



March 2026

General Rules

1. Up to 9 on-turf players with no maximum number of players per team.
2. Teams may have a fully padded goalie and 8 on-turf players or play with 9 on-turf players.
3. Team must field a minimum of 7 on-turf players or default the game.
4. Players must be Year 11 and above.
5. Normal FIH Rules apply except for no drag flicking in PC's due to danger.
6. Game formats: 20 min halves, 5 min halftime, 10 min break between games

Penalty Corners

1. Defending team: 3 defenders (includes goalie)
2. Attacking team: 4 attackers (Injector and 3 attackers at the 23m line)
3. All other players both attacking and defending to return to the far 23m line
4. Ball to be stopped outside the attacking 23m line and then played like a 4 v 3.
5. Ball must be passed once before a shot can be taken in addition to the drag out from the injector.