

# RULES OF HOCKEY

## Key Changes

### Rule 2.1 – Too many players on the field:

A yellow card  is now required against **the captain** where the situation materially affects the match. *(previously, only a “personal penalty” was mentioned, which could include a green card).*

### Rule 9.10 – Aerial balls (Rule Trial now adopted):

The rule successfully trialled during the 2024/25 Pro League season and other competitions has now been formally incorporated.

Defenders may approach once the receiver has touched the ball *(previously only once the receiver controlled the ball and brought it to the ground)*, provided the initial 5m of safe space were respected.

The previous rule often prevented a fair challenge after the first touch and created inconsistencies in second-phase situations.

The new approach maintains safety while enabling a legitimate contest.

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### Rule 11.8 – Ball hitting an umpire:

Restart with a bully if the ball touches an umpire and this creates an unfair advantage (*Previously, play always continued*).

### Rule 13.3 (n) – Penalty corner protective equipment:

- Established practice, so far reflected only in Umpire Briefings, has been integrated to be formally included in the Rules themselves: defenders may pass the ball while still wearing PC equipment, but may not take a self-pass when a free hit to the defence is awarded within the 23m area. The same applies to restarts from the side-line or back-line.
- New guidance also covers dangerous or negligent throwing of PC equipment: a yellow card  is mandatory when an opponent or umpire is hit **on or above the knee**; the team penalty depends on the location of the ball. This guidance is preventative in nature and encourages the safe removal of equipment.

# RULES OF HOCKEY

## Key Changes



### for the 2026/27 Season – Post-Match Cards



and



cards may now be shown after the final whistle.

This applies to incidents occurring immediately after the end of the match. "Immediately after the match" refers to incidents occurring on the pitch and before the match report has been closed.

Incidents occurring after leaving the field of play may still be reported in an umpire's match report.

RBHA rule for all division

# RULES OF HOCKEY

## Key Changes



### for the 2026/27 Season – Staff Cards

- A staff card is always at least a yellow card (no green cards for staff).
- The staff member must move to the suspension bench and may not coach during the suspension.
- The team must play with one fewer player for the duration of the suspension.
- The player who left the field may return, provided the team continues to play with one fewer player while the staff member remains suspended.
- **RBHA rule for all divisions**

# HIGHLIGHT

## Verbal or Gestural Abuse : Policy

- Already applied in the Honor Division since the start of the 2025/26 season.
- The policy has been communicated to the other divisions during the season 2025/26.
- This season, particular emphasis will be placed on enforcing this policy across all divisions.
- What is verbal or Gestural abuse?

Insulting language or an aggressive challenge to an umpire's decision.

A clear gesture expressing disagreement with or mocking an umpire's decision (e.g. sarcastic applause, "that's ridiculous" gestures, or laughing/mockery).

- How should umpires react?  
Be courageous, but also consistent and use common sense.

- Sanction ?  *Quid in the 23 ? The original decision is not changed.*

# ADMINISTRATION

## Shoot- Out Protocol

Brand  **NEW** for the 2026/27 Season – U16 & U19 Shoot-Out Competition !

In the event of a draw at the end of the match, a SO competition will determine the winner of a additional bonus point

### 1. Before the Match

- Umpires verify that the home club has provided a sound system.
- If no sound system is available by the end of the match, the bonus point is awarded to the away team.

### 2. Start of the Shoot-Out Competition

- Must begin **within 4 minutes** after the end of regulation time.

### 3. Team Preparation

- Team managers and the Field Delegate organise:
  - Team positioning
  - Selection of the five shooters

# ADMINISTRATION

## Shoot- Out Protocol

### 4. Toss

- Held **1 minute** before the shoot-out.
- The winning captain chooses whether to **attack or defend first**.

### 5. Team Positioning

- Umpires choose the end where the shoot-out takes place.
- **Home team:** opposite the team benches.
- **Away team:** on the benches' side.
- All players remain behind the halfway line.
- Five shooters and one team official wait between the **23m line** and the **halfway line**.
- Team managers remain with their teams.

### 6. Officials

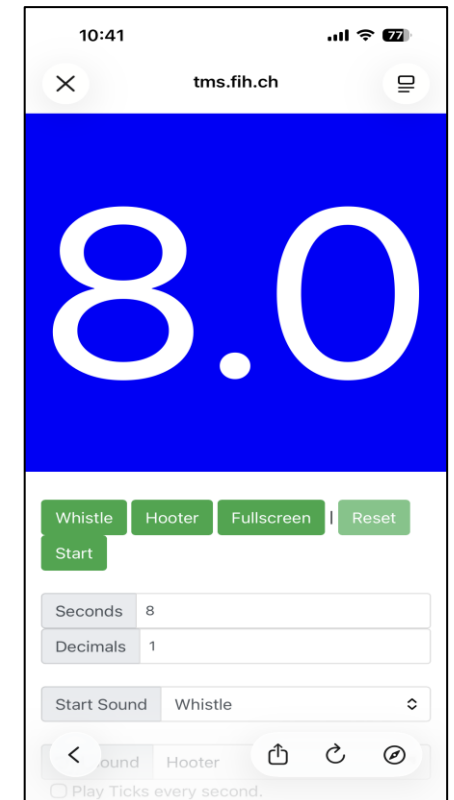
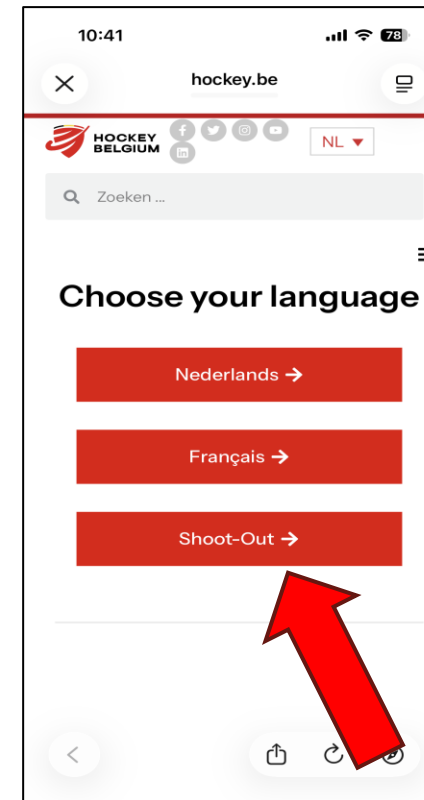
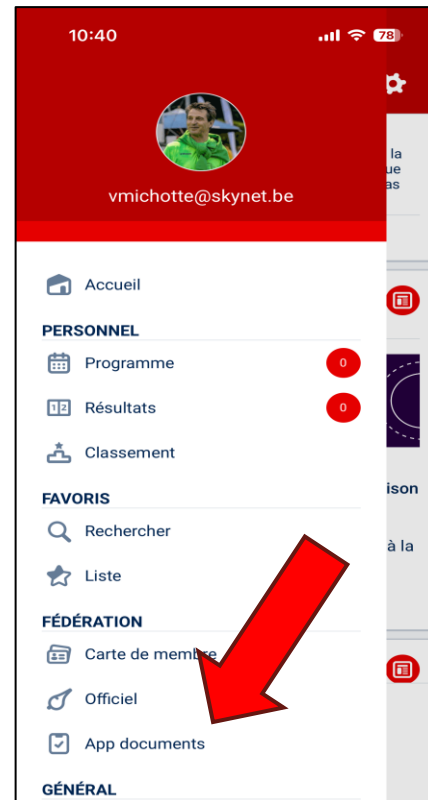
- Green Card Officials ensure **five different players** take the shoot-outs.
- The Field Delegate stands beside the second umpire on the backline.

# ADMINISTRATION

## Shoot- Out Protocol

### 7. Timing

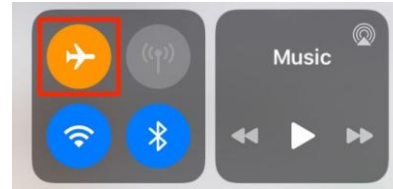
- The Field Delegate controls the timing using the **Official App**.



# ADMINISTRATION

## Shoot- Out Protocol

- The phone must be in **Airplane Mode**.



- The home club must provide a sound system connected to the Field Delegate's smartphone for the **8-second signal**.
- The sound system must be tested before the first shoot-out.

### 8. Start of Each Shoot-Out

- The lead umpire raises a hand to indicate preparation.
- Once both goalkeeper and attacker are ready, the umpire lowers the hand.
- The Field Delegate starts the **8-second timer**.

### 9. Time Control

- The second umpire verifies that the ball crosses the goal line **within the 8-second limit**.