



RULES OF PARA HOCKEY

for Athletes with an Intellectual Disability (Hockey ID)

EFFECTIVE FROM 1 JUNE 2026



Rules of Para Hockey
for Athletes with an Intellectual Disability (Hockey ID)
including explanations

Effective from June 2026

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Responsibility and Liability

Participants (players, coaches, team managers) in Para Hockey must be aware of the Rules of Para Hockey and of other information in this publication. They are expected to perform according to the Rules, Rules unless explicitly agreed by FIH, a Continental Federation, a National Association or all persons participating in a match.

Emphasis is placed on safety. Everyone involved in the game must act with consideration for the safety of others. Relevant national legislation must be observed. Players must ensure that their equipment does not constitute a danger to themselves or to others by virtue of its quality, materials or design.

The International Hockey Federation (FIH) does not accept responsibility for any defects or non-compliance of facilities and is not liable for any consequences resulting from their use. Any verification of facilities or equipment conducted before a match is limited to ensuring an overall appearance of compliance and sporting requirements.

Umpires play an important role in controlling the game and ensuring fair play

Implementation and Authority

The Rules of Para Hockey apply to all Para Hockey players and officials. National Associations have discretion to decide the date of implementation at national level. The date of implementation for international competition is 1 June 2026.

The Rules are issued by the FIH Rules Committee under the authority of the International Hockey Federation. Copyright is held by the International Hockey Federation.

Availability of the Rules

A copy of the Rules is available on the FIH website www.fih.hockey and is also available free in the "Hockey Scores Live" app, available for iOS and Android.

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INTRODUCTION

PARA HOCKEY

Hockey played with eleven players on a full-size outdoor field will continue to be the main format of the sport, with Indoor Hockey, Hockey5s, Para Hockey and Beach Hockey as alternative versions of the game, which support both the global development of hockey and the enhancement of players' skills and enjoyment. Against the background of this main format, the FIH is keen to present Para Hockey as an adaptable version of the game, based on a smaller number of players and simplified rules.

Para Hockey is the umbrella term for all forms of Hockey played by individuals with disability, be it Hockey ID (Intellectual disability), Hockey PD (Physical disability), Hockey WD (Wheelchair Hockey). How Para-Hockey can be adapted and played flexibly will be explained later in this introduction.

Any matters not explicitly dealt with in the Rules of Para Hockey are covered by the eleven-a-side Rules of Hockey. Among other things, this enables this document describing the Rules of Para Hockey to be brief.

FIH recognises that some changes might occur in the detailed Rules. If this happens, the changes will be published on the FIH website www.fih.hockey.

PLAYING PARA HOCKEY ID

In August 2026, the first Para Hockey ID World Cup will be held in Belgium and the Netherlands. For this reason, the Rules have been revised with effect from 1 June 2026. This revised edition primarily contains editorial alignments with the Outdoor 11-a-side Rules of Hockey, which have been in force since 1 March 2026.

For international competitions, the Rules must be applied precisely and followed by all participants. However, outside international

competitions, Hockey ID is intended to be adaptable to the available facilities and to players of all ages and abilities.

For example, if the playing area is smaller than specified in these Rules, it may be appropriate to reduce the number of players from each team on the field. While a goalkeeper is required under the Rules, other playing Rules may, where appropriate, be adapted as necessary, with these published Rules of Hockey ID serving as a reference point and framework.

The Rules do not prescribe a specific playing surface for Hockey ID. The game may be played on any suitable surface, including natural grass, synthetic turf or hard recreational areas.

In this way, Hockey ID can be played virtually anywhere and at any time. It therefore provides an ideal introduction to the sport, enabling core skills to develop and allowing the game to be enjoyed under simple Rules in more informal surroundings.

DEVELOPING PARA HOCKEY ID

The FIH will be promoting Hockey ID as a complementary version of the sport to 11-a-side hockey. To study our Para Hockey resources; follow this link: <https://academy.fih.hockey/parahockey>

FIH welcomes suggestions for development of the Rules or for clarification of them especially from National Hockey Associations. National Associations are an important primary source of advice and guidance but, if appropriate, Rules suggestions or questions can be sent by email to info@fih.hockey or to the FIH postal address.

MEMBERSHIP OF THE FIH RULES COMMITTEE 2026:

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TERMINOLOGY

Attack (Attacker)

The team (player) which (who) is trying to score a goal.

Back-line

The shorter (43 metres) perimeter line.

Circle

The area enclosed by and including the two quarter circles and the lines joining them at each end of the field opposite the centre of the back-lines.

Defence (Defender)

The team (player) which (who) is trying to prevent a goal being scored.

Field Player

One of the participants on the field other than the goalkeeper.

Flick

Pushing the ball so that it is raised off the ground.

Forehand

Playing a ball which is to the right of the player in a forward direction.

Goalkeeper

One of the participants of each team on the field who wears full protective equipment comprising at least headgear (full helmet, with throat guard recommended), body protection (chest, arms and abdomen/pelvic protection), hand protectors, leg guards and kickers.

Goal-line

The back-line between the goal-posts.

Hit

Striking or 'slapping' the ball using a swinging movement of the stick towards the ball.

"Slap" hitting the ball, which involves a long pushing or sweeping movement with the stick before making contact with the ball, is regarded as a hit.

Offence

An action against an opponent contrary to the Rules which may be penalised by an umpire.

Player

One of the participants in a team.

Playing distance

The distance within which a player is capable of reaching the ball to play it.

Playing the ball: field player

Stopping, deflecting or moving the ball with the stick.

Push

Moving the ball along the ground using a pushing movement of the stick after the stick has been placed in contact or close to the ball. When a push is made, both the ball and the head of the stick are in contact with the ground.

Scoop

Raising the ball off the ground by placing the head of the stick under the ball and using a lifting movement.

Shot at goal

The action of an attacker attempting to score by playing the ball towards the goal from within the circle.

The ball may miss the goal, but the action is still a "shot at goal" if the player's intention is to score with a shot directed towards the goal

Side-line

The longer (55 metres) perimeter line.

Tackle

An action to stop an opponent retaining possession of the ball.

Team

A team consists of a maximum of ten persons composed of a maximum of six players on the field and up to four substitutes.

PLAYING THE GAME

For any other matters not explicitly dealt with in these Rules of Para Hockey, see the Rules of Hockey.

1 Field of play

The information below provides a simplified description of the field of play. It is based on using half of a full-size field for which a detailed specification is provided in the Rules of Hockey.

- 1.1 The field of play is rectangular, ideally 55 metres long and 43 metres wide, corresponding to half of a full-size 11-a-side hockey pitch. In a two-pitch layout, a small safety gap should be provided between the two pitches (see figure 1 and 2 below).

The indicated size is the maximum, however, the pitch size may be varied according to available location, surface and age, size, strength and skill level of the players.

- 1.2 Side-lines mark the longer perimeters of the field; back-lines mark the shorter perimeters of the field.
- 1.3 The goal-lines are the parts of the back-lines between the goal-posts.
- 1.4 A spot of 150 mm diameter is marked in the middle of the field: the centre spot.
- 1.5 Circles:
- a lines 3.66 metres long and parallel to the back-lines are marked inside the field with their centres in line with the centres of the back-lines; the distance from the outside edges of these 3.66 metres lines to the outside edges of the

back-lines is 14.63 metres

- b these lines are continued in uninterrupted arcs in both directions to meet the back-lines in the form of quarter circles with centres at the inside front corner of the nearer goal-posts
- c the 3.66 metres line and the arcs are called the circle lines; the spaces enclosed by these lines, including the lines themselves, are called the circles.

- 1.6 Penalty spots 150 mm in diameter are marked in front of the centre of each goal with the centre of each spot 6.40 metres from the inner edge of the goal-line.
- 1.7 All lines are 75 mm wide and are part of the field of play.
- 1.8 Goals are positioned outside the field of play at the centre of and touching each back-line.

A detailed specification of the goal is provided in the Rules of Hockey.

Figure 1: Field of Play

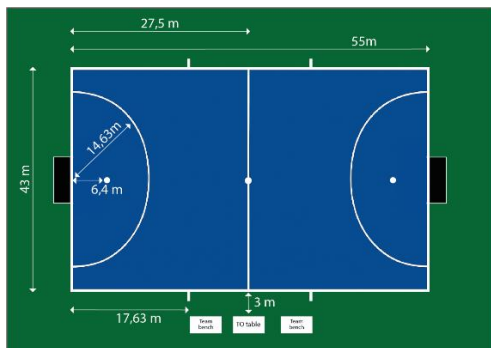
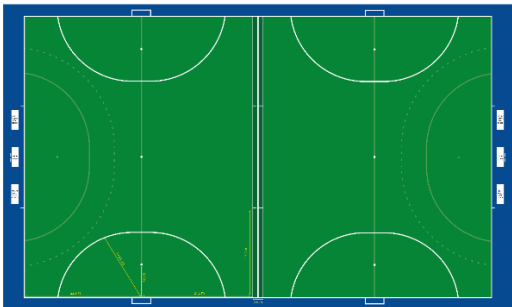


Figure 2: Two-Pitch Layout



2 Composition of teams

- 2.1 A maximum of six players from each team take part in play at any particular time during the match.

If a team has more than the permitted number of players on the field, time should be stopped to correct the situation. Decisions taken prior to correcting the situation cannot be changed, if time and/or play has already been re-started.

Time and play are re-started with a shoot-out awarded against the opposing team.

- 2.2 Each team has a goalkeeper on the field throughout the match.
- 2.3 Each team is permitted up to four substitutes.
- 2.4 Each team is permitted to substitute from its players not on the field of play:
- a substitution is permitted at any time except within the

period from the award of a shoot-out until after it has been completed

- b there is no limit to the number of players who are permitted to be substituted at the same time or to the number of times any player is permitted to substitute or be substituted
- c substitution of a player is permitted only after that player has left the field
- d substitutions are not permitted for suspended players during their suspension
- e after completing a suspension, a player is permitted to be substituted without first returning to the field
- f time is not stopped for substitutions except for the substitution of an incapacitated or suspended goalkeeper.

A goalkeeper may only be substituted if another goalkeeper is available as a substitute and is already wearing full protective equipment. Otherwise, the goalkeeper required in these Rules must stay on the field throughout the match. If a goalkeeper is incapacitated, temporarily suspended with a yellow card or permanently suspended and a substitute already wearing full protective equipment is not available, for safety reasons, reasonable time should be allowed for a field player to put on full protective equipment.

- 2.5 Players must leave or enter the field for substitution or any other purpose at the centre-line on a side of the field agreed with the umpires.

Players substituting for each other must do so within touching distance of each other.

- 2.6 No persons other than field players, goalkeepers and umpires are permitted on the field during the match without the permission of an umpire.

In case of player injury (either physical or emotional) the umpire may allow the coach to enter the field of play to provide support and guarantee player welfare.

- 2.7 Players on or off the field are under the jurisdiction of the umpires throughout the match including the intervals.
- 2.8 A player who is injured or bleeding must leave the field unless medical reasons prevent this and must not return until wounds have been covered; players must not wear blood-stained clothing.

3 Captains

- 3.1 One player of each team must be appointed as captain.
- 3.2 A replacement captain must be appointed when a captain is suspended.
- 3.3 Captains must wear a distinctive arm-band or similar distinguishing article on an upper arm or shoulder or over the upper part of a sock.
- 3.4 Captains are responsible for the behaviour of all players on their team and for ensuring that substitutions of players on their team are carried out correctly.

A personal penalty is awarded if a captain does not exercise these responsibilities.

4 Players' clothing and equipment

Tournament Regulations available from the FIH

provide additional information and requirements about players' clothing, personal equipment and advertising. Refer also to regulations established by Continental Federations and National Associations.

- 4.1 Field players of the same team must wear uniform clothing.

Each field player within a team can choose to wear shorts, a skort or a skirt, as long as they are the same colour and design.

- 4.2 Players must not wear anything which is dangerous to other players.

Field players:

- a *are permitted to wear hand protection which does not increase the natural size of the hands significantly;*
- b *are recommended to wear shin, ankle and mouth protection;*
- c *are permitted to wear throughout a match for medical reasons only a smooth preferably transparent or single coloured face mask which closely fits the face, soft protective head-covering or eye protection in the form of plastic goggles (i.e. goggles with a soft-covered frame and plastic lenses); the medical reasons must be assessed by an appropriate authority and the player concerned must understand the possible implications of playing with the medical condition;*
- d *are not permitted to wear protective headgear (face mask or other protective head covering) in*

any other circumstances.

- 4.3 Goalkeepers must wear a coloured shirt or garment which is different in colour from that of both teams.

Goalkeepers must wear this shirt or garment over any upper body protection. Elbow protection does not need to be covered by the shirt or garment.

- 4.4 Goalkeepers must wear protective equipment comprising at least headgear (comprising full helmet, with throat guard recommended), body protection (chest, arms and abdomen/pelvic protection), hand protectors, leg guards and kickers.

- 4.5 Clothing or protective equipment which significantly increases the natural size of a goalkeeper's body or area of protection is not permitted.

- 4.6 The stick has a traditional shape with a handle and a curved head which is flat on its left side:

- a the stick must be smooth and must not have any rough or sharp parts
- b inclusive of any additional coverings used, the stick must be able to pass through a ring with an interior diameter of 51 mm
- c any curvature along the length of the stick (the rake or bow) must have a continuous smooth profile along the whole length, must occur along the face side or the back of the stick but not both and is limited to a depth of 25 mm
- d the stick must conform with the specification agreed by the FIH Rules Committee.

- 4.7 The ball is spherical, hard and a colour which contrasts

with the playing surface.

Detailed specifications of the stick, ball and goalkeeper's equipment are provided in the Rules of Hockey.

5 Match and result

- 5.1 A match consists of two periods of 15 minutes with a half-time interval of 5 minutes.

Other periods and intervals may be agreed as specified in Regulations for particular competitions, for example, periods may be reduced to 12 mins 30 secs for tournament schedule needs.

If an incident arises immediately before the end of the first period (half) or the end of the match which requires review by the umpires, the review may be conducted even though time has subsequently been completed and signalled. The review should take place immediately and action taken to revert to and correct the situation as appropriate.

Time is not stopped except for the award of a penalty stroke or to deal with an injury, or for a substitution of an incapacitated or suspended goalkeeper.

- 5.2 The team scoring the most goals is the winner; if no goals are scored, or if the teams score an equal number of goals, the match is drawn match.

Information about a Shoot-out competition as a way of reaching a result in a drawn match can be found in the FIH Tournament Regulations.

6 Start and re-start the match

6.1 A coin is tossed:

- a the team which wins the toss has the choice of which goal to attack in the first half of the match or to start the match with a centre pass
- b if the team winning the toss chooses which goal to attack in the first half of the match, the opposing team starts the match
- c if the team winning the toss chooses to start the match, the opposing team has the choice of which goal to attack in the first half of the match.

6.2 Direction of play is reversed in the second half of the match.

6.3 A centre pass is taken:

- a to start the match by a player from the team winning the toss if they chose this option; otherwise by a player from the opposing team
- b to re-start the match after the half-time interval by a player of the team which did not take the centre pass to start the match
- c after a goal by a player of the team against which the goal was scored.

6.4 Taking a centre pass:

- a taken at the centre of the field
- b it is permitted to play the ball in any direction
- c until the ball is played, all players other than the player taking the centre pass must be in the half of

the field which includes the goal they are defending

d the procedures for taking a free hit apply.

6.5 A bully takes place to re-start a match when time or play has been stopped for an injury or for any other reason and no penalty has been awarded:

a a bully is taken close to the location of the ball when play was stopped but not within 15 metres of the back-line and not within 3 metres of the circle

b the ball is placed between one player from each team who face each other with the goal they are defending to their right

c the two players start with their sticks on the ground to the right of the ball and then tap the flat faces of their sticks together once just over the ball after which either player is permitted to play the ball

d all other players must be at least 3 metres from the ball.

7 Ball outside the field

7.1 The ball is out of play when it passes completely over the side-line or back-line.

7.2 Play is re-started by a player of the team which was not the last team to touch or play the ball before it went out of play.

7.3 When the ball travels over the side-line, play is re-started where the ball crossed the line and the procedures for taking a free hit apply.

7.4 When the ball is played over the back-line and no goal is scored:

- a if played by an attacker, play is re-started with the ball up to 15 metres from and in line with where it crossed the back-line and the procedures for taking a free hit apply
- b if played unintentionally by a defender or deflected by a goalkeeper, play is re-started with the ball 3 metres outside the circle, and in line with where it crossed the back-line, and the procedures for taking a free hit apply
- c if played intentionally by a defender, unless deflected by a goalkeeper, play is re-started with the ball on the centre spot, and the procedures for taking a shoot-out apply.

8 Method of scoring

- 8.1 A goal is scored when the ball is played within the circle by an attacker and does not travel outside the circle before passing completely over the goal-line and under the cross-bar.

9 Conduct of play: players

Players are expected to act fairly and responsibly at all times.

- 9.1 A match is played between two teams with not more than six players of each team on the field at the same time.
- 9.2 Players on the field must hold their stick and not use it in a dangerous way.

Players must not lift their stick over the heads of other players.

- 9.3 Players must not touch, handle or interfere with other

players or their sticks or clothing.

- 9.4 Players must not intimidate or impede another player.
- 9.5 Players must not play the ball with the back of the stick.
- 9.6 Players must not hit the ball hard on the forehand with the edge of the stick.
- 9.7 Players may not play the ball with any part of the stick when the ball is above shoulder height, except that defenders are permitted to use the stick to stop or deflect a shot at goal at any height.

When saving a shot at goal, a defender must not be penalised if their stick is not motionless or is travelling towards the ball while attempting to stop or deflect the shot. Only if the ball is genuinely hit while above shoulder height and a goal is prevented should a penalty stroke be awarded.

If a defender attempts to stop or deflect a ball travelling towards the goal which will actually miss the goal, any use of the stick above the shoulder must be penalised by a shoot-out and not a penalty stroke.

- 9.8 Players must not play the ball dangerously or in a way which leads to dangerous play.

A ball is also considered dangerous when it causes legitimate evasive action by opponents.

The penalty is awarded where the action causing the danger took place.

- 9.9 Players must not intentionally raise the ball from a hit except for a shot at goal.

A raised hit must be judged explicitly on whether or not it is raised intentionally. It is not an offence to raise the ball unintentionally from a hit, including a free hit, anywhere on the field unless it is dangerous. If the ball is raised over an opponent's stick or body on the ground, even within the circle, it is permitted unless judged to be dangerous.

Players are permitted to raise the ball with a flick or scoop provided it is not dangerous. A flick or scoop towards an opponent within 3 metres is considered dangerous. If an opponent is clearly running into the shot or into the attacker without attempting to play the ball with their stick, they should be penalised for dangerous play.

- 9.10 Players must not approach within 3 metres of an opponent receiving a falling raised ball until it has been touched by the receiver. The ball may be intercepted within 3 metres but outside of playing distance provided it is done safely.

The initial receiver has a right to the ball. If it is not clear which player is the initial receiver, the player of the team which raised the ball must allow the opponent to receive it.

- 9.11 Field players must not stop, kick, propel, pick up, throw or carry the ball with any part of their body.

It is not always an offence if the ball hits the foot, hand or body of a field player. The player only commits an offence if they gain an advantage or if they position themselves with the intention of stopping the ball in this way.

It is not an offence if the ball hits the hand holding the stick but would otherwise have hit the stick.

- 9.12 Players must not obstruct an opponent who is attempting to play the ball.

Players obstruct if they:

- a *back into an opponent*
- b *physically interfere with the stick or body of an opponent*
- c *shield the ball from a legitimate tackle with their stick or any part of their body.*

A stationary player receiving the ball is permitted to face any direction.

A player with the ball is permitted to move off with it in any direction except bodily into an opponent or into a position between the ball and an opponent who is within playing distance of the ball and attempting to play it.

A player who runs in front of or blocks an opponent to stop them legitimately playing or attempting to play the ball is obstructing (this is third party or shadow obstruction).

- 9.13 Players must not tackle unless in a position to play the ball without body contact.

Reckless play, such as sliding tackles and other overly physical challenges by field players, which take an opponent to ground, and which have the potential to cause injury should attract appropriate match and personal penalties.

- 9.14 Players must not intentionally enter the goal their opponents are defending or run behind either goal.

- 9.15 Players must not throw any object or piece of equipment onto the field, at the ball, or at another player, umpire or person.

If the ball hits any loose object on the field (that has not been thrown by a player), play continues.

- 9.16 Players must not delay play to gain benefit by time-wasting.

10 Conduct of play: goalkeepers

- 10.1 A goalkeeper must not take part in the match outside the half they are defending, except when taking a penalty stroke.

Protective headgear must be worn by a goalkeeper at all times, except when taking a penalty stroke.

- 10.2 When the ball is inside the circle that goalkeepers are defending and they have their stick in their hand, goalkeepers wearing full protective equipment are permitted to use their stick and body to deflect the ball over the back-line or to play the ball in any other direction.

Goalkeepers are not permitted to conduct themselves in a manner which is dangerous to other players by taking advantage of the protective equipment they wear.

- 10.3 Goalkeepers must not lie on the ball.

- 10.4 When the ball is outside the circle they are defending, goalkeepers are only permitted to play the ball with their stick.

11 Conduct of play: umpires

- 11.1 Two umpires control the match, apply the Rules and are the judges of fair play.

It is a key aspect of Para Hockey that the umpires should enable the game to flow.

- 11.2 Each umpire has primary responsibility for decisions in one half of the field for the duration of the match.
- 11.3 Each umpire is responsible for decisions on free hits in the circle, shoot-outs, penalty strokes and goals in one half of the field.
- 11.4 Umpires are responsible for keeping a record of goals scored and of warning or suspension cards used.
- 11.5 Umpires are responsible for ensuring that the full time is played and for indicating the end of time for each period.
- 11.6 Umpires blow the whistle to:
- a start and end each period of the match
 - b start a bully
 - c enforce a penalty
 - d start and end a shoot-out
 - e start and end a penalty stroke
 - f indicate a goal
 - h re-start the match after a goal has been scored
 - i re-start the match after a penalty stroke when a goal was not scored

- j stop the match for the substitution onto or off the field of an incapacitated or suspended goalkeeper and to re-start the match on completion of the substitution
- k stop the match for any other reason and to re-start it
- l indicate, when necessary, that the ball has passed wholly outside the field.

11.7 Umpires must not coach during a match.

11.8 If the ball hits an umpire or unauthorised person on the field, play shall continue unless the contact results in an advantage to one team. In such cases, the match shall be re-started with a bully.

12 Penalties

12.1 Advantage: a penalty is awarded only when a player or team has been disadvantaged by an opponent breaking the Rules.

12.2 A free hit is awarded to the opposing team:

- a for an offence by an attacker within the half of the pitch their opponents are defending
- b for an unintentional offence by a defender outside the circle but within the half they are defending.

12.3 A shoot-out is awarded:

- a for an offence by a defender in the circle which does not prevent the probable scoring of a goal
- b for an intentional offence in the circle by a defender against an opponent who does not have possession of the ball or an opportunity to play the ball
- c for an intentional offence by a defender outside the

circle but within the half of the pitch they are defending

- d for intentionally playing the ball over the back-line by a defender

Goalkeepers are permitted to deflect the ball with their stick, protective equipment or any part of their body in any direction including over the back-line.

- e against the team which carried out a substitution incorrectly
- f when the ball becomes lodged in a player's clothing or equipment while in the circle they are defending.

The umpiring signal for a shoot-out in Para Hockey is the same as for a penalty corner in the Rules of Hockey.

12.4 A penalty stroke is awarded:

- a for an offence by a defender in the circle which prevents the probable scoring of a goal
- b for an intentional offence in the circle by a defender against an opponent who has possession of the ball or an opportunity to play the ball
- c for any intentional offence by the defending goalkeeper against an opponent taking a shoot-out.

12.5 If there is another offence or misconduct before the awarded penalty has been taken:

- a a more severe penalty may be awarded
- b a personal penalty may be awarded

- c the penalty may be reversed if the subsequent offence was committed by the team first awarded the penalty.

13 Procedures for taking penalties

13.1 Location of a free hit:

- a a free hit is taken close to where the offence occurred

'Close to' means within playing distance of where the offence occurred and with no significant advantage gained.

The location from which a free hit is taken must be more precise when the offence occurs close to the circle.

- b a free hit awarded to the defence within 15 metres of the back-line is taken up to 15 metres from the back-line in line with the location of the offence, parallel to the side-line

A free hit to the defence awarded in the circle may be taken anywhere in the circle.

13.2 Procedures for taking a free hit, centre pass and putting the ball back into play after it has been outside the field:

All parts of this Rule apply as appropriate to a free hit, centre pass and putting the ball back into play after it has been outside the field.

- a the ball must be stationary
- b opponents must be at least 3 metres from the ball

If an opponent is within 3 metres of the ball, they must not interfere with the taking of the free hit or must not play or attempt to play the ball. If this

player is not playing the ball, attempting to play the ball or influencing play, the free hit need not be delayed.

- c when a free hit is awarded to the attack within the half of the pitch that they are attacking, all players other than the player taking the free hit must be at least 3 metres from the ball
- d the ball is moved using a hit, push, flick or scoop
- e the ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit
- f from a free hit awarded to the attack within the half of the pitch which they are attacking, the ball must not be played into the circle until it has travelled at least 3 metres, not necessarily in a single direction, or has been touched by a player of the defending team

If the player taking the free hit continues to play the ball (i.e. no defending player has yet touched it), that player may play the ball any number of times, but the ball must travel at least 3 metres before that player plays it into the circle.

Alternatively, once a defending player has touched the ball, it may be played into the circle by any other player, including the player who took the free hit.

13.3 Taking a shoot-out:

- a all players on the field other than the attacker taking the shoot-out and the defending goalkeeper must stand inside the half of the pitch not used to defend the shoot-out

- b the ball is placed on the centre spot
- c the attacker taking the shoot-out must stand behind the ball before beginning the shoot-out
- d the defending goalkeeper must stand on or behind the goal-line between the goal posts
- e the whistle is blown to begin the shoot-out when the attacker taking the shoot-out and the defending goalkeeper are in position
- f the attacker taking the shoot-out must not take it until the whistle has been blown

The attacker taking the shoot-out or the defending goalkeeper must not delay the taking of the shoot-out.

- g the attacker and goalkeeper may then move in any direction

13.4 The match is prolonged at half-time and full-time to allow completion of a shoot-out or any subsequent re-take or penalty stroke.

13.5 The shoot-out is completed when:

- a 10 seconds have elapsed since the starting signal
- b a goal is scored
- c the attacker commits an offence
- d the goalkeeper commits an unintentional offence inside or outside the circle
- e the goalkeeper commits an intentional offence inside or outside the circle

- f the ball goes out of play over the back-line or side-line; this includes the goalkeeper intentionally playing the ball over the back-line.

13.6 For an offence during the taking of a shoot-out:

- a the shoot-out is taken before the whistle is blown: the shoot-out is taken again
- b for any other offence by the player taking the shoot-out: a free hit is awarded to the defence
- c for any unintentional offence by the defending goalkeeper against the player taking the shoot-out: the shoot-out is re-taken by the same player against the same goalkeeper
- d for any intentional offence by the defending goalkeeper against the player taking the shoot-out: a penalty stroke is awarded and taken.

13.7 Taking a penalty stroke:

- a time and play are stopped when a penalty stroke is awarded
- b all players on the field other than the player taking the stroke and the defending goalkeeper must stand inside the half not used to defend the penalty stroke and must not influence the taking of the stroke
- c the ball is placed on the penalty spot
- d the player taking the penalty stroke must stand behind and within playing distance of the ball before the whistle is blown to start the penalty stroke
- e the defending goalkeeper must stand with both feet on the goal-line and, once the whistle has been blown to start the penalty stroke, must not leave the

goal-line or move either foot until the ball has been played

- f the defending goalkeeper the stroke must wear protective headgear
- g the whistle is blown when the player taking the stroke and the defending goalkeeper defending are in position
- h the player taking the stroke must not take it until the whistle has been blown

The player taking the stroke or the player defending it must not delay the taking of the stroke.

- i the player taking the stroke must not feint at playing the ball
- j the player taking the stroke must push, flick or scoop the ball and is permitted to raise it to any height

Using a 'dragging' action to play the ball at a penalty stroke is not permitted.

- k the player taking the stroke must play the ball only once and must not subsequently approach either the ball or the defending goalkeeper.

13.8 The penalty stroke is completed when:

- a a goal is scored
- b the ball comes to rest inside the circle, lodges in the goalkeeper's equipment, is caught by the goalkeeper, or goes outside the circle.

13.9 For an offence during the taking of a penalty stroke:

- a the penalty stroke is taken before the whistle is blown and a goal is scored: the penalty stroke is taken again
- b the penalty stroke is taken before the whistle is blown and a goal is not scored: a free hit is awarded to the defence
- c for any other offence by the player taking the penalty stroke: a free hit is awarded to the defence
- d for any offence by the defending goalkeeper including moving either foot before the ball has been played: the penalty stroke is taken again

If the defending goalkeeper prevents a goal being scored but moves either foot before the ball has been played, this player may be suspended (green card) and for any subsequent offence must be suspended (yellow card).

If a goal is scored even though there has been an offence by the defending goalkeeper, the goal is awarded.

- e for an offence by a player of the defending team and a goal is not scored: the penalty stroke is taken again
- f for an offence by a player of the attacking team other than the player taking the penalty stroke and a goal is scored: the penalty stroke is taken again.

14 Personal penalties

14.1 For any offence the offending player may be:

- a cautioned (indicated by spoken words)
- b warned and temporarily suspended for 1 minute of playing time (indicated by a green card)

For the duration of each temporary suspension of a player on or off the field, with a green card, the offending team plays with one fewer player.

If a goalkeeper is awarded a green card, the team may nominate a player to serve the suspension on their behalf.

- c temporarily suspended for a minimum of 2 minutes of playing time (indicated by a yellow card)

For the duration of each temporary suspension of a player on or off the field, with a yellow card, the offending team plays with one fewer player.

If the goalkeeper is temporarily suspended the offending team plays with one fewer field player. If a substitute goalkeeper already wearing full protective equipment is not available, reasonable time should be allowed for a field player to put on protective equipment for safety reasons.

The suspended player must serve the full period of the suspension.

- d permanently suspended from the current match (indicated by a red card).

For each permanent suspension, the offending team plays for the remainder of the match with one fewer player.

Each team must have a goalkeeper on the field throughout a match. If a substitute goalkeeper already wearing full protective equipment is not available, reasonable time should be allowed for a field player to put on protective equipment. The offending team plays with one fewer field

player for the remainder of the match.

A personal penalty may be awarded through the respective team manager rather than to the player directly.

A personal penalty may be awarded in addition to the appropriate penalty.

- 14.2 Temporarily suspended players must remain in a designated place until permitted by the umpire who suspended them to resume play.
- 14.3 Temporarily suspended players are permitted to re-join their team at half-time after which they must return to a designated place to complete their suspension.
- 14.4 The intended duration of a temporary suspension may be extended for misconduct by a player while suspended.
- 14.5 Permanently suspended players must leave the field and its surrounding area.

ADDITIONAL INFORMATION AVAILABLE

The International Hockey Federation (FIH) provides information on various topics to support participation in the sport. In particular, the Rules of Hockey referred to in the Hockey ID are available on the FIH website (www.fih.hockey) or from the FIH Office:

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