



International Beach Hockey Rules 2014



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Terminology

Player

One of the participants in a team

Team

A team consists of a maximum of eight persons composed of a maximum of five players on the field and up to three substitutes.

Field Player

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

Goalkeeper

One of the participants of each team on the field who wears a single coloured shirt which is different in colour from that of both teams

Attack (Attacker)

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

Defence (Defender)

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

Back-line

The shorter (25 metres) perimeter line.

Goal-line

The back-line between the goal-posts.

Side-line

The longer (35 metres) perimeter line.

10-metreline (area)

The 10 metre-line is visual line at 10 metres from every backline marked by a red flag posts at the sideline.

Playing the ball : field player

Stopping, deflecting or moving the ball with the stick

Shot at goal

The action of an attacker attempting to score by playing the ball towards the goal

Offence

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



1 Field of Play

- 1.1** The field of play is rectangular, 35 metres long and 25 metres wide.
- 1.2** The goal is 4 metres wide and 2 metres high
- 1.3** Side-lines mark the longer perimeters of the field ; backlines mark the shorter perimeters of the field.
- 1.4** Goals are positioned outside the field of play at the centre of and touching each back-line.
- 1.5** Flag-posts between 1.20 and 1.50 metres in height are placed at each corner of the field and at the 10 metres-lines at both sides.

2 Composition of teams

- 2.1** A maximum of five players from each team take part in play at any particular time during the match.
- 2.2** Each team has either a goalkeeper or player with goalkeeping privileges on the field
- 2.3** 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 penalty corner until after it has been completed; during this period substitution is only permitted for injury to or suspension of the defending goalkeeper
- 2.4** Substitution of a player is permitted only after that player has left the field
- 2.5** Field players must leave or enter the field for substitution purposes within 3 metres of the 10 meter-line on a side of the field agreed with the umpires
- 2.6** Goalkeepers must leave or enter the field for substitution purposes within 3 metres from their goal.
- 2.7** No persons other than field players, players with goalkeeping privileges, goalkeepers and umpires are permitted on the field during the match without the permission of an umpire.
- 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

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.
- 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.



4 Players' clothing and equipment

- 4.1** Field players of the same team must wear uniform clothing
- 4.2** Players must not wear anything which is dangerous to other players. Clothing or protective equipment which significantly increases the natural size of a goalkeeper's body or area of protection is not permitted.
- 4.3** Goalkeepers must wear a single coloured shirt which is different in colour from that of both teams
- 4.4** The stick has a traditional shape with a handle and a curved head which is flat on its left side. There can also be played with the official Beach Hockey stick.
- 4.5** The Beach Hockey ball is spherical, hard and white (or an agreed colour which contrasts with the playing surface). The Beach Hockey ball has a circumference of between 18 cm and 21cm and weighs between 250 grams and 300 grams

5 Match and Result

- 5.1** A match consists of four periods of 6 minutes and a halftime interval of 1 minutes between period 1-2 & 3-4. Between period 2-3 the interval takes 4 minutes. *Other periods and interval may be agreed by both teams except as specified in regulations for particular competitions.*
- 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.

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. If the team winning the toss chooses which goal to attack in the first half of the match, the opposing team starts the match.
- 6.2** Direction of play is reversed in the third half of the match.
- 6.3** The ball will be placed in the middle of both field sides.
- 6.4** Both teams have to stand in their goals with at least one foot on the goal-line.
- 6.5** At signal of the umpire, the game starts.

7 Ball outside the field

- 7.1** The ball is out of play when it hits the ground over the side-line or back-line. When the ball hits the sideline or backline, the ball is in.
- 7.2** Play is restarted by a player of the team which was not the last team to touch or play the ball before it went out of play.



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- 7.3** As long as the ball does not hit the ground or any obstacle outside the playing field, he's still in play.
- 7.4** 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.
- 7.5** 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 5 metres from and in line with where it crossed the back-line and the procedures for taking a free hit apply
- b** if played intentionally by a defender or deflected by a goalkeeper, play is re-started with the ball on the mark 10 metres from the corner of the field on the side-line nearest to where the ball crossed the back-line and the procedures for taking a free hit apply

8 Method of scoring

- 8.1** A goal is scored when the ball is played completely over the goal-line and under the cross-bar.
- 8.2** Scoring is allowed from all distances.
- 8.3** A goal is scored if awarded as a result of a penalty stroke
- 8.4** After a goal, the keeper or an fieldplayer of the defending team is allowed to take a free hit within two meters of their own goal.

9 Conduct of play : players

Players are expected to act responsibly at all times.

- 9.1** Players on the field must hold their stick and not use it in a dangerous way .
- 9.2** Players must not touch, handle or interfere with other players or their sticks or clothing.
- 9.3** Players must not intimidate or impede another player
- 9.4** Players must not play the ball with the back of the stick
- 9.5** Players must not hit the ball hard on the forehand with the edge of the stick.
- 9.6** Player must not keep the ball longer than 3 seconds on their stick.
- 9.7** Players are allowed to play the ball above shoulder height provided that it gives danger to opponents.
- 9.8** Field players must not stop, kick, propel, pick up, throw or carry the ball with any part of their body
- 9.9** Players must not obstruct an opponent who is attempting to play the bal.
- 9.10** Players must not delay play to gain benefit by timewasting.



10 Conduct of play: goalkeepers

10.1 When the ball is inside the visual 2-meter circle they are defending and they have their stick in their hand:

a goalkeepers are permitted to use their stick, feet or legs to propel the ball and to use their stick, feet or legs or any other part of their body to stop the ball or deflect it in any direction including over the back-line

b goalkeepers are permitted to use arms, hands and any other part of their body to push the ball away.

The action in rule b above is permitted only as part of a goal saving action or to move the ball away from the possibility of a goal scoring action by opponents. It does not permit a goalkeeper to propel the ball forcefully with arms, hands or body so that it travels a long distance.

10.2 Goalkeepers must not lie on the ball.

10.3 When the ball is outside the visual 2-meter circle, goalkeepers are only permitted to play the ball with their stick.

10.4 Free hits may not be kicked by the keeper.

11 Conduct of play : umpires

11.1 One umpire control the match, apply the Rules and are the judges of fair play.

11.2 Every umpire has primary responsibility for r the duration of the match.

11.3 Umpires are responsible for keeping a written record of goals scored or awarded and of warning or suspension cards used.

11.4 Umpires are responsible for ensuring that the full time is played and for indicating the end of time for each half and for the completion of a penalty corner if a half is prolonged.

11.5 Umpires blow the whistle to :

a start and end each half of the match

b start a bully

c start and end a penalty stroke

d indicate a goal

e re-start the match after a goal has been scored or

f re-start the match after a penalty stroke when a goal was not scored or awarded

g stop the match for the substitution onto or off the field of a fully equipped goalkeeper and to restart the match on completion of the substitution

h stop the match for any other reason and to re-start it

i indicate, when necessary, that the ball has passed wholly outside the field.

11.6 Umpires must not coach during a match



11.7 the ball strikes an umpire, unauthorised person or any loose object on the field, play continues.

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 any player between the 10 metres areas

b for an offence by an attacker within the 10 metres area their opponents are defending.

c for an unintentional offence by a defender outside 2-meter circle but within the 10 metres area they are defending.

12.3 **Procedures for taking penalties:**

a Free hits have to be taken on the 10 metres-line and defenders should stand in a distances of at least 4 metres. When the tackle finds place between the goal and the 10 metre-line the free hits have to be taken on the 10 metre-line, straight behind the offence.

10 meterlijn loodrecht achter de plaats waar de overtreding plaats vond.

b Free hits can go directly on goal.

c When the ball travels over the side-line between the 10 metre-line and the goal, play is re-started on the crossing 10 metre-line and sideline. The procedures for taking a free hit apply.

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 does not have possession of the ball or an opportunity to play the ball.

12.5 **A penalty stroke:**

a will be taken at 8 metres, straight in front of the goal

12.6 Taking a penalty stroke:

a time and play is stopped when a penalty stroke is awarded

b all players on the field other than the player taking the stroke and the player defending it, must stand on the centre of the field and must not influence the taking of the stroke

c the whistle is blown when the player taking the stroke and the player defending it are in position



FIELD AND EQUIPMENT SPECIFICATIONS

13 Field and field equipment

13.1 The field of play is rectangular, 35 metres long bounded by side-lines and 25 metres wide bounded by back-lines.

The playing surface must continue (to create "run-off" areas) for a minimum of 5 metres at the back-lines and 2 metre at the side-lines.

13.2 Markings :

a no marks other than those described in this Rule are to be made on the playing surface

b lines are 50 mm wide and must be clearly marked along their entire length

c the side-lines and back-lines and all markings enclosed between them are part of the field

13.3 Lines and other marks :

a side-lines: 35 metres long perimeter lines

b back-lines: 25 metres long perimeter lines

c goal-lines: the parts of the back-lines between the goal-posts

d centre-line: visual across the middle of the field

1.4 Goals:

a two vertical goal-posts joined by a horizontal crossbar are placed at the centre of each back-line on the external Marks.

b the distance between the inner edges of the goal-posts is 4 metres and the distance from the lower edge of the cross-bar to the ground is 2 metres. The goal must be at least 1 metre deep.

1.5 Flag-posts:

a flag-posts are between 1.20 and 1.50 metres in height

b flag-posts are placed at each corner of the field

c flag-posts must not be dangerous

d flag-posts are also placed at every 10 metres-lines at both sides.

1.6 Stick

a the stick has a traditional shape which will be retained

Beach Hockey stick

The original Beach Hockey stick is designed and developed by the Dutch Beach Hockey Federation.

1.7 The ball:

a is spherical.

b has a circumference of between 224 mm and 235 mm.

c weighs between 250 grams and 300 grams.

d The original Beach Hockey ball is developed and designed by the Dutch Beach Hockey federation.