



**FHE 6-a-Side Challenge**  
**Competition Rules**  
**2<sup>nd</sup> – 4<sup>th</sup> March 2012**

**Field Dimensions:**

The FHE 6-a-side challenge will be played on half a regular sized field. The circles will be the same size as on a normal hockey field. The fields will be taken from the backline to the half way of a normal hockey field, so that the 25 yard line, now signifies the half way line for this challenge.

**Game Times:**

Games will be 20 minutes in duration, which consists of two 10 minute halves, with no half times (straight changeovers) Substitutions can occur at any point throughout the match, except for during the execution of a penalty shot. In this particular instance substitutions cannot take place until the five seconds has passed and must occur from the half way line.

**Competition Rules:**

All rules during the FHE 6-a-side challenge are as per normal competition matches with the exception of the following rules:

1. One player is required in the attacking half of the field at all times.
  - a. If at any time, the umpire notices that a team has breached this rule then the opposing team will be awarded with a Penalty Shot (See rule 3 below)
2. Bonus Zone – The bonus zone refers to the space between the dotted line and the circle, and any goals scored from this area are worth 2 goals
  - a. Goals scored from inside the circle are worth only 1 goal
3. Penalty Shot – The penalty shot is awarded instead of a penalty corner
  - a. The penalty shot involves one field player from the attacking side and the goal keeper from the defending side
  - b. The attacking player starts on the half way line (Which will be the 25)
  - c. All players that are not involved in the penalty shot, are to be in the opposite half to where the penalty shot is taking place



