



ADVISORY GUIDELINES

VALID FROM SEPTEMBER 2021

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Advisory Guidelines for playing In2Hockey

Note: These are guidelines only and you can use the step principle; adapting space, time, equipment, and number of players/rules to suit your needs.

In2Hockey can be played in two formats - the 6-a-side game is played without goalkeepers and the 7-a-side game includes goalkeepers. Copies of the rules for both versions of the game are available to download at englandhockey.co.uk/in2hockey.

Schools and clubs are encouraged to introduce goalkeepers as soon as appropriate in order to encourage the development of players who may ultimately specialise in the position, and to provide further progression towards the 11-a-side game. See the tables overleaf for more details on the two In2Hockey formats.

Safety

In order to provide a safe environment for In2Hockey activity, the following should always be considered:

- » The surface must be appropriate and free from obstacles or dangerous objects - remove small stones and loose debris (wet leaves, litter) from the playing area
- » Use throw-down markers as opposed to cones where possible
- » Make sure there is enough space for each young player and any groups to participate safely
- » It is strongly recommended that shin-protectors and mouthguards are worn by outfield players at all times, (inclusive of training sessions /games)
- » No player should wear any

item that may be dangerous to themselves or other players. This includes raised jewellery baseball caps with a stiffened peak and/or any sharp object

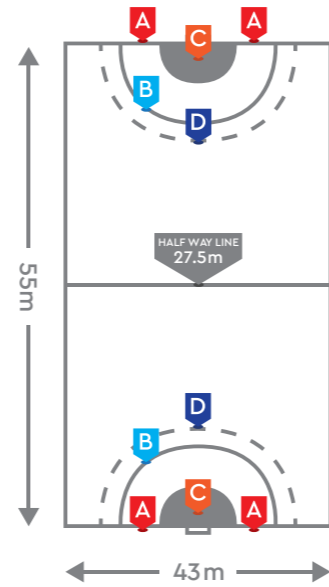
- » The use of appropriate footwear for the playing surface (trainers or turf shoes) and suitable warm clothing (track-suit) is encouraged
- » The appropriate type of ball should be used taking into account the surface, and the age and ability levels of the players

When passing and/or scoring, players will use a variety of methods from pushing to hitting the ball. The height allowed for the backswing of the stick should always be advised by the deliverer; in accordance with the players' ability and experience levels. If players are beginners and have little experience, it is advised to keep sticks below waist height during the introductory sessions. As players become more comfortable with the game and their skills develop, this guidance can be altered to allow a higher backswing when hitting the ball.

Players should be reminded that In2Hockey is predominantly played on or near the ground so when receiving a pass, carrying the ball or making a tackle the head of the stick should be close to the ground.

Field of Play & Pitch Markings

- A** **Penalty Corners** Marks on both sides of goal, 10m from goalpost for PC injection
- B** **Shooting Circles** Radius 14.63m
- C** **Restricted Zone** Radius 4.57m
- D** **Penalty Shot Spot** 3m from top circle



Pitch Length: 55m, width: 43m

Two full size In2Hockey pitches can be set up across a standard 11-a-side pitch.

Goals

- » Standard hockey goal: width = 3.6m.
- » Samba goal: 6-8ft wide x 2ft high
- » It must be positioned against the outer edge of the back-line in line with the centre of the pitch.

The Ball

- » With beginners is recommended to use a Quicksticks ball, as it is larger and lighter than a standard ball, making it safer and easier for players.
- » For more advanced players, an In2Hockey ball should be used. The ball is the same size, but weighs 100 grams (4ozs) so is lighter than a standard hockey ball.

Under no circumstances should a standard hockey ball be used when playing without goalkeepers.

Teams

- » Six players are permitted on the pitch at any one time from each team (six outfield players and no goalkeeper).
- » Teams may have four substitutes. Defending players are not permitted to enter the restricted zone at any time.

Duration

- » Match durations can vary, depending on the type of activity and the nature of the competition. Matches are usually two halves (of approximately 12-15 minutes each) with an interval (half-time) of not more than 5 minutes. For specific guidance on suggested match durations for different ages please see appendix 1 in the 6-a-side Rules.

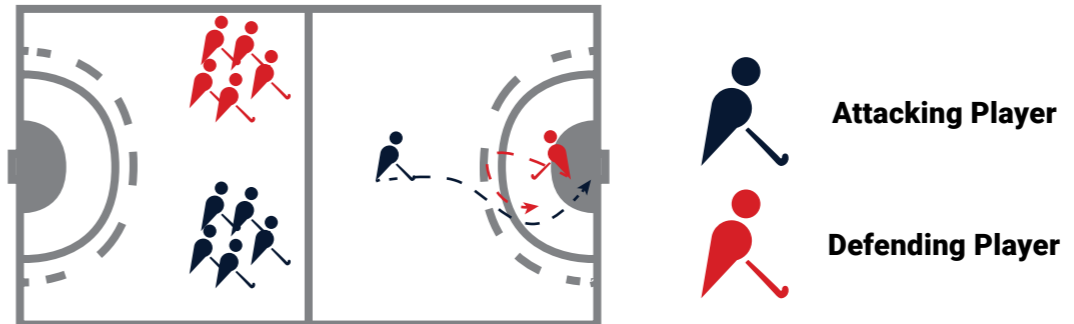
Penalty Corners

- » Penalty Corners amended to 4v2 Power Play.
- » The starting positions of attacking and defending players at a penalty corner.



Penalty Strokes

- » Penalty Stroke amended to penalty 1 v 1 shot.
- » The attacking player has 8 seconds from when they first move the ball to beat the defending player and score a goal.



Result

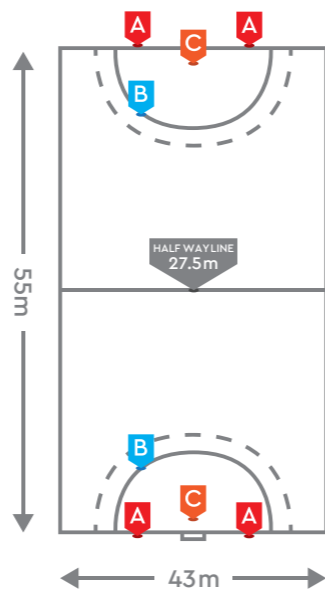
- » The team scoring the most goals is the winner.
- » If no goals are scored, or if the teams score an equal number of goals, the match is drawn.
- » If a winner is deemed necessary, then penalty 1v1 shots can be taken.

Field of Play & Pitch Markings

A **Penalty Corners** 5m and 10m from each goalpost on the back line

B **Shooting Circles** Radius 14.63m

C **Penalty Shot Spot** 5m from the goal line



Pitch Length: 55m, width: 43m

Two full size In2Hockey pitches can be set up across a standard 11-a-side pitch.

Goals

- » Standard hockey goal: width = 3.6m.
- » It must be positioned against the outer edge of the back-line in line with the centre of the pitch.

The Ball

- » For matches involving younger, inexperienced players, it is preferable to use an In2Hockey ball. The ball is the same size, but weighs 100 grams (4ozs) so is lighter than a standard hockey ball.
- » Players who have played hockey for a period of time may well be comfortable with a standard hockey ball, but the age and ability of all players involved should be taken into account.

Teams

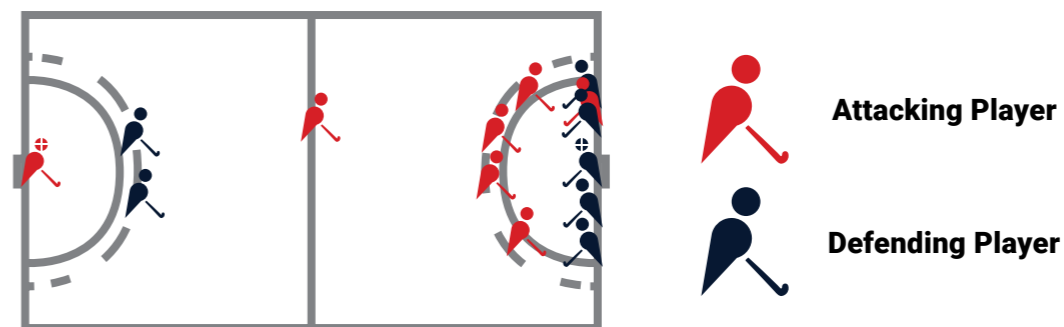
- » Seven players are permitted on the pitch at any one time from each team (six outfield players and one fully kitted out goalkeeper).
- » Teams may have three substitutes.

Duration

- » Match durations can vary, depending on the type of activity and the nature of the competition. Matches are usually two halves (of approximately 12-15 minutes each) with an interval (half-time) of not more than 5 minutes. For specific guidance on suggested match durations for different ages please see appendix 1 in the 7-a-side Rules.

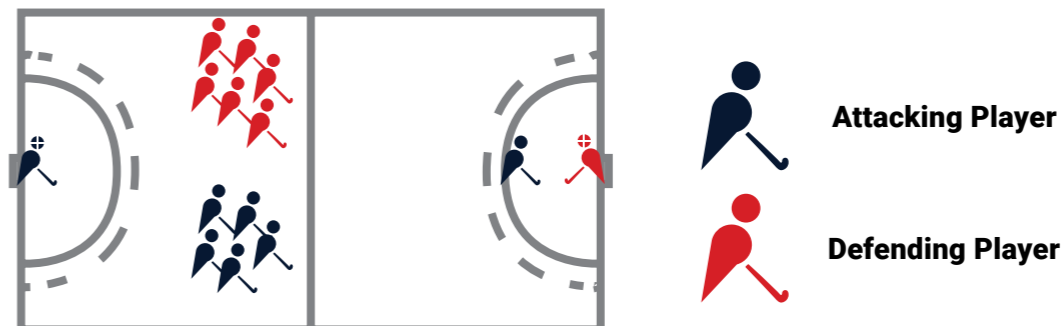
Penalty Corners

- » Played as per 11-a-side hockey.
- » The starting positions of attacking and defending players at a penalty corner.



Penalty Strokes

- » Played as per 11-a-side hockey.



Result

- » 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.
- » If a winner is deemed necessary, then penalty strokes can be taken.



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