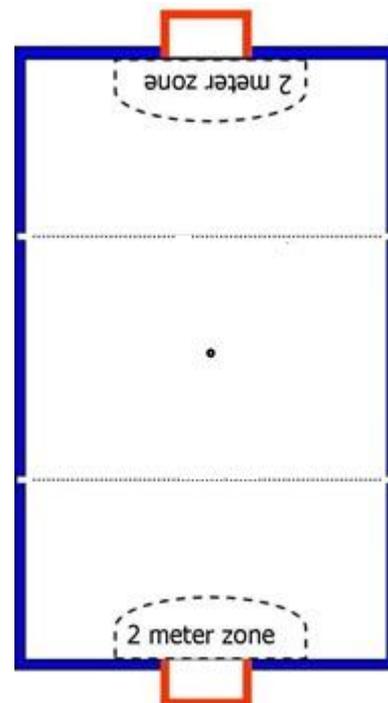


Beach Hockey International

Rules and regulations

Field characteristics

- Beach Hockey is played on a field filled with loose sand.
- Size: 25x35 meter
- For each goal there is a 2 meter zone, (similar to the circle in field hockey)
- The goal is 4 meters wide and 2 meters high.
- Two 10 meter lines on each side of the field. Measured from the goal line towards the middle of the field.
- Goal line is the back-line between the goal posts
- Back line is the shorter (25 meters) perimeter line
- Side line is the longer (35 meters) perimeter line.



Team characteristics

- Beach hockey is played with two teams of 8 players each.
- A maximum of 5 players from each team take part in play at any particular time during the match.
- Each team has either a goalkeeper or player with goalkeeping privileges on the field.
- 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 allowed for injury to or suspension of the defending goalkeeper.
- Field players must leave or enter the field for substitution purposes within 3 meters of the 8meter line on a side of the field agreed with the umpires.
- A player who is injured or bleeding must leave the field unless medical reasons prevent this.
- Each team must assign a captain. When the captain is suspended a replacement captain must be appointed.
- Captains wear a distinctive arm-band on upper arm or shoulder.
- Captains are responsible for the team behaviour during the game and for ensuring that substitutions of players on their team are carried out correctly.

Equipment and clothing

- Beach hockey is played with a small leather ball (Ø 20cm)
- Players are allowed to use a regular fieldhockey stick or a beach hockey stick. The beach hockey stick is produced with a bigger/ larger head of the stick. Within this head there are three holes. These holes make it possible to hit the ball easier through the sand.



Beach Hockey Stick.

- Players play on barefoot
- Fieldplayers of the same team must wear uniform clothing
- Goalkeepers must wear a single coloured shirt which is different in colour of both teams

Rules

- A match lasts 4x 8 minutes
- The match starts with the ball in the middle of the field. Both teams start in their own goal and when the whistle goes the game starts.
- Scoring is allowed from any position in the field.
- The ball can be played above the shoulders. (Only if it isn't dangerous for the opponent)
- One player is only allowed to play the ball in the air for a maximum of 3 seconds
- When a defender makes a charge on an attacker, the attacker gets the ball, (Free Hit)
- A free hit can be played directly to the goal.
- All players have to be at minimal 4 meters distance from the player who is taking the free hit
- All free hits have to be taken outside the 8 meter line.
- When a defender charges the attacker while he was in a scoring position, the attacker gets a free scoring opportunity. This means that he gets a free shot from the 8 meter line, only the goalkeeper can defend this shot.
- The goalkeeper is allowed to reject the ball with his hands and/or feet. He can't catch the ball.
- Goalkeepers are not allowed to kick the ball by a free hit or when they are outside of the 2meter zone.
- When a player touches the ball unintentionally with his feet the game continues.
- If a player stops or carries the ball intentionally with his feet the opponent earns a free hit.
- The goalkeeper cannot be directly attacked when he is inside of the 2meter zone
- When a goal is scored, the defending team starts up with a free hit inside the 2meter zone.
- Teams are allowed to constantly interchange, except for when there is a free hit allowed to one of the teams.