

RUSH HOCKEY



THE WAY TO PLAY!

- 1** Teams are 4 or 5 aside with a squad of up to 7 players
- 2** The game involves no deliberate:
 - Feet
 - Using the back of the stick
 - Stick tackling
 - Contact with other players
- 3** Neither the stick or the ball should be raised above knee height
- 4** Players can shoot from anywhere
- 5** After a goal is scored, play is restarted from the centre of the pitch
- 6** A sideline ball is taken from the point of exit. The ball can either be passed to a team member or taken into play yourself
- 7** When a rule is broken the ball will be awarded to the opposing team

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