# FOAM HOCKEY

The Playing Area

Complete set includes 10 Hockey sticks with large soft polyurethane foam heads and 1 soft moulded foam ball.

1. For indoor play any gym which is basketball size may be used.
2. For outdoor play a similar size as a basketball court may be used.
3. Both indoors and outdoors you need to mark out the boundary lines, the half way line and a line one quarter of the way up the pitch at both ends. (A goal can only be scored if the shot is taken from inside the opposition's quarter.)
4. Recommended goal size 100cm x 140cm. (Any goal size is suitable as long as both goals are the same size.)

Quarter line
Half way line
Quarter line
Shooting Zone
Shooting Zone
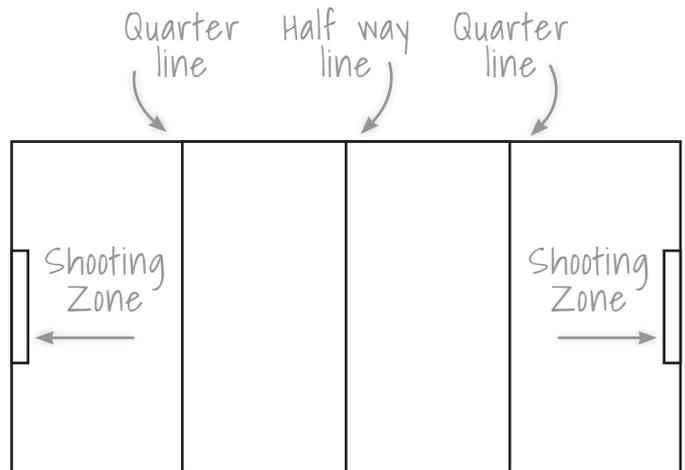
The Team

1. One goalkeeper to stop the ball with the stick, hands or feet.
2. Four outfield players who may go anywhere on the pitch. (Usually two defensive players whose aim is to prevent the opposition from getting a clear strike on goal. Two midfield players whose aim is to backup the defence and to supply the ball to the forward. One forward whose aim is to hit the ball into the opposition's net.)

The Game

1. A game consists of two halves of ten minutes with a five-minute rest between halves. (The time may vary depending on lesson time as long as both halves are of equal length.)
2. Flip a coin to decide which team will commence play. The team starting with possession must hit the ball forward at the hit off.
3. If the ball leaves the playing area, the last team touching the ball loses possession and the opposition team hits the ball back into play from where the ball went out.
4. If the game is tied at the end of the second half then periods of 5 minutes with rest periods in-between will be played until a team scores the decisive goal.

The Play

1. The clock starts when the ball is put into play. The clock will be stopped if a goal is scored or if a foul is committed.
2. Play is continuous unless a goal or foul is made.
3. Substitutions may be made at any time.

Scoring

1. A goal can only be scored if the shot is taken from inside the opposition's quarter.
2. The ball can deflect off a player or equipment, but cannot be kicked or thrown/hit with the hand into the goal.
3. A goal counts if the entire ball crosses the goal line.

Goal Keeping

1. The goalkeeper may use his feet or stick to clear the ball away. The goalkeeper may only use his hands to push the ball away if a shot has been taken. The goalkeeper is not allowed to catch, hold or throw the ball.
2. The goalkeeper may only use his hands and feet inside his team's quarter. If the goalkeeper moves out of the quarter, he becomes an outfield player.

Fouls

1. If any player (including the goalkeeper) is judged to have deliberately and illegally stopped a player scoring a goal when inside the shooting quarter a penalty flick will be given. The fouled player will be allowed a free flick at goal with only the goalkeeper as opposition from a distance from the centre of the goal as set out by the umpire depending on the size of the pitch. All other players must be behind the halfway line until the flick has been taken.
2. If a player has been accidentally fouled inside the shooting quarter then a short corner will be taken. One player from the fouled team plays the ball onto the pitch from the corner to his team mates who stand along the quarter line. All the opposition players must stand on the halfway line except for the goalkeeper and one nominated player who both must start on the goal line. Once the ball has been played in the goalkeeper and nominated player may "charge" towards the ball and the other players may cross the halfway line.
3. If a foul is committed anywhere outside the two shooting quarters, the fouled player takes a free hit. The opposition must be at least 3m away from where the hit is being taken.
4. A foul is committed if the ball strikes an outfield player's foot, if the stick is raised to a dangerous position, the player in possession of the ball is shoulder charged / obstructed / mishandled or if the ball is handled by an outfield player's hand. (If the goalkeeper is outside the shooting quarter then outfield rules apply to him)