



**Fun, Learning and  
Achievement**

Status FINAL  
July 2021  
Area Eliminator

**NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS**  
**Competitions Programme 2021-2022**  
**Ladies Rush Hockey**  
17 – 28 year olds  
**RULES**

**Competition Aim**

To provide members with the opportunity to take part in a National Rush Hockey competition.

**Learning outcomes**

Hockey skills, teamwork, adhering to rules, exercise, fun, winning/losing and personal development skills.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions.**

Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

**1. DATE & VENUE**

1.1. After Area Eliminators, the National Final will be held at the Sports Championships – Sunday 10<sup>th</sup> July 2022 in Staffordshire.

**2. REPRESENTATION**

- 2.1. Counties may enter one team per 600 members or part thereof in Area Eliminators.  
2.2. English Areas and Wales will be represented by one team per 3,000 members or part thereof in the Competition Final.

**3. ELIGIBILITY**

3.1. A squad of up to ten players, all of whom must be between 17 - 28 years of age on 1st September **2021** (this age range must be adhered to), and full members of a Club affiliated to NFYFC may be nominated.

**4. SUBSTITUTION**

4.1. **All substitutes must have been eligible to compete in the County Final.**

**5. PROCEDURE**

5.1. At the NFYFC Final Tournament the teams shall be drawn into two leagues with the league games lasting five (5) minutes each way with a two (2) minute half time and change of ends.

5.2. League points will be awarded as follows:

Win	3
Score Draw	2
No Score Draw	1
Lose	NIL

5.3. In the event of the points being tied after all the league games have been played, the order will be decided using the greatest positive goal difference. If the points are still the same then the order will be decided by the highest goals for, followed by the results of the game between the two tied teams.

5.4. The highest scoring team from each league will play the second team from the other league (Semi-Final) to determine the two teams for the Championship Final.

5.5. The two losers in the Semi-Finals will play off for 3rd and 4th place under the same format.

5.6. The Final and Semi-Finals will consist of two halves of ten (10) minutes each way with a two (2) minute interval for half time.

- 5.7. In the event of the scores being equal at full time, extra time will be played until the next goal is scored up to a maximum of a further ten (10) minutes one way.
  - 5.8. If the points are still equal after the additional ten (10) minutes a penalty shoot-out will take place with three nominated members from each team taking part. If the scores are still tied, then a sudden death penalty shoot-out will decide the winner, using alternative players from the squad.
  - 5.9. During the game rolling substitutions will be allowed from your squad.
  - 5.10. All competitors must be suitably dressed, i.e. hockey boots, socks, shin pads, shorts/skirts and shirts.
  - 5.11. A player who is shown a yellow card will be sent off for three (3) minutes or the remainder of the game if less than three minutes remain and a player who is shown the red card will take no further part in that day's games.
  - 5.12. The Umpires decision is final.
  - 5.13. Each team must state their colours and reserve colour on the entry form.
  - 5.14. The national final of this competition will be played on Astroturf
6. **AWARDS**
- 6.1. *The Worcestershire Federation Sports Trophy* and NFYFC prize cards to the winning team.
  - 6.2. NFYFC prize cards will be given to teams placed 2nd, 3rd and 4th.
  - 6.3. NFYFC Certificates of Achievement will be awarded to teams placed 1<sup>st</sup> to 11<sup>th</sup>.
7. **NOTES:**
- 7.1. It is advised to have either St John Ambulance or The British Red Cross with an ambulance in attendance at both County and Area Rounds, and only use qualified referees in order to minimise any risk to members.
  - 7.2. The matches must be officiated by competent persons.

## **Rush Hockey – Rules of the game**

---

Rules provided by England Hockey - For further information please [CLICK HERE](#)

1. **TEAMS**
  - 1.1. The game is played between two teams. They shall each have a maximum of ten (10) players. Five (5) are permitted on the pitch at any one time.
  - 1.2. All players take part in each game using rolling substitutes at any time and as frequently as is required.
  - 1.3. There is no goalkeeper.
2. **SUBSTITUTIONS**
  - 2.1. Substitutions are allowed at any time.
  - 2.2. Number of substitutions is unlimited.
3. **CAPTAINS**
  - 3.1. The Captains toss a coin for choice of ends or possession of the ball at the start of the game.
4. **THE PITCH**
  - 4.1. At the NFYFC Final one third of a full sized all weather astro turf pitch will be used for each game
  - 4.2. The game of Rush Hockey can be played on a variety of pitch sizes ranging from quarter pitch to full size pitch. Local organisers will advise teams ahead of the county and area rounds.
5. **THE GOAL**
  - 5.1. Width: 6 foot
  - 5.2. Height: 2 foot

- 5.3. It must be positioned against the outer edge of the back-line in line with the centre of the pitch.
6. **THE BALL**
  - 6.1. It is preferable to use a lighter and larger ball than is used in the full game of hockey. A ball weighs approximately 110 grams and measures approximately 100mm.
  - 6.2. The ball may be lifted off the pitch but must remain below knee level.
8. **THE STICK**
  - 8.1. The stick shall be a standard regulation hockey stick. It shall have a flat face side and a rounded side.
  - 8.2. The ball may be played with the flat face side of the stick or the edge of the rounded side, on condition that the flat side is visible (i.e. not flat to the turf / pitch).
  - 8.3. The stick must remain below knee level.
    - 8.3.1. Playing the ball with the edge of the rounded side is always subject to dangerous play (i.e. it will be penalised by the umpires if it is measured to be dangerous or is leading to dangerous play).
    - 8.3.2. The umpires shall forbid the use of any stick that does not comply with the Rules of Hockey.
9. **PLAYER EQUIPMENT & CLOTHING**
  - 9.1. It is **strongly recommended** that shin-protectors and mouth-guards are worn by all players at all times, (inclusive of training sessions/games).
  - 9.2. No player shall wear any equipment that may be dangerous to the self or other players. This includes raised jewellery, baseball caps with a stiffened peak and / or any sharp object.
  - 9.3. The use of appropriate footwear for the playing surface (trainers or turf shoes) is required.
    - 9.3.1. The umpires shall forbid the wearing of any equipment that does not comply with this Rule.
10. **GOALKEEPER EQUIPMENT**
  - 10.1. No goalkeeper is required.
11. **STARTING & RE-STARTING THE GAME**
  - 11.1. The game is started with a hit or push taken from the centre of the pitch. It follows the umpires whistle at the commencement of play in each half of the game and after a goal has been scored.
  - 11.2. Each team must be positioned in their own half of the pitch until the centre pass is played.
  - 11.3. The ball can be played forwards, backwards or sideways and must move a minimum of 1 metre before being played by a player of the same team.
  - 11.4. The taker can use a self-pass (i.e. pass the ball self.) The pass must involve two very distinct actions i.e. the taker must first tap it forwards, sideways or backwards and then play it a second time either to pass it or to dribble it.
12. **SCORING A GOAL**
  - 12.1. A goal is scored when the ball has been struck by, or deflected off, an attacker while hit (the ball) from anywhere on the pitch. It must cross completely over the goal-line between the goal-posts and under the cross-bar.
13. **BLOCKING A GOAL**
  - 13.1. If a member of the defending team deliberately uses their body to prevent the goal from going in, then a penalty goal is awarded to the attacking team.
14. **BALL OUTSIDE THE FIELD OF PLAY**
  - 14.1. ***Over the side-line:***

14.1.1. When the ball passes completely over the side-line it shall be put into play along the ground in any direction by a hit, a push or a self-pass taken by an opponent of the player who last touched it. This is called a side-line hit in.

14.2. **Over the back-line off an attacker:**

14.2.1. When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is re-started with a hit from the defending team. The ball can be hit, pushed or a self-pass can be played. It is to be taken from 2 metres into the pitch from the backline and opposite the place where it crossed over the back-line.

14.3. **Over the back-line off a defender:**

14.3.1. If the ball is **accidentally** played over the back-line by a defender and no goal is scored, the game is re-started with a corner to the attacking team. The corner can be hit, pushed or a self-pass can be played.

14.3.2. The corner is taken on the side-line, 3 metres from the corner of the pitch.

15. **FAIR PLAY**

15.1. Rough or dangerous play shall not be allowed, nor any behaviour which in the opinion of the umpire, amounts to misconduct.

15.1.1. The umpires shall send any player who persists in breaking this Rule, off the pitch.

15.2. Players must not intentionally use any part of their body to play the ball (except the hand to protect the self in a dangerous situation).

15.3. Players must not use the rounded side of the stick when playing the ball and when striking the ball, the stick must in no way cause danger, nor lead to dangerous play, or be intimidating to any opponent.

15.4. A player must not use their stick to hit an opponent's stick, either intentionally or unintentionally (known as a stick tackle).

15.5. Players must not kick the ball.

15.5.1. *It is not an offence if the ball hits a player's foot and the whistle should only be blown if the incident causes a total break-down in play and / or a disadvantage. The umpires shall be the sole judges.*

15.6. Players must not obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball. Neither must they use any part of their body or stick to obstruct a player.

15.7. Players must not hold, charge, kick, shove, intentionally trip, or strike any player or umpire.

16. **FREE HIT**

16.1. Free hits are to be taken close to where the offence occurred.

16.2. The Self Pass rule can be played at **any** free hit.

16.3. The ball **must be stationary** at a free hit and if passed to another player of the same team (i.e. it is not a self-pass) it must move a minimum of 1 metre before being played by another player of the same team.

16.4. If the free hit is a self-pass the actions of taking the free hit and of next playing the ball must clearly be **two separate actions**.

16.5. Until the free hit is taken, all **opposition players** must be a minimum of 5 metres from the ball.

17. **INCIDENT**

17.1. If the game is temporarily suspended because of an accident or injury where no offence occurred, it shall be re-started with a bully close to the spot where the incident occurred.

17.2. Players must stand square of each other and prior to playing the ball and following the umpires whistle, they shall tap the ground with their stick once and tap each other's stick above the ball once.

17.3. Players who are cut or bleeding will be required to leave the pitch immediately and shall not be allowed to return until the bleeding has been suppressed or stopped.

18. **UMPIRES**

- 18.1. Rush Hockey is self umpired, but it is recommended that 2 competent persons with knowledge of the rules control the game.
- 18.2. At the NFYFC Final qualified hockey umpires will be used.
- 18.3. The umpires are responsible for all decisions and penalties.

19. **RULES SUMMARY**

- 19.1. Teams are 5-a-side with squads made up of up to 10 players
- 19.2. Players can be substituted when and as frequently as is required
- 19.3. The game involves no deliberate:
  - 19.3.1. Feet
  - 19.3.2. Using the back of the stick
  - 19.3.3. Stick tackling
  - 19.3.4. Contact with other players
- 19.4. Neither the stick or the ball should be raised above knee height
- 19.5. A sideline ball is taken from the point of exit. The ball can either be passed to a team member or taken into play yourself (known as a self-pass)
- 19.6. Players can shoot from anywhere
- 19.7. When a rule is broken the ball will be awarded to the opposing team where it can either be passed to a team member or taken into play yourself (known as a self-pass)
- 19.8. No goalkeeper
- 19.9. After a goal is scored, play is restarted from the centre of the pitch by the conceding team