2. Abuse towards officials will not be tolerated. Crowding umpires, shouting at umpires or swearing related to umpire decisions will be carded during or post games by the umpires or competition manager accordingly.
- 3.3. The competition manager will maintain a daily record of green, yellow and red cards awarded to players throughout the tournament, along with the reason for the card and which umpire awarded it.
- 3.4. If a player amasses two yellow cards, the competition manager will notify this player and their team manager that a subsequent card could result in match suspensions.
- 3.5. If a player amasses a third yellow card, the player will automatically be suspended for one game, if a player gets a red card, the player will automatically be suspended for two games, it will be the competition manager's discretion as to whether this player will be suspended for more subsequent games.
- 3.6. Players are strictly prohibited from spitting and snotting on the field whilst participating in any matches. Any player caught doing this during the game, will be given an automatic red card and will be asked to leave the playing field.

4. Team duties

- 4.1. Team duty requirements for hockey are:
 - a) One person from each team competing in the current match will be required to assist with timing and scoring.
- 4.2. The person fulfilling the team duty requirements can be any competent person associated with that team or university and does not necessarily have to be a player e.g. team manager.
- 4.3. Teams that do not fulfil team duties will be fined as per the UniSport guideline *Breach of Competition Requirements*.

5. Uniform requirements

- 5.1. In addition to the requirements outlined by the [FIH Rules of Hockey](#) (Rule 4), the following items are required:
 - a) Players are required to wear shirt, shorts/skirt, socks, shin-pads, mouthguards (compulsory)
 - b) Numbers are compulsory on the back of the shirt and optional for shorts/skirt
 - c) Teams are required to have a nominated captain that is clearly identifiable (must have a captain's ribbon or band).

6. Forfeits, delays & abandonments

- 6.1. Hockey teams are subject to penalties under the UniSport guideline *Breach of Competition Requirements*.
- 6.2. A forfeit will be declared 10 minutes after the scheduled start of play where either team is unable to commence play.
- 6.3. The forfeit score is five goals to nil (0).
- 6.4. In the event of a game being abandoned, the UniSport *Abandonment of Sporting Competitions* guideline will be implemented.
7. Video Umpire Trial
 - 7.1. At the 2026 Hockey event we will be trialing Video Umpire technology using the FIH protocol.
 - 7.2. This will only be available for select matches that are livestreamed.
 - 7.3. Team managers will be informed prior to the event start which games these will be.
 - 7.4. The FIH protocol used for Video Umpire referrals is available here: <https://whiq.me/vu>
 - 7.5. In order to avoid unnecessary delays if the VU deems there is "No Advice Possible" due to the video footage being inconclusive the team will keep their referral.
 - 7.6. Teams that will be playing in a game where we are using video referrals will be invited to a briefing session prior to their game, this should be attended by the team manager and captain.

Previous amendments

August 2000 | July 2004 | August 2005 | March 2010 | May 2012 | May 2013 | June 2015 | April 2017 | June 2017 | October 2017 | February 2018 | March 2018 | May 2019 | June 2021 | July 2022 | July 2023

*All competitions will be held in accordance with the UniSport competition guidelines.

Appendix 1

Shootout per the Hockey Australia Tournament Regs 2024:

In a shoot-out competition, five players from each team take a one-on-one shoot-out alternately against a defender from the other team as set out in this Regulation. The shoot-out competition comprises all series of shoot-outs required to determine a result.

The following sets out both the playing Rules and the procedures to be followed.

1. If the shoot-out competition takes place after the end of a match, the first shoot-out should take place within five (5) minutes of the end of regulation playing time.
2. The respective Team Managers provide five players to take and one player to defend the shoot-outs from those on the Match Report except as excluded below. A player nominated to defend the shootouts can also be nominated to take a shoot-out. No substitutions / replacements are permitted during the shoot-out competition other than as specified below.
3. A player who is still serving a disciplinary suspension by the Tournament Director at the time the shoot-out competition takes place or has been excluded permanently (red card) during the match which leads to the shoot-out competition, cannot take part in that shoot-out competition. A player who has been warned (green card) or temporarily suspended (yellow card) may take part in the shoot-out competition even if the period of their suspension has not been completed at the end of the match.
4. The Tournament Director will specify the method of timing shoot-outs taking account of the facilities available and the need to control time accurately.
5. The Tournament Director will specify the goal to be used.
6. A coin is tossed; the team which wins the toss has the choice to take or defend the first shoot-out.
7. All persons listed on the Match Report other than any player who has been excluded permanently (red card) during the match which leads to the shoot-out competition are permitted to enter the field of play on the half-way line.
8. The goalkeeper / defending player of the team taking a shoot-out shall wait on the back-line outside the circle.

9. A player taking or defending a shoot-out may enter the 23m area for that purpose.
10. Players taking a shoot-out and defending the shoot-outs taken by opponents are allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put back on their protective equipment.
11. Five players from each team take a shoot-out alternately against the goalkeeper / defending player of the other team making a total of 10 shoot-outs. Hockey Australia National Championships Tournament Regulations 48
12. Taking a shoot-out:
 - a. the goalkeeper / defending player starts on or behind the goal-line between the goal posts;
 - b. the ball is placed on the nearest 23m line opposite the centre of the goal;
 - c. an attacker stands outside the 23m area near the ball;
 - d. the Umpire blows the whistle to start time;
 - e. an official at the technical table starts the clock;
 - f. the attacker and the goalkeeper / defending player may then move in any direction;
 - g. the shoot-out is completed when:
 - i. 8 seconds has elapsed since the starting signal;
 - ii. a goal is scored;
 - iii. the attacker commits an offence;
 - iv. the goalkeeper / defending player commits an unintentional offence inside or outside the circle in which case the shoot-out is re-taken by the same player against the same goalkeeper/defending player;
 - v. the goalkeeper / defending player commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken;
 - vi. the ball goes out of play over the back-line or side-line; this includes the goalkeeper / defending player intentionally playing the ball over the backline.
13. If a penalty stroke is awarded as specified above, it can be taken and defended by any eligible player on the Match Report subject to the provisions of Articles 17, 18 and 19 of this Appendix.
14. The team scoring the most goals (or ahead by more goals than the other team has untaken shoot-outs available) is the winner.
15. A player may be suspended by a yellow or red card but not by a green card during the shootout competition.
16. If during a shoot-out competition (including during any penalty stroke which is awarded) a player is suspended by a yellow or red card:
 - a. that player takes no further part in that shoot-out competition and, unless a goalkeeper / defending player, cannot be replaced;
 - b. the replacement for a suspended goalkeeper / defending player can only come from the five players of that team nominated to take part in the shoot-out competition:
 - i. the replacement goalkeeper / defending player is allowed reasonable time to put on protective equipment similar to that which the goalkeeper/defending player they are replacing was wearing; Hockey Australia National Championships Tournament Regulations 49
 - ii. for taking their own shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
 - c. any shoot-out due to be taken by a suspended player is forfeited; any goals scored by this player before being suspended count as a goal.
17. If during a shoot-out competition, a defending goalkeeper/defending player is incapacitated:
 - a. that goalkeeper / defending player may be replaced by another player from among the players listed on the Match Report for that particular match, except as excluded in this Appendix or unless suspended by an Umpire during the shoot-out competition;
 - b. the replacement goalkeeper:
 - i. is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper / defending player was wearing;

- ii. if this replacement is also nominated to take a shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
- 18. If during a shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player from among the players listed on the Match Report for that particular match, except as excluded above or unless suspended by an Umpire during the shoot-out competition.
- 19. If an equal number of goals are scored after each team has taken five shoot-outs:
 - a. second series of five shoot-outs is taken with the same players, subject to the conditions specified in this Appendix;
 - b. the sequence in which the attackers take the shoot-outs need not be the same as in the first series;
 - c. the team whose player took the first shoot-out in a series defends the first shootout of the next series;
 - d. when one team has scored or been awarded one more goal than the opposing team after each team has taken the same number of shoot-outs, not necessarily being all five shoot-outs, that team is the winner.
- 20. If an equal number of goals are scored after a second series of five shoot-outs, additional series of shoot-outs are taken with the same player's subject to the conditions specified in this Appendix:
 - a. the sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;
 - b. the team which starts each shoot-out series alternates for each series.

