

REC @ TFHC 2015

REC @ TFHC is designed for all levels of players of all ages to enjoy playing field hockey together. **Safety, Learning and Fun for All** is our goal. We have been playing a form of **REC @ TFHC** successfully for a number of years but we have been motivated to codify what we do based on the successful program called Rush Hockey in the UK, <https://www.rushhockey.co.uk/>.

A. The Basics

1. Games are played on any size dimension field but no larger than a half sized field.
2. Teams can have any number of players and is determined by the dimensions and how many players are in attendance. If lots of players, the number substitutes will be determined.
3. Goalkeepers are not required and no field player is allowed “goalkeeper privileges”.
4. All passes and shots on goal cannot be above knee height.
5. The stick cannot be brought above knee height (*Rules 4 & 5 are directly from Rush Hockey*), therefore, an upright hit cannot be used (forward or reverse hit).
6. Goals can be scored from anywhere in the attacking half.
7. A shot directly on goal that is prevented from entering the goal due to a foul is counted as a score.
8. A “Self Pass” in the attacking half cannot result in the first shot on goal, i.e., the player who takes the “Self Pass” cannot score directly so the ball will need to be passed before the first shot on goal.
9. Games can be played without an umpire so the teams call the **REC @ TFHC** fouls and the standard fouls of feet, hacking sticks, etc. If there is no umpire, the **ADVANTAGE** rule cannot be used.
10. **SAFETY RULE** - As per the rules of Indoor Hockey, a player **CANNOT** pass, the ball directly through an opposing player. When this happens, play is stopped and the ball is given to the other team.
11. The **SAFETY RULE** even applies for shots on the goal. The ball **CANNOT** be shot directly at a player standing in the goal area unless that player is a properly attired goalkeeper.

B. The Goals

1. **One goal** only in the middle of the back line and is FIVE yards wide.
2. **Two goals**, on the back-line up, one against each side line.
3. **Three goals**, one in the middle of the back line, two on the back line, each against a side line.

C. Three Game Levels

INTRO – The player who receives the ball must be given the time and space (3 yards) to conduct a next field hockey move, i.e., pass or maintain possession, but if the player with the ball runs directly towards their opponent, they can be tackled.

INTERMEDIATE - **INTRO** rule only applies in the defending team's half.

REGULAR – Players can be tackled anywhere on the field.

INTRO during **INTERMEDIATE & REGULAR** - **INTRO** players have a Yellow Ribbon or Tape tied around the bottom of their stick and will always have the benefit of **INTRO** privileges.

Goalkeepers can play in **INTRO**, **INTERMEDIATE** and **REGULAR**. The Basics Rule 4 still applies with a goalkeeper.

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THE VERY BASICS



PhotoShop doctoring courtesy of Ralph Cilevitz!