

PLAY-Hok

PLAY-Hok Junior Set

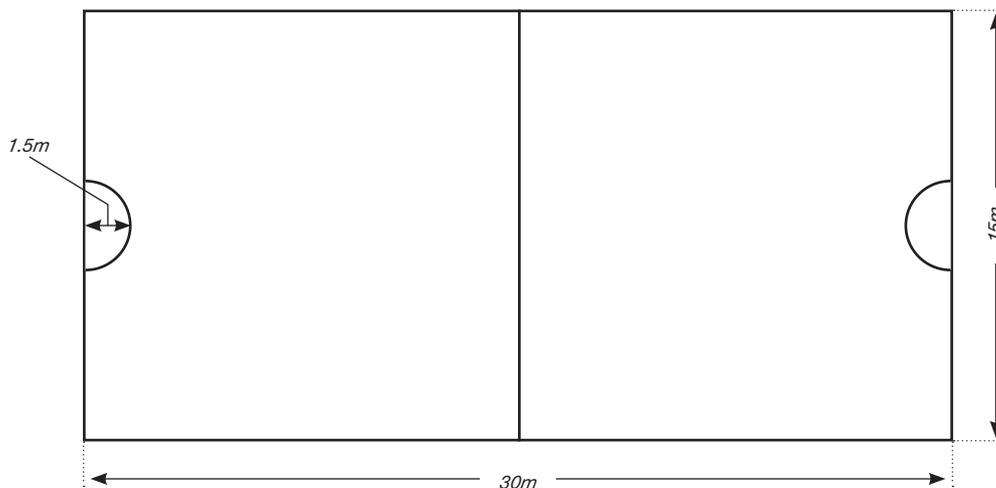
This set features the lightest, most flexible sticks, with a 70cm shaft, for use by children up to the age of 8 / 9 years old. The set contains 12 sticks, 6 red and 6 blue, 3 x 89mm PLAY-Hok airflow balls, 1 x 70mm foam ball and 1 x BSL holdall.

PLAY-Hok Junior Set

These sticks have a longer 75cm shaft, for use by children 8 – 13 years old. The set contains 12 sticks, 6 green and 6 yellow, 2 x 89mm PLAY-Hok school balls, 2 x pucks and 1 x BSL holdall.

PLAY-Hok Junior Set

The longest and stiffest stick with an 80cm shaft, for use by children 14 years old and upwards. The set contains 12 sticks, 6 black and 6 white, 2 x 63mm club balls, 2 x pucks and 1 x BSL holdall.



The Playing Area

1. We recommend that the length of the pitch should be at least twice the width of the playing area. For teams of 6 – a – side the following pitch should be used:
2. The playing area above can be changed depending on the number of players per team and space available.
3. The goal area should be a 1.5m semi-circle forward from the centre of the goal line.
4. Side-walls and back-walls can be introduced at the edges of the playing area but these are not essential.

The Teams

1. We recommend that there are 6 players per team. This can be adjusted depending on space available and the amount of players in the group.
2. The game is usually played without a goalkeeper, but can be played with a goalkeeper if preferred. (see the goal keeper section)
3. Substitutes are allowed during the game, but only during a stoppage and when the referee has signalled.
4. The number of substitutes is determined by the amount of players on a team. The number of substitutes must not be more than the number on the team.

The Game

1. We recommend that a game is 10 minutes each way with the teams changing ends after the first period of 10 minutes. We recommend that a half is no longer than 15 minutes.
2. Depending upon the PLAY-Hok set chosen, the game may be played with either balls or pucks.
3. The game is started by a free hit on the centre line at the beginning of the game, at the beginning of the second half and after a goal has been scored. The free hit must be hit backwards into the teams own half.
4. After a foul has been committed, the game is restarted by a free hit from where the foul was committed.

Playing the Ball/Puck

1. A player must hold the stick in two hands when playing the ball / puck.
2. Both sides of the stick head may be used to play the ball / puck.
3. A shot can be taken at goal from anywhere on the playing area.
4. All sticks must be kept below waist height.
5. The ball / puck may not be played if the player is lying on the floor.
6. A player may not play the ball / puck with any part of their body.
7. The ball / puck may be played off both side-walls. If the game is played on an area with no side walls then the team who plays the ball / puck out of bounds must concede possession to the opponents who play the ball / puck back into play from where it crossed the boundary line.
8. The ball / puck must be kept below head height.

Fouls

1. A free hit will be given to the opposing team from where the foul was committed if any of the following occur:
 - a. An attacker deliberately enters the goal area or uses his / her stick to play the ball / puck in the goal area.
 - b. If a player raises his / her stick above waist height.
 - c. If a player hits the ball / puck above head height.
 - d. If a player plays the ball / puck while lying on the ground.
 - e. If a player plays the ball / puck without 2 hands on the stick.
 - f. If a player plays the ball / puck with any part of his / her body.
 - g. If a player deliberately uses bodily contact to obstruct another player.
 - h. If a player deliberately trips or impedes another player.
2. A penalty will be awarded if:
 - a. A defender deliberately moves into the goal area or uses his / her stick to play the ball / puck inside the goal area.
 - b. A defender deliberately moves the goal to stop the attacking team from scoring.
3. If the ball / puck comes to rest in the goal area without a goal being scored then the defending team takes a free hit from the edge of the goal area.

The Administration of Fouls

1. When a free hit is awarded, it must be taken from the place where the foul has been committed.
2. Players on the defending team must be at least 2m away from where the free hit is being taken.
3. If a free hit is given within 2m of the goal area, then the free hit will be taken 2m from the edge of the goal area allowing defenders to stand between the free hit and the goal.
4. A goal can be scored direct from a free hit.
5. A penalty must be taken 5m away from the goal line, or on the half way line, whichever is nearest.
6. We suggest that you adjust the distance of the penalty spot depending on goal size and players' ability.
7. All players must be behind the penalty spot when the penalty is taken.
8. If the penalty is missed the ball / puck is out of play. The game re-starts with a free hit by the defending team on the goal line

If Playing with a Goalkeeper

1. The goalkeeper is allowed to hit, hold, kick or catch the ball / puck as long as he / she is in the goal area.
2. If the goalkeeper plays the ball / puck with anything apart from his / her stick outside the goal area, a penalty is awarded.
3. When playing the ball / puck out of the goal area, it must bounce at least once inside the goalkeepers own half.
4. Penalties must be taken from 3m away from the goal line.
5. When a penalty is being taken the goalkeeper must keep his / her heels on the goal line until the ball / puck is hit.

General

1. All these rules are guidelines and can be adapted depending on group size, skill level and availability of space.
2. The main rules to observe are any which may affect the safety of the players.