

# SOUTH AFRICAN SCHOOLS HOCKEY

## NATIONAL EVENT RULES 2023

### 1. RULES OF THE COMPETITION

- a. The event will be carried out in accordance with the Rules of the Game of Hockey.
- b. Event regulations will be published by SASHOC for National events annually.
- c. In the event of circumstances arising that are not covered by these event rules, or where there is ambiguity or lack of clarity, the FIH Event Regulations or a decision by the SASHOC Chairperson will be used to resolve the matter.
- d. SASHOC will publish the Match Schedule for the National events annually.
- e. The player's age during the year determines whether or not he/she is eligible to participate in the event.
  - In the case of an U18 event, a player must be turning 18 or be younger, between 1 January and 31 December of the year;
  - In the case of an U16 event, a player must be turning 16 or be younger, between 1 January and 31 December of the year,
  - In the case of an U13 event, a player must be turning 13 or be younger, between 1 January and 31 December of the year,

Players who are overage will not be permitted to play in the event.

### 2. TOURNAMENT OFFICIALS

- a. The President of SASHOC (or, in his absence, one or more officials formally designated by the SASHOC President), shall be the SASHOC Representative(s) during the event.
- b. Where an SASHOC Representative is not the President and any doubt arises at any time during an event as to the role of the Representative or any other matter affecting their duties, contact must immediately be made with the President for guidance and instructions.
- c. A Technical Delegate is appointed by SASHOC. The Technical Delegate has the full power and authority of SASHOC in relation to technical matters concerning the conduct of the event in accordance with these Regulations.
- d. The TD/Umpire Manager shall also appoint the umpires and judges for each match from amongst those previously selected and approved by SASHOC Rules and Technical, to officiate in the event.
- e. The Technical Delegate ensures that all participants abide by the FIH Code of Conduct
- f. A team official of a participating team is not permitted to be a TO of the event.

### 3. TEAM ENTRY

- a. The official Team Entry Form must be forwarded by all participating Provinces/Regions to both the TD and the Organising Committee not later than 14 days before the start of the event.
- b. All players must be identified by their respective playing shirts numbered as follows:
  - In the case of an U18 or U16 event, within the range 1 – 16 which must remain the same throughout the event.
  - In the case of an U13 event, within the range 1 – 14 which must remain the same throughout the event.
- c. The Team Entry Form must include:
  - the names of up to a maximum of:
    - 16 players for U18 or U16 events, identified by their respective playing shirt number, of which 1 or 2 may be goalkeepers. Thus, there may be 14 or 15 field players.
    - 14 players for U13 events, identified by their respective playing shirt number, of which 1 may be a goalkeeper. Thus, there may be 13 field players.
  - the name of the Team Manager, not being the Head Coach; (the manager must be the same gender as the team players. It is also suggested that at least one member of the management team is an Educator.
  - the name(s) of the Head Coach, any Assistant Coach, Team Physiotherapist and

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- Team Medical Doctor, if present and wishing to be authorised to sit on the team bench;
- details of the primary and alternative colours of field players clothing; each piece in one set must consist of at least 80% single colour and the other set must consist of a colour(s) completely different from the dominant one(s) in the first mentioned set for shirt, shorts / skirt / skorts and socks; and
  - details as to primary and alternate colours of goalkeeper's shirts which must consist of colours different from their own team and that of their opponents.
- d. Copies of ID documents, consent forms and signed copies of the various codes of conduct must be handed in on arrival at the event. Form 2 (Code of Conduct) and Form 8 (Letter of Consent)
- e. If an event is played at the same time as another event at the same venue, the Team Manager named in the Team Entry Form must be a different Team Manager named in the Team Entry Form for that other event. (May not be the manager of a team in the A section as well as the B section.)
- f. All teams, in order to be official entrants in the event, must have the required number of **players of colour as set out in # 5.**
- g. Foreign National players may participate in the Event as a member of the team but;
- are not counted as part of the eight (8) Secondary, or (7) Primary, players of colour
  - may not be selected for a Tournament or National Team.
  - Notification of the inclusion of such player, must be sent to the SASHOC Technical Delegate of the event in advance.

## 4. CODES OF CONDUCT

There are Codes of Conduct for:

- a. All players
- b. Umpires
- c. Parents and supporters

These Codes of Conduct are to be adhered to by all concerned.

- a. The TD, appointed by SASHOC, or the Disciplinary Committee shall have, in particular, authority to suspend or expel, for one or more matches, players, teams, team officials and other officials, who, in the opinion of the TD or Disciplinary Committee are guilty of misconduct before, during or after a match, whenever the misconduct occurred. Such suspended person may not enter the field of play or the technical areas surrounding the match(s) of suspension, including during half time, and, in the case of a player, may not be replaced by another player.
- b. In such an event, and when the event is over, the TD, team manager of the person concerned, and, in the case of permanent exclusion (red card) of a player from the field of play, the umpire involved must send a detailed report on the facts, to SASHOC.
- c. Parents and supporters in breach of the Codes of Conduct may be suspended from the grounds by the TD or Disciplinary Committee.
- d. Suspension, or expulsion from the tournament of individuals or teams in breach of these Codes of Conduct or rules will be determined by the TD, or the Disciplinary Committee.
- e. Any player receiving two yellow cards in consecutive matches, or three yellow cards, may be suspended at the TD's discretion, after a disciplinary meeting with the player and Team Manager.
- f. A red card may result in suspension from a number of games, or expulsion for the remainder of the event, subject to the discretion of the TD, after a disciplinary meeting with the player and Team manager.

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## 5. TRANSFORMATION POLICY

- a. All teams must have a **minimum of 8 (eight) players of colour for U18/U16 events, and a minimum of 7 (seven) players of colour for U13 events.**  
**(Please note that foreign nationals do not count as players of colour)**
- b. In all National Events, one of the coach or manager must be a person of colour.

If a team does not meet transformation requirements, wrt players or management:

At the conclusion of **Pool matches**, the team will be placed last in the Pool, and will then play in the cross-pool matches and playoffs for final positions. However, at the conclusion of the tournament, the team will be placed last, and relegated from that section.

If a B team, in the B section of a national event, does not satisfy transformation requirements, the team will not be allowed to participate the following year, irrespective of where the region's A team finishes. If both A and B teams from a region are in the B section of a national event and one (or both) of them do not satisfy transformation requirements, the region may enter only one team in that national event the following year.

## 6. MONITORING OF PLAYERS

**The following is applicable to U18, U16 and U13 Hockey National events:**

- a. All players must play a **minimum of 50% the total time** played by the team.
- b. Monitoring of time played by each player must be done by the table judges on duty. Managers are expected to keep a check as well and the policy will be enforced by the TD. Managers will be made aware of the shortfall of playing time of any player(s) by the TD. The TD can enforce the ruling that a player plays a whole game in order to have played enough time.

If any players of a team do not meet the playing time requirements (50% of possible game time), the team will be placed last at the conclusion of the tournament. If a team does not meet the transformation criteria AND does not meet playing time requirements, there may be further punitive measures imposed by SASHOC on the management of the team and/or the Province/Region.

## 7. ARRIVAL AND DEPARTURE

- a. All teams must arrive the day preceding the start of the event.
- b. The managers meeting will be held at a time and venue as determined by the TD or LOC on the day preceding the event. It is compulsory for all managers to attend this meeting.
- c. All teams may depart only after the final match and closing ceremony. Teams not adhering to this policy may have up to a two-year ban imposed on the region from participating in the particular age group of the specific event.

## 8. PRE-EVENT BRIEFING MEETINGS

- a. Team managers and coaches are to attend the Managers' meeting with the TD and LOC at a time and place to be specified.
- b. Team Managers must bring to this meeting or any other meeting specified by the Technical Delegate:
  - samples of the clothing of their field players and goalkeepers (primary and alternate colours) and all playing equipment for approval prior to the commencement of the competition; equipment includes goalkeepers' headgear, hand protectors, leg guards and kickers together with any protective equipment such as face masks and hand protectors worn by field players; sticks for all players will also be checked (but the TD or LOC in conjunction with the TD may authorise this to be done at another time);
  - Certified Copies of ID documents, consent forms and signed copies of the various codes of conduct must be handed in on arrival at the tournament. Form 2 (Code of Conduct) and Form 8 (Letter of Consent)
- c. Notification in writing of any amendment to an entry form must be delivered by the Team

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Manager to the Technical Delegate not later than the Managers Meeting. Also include the names of the Non-traveling reserves (only goalkeepers) - register them at managers meeting otherwise they may not replace an injured player.

- d. The names of qualified team physiotherapist / team medical doctor, if present, wishing to be authorized to sit on the bench, must be forwarded at the managers' meeting, after which no further additions will be accepted.
- e. An assistant coach or assistant manager must be registered at the managers' meeting and may sit on the bench during a game. (Refer to # 9 b).

## 9. COMPOSITION OF A TEAM

- a. A maximum of:
  - 16 players for an U18 or U16 event may be entered by a team, of which 1 or 2 may be goalkeepers wearing full protective equipment. Thus there may be 14 or 15 field players.
  - 14 players for an U13 event may be entered by a team, of which 1 may be a goalkeeper wearing full protective equipment. Thus there may be 13 field players.
- b. At a time, place and method as stated by the TD during the Managers Meeting, each Team Manager must deliver the appropriate form nominating:
  - the eleven players who will be on the field of play at the commencement of the match;
  - up to:
    - five (5) players for an U18 or U16 event, who will start on the team bench (unless one or more players has or have been suspended for that match in which case the relevant player(s) should be included on the form but marked with an S);
    - three (3) players for an U13 event, who will start on the team bench (unless one or more players has or have been suspended for that match in which case the relevant player(s) should be included on the form but marked with an S);
  - the captain and goalkeeper(s) for the match;
  - the Team Manager for the match;
  - the Coach and Assistant Coach on the team bench for the match;
  - Each team must have an appointed captain, who shall wear a distinctive arm or leg band or ribbon, and who is responsible for the behaviour of his team players. The captain can be on the field, or, at times in the game, can be a substitute. Upon suspension, the vice-captain replaces the captain.
- c. These eleven players can be selected from those players whose names appear on the entry form and who have not been suspended by the TD from playing in the match. Up to 5 more players (see # 9 b above) may sit on the team bench. The suspended player(s), if any, must stay outside the technical area surrounding the field of play during play and rest times.
- d. In the case of a goalkeeper who is injured, and who is unable to play any further part in the IPT, a replacement may be made from the list of non-travelling reserves which was registered at the Managers' Meeting.
- e. An injury report must be completed by the manager for all injuries and handed to the TD on completion.
- f. A player is only allowed to attend one (1) SASHOC Hockey Event per year.

## 10. TEAM CLOTHING, EQUIPMENT AND COLOURS

- a. Each team is to register their playing uniform and alternate uniform colours when registering.
- b. Goalkeepers must wear a shirt colour different from their own team and that of their opponents. Goalkeepers are required to wear their shirt, or other garments, over any body protectors.
- c. Goalkeepers must wear their number on the front and on the back of their shirts. Field players must display a number on the back on their shirt (in full distinctive figure, not outlined, and not less than 20cm in height).
- d. Goalkeepers, or any player acting as a goalkeeper, must wear protective headgear at all

**SASHOC Event Form – (National Rules)**

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- times during a match, including when defending a penalty stroke. When required to take a penalty stroke, the protective headgear may then be removed.
- e. A player must be properly dressed always during a match with shirt tucked in, unless the design is as such that it does not have to be tucked in and socks up. Shin guards are compulsory and mouth guards are highly recommended. A player may not wear additional protective equipment related to medical reasons or similar as specified in the Rules of Hockey unless approved by the TD. For medical reasons a letter from a qualified doctor must be handed to the TD.
  - f. Substitutes warming up along the field must wear a different colour top to the team on the field.
  - g. If in the opinion of the TD, the colours of two opposing teams are too similar, one of the teams must change colours or wear bibs. This team will be chosen by the toss of a coin if an amicable settlement is not possible. Playing colours as set out on the Appointment Sheet must be strictly adhered to and may only be changed in consultation with the TD 24 hours before the scheduled game.
  - h. If a player sustains an injury which causes bleeding, then that player must leave the pitch immediately and shall not re-enter until the bleeding has ceased and the wound is adequately covered.
  - i. Any player injured and taken off the field **MUST** remain off for 2 minutes. This does not apply to goalkeepers.
  - j. Bloodstained clothing must be replaced before re-entering the pitch.
    - i. Each team involved in a match must have available two spare sets of players clothing without number plus suitable material for numbering in an emergency such as replacement of blood-stained clothing.
  - k. If blood staining to the pitch should occur, then immediate cleaning must take place. During this operation there will be a stoppage of play.
  - l. All injuries are to be treated off the field of play unless it's a serious injury. Managers may only enter the field if called on by the umpire and only if the team does not have a physiotherapist.
  - m. The TD reserves the right to immediately pull off any player who does not conform to any of the above clothing requirements.
  - n. Girls may not wear shorts but may wear skirts.
  - o. Skins and cycling shorts
    - i. Players are allowed to wear long-sleeved 'skins' under their shirts.
    - ii. These must be the same colour as the main colour of the shirt.
    - iii. Skins must be worn by all the players in the team.
    - iv. No branding is allowed on the skins.
    - v. Cycling shorts must be the same colour as the playing shorts/skirts and must not be visible when the player is stationary.

## 11. DURATION OF MATCHES

**U16 & U18:** A match shall consist of a regulation time of 4 periods of 15 minutes each (**unless otherwise stated by the event fixtures**), separated by an interval of 2, 5 and 2 minutes. **Time will not be stopped for a penalty corner or when a goal is awarded.**

**U13:** A match shall consist of a regulation time of 2 periods of 20 minutes each (**unless otherwise stated by the event fixtures**), separated by an interval of 5 minutes.

## 12. TIMEKEEPING

- a. Timekeeping will be controlled by the technical table officials whose responsibility it will be to signal the end of the periods of regulation time, at half time and full time. However, in the case of an extension of any period of any regulation time to permit the completion of a penalty corner, the umpire will signal the end of the period.
- b. The umpire shall blow a whistle to re-start the game. The umpires will also signal to the technical table officials every stoppage they may order and the subsequent re-start.

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## 13. SUBSTITUTION OF PLAYERS

- a. Substitution is permitted at any time except within the period from the award of a penalty corner until after it has been completed; during this period substitution is only permitted for injury to or suspension of the defending goalkeeper.

Clarification:

- If another penalty corner is awarded before completion of the previous penalty corner a normal field player may not be substituted. (see Hockey Rules 13.5 page 36 when a penalty corner is completed.)
  - At a penalty corner an injured or suspended goalkeeper may be substituted.
  - If a team has only field players, no substitution may take place
  - If a goalkeeper is suspended, the offending team plays with one fewer player.
- g. The substituted players will be chosen from amongst the players whose names appear on the entry form.
- h. A substituted player may participate in a Shoot-out competition.
- i. Any field player nominated by the team manager to enter as a substitute will go to the vicinity of the center line (within 3m) of the field of play, not in front and attract the attention of the player to be substituted.
- j. In the case of a field player, the substitution will be carried out under the supervision of the TO on duty, without stoppage of time. In the case of a goalkeeper, the substitution will be supervised by the umpires and the time will be stopped.
- k. The substituted player may not enter the field of play until the player in the same team being substituted, has left it.
- l. When substituted, a player shall go immediately to the team bench.
- m. The team manager of the players concerned is responsible for the proper application of the procedure.
- n. A player, upon being suspended, may not be substituted and may not be used as a substitute during the period of suspension.
- o. Time will not be stopped for substitution, except for the replacement of a goalkeeper or an incapacitated player.
- p. The technical table can delay a player from taking the field, if a player's appearance is not neat and tidy (see # 3).

## 14. ADMISSION TO THE FIELD OF PLAY

- a. No-one, except the field players and the umpire properly engaged in a match, may enter the pitch during that match, unless permitted to do so by one of the umpires. The rule is obligatory, even in the event of a player or any umpire becoming incapacitated.
- b. The Coach on the team bench may not enter the Field of Play during playing time under any circumstances but may do so during a shoot-out competition.
- c. The team officials, and other players registered on the entry form, up to a maximum of seven persons, plus the team medical doctor, if registered, must remain at the team bench during regulation time, including time stoppage, unless the technical officer on duty or umpires, direct otherwise, or when following substitution procedures or providing medical assistance. The team manager, who is responsible for the conduct of all persons occupying the bench, must sit nearest to the technical table and must be present at all times at the match. An assistant coach must be registered at the managers meeting before the tournament and may be in the vicinity of the technical area. The assistant coach is the only person that will be allowed to communicate through a two-way radio system with the coach during the match.
- d. Vocal communication by team officials and players on the team bench, must not in any way be directed at the umpires and players of the opposing team.
- e. If misconduct occurs after a Team Manager has been warned about acts of misconduct on his / her team bench, the Technical Officer on duty is empowered to order the person or

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- persons involved to leave the team bench and remain in the team changing room for the rest of the match. After the match, the Technical Officer will report the circumstances to the TD.
- f. Further disciplinary action may be taken by the TD after the match, depending on the circumstances.
  - g. In the event of a player becoming incapacitated and not leaving the field of play, then one of the umpires may stop the match and authorize the registered medical doctor and/or registered physio, or the team manager, to enter the field to assist and/or remove the player concerned, by the shortest way. An umpire may call for the stretcher bearers to enter the field of play if a player cannot, or will not, leave the field. If a stretcher appears on the field, the player must be taken off on it.
  - h. If a team does not have such registered officials, then they may utilize the services of the on-duty medical assistance, who, together with the Team Manager, will be permitted, when authorized by one of the umpires, to enter the pitch without material for treatment.
  - i. No incapacity treatment is allowed on the field of play.
  - j. If any person from the team bench and/or the on-duty Medical Officer enters the Field of Play and attends a player:
    - that player must leave the Field of Play and return to the team bench area for a minimum of two minutes of playing time;
    - the two minutes period will be managed by the Technical Officials on duty;
    - the player required to leave the Field of Play may be substituted in accordance with the Rules of Hockey.
  - k. No liquid, or other refreshment may be consumed on the field.
  - l. Any player wishing to take refreshments during a match, including time stoppage, must leave the field and is permitted to re-enter, but, not between the 22m lines and back lines. A goalkeeper may re-enter the field adjacent to the goal.
  - m. Team officials and players may leave the field during half time, (may only go to change rooms), only with prior permission of the TO on duty, but must return not less than two minutes before the match is due to be restarted. Teams not adhering to the return time frame will not be allowed, in future games, to leave the field.
  - n. Audible vocal communication from the videographer facility overlooking the Field of Play is not permitted by the personnel admitted to this facility.

## 15. INTERRUPTIONS OF A MATCH

If the umpires decide to interrupt a match (e.g. because of weather or field of play conditions) that match must be resumed as soon as possible (not necessarily on that pitch nor on the same day) under the following conditions:

- a. The match must be completed up to the agreed regulation full time, the score on the resumption being that at the time the interruption took place.
- b. On resumption, rules relating to the substitution of players shall apply as though there had been no interruption to the match.
- c. If the game is abandoned in the first half, it shall be wholly replayed.
- d. If the match is abandoned after 15 minutes in the second half, the score at that time shall be taken as the result. (This only applies if the match cannot be continued because of weather conditions.)
- e. This regulation will be controlled at the discretion of the TD – particularly, according to time constraints.

## 16. MATCH REPORT FORMS

- a) At the end of a match, a Match Report is produced at the technical table. This is a summary of the match showing the names of all players, team officials and technical officials nominated for the match and the key match statistics, including the result.
- b) Within ten minutes of the end of the match, the Team Manager of each participating team must sign the Match Report, even if a protest is contemplated.
- c) The match officials must also sign the Match Report once both Team Managers have done so.

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## 17. FAILURE TO PLAY

- a. A team which refuses to play, or to complete a match, shall be considered to have withdrawn from the tournament.
- b. If a team thus withdraws from the tournament, all the matches it has played until then will be considered as not having been played, not only by the withdrawing team, but also by all the teams it played against. The points table shall be corrected accordingly.

## 18. PROTESTS

- a. A team may protest only on a technical matter, and not on the interpretation of a rule by the umpire.
- b. If a team manager wishes to lodge a protest at the end of a match or at the end of a penalty stroke competition, then such a protest must be handed in writing to the TO on duty within 10 minutes of the match or of the penalty stroke competition ending, declaring the intention to do so when signing the relevant report by noting the intention immediately under the signature. If the text of the protest is not received in writing prior to the expiry of the 10 minutes, then it will be deemed that no protest has been registered.
- c. The protest having been properly declared, the team manager will then have a further 15 minutes to remit to the same TO a deposit of R1000. Upon failure to do so, the protest will be considered void.
- d. The deposit will be refunded unless the protest is deemed a futile one by the TD.
- e. The TD must make a decision, in writing, not more than two hours after the end of the match or of the penalty stroke competition in question.
- f. In the case of there being no Appeal Jury, this decision is final.

## 19. FORMAT OF THE TOURNAMENTS

- a. There are two sections in these Hockey National Events. Teams have been placed in the A section or the B section based on their finishing positions in the corresponding events in the preceding year.
- b. The A and B sections will consist of
  - **12 teams for the U18 and U16 events**, divided into two equal pools. The teams which finished 1<sup>st</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> and 12<sup>th</sup> the previous year will be in Pool A, and the others in Pool B.
  - **8 teams for the U13 events**, which will be contested on a round-robin basis.
- c. The B section may be contested on a round-robin (or some other) basis if the number of teams entered do not lend themselves to the format described in 11b.
- d. In each pool all teams will play against one another and the following points will be awarded:
  - 3 points for a win
  - 1 point for a draw
- e. In each pool teams will be ranked according to the number of points each has accumulated in the competition.
- f. If, at the end of the pool matches, two teams have the same number of points for any place in the section, these teams will be ranked according to the following criteria, taken sequentially:
  - number of games won
  - goal difference (goals for minus goals against)
  - goals scored
  - the result of the match between the two teams (if only two teams are tied)
  - penalty shootout **Note: this only applicable to U18 and U16 events**
- g. Should there still remain equality between two teams, then the matter will be settled by a Shootout competition between those teams.



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- h. **Note: this is only applicable to U18 and U16 events** - In the A and B sections, after the completion of the pool matches, there will be cross-pool matches as follows:

A6 vs B5 (6), B6 vs A5 (5), A4 vs B3 (4),  
B4 vs A3 (3), A2 vs B1 (2), B2 vs A1 (1)

There will then be playoffs to determine the final positions as follow:

1 & 2	Winner (1) vs Winner (2)
3 & 4	Loser (1) vs Loser (2)
5 & 6	Winner (3) vs Winner (4)
7 & 8	Loser (3) vs Loser (4)
9 & 10	Winner (5) vs Winner (6)
11 & 12	Loser (5) vs Loser (6)

- i. Defaulting teams will be placed last in the section and then relegated to the section below in the following year.
- j. The team which finishes last in the A section will be automatically relegated, and the team which finishes 1<sup>st</sup> in the B section will be automatically promoted (to be ratified at the SASHOC AGM in October or November).

### 20. ONE-ON-ONE SHOOTOUT COMPETITION (Note: this is only applicable to U18 and U16 events)

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.

- a) If the shoot-out competition takes place after the end of a match, the first shoot-out should take place as soon as possible after the end of the match but no later than five (5) minutes after the end of regulation playing time.
- b) 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.
- c) A player who is still serving a disciplinary suspension by the Technical Delegate at the time the shootout 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 shout-out competition even if the period of their suspension has not been completed at the end of the match.
- d) The Technical Delegate will specify the method of timing shoot-outs taking account of the facilities available and the need to control time accurately.
- e) The Technical Delegate will specify the goal to be used.
- f) A coin is tossed; the team which wins the toss has the choice to take or defend the first shoot-out.
- g) 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.
- h) The goalkeeper / defending player of the team taking a shoot-out shall wait on the back-line outside the circle.
- i) A player taking or defending a shoot-out may enter the 23m area for that purpose.
- j) Players taking a shoot-out and also 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.
- k) 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.
- l) Taking a shoot-out:
- the goalkeeper / defending player starts on or behind the goal-line between the goal posts;
  - the ball is placed on the nearest 23m line opposite the centre of the goal;
  - an attacker stands outside the 23m area near the ball;

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- iv. the Umpire blows the whistle to start time;
- v. an official at the technical table starts the clock;
- vi. the attacker and the goalkeeper / defending player may then move in any direction;
- vii. the shoot-out is completed when:
  - a) 8 seconds has elapsed since the starting signal;
  - b) a goal is scored;
  - c) the attacker commits an offence;
  - d) 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
  - e) the same goalkeeper / defending player;
  - f) the goalkeeper / defending player commits an intentional offence inside or outside
  - g) the circle, in which case a penalty stroke is awarded and taken;
  - h) 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 back-line.
  - m) If a penalty stroke is awarded as specified above, it can be taken and defended by any
  - n) eligible player on the Match Report subject to the provisions of Articles 16, 17 and 18 of this Appendix.
  - o) The team scoring the most goals (or ahead by more goals than the other team has untaken shoot-outs available) is the winner.
  - p) A player may be suspended by a yellow or red card but not by a green card during the shoot-out competition.
  - q) If during a shoot-out competition (including during any penalty stroke which is awarded) a player is suspended by a yellow or red card:
    - i) that player takes no further part in that shoot-out competition and, unless a goalkeeper / defending player, cannot be replaced;
    - ii) 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:
      - (1) 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;
      - (2) 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.
    - iii) 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.
  - r) If during a shoot-out competition, a defending goalkeeper / defending player is incapacitated: 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;
    - i) **the replacement goalkeeper:**
      - (1) is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper / defending player was wearing;
      - (2) 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.
    - s) 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.
    - t) Any replaced player (defender or attacker) takes no further part in the shoot-out competition.
  - u) If an equal number of goals are scored after each team has taken five shoot-outs:
    - i) a second series of five shoot-outs is taken with the same players, subject to the conditions specified in this Appendix;
    - ii) the sequence in which the attackers take the shoot-outs need not be the same as in the first series;
    - iii) the team whose player took the first shoot-out in a series defends the first shoot-out of the next series;
    - iv) 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-

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- outs, that team is the winner.
- v) 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 players subject to the conditions specified in this
  - i) Appendix:
    - (1) the sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;
    - (2) the team which starts each shoot-out series alternates for each series.
  - w) Unless varied by this Appendix or Appendix 1, the Rules of Hockey apply during a shoot-out.

## 21. UNFORSEEN EVENTS

If circumstances arise which are not provided for in these regulations, they will be determined by the TD.

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