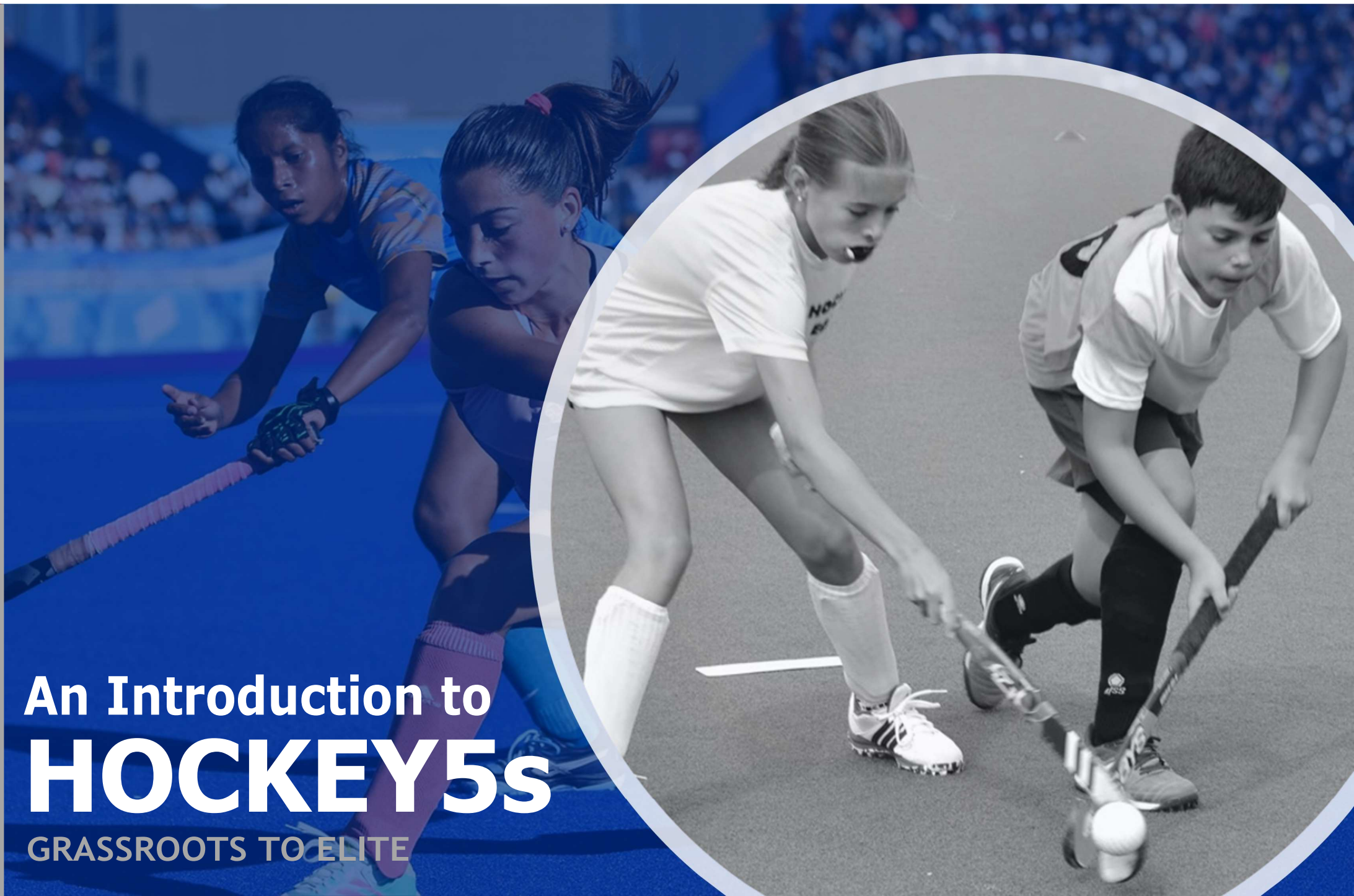


FIH



An Introduction to
HOCKEY5s

GRASSROOTS TO ELITE





Positioning of HOCKEY5s

- *Entertaining/Fun*
- *Simple*
- *Accessible and welcoming*
- *High scoring*
- *High play time*
- *High speed*

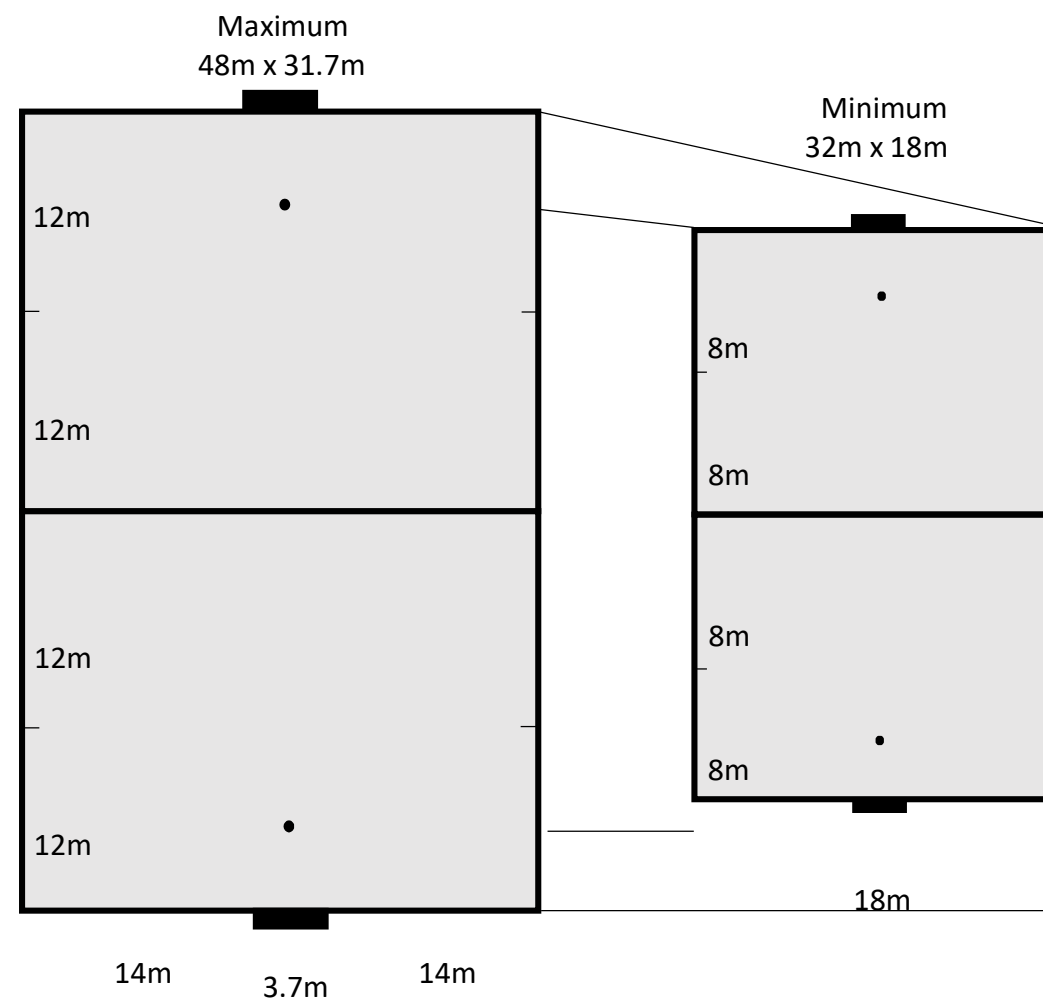
Play hockey anywhere...



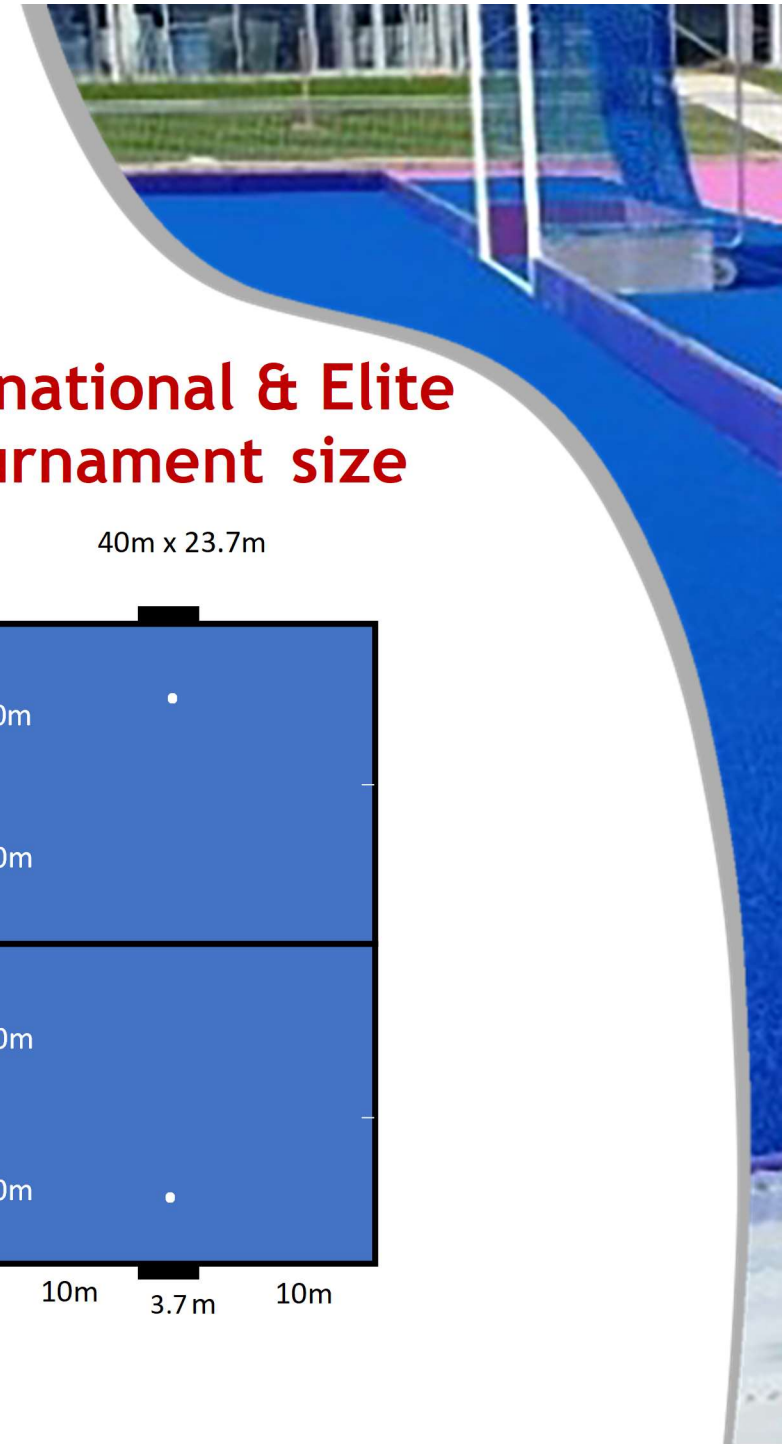


Court sizes

Community range



International & Elite Tournament size





HOCKEY5s Grassroots and Community development

HOCKEY5s is designed to be adaptable to local circumstances. Whilst rules and regulations exist to manage the game at an elite level, that is not the case at a development level.

The fundamental principles of HOCKEY5s are:

- It is a small sided format with fewer players;*
- It has a smaller playing area so less space is needed (making facilities more affordable);*
- It can be played on any surface, outdoor or indoor;*
- Rules and regulations are flexible*

The benefits of these principles include lower team costs (e.g. Travel), ease of creating a team, more accessible competition, multi-format opportunities (beach, urban, tennis court etc.), simplified rules, and greater attractiveness to event hosts.

For practical delivery at a grassroots level many factors may be modified, including:

Surface, Environment, Boards or no boards, Space, Players, Goals and Playing equipment





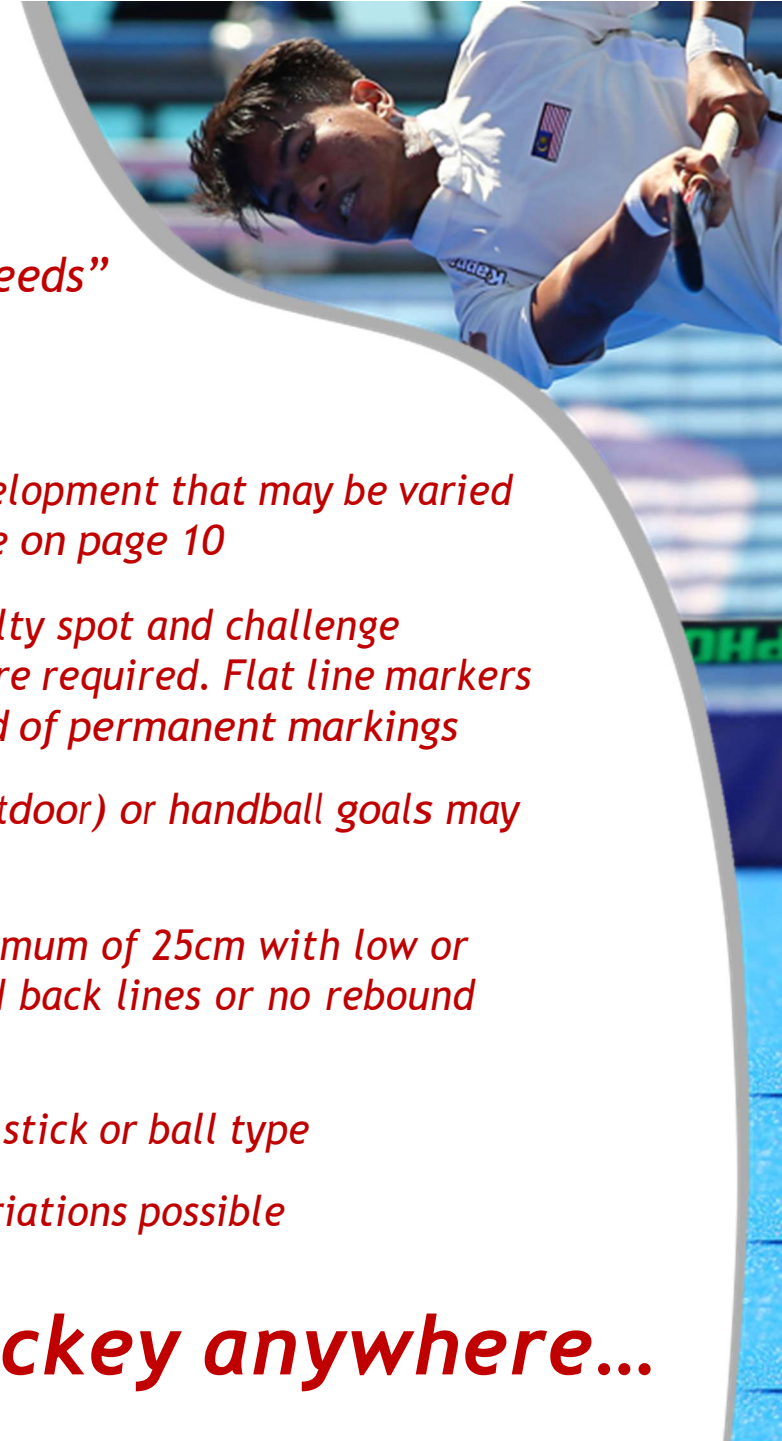
Community HOCKEY5s Court

“A global grassroots standard that is fully adaptable to local needs”



- *A court size for grassroots development that may be varied withing the Community range on page 10*
- *Only Half way, goal line, penalty spot and challenge markings (on the sideboards) are required. Flat line markers and spots may be used instead of permanent markings*
- *Standard hockey (indoor or outdoor) or handball goals may be used*
- *Perimeter boards up to a maximum of 25cm with low or high rebound on side lines and back lines or no rebound options may be used*
- *Playing equipment may be any stick or ball type*
- *All grassroots development variations possible*

Play hockey anywhere...





Playing surfaces for Community HOCKEY5s

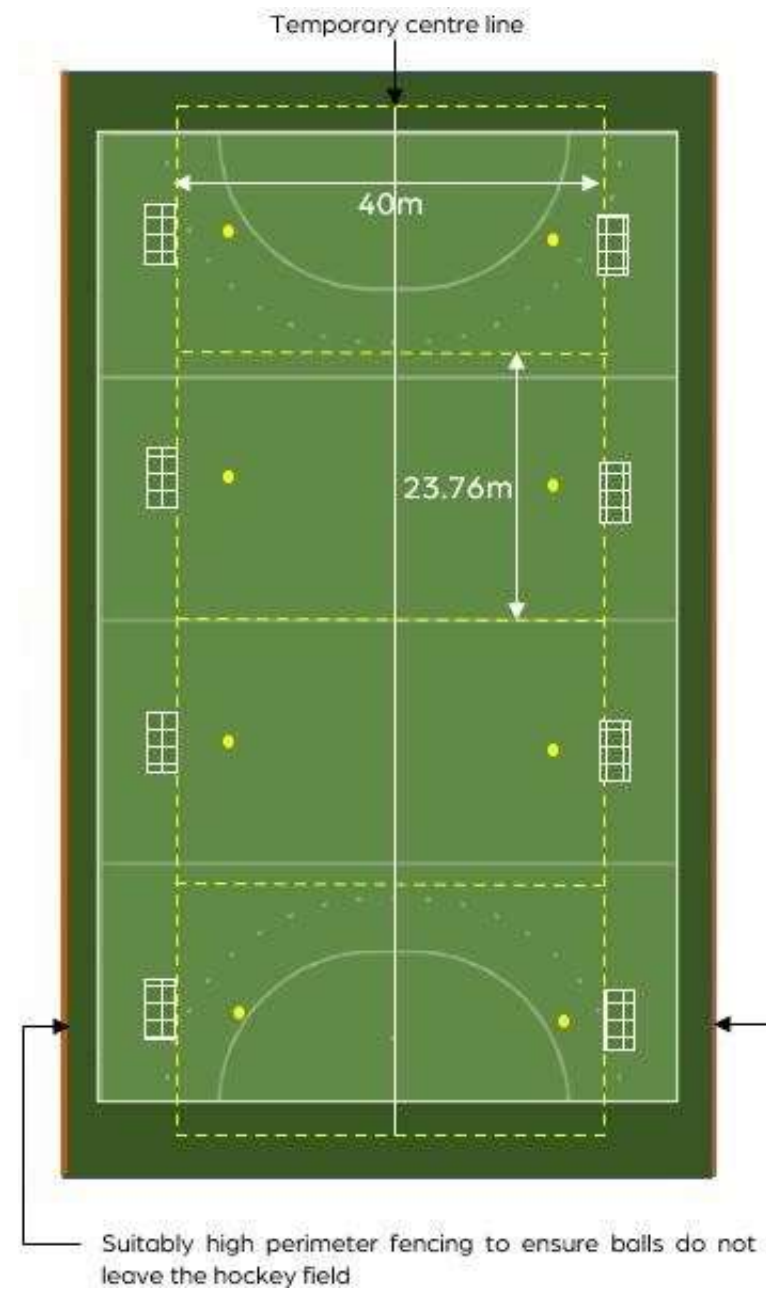
Play Hockey5s anywhere

1. Watered synthetic turf
2. Sand Dressed synthetic turf
3. Sand filled synthetic turf
4. 3G/4G synthetic turf
5. Natural grass
6. Clay/mud
7. Sand
8. Red gravel
9. Concrete
10. Hard court
11. Wood indoor
12. Synthetic indoor

Any Environment

- Indoor
- Outdoor
- All seasons

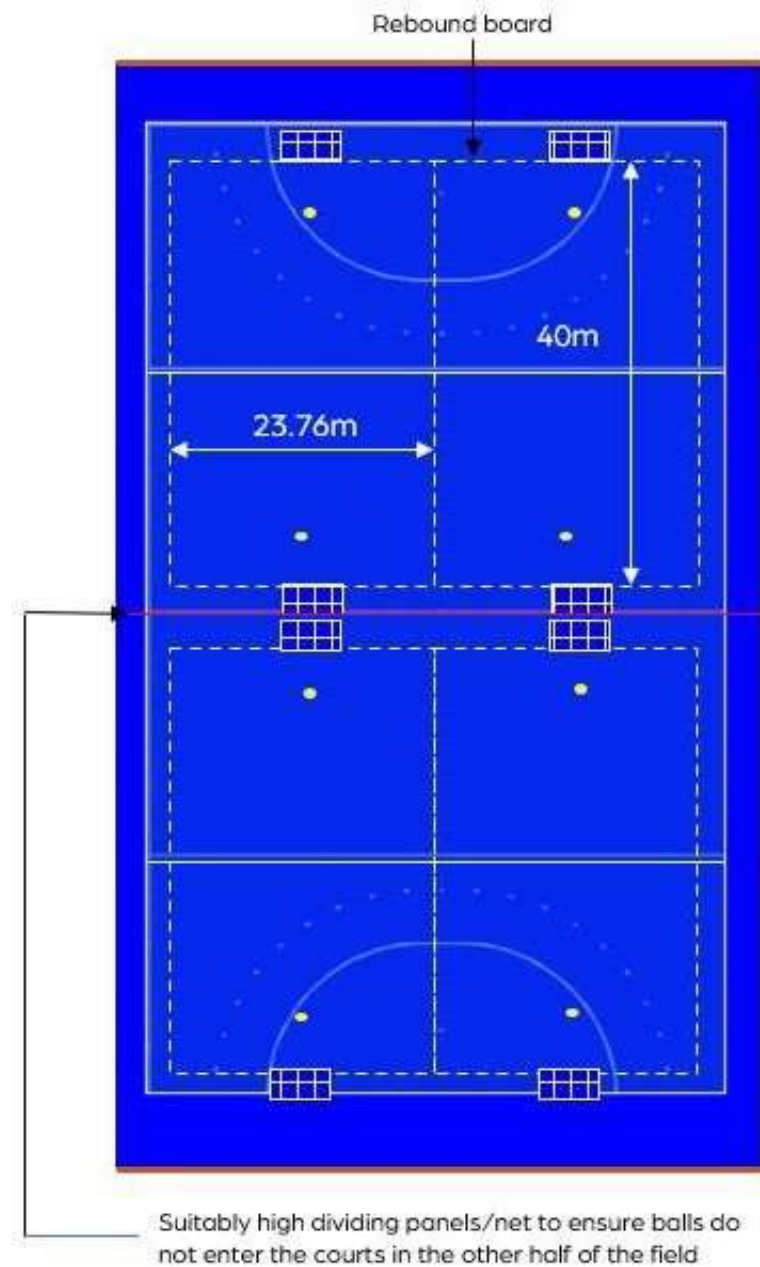




**Practicality for
tournament play
community HOCKEY5s
on a full size hockey field**

Horizontal Layout





**Practicality for
tournament play
community HOCKEY5s
on a full size hockey field**

Vertical Layout





Community Hockey5s

Summary

- *40x20m field size enables delivery indoor and outdoor in most facilities around the world - enabling the use of Handball and Futsal courts etc... Variation should be allowed for school sport halls which may be slightly smaller*
- *To reduce the risk of dangerous play on certain surfaces, only a slap/sweep hit or a push (including drag push) can be allowed*
- *Board size can vary between 100mm (existing indoor hockey boards) and 300mm*

Format specifications

- Flexibility of court size from 32m x 18m to 48m x 31.7m
- Rebound boards, sides and backline
- Rebound boards, maximum 250 mm height (depending on surface and bounce)
- Boards may be of any practical and safe material & construction
- Half way line, goal lines and penalty spots only markings needed. Quarter line markings on side boards only

Organisation

- Yr 9-10 must have a Goalkeeper on the pitch
- Yr 7-8 can play without a Goalkeeper but we recommend playing with one
- 7 players in squad
- 5 players on the pitch - 2 subs

Rules

- Shoot within attacking half to score
- Full hit can be limited for safety in small courts or on certain surfaces
- Ball may be lifted any height provided it is safe
- Goalkeepers can kick ball within their own half
- 1 v 1 challenges from quarter line for accidental fouls in the challenge area. Penalty stroke for intentional or goal stopping fouls in the challenge area.

