



in₂HOCKEY

TAKE IT TO THE NEXT LEVEL

ADVISORY GUIDELINES



IN₂HOCKEY ADVISORY GUIDELINES

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 www.englishhockey.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:

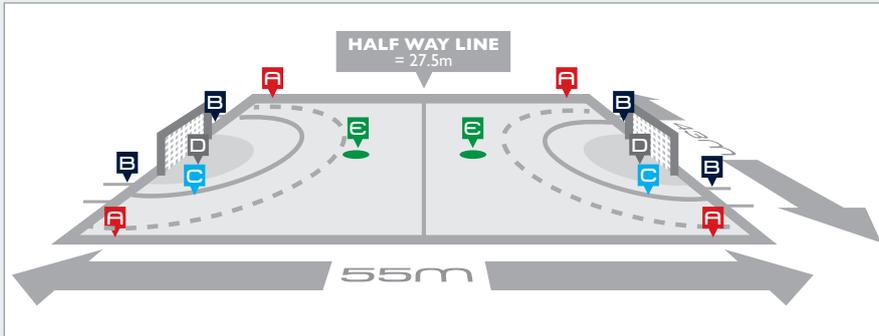
- > The surface must be appropriate and free from obstacles or dangerous objects - remove small stones and loose debris (wet leaves, litter) from the playing area
- > Use throw-down markers as opposed to cones where possible
- > Make sure there is enough space for each young player and any groups to participate safely
- > It is strongly recommended that shin-protectors and mouth-guards 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 (In₂Hockey includes the first formal instruction on how to hit the ball which is supported by the In₂Hockey grip). 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.



PLAYING WITHOUT GOALKEEPERS



Length: 55m, width: 43m, Shooting Circle radius: 14.63m, Restricted Zone radius: 4.57m from the goal line, Penalty Shot spot: 3m from the top of the shooting circle, Penalty Corner markers: 10m from the back-line, Corner markers: 3m from the corner of the pitch on the sideline. Two full size In2Hockey pitches can be set up across a standard 11-a-side pitch.

- a. Standard hockey goal: width = 3.6m.
- b. 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.

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

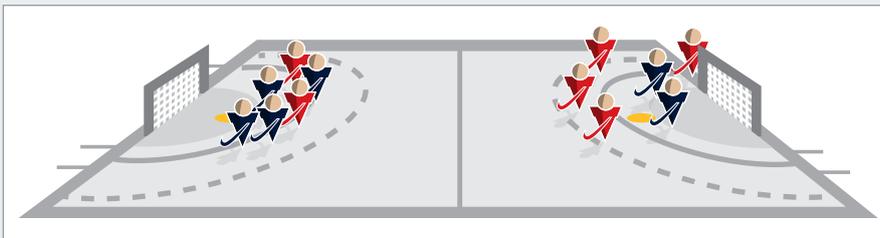
Under no circumstances should a standard hockey ball be used when playing without goalkeepers.

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.

Two halves (12-15 minutes each) with an interval (half-time) of not more than 5 minutes.

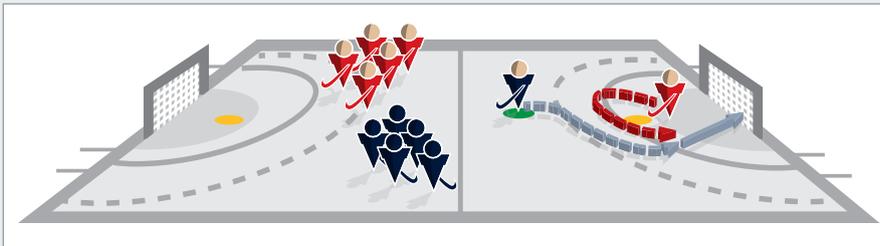
Penalty Corners amended to 4v2 Power Play.

The starting positions of attacking and defending players at a penalty corner:



Penalty Stroke amended to penalty 1v1 shot.

The attacking player has 8 seconds from when they first move the ball to beat the defending player and score a goal:



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

Diagram key

- A Corners = 3m along sideline from corner of pitch
- B Penalty Corners = marks on both sides of goal, 10m from goalpost for PC injection
- C Shooting Circles = radius 14.63m
- D Restricted Zone = radius 4.57m
- E Penalty Shot Spot = 3m from top circle

Pitch: length = 55m, width = 43m
Each 11-a-side (full size) hockey pitch can accommodate two In2Hockey pitches

GOALS

THE BALL

TEAMS

DURATION

PENALTY CORNERS

Diagram key

- Attacking players
- Defending players

PENALTY STROKES

Diagram key

- Defending players
- Attacking players

RESULT

IN2HOCKEY 7-A-SIDE GUIDELINES

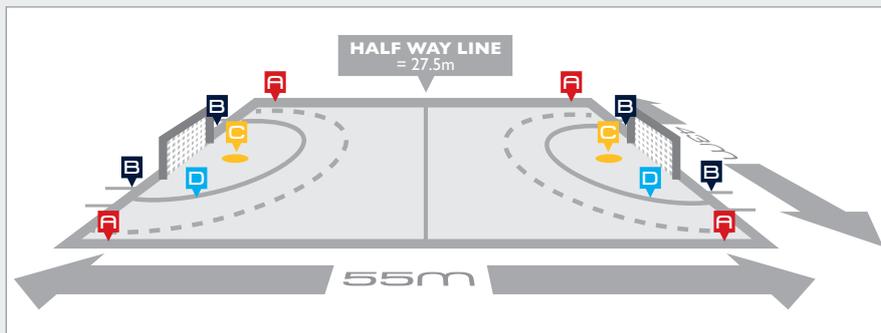
PLAYING WITH GOALKEEPERS

FIELD OF PLAY & PITCH MARKINGS

Diagram key

- A **Corners** = 3m along sideline from corner of pitch
- B **Penalty Corners** = two marks on both sides of goal. 5m from goalpost for defenders, 10m from goalpost for PC injection
- C **Penalty Stroke Spot** = 5m
- D **Shooting Circles** = radius 14.63m

Pitch: length = 55m, width = 43m
Each 11-a-side (full size) hockey pitch can accommodate two In2Hockey pitches



Length: 55m, width: 43m, Shooting Circle radius: 14.63m, Penalty Stroke spot: 5m from the goal-line, Penalty Corner markers: 5m and 10m from each goalpost on the back-line, Corner markers: 3m from the corner of the pitch on the sideline. Two full size In2Hockey pitches can be set up across a standard 11-a-side pitch.

GOALS

Standard hockey goals: width = 3.6m. It must be positioned against the outer edge of the back-line in line with the centre of the pitch (goals are the same size as those used in 11-a-side hockey).

THE BALL

- a.** For matches involving younger, inexperienced players, it is preferable to use an In2Hockey ball. The ball is the same size, but weighs 100grams (4ozs) so is lighter than a standard hockey ball.
- b.** 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 goalkeeper). Teams may have three substitutes.

DURATION

Two halves (12-15 minutes each) with an interval (half-time) of not more than 5 minutes.

PENALTY CORNERS

Played as per 11-a-side hockey.

The starting positions of attacking and defending players at a penalty corner:

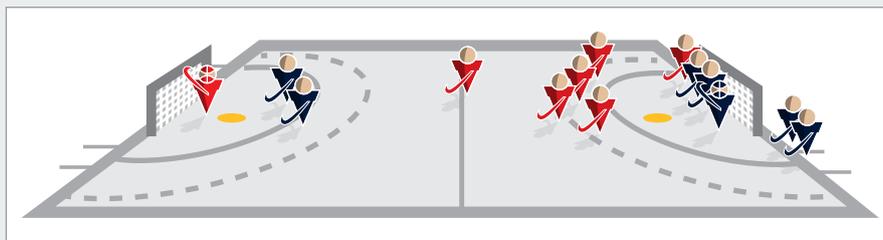


Diagram key

- ▶ Attacking players
- ▶ Defending players

PENALTY STROKES

Played as per 11-a-side hockey.

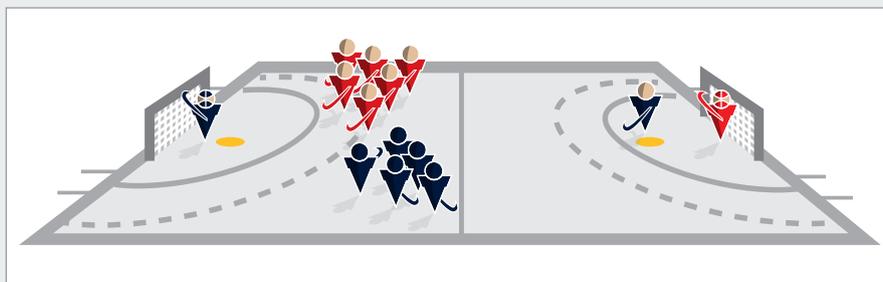


Diagram key

- ▶ Defending players
- ▶ Attacking players

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.