



## **Guidelines for 2009 – New Rule Interpretations**

The following information is provided for teams and officials participating in Hockey ACT senior and junior competitions in 2009.

The International Hockey Federation (FIH) has introduced 'mandatory experimental rules' to be played in 2009.

It is important to keep in mind the objectives of the new rules for 2009:  
*To speed up the game & reduce the possibility of danger at 'dead ball' situations in the 23m area of the field*

### **13.2 (g) - The Self-play free hit**

#### **The team taking the free hit:**

A player must make two clear motions.

- A small hit or push is needed then they can play on.
- A free hit is not taken if a player just dribbles off with the ball.
- The player must stop the ball before taking a free hit – this indicates that the free hit is to be taken. (some leniency as per existing rule of 'making a clear attempt to stop the ball').
- The ball does not have to move a metre before the second motion.
- It is possible for a player to "self-pass" and "throw an overhead pass" as the second motion (Be sure the ball is safe on the way up. This includes safety to players who have not had time to move 5 metres.)

Note: Players from the same team do not have to be 5m from the free hit except in the attacking 23m area.

Note: A team with the free hit does not have to wait for opposition players to move 5 metres from where the free hit is to be taken.

Penalties: If a free hit is not taken correctly a free hit the other way can be given (Umpires to be proactive – avoid replays & reversals).

## **Opposition Players:**

Opposition players must move 5 metres from where the free hit is to be taken. This must be done with out any delay.

Note: Umpires must take action for players deliberately 'standing over the ball' or 'hitting the ball away' to prevent a free hit from being taken.

Penalties for such actions will be the same as we have enforced in the past. A warning (verbal or green card) may be appropriate unless the action is clearly intentional and affects the game the temporary suspension should be enforced (5 minute yellow card).

Opposition players cannot interfere with the play until they have retreated the 5 metres from where the free hit is to be taken.

Note: Playing the ball in any way, 'getting in the way' or 'running next' to the ball carrier who has taken a self play free hit is not acceptable.

Note: The free hit, centre pass, and putting the ball back into play, (sideline 'long corner' and 15m hit). All these are now grouped together and shall be interpreted in a similar manner.

Note: the ball still has to move 1 metre if passed directly to a "team mate" from a free hit.

## 13.1 - Location of a free hit

Proximity to the infringement and the taking of a free hit:

- Very open play (not in the attacking 23 area):
  - If there are no opposition players directly contesting the free hit - allow the free to be taken in the general proximity of the area (as per current interpretation)
- Opposition players contesting the free hit.
  - The free hit must be taken within playing distance from where the breach occurred.
- Inside the 23m area:
  - The free hit must be taken close to the spot where the free hit occurred.
- Inside the dotted circle:
  - The ball must be taken back to the nearest point 5 metres from the circle (i.e outside the dotted circle).
- Sideline hits and 'long corners'
  - Players taking the free hit must attempt to put the ball on the line.
- Defensive free-hits & 15s are as per the previously existing rules.

Free hits taken inside the attacking 23 metre area:

- All players other than the player playing the ball must be 5 metres from the ball when the free hit is taken. This includes bringing the ball back into play (sideline and 'long corner').
- Before the ball can enter the circle, it must be touched by another player.
- At a self play free hit, the ball must travel at least 5 metres before it is played into or through the circle.

Note: Hard hits or pushes passing the ball to a team mate who deflects the ball into the circles is permitted. The second player must be outside the circle and 5 metres from the free hit when it is taken.

Note: A player can 'self pass' and then dribble directly into the circle, or pass the ball into the circle once the ball has moved 5 metres from where the free hit was taken.

**Umpiring and Technical Committee**  
**16 March 2009**