

GENERAL INFORMATION

MODIFIED HOCKEY closely resembles the standard game of street hockey, except that the sticks are modified. The game can be played using either a puck for indoor surfaces, or a street hockey ball for both indoor and outdoor surfaces. Similar skills to street hockey are used in MODIFIED HOCKEY. The game is very fast and is great fun for students of all ages. Sticks are available (plastic shaft with plastic head) in both primary and secondary sizes. It must be remembered that these sticks are modified and should be used to play the following rules using suggested modified balls or pucks.

RULES

Sides should be of a number that is satisfactory for the area being used. Indoor - 6 per side; outdoor - as many as required. Safety is the major priority.

The game begins, or restarts after a goal, with both teams on side and a centre pass back to a team mate.

Body contact or body checking is not permitted. A send off rule can be invoked if the severity of the incident warrants this action.

Wild swinging/slashing/hacking at the ball or puck is not permitted.

Contact with an opponent's stick is not permitted.

Passing of the ball or puck should be limited to push passes or flicks. Hitting should not be permitted. The puck or ball is not to be lifted off the ground unless shooting at goal.

The use of feet to control the puck or ball is restricted to the goal keeper and only allowable within the "penalty area".

Outside the penalty area, the goal keeper becomes a standard player.

Opposition players must be 2 metres clear of the centre pass and any free hit.