



**Hockey 5s
Umpires' Briefing
2023-2024**



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This is the first version of the FIH Hockey5s Umpires' Briefing, with the aim to support umpiring at the first FIH Hockey5s World Cup. We welcome the feedback of umpires, umpire managers, coaches, players and administrators so that we can develop this briefing further after the World Cup.

This briefing has an appendix where you will find an overview of the main rule differences between Outdoor Hockey and Hockey5s together with the main rules' interpretations.

Purpose of This Briefing

This briefing will shape how umpires apply the Rules of Hockey5s Hockey, to achieve consistent application and interpretation, so that our sport remains exciting, attractive and entertaining, while always ensuring player safety and fairness



Umpiring Philosophy

As umpires we serve the game and the teams that play it, with an outstanding umpiring product that allows the sport to be a success in all aspects.



Demands and Challenges of Umpiring

Umpiring is a physically, mentally, emotionally & technically demanding and challenging role.

As such we must maintain these critical and essential aspects of performance, to ensure we are an integral part of the spectacle and promotion of hockey.



Responsibilities of Umpires

To **support** the game

To **support** your co-umpire

To **support** the teams

To **ensure that the game is played safely and fairly**



Umpiring Teamwork

- There are two umpires on each match, with collective responsibility for the game.
- Be aware of the areas of the pitch where your colleague might need assistance
- Teamwork and cooperation are critical – help and support each other.
- Strong teamwork leads to umpiring success.



Communication

- Umpires should communicate clearly through whistle, signals and voice.
- Where radios are used, they should enhance communication between umpires not replace it, to increase the accuracy and consistency of effective decision making across the pitch.
- Messages for / to players should be clear and brief.





PROTECTION OF SKILL

- ✓ Eliminate dangerous tackles – **enhance player safety**
- ✓ Strictness around physical aspects
- ✓ Use appropriate personal penalties

Note: There is a difference between the game becoming **more physical** versus physical play eliminating skill

PROMOTION OF FLOW

- ✓ **Common sense approach** to free hit and self-pass management
- ✓ **Reasonable actions in 4m situations** from both attackers and defenders are acceptable
- ✓ **Breaking down of play** – understand the impact, taking the context and influence on the game into consideration
- ✓ **No time wasting**

POSSESSION/TACKLING

- ✓ When and where on the court and on the stage of the game - “Illegal” actions take place by both attackers and defenders will determine the **appropriate technical and/or personal penalty**
- ✓ Distinguish between **attempt / intent, deliberate and dangerous** tackling
- ✓ Recognise skill and/or flow when ball is played **safely** in the air

Use **common sense** – understand the players' intentions

Awareness – Recognition – Action

- ✓ Be pro-active – prevent issues arising if you can
- ✓ Set standards early – taking of free hits (location, stationary, 4m)
- ✓ Talk to the players – connect with them, but do not accept abuse or crowding
- ✓ Communicate with your colleague to manage the whole court



Presentation of Our Brand

- **Abusive outbursts** and **misconduct** are not the best advertisement for our sport. We must be mindful of the negative impacts of these types of actions in terms of the marketing our sport.
- The **crowding** of players around an umpire is not permitted. One player may approach an umpire (with an interpreter if required) – umpires have been instructed to award a green card (initially) for this type of action.



Crowding



Rule variation (in tournament regulations)

8.2 If the shot at goal is a hit (as opposed to a push, flick or scoop), and is taken from between the halfway line and the attacking quarter line, the ball must cross the goal-line, or be on a path which would have resulted in it crossing the goal-line, at a height of not more than 460 mm (the height of the backboard) before any deflection, for a goal to be scored.

This is to reduce the danger from high hit shots and is in line with the first shot at goal from a penalty corner in the Rules of Hockey

For clarity, once the ball crosses the attacking quarter line, this condition on hit shots is no longer applicable and high hit shots are allowed and the normal rules for danger will apply.

For any breach of this rule by the attack, the match is restarted with a free hit for the defending team which can be taken anywhere in their defending quarter area.

Obstruction

- ✓ Are the players trying to play the ball?
- ✓ Is there a possibility to play the ball?
- ✓ Is there active movement to prevent the playing of the ball?
- ✓ Be aware of professional use of the body to illegally block opponents from the ball, as well players trying to demonstrate obstructions by lifting their sticks dangerously over opponents' heads
- ✓ Stick obstruction is a 'hot issue' for players. Judge it fairly and correctly and blow only if you are 100% sure.



Obstruction – use of legs



Obstruction – use of stick

- ✓ Watch the stick of the player with the ball carefully – if the stick of the player is in contact with the ball, it will not be stick obstruction
- ✓ Watch for the stick moving away from the ball to 'check' the tackler's stick



Stick Obstruction



Deliberately Stopping Play

By playing the ball away, the player prevents a quick free hit / self-pass being taken (be aware from the first whistle)



Deliberately Stopping Play

By moving in front of the ball, the defender prevents the attackers from taking the free hit



Deliberately Stopping Play

By standing over the ball, the defender prevents the attackers from taking the free hit / self-pass



Physical Foul Play

Players must not conduct themselves in a reckless manner, without regard for the safety of others



Intentional foul
A challenge must be awarded, and a personal penalty may be considered

Physical Foul Play



Intentional foul
A challenge must be awarded, and a personal penalty may be considered

Using the Back of the Stick **GUIDANCE**

There are a few 'characteristics' of a backstick hit which can help umpires recognise it:

- ✓ **The ball** usually '**bobbles / bounces**' along the pitch rather than staying flat
- ✓ **The ball** can also move in an '**arc**' shape
- ✓ **The speed** of the ball usually **reduces significantly**

If you see any of these it is highly likely that the player has used the back of the stick to hit the ball.

Using the Back of the Stick

Using the back of the stick is not allowed and should be blown consistently.
This is used frequently when shooting.



Shot at goal after taking a Free Hit

Rule 13.2d the ball may not be shot or hit directly towards the goal until it has travelled at least 4 metres or has been touched by a player of either team other than the player taking the free hit.

To help the umpires to apply **common sense** in judging these situations, players are encouraged to make sure they play the ball clearly outside the goal area

Managing 4m at Free Hits



Managing 4 metres
Good practice

Managing 4m at Free Hits

**Defender within
4 metres in the
defensive half**
A challenge
must be
awarded, and a
personal penalty
may be
considered

Managing 4m at Free Hits



**Defender within
4 metres in the
offensive half
A Free Hit
must be awarded
and a personal
penalty may be
considered**

Managing 4m at Free Hits



Free hit defense
Attacker shoots
at goal before
ball travelled at
least 4m.

Managing 4m at Free Hits

Taking a challenge
Attacker shoots at
goal before ball
travelled at least
4m. Free hit
defence.

3D skills are very exciting for the game and for spectators to see. Players are now commonly using 3D skills such as playing the ball in the air, lifting it over sticks and even carrying the ball for short distances on their sticks. Players carry-out such skills must still allow their opponents to fairly contest for the ball.

As with a raised ball, 3D skills must not cause danger to opponents or make them take evasive action to avoid danger.

Therefore, the use of 3D skills which is above knee height close to an opponent may be considered dangerous and a free hit awarded against the ball carrier.

3D Skills in Action



Rule 12.3 A challenge is awarded

- a. for an offence by a defender within the half of the court they are defending which prevents the probable scoring of a goal e.g.
- b. for an intentional offence by a defender within the half of the court they are defending against an opponent who has possession of the ball or an opportunity to play the ball.
 - ✓ Playing the ball away **AFTER the whistle which prevents a quick free hit or self-pass**
 - ✓ Playing the ball or trying to influence play **WITHIN 4m of a free hit or self-pass**

No personal interpretations – an intentional foul by a defender in their defending half of the court is a challenge

A challenge is also awarded

Rule 2.1 guidance note

If a team has more than the permitted number of players on the court, time should be stopped to correct the situation. A personal penalty should be awarded against the captain of the team involved.

Decisions taken prior to correcting the situation cannot be changed, if time has already been re-started.

Play and time is restarted with a challenge awarded against the team responsible

A challenge is also awarded

Rule variation (in tournament regulations)

12.3c A challenge is awarded for the intentional playing of the ball over the back-line by a defender

If played unintentionally by a defender or a goalkeeper, play is re-started with the ball on the centre-line that their opponents are attacking, in line with where it crossed the board and the procedures for taking a free hit apply. This aligns the rule with the corner in 11-a-side and indoor hockey.

A challenge is taken again

Rule change (deriving from rule variation in tournament regulations)

R13.3j A challenge is over when the ball goes out of play over the back-line or side-line

*if the **ball is played deliberately over the backboard by the goalkeeper**, the challenge is taken again*

Intentional foul
A challenge must
be awarded, and a
personal penalty
may be
considered

Penalties



Intentional foul
A challenge must be awarded, and a personal penalty may be considered

Green Card Offences **Examples**



- ✓ Playing the ball after the whistle or interference within 4m of free hit taker with low impact on play
- ✓ Off-the-ball minor physical offences (pushing/holding at free hits)
- ✓ Breakdown of play with low impact by intentional use of feet, body, back of stick...
- ✓ Time wasting e.g. at challenges
- ✓ Minor misconduct – criticising or crowding the umpire
- ✓ Time wasting by either attackers or defenders
- ✓ Remember : team with no substitute GK can select a court player to serve the suspension

5 mins Yellow Card Offences **Examples**

**2
mins**

- ✓ Playing the ball after the whistle with high impact on play or repeated offences
- ✓ Breakdown of play with high impact on play or repeated offences by use of feet, body, or back of stick
- ✓ Physical fouls with body or stick including “off the ball” incidents
- ✓ All other repeated offences in the “green card” area
- ✓ Remember : for a team with no substitute GK give reasonable time for court player to put GK kit

10 mins Yellow Card Offences **Examples**

**4
mins**

- ✓ **High impact deliberate** breakdowns with no regard to player safety
- ✓ **Physical fouls** – dangerous tackles that ground or trip players including sliding tackles by both attackers and defenders
- ✓ **Repeated** technical yellow card offences

**Good luck with your matches and
enjoy your umpiring!**

Useful links

[FIH Rules of Hockey](#)

[FIH General Tournament Regulations](#)

[FIH Information for International Umpires on Fitness](#)

[FIH Umpires list \(Indoor and Outdoor\)](#)

[FIH Information for International Umpire Managers](#)

[FIH Umpire Managers list \(Indoor and Outdoor\)](#)

[FIH Officials Roles and Responsibilities](#)

[FIH Courses and Workshops](#)

Credits

This document was produced by the FIH Rules Committee, in close consultation with FIH Umpire Managers Lynn Cowie-McAlister, Pierre-Philippe van Besien, Rob ten Cate.



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APPENDIX



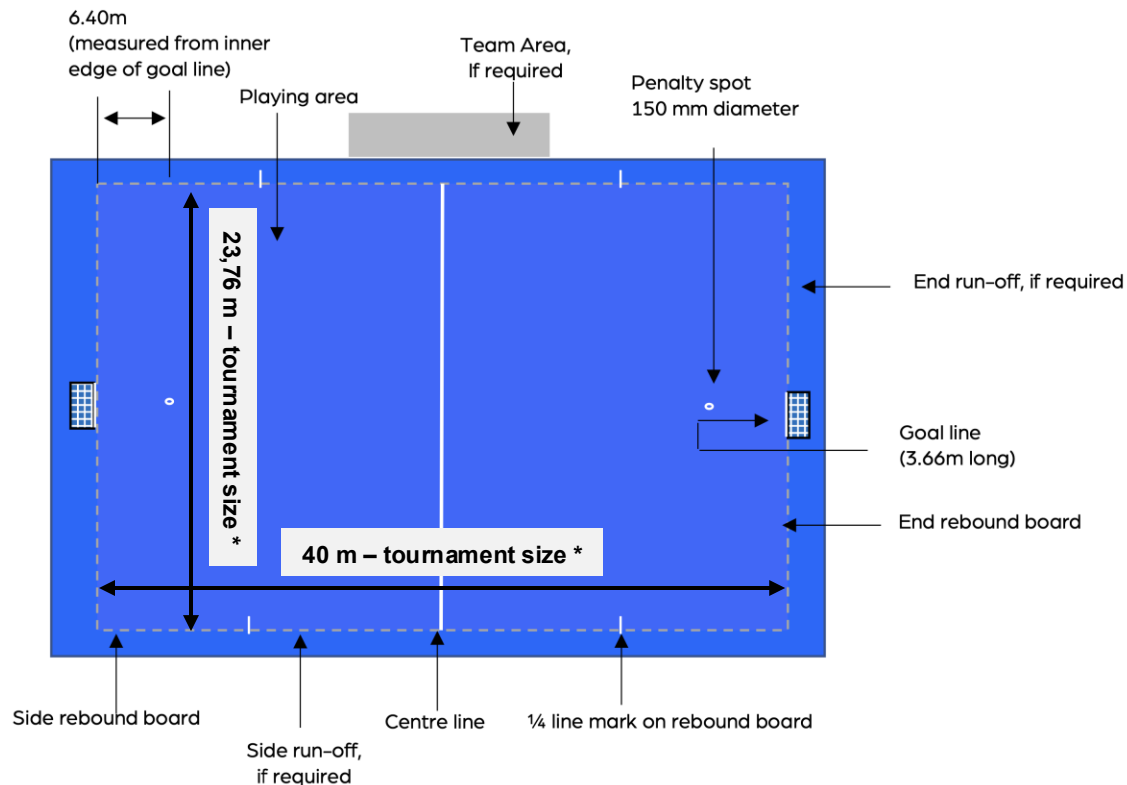
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Know the Rules Effective from 1 December 2022

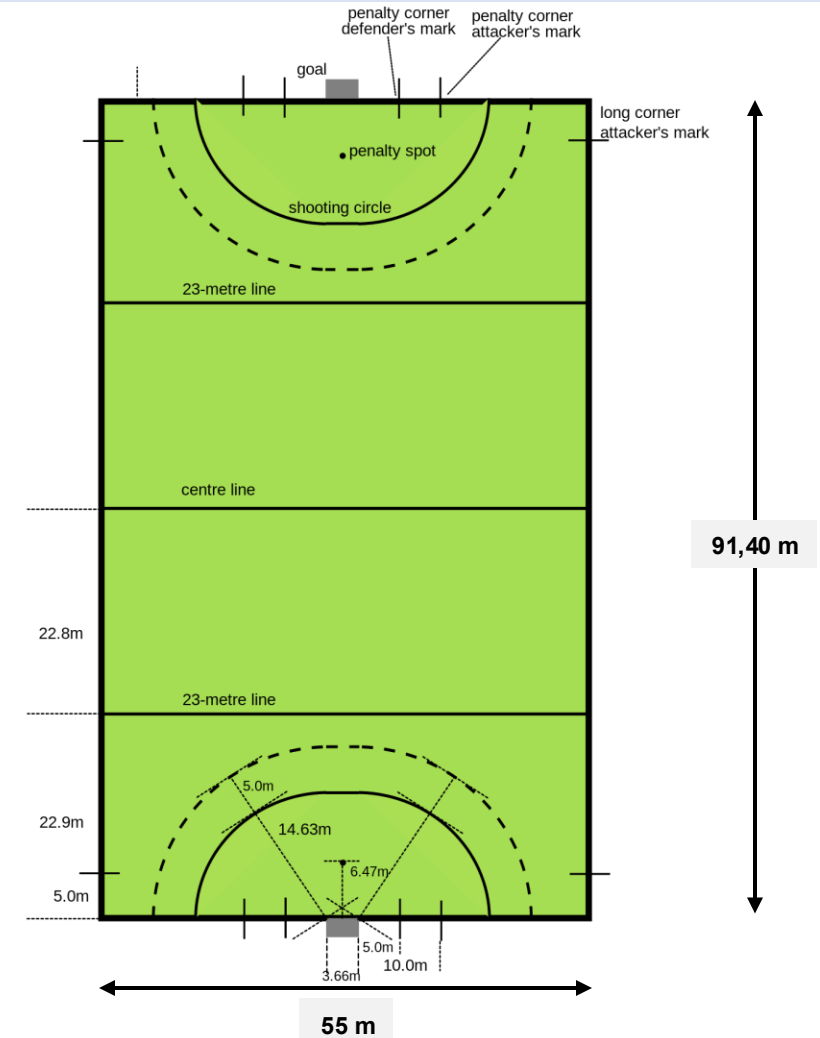
Field of Play, the "court"

Hockey5s



*community and competition pitch may be smaller

Outdoor



Composition of teams

Hockey5s

5 players on the court **R2.1**

1 GK on the court throughout the match (plus 4 court players) **R2.2**

Max 10 players per team, max 4 substitute court players, max 1 substitute GK **R2.3**

Outdoor

11 players on the pitch (10 field players and 1 GK)

A team can play only with field players

A team can have 7 substitutes, but that can change according to Tournament Regulations (ex. Olympic Game Regulations)

Know the Rules **Effective from 1 December 2022**

Match and Result

Hockey5s

The match played in 2 halves of 10 mins with 2 mins interval between the two **R5.1**

Other periods and intervals may be agreed as specified in Regulations for particular competitions, for example halves of 12 or 15 minutes

Outdoor

The match is played in 4 periods of 15 mins with 2 mins interval at the end of period 1 and 3 and 5 mins interval at the end of period 2.

Method of Scoring

Hockey5s

A goal is scored when the ball is played by an attacker from within their attacking half of the pitch and passes completely over the goal-line and under the cross-bar

R8.1

Outdoor

A goal is scored when the ball is played within the circle by an attacker and does not travel outside the circle before passing completely over the goal-line and under the cross- bar.

Penalties : Free Hit Ball Shot at Goal

Hockey5s

The ball may not be shot or hit directly towards the goal until it **has travelled at least 4 metres** or has been touched by a player of either team other than the player taking the free hit **R13.2d**

After taking the free hit, a player can continue to play the ball any number of times, but the ball must travel at least 4 metres before being shoot at goal by the same player.

Alternatively, (after the free hit) if another player has touched the ball, then any player of either team can shoot at goal, including the one who took the free hit.

Outdoor

A shot at goal is not possible after a free hit taken by the attacking team, because free hits to the attacking team can only be given outside the circle (D), and goals can only be scored inside the D.

Nevertheless, a shot at goal after a free hit in Hockey5s can be seen as somewhat similar to the Outdoor rule that determines when a ball can be played inside the D after a free hit taken within 5 metres outside the D.

Penalties : Awarding a Challenge

Hockey5s

For an offence by a defender within its defending half of the court which prevents the probable scoring of a goal **R12.3a**

For an intentional offence by a defender within its defending half of the court against an opponent who has possession of the ball or an opportunity to play the ball **R12.3b**

The umpiring signal for a challenge is the same as for a penalty corner in the Rules of Hockey; i.e. point both arms horizontally towards the attacking goal.

Outdoor

The challenge does not exist in Outdoor Hockey but it penalises the same offences that result in the award of a Penalty Corner in Outdoor Hockey. Moreover the signal is the same as the one used for a Penalty Corner.

Penalties : Taking a Challenge

R13.3a all players on the court other than the player taking the challenge and the goalkeeper defending it **must stand beyond the centre-line**

R13.3b the ball is placed on the quarter-line nearest to the goal of the defending goalkeeper

R13.3c the player taking the challenge must stand behind the ball before beginning the challenge

R13.3d the goalkeeper defending the challenge must stand with both feet **on or behind the goal-line** and must not leave the goal-line until the ball has been played

R13.3e the whistle is blown when the player taking the challenge and the goalkeeper defending it are in position to start the challenge

R13.3f the player taking the challenge must not take it until the whistle has been blown

R13.3g the player taking the challenge may play the ball, but may not shoot the ball at goal **until it has travelled at least 4 metres** and is permitted to raise it to any height

R13.3h after the attacker has played the ball the defending goalkeeper may move

R13.3i after the attacker has played the ball open play resumes and the other players from both teams who were beyond the centre-line may re-join play

Know the Rules **Effective from 1 December 2022**

Penalties : a Challenge is over **(RULE CHANGE, IN LINE WITH RULE VARIATION)**

R13.3j once awarded, **a challenge must be completed even if the half ends during the taking of the challenge.** The challenge, and therefore the half, is over when

- a goal is scored
- the attacker commits an offence
- the ball is touched by a player other than the initial attacker playing the challenge or the goalkeeper

For an unintentional offense by a defending player other than the goalkeeper, before or immediately after touching the ball, the challenge is taken again;

For an intentional offense by a defending player other than the goalkeeper, before or immediately after the ball has been touched by a player other than the initial attacker playing the challenge or the goalkeeper, a penalty stroke is awarded

- the ball goes out of play over the back-line or side-line.

For any unintentional offence by the defending goalkeeper against the player taking the challenge, the challenge is taken again;

For any intentional offence by the defending goalkeeper against the player taking the challenge, a penalty stroke is awarded.

If the ball is played deliberately over the backboard by the goalkeeper, the challenge is taken again

Field of Play, the “court”

Hockey5s

The court is 48 metres long and 31,16 metres wide
(see [Hockey5s Courts Facilities Guidance](#)) **R1**

The court has two lines halfway in between the centre-line and the back-lines **R1.5**

Boundary-boards, ideally with a height in the range of 10cm to 25 cm, mark the side-lines and back-lines but not the goal-lines; the boards are placed against the outside of the lines **R1.4**

Outdoor

The pitch is 91,40 metres long and 55,00 metres wide.

The pitch has 2 circles opposite to each other, each one over the back line (the D).

The pitch 2 lines 23 metres away from the back line.

Know the Rules **Effective from 1 December 2022**

Composition of teams : Substitutions **LOCATION and SPECIAL CASES**

Hockey5s

Players must leave or enter the court for substitution or any other purpose between the quarter-lines and the centre-line on a side of the court agreed with the umpires **R2.5**

Incapacitated or suspended GK can only be substituted by another GK (NOT BY COURT PLAYER). And if a another GK is not available to substitute an incapacitated or suspended GK, reasonable time should be allowed for a field player to put on protective equipment **R2.4f**

Injured GK assisted on the court not need to leave for 2 mins
Tournament Regulation

Outdoor

field players must leave or enter the field for substitution purposes within 3 metres of the centre-line on a side of the field agreed with the umpires

Incapacitated or suspended GK can only be substituted by a field player. If a another GK is not available to substitute an incapacitated or suspended GK, a field player can substitute the GK

Injured player that is assisted on the pitch or leaves the pitch to be assisted must wait 2 mins before coming back in.

Know the Rules **Effective from 1 December 2022**

Ball outside the “court” (field of play)

Hockey5s

The ball is out of play when it passes completely over the boundary-board on the side-line or back-line **R7.1**

Outdoor

The ball is out of play when it passes completely over the side-line or back-line.

Conduct of Players : goalkeeper

Hockey5s

A GK must not take part in the match outside the half they are defending **R10.1**

When the ball is inside the half they are defending and they have their stick in their hand GK are permitted to use their stick, feet, kickers, legs, leg guards or any other part of their body to deflect the ball over the boundary-boards or to play the ball in any other direction **R10.2**

Outdoor

A GK must not take part in the match outside the 23 metres area they are defending, except when taking a penalty stroke.

GK are permitted to use their stick, feet, kickers, legs or leg guards or any other part of their body to deflect the ball over the back-line or to play the ball in any other direction.

Penalties : Free Hit Location

Hockey5s

A free hit awarded to the attack within the quarter-line area their opponents are defending is taken outside the quarter-line area at the nearest point to the offence
R13.1b

A free hit awarded to the defence within their quarter-line area they are defending can be taken anywhere in that area **R13.2c**

Outdoor

This situation does not take place in outdoor but it is somewhat similar to a free hit awarded outside the circle (D) but within 5 metres of the D

A free hit awarded to the defence within 15 metres of the back-line is taken up to 15 metres from the back-line in line with the location of the offence, parallel to the side-line.

A free hit to the defence awarded in the circle may be taken anywhere in the circle.

Penalties : Free Hit 4 metres

Hockey5s

All players other than the player taking the free hit must be at least 4 metres from the ball **R13.2b**

If any player is within 4 metres of the ball, they must not interfere with the taking of the free hit or must not play or attempt to play the ball.

If this player is not playing the ball, attempting to play the ball or influencing play, the free hit need not be delayed.

Outdoor

opponents must be at least 5 metres from the ball

If an opponent is within 5 metres of the ball, they must not interfere with the taking of the free hit or must not play or attempt to play the ball. If this player is not playing the ball, attempting to play the ball or influencing play, the free hit need not be delayed.

Know the Rules **Effective from 1 December 2022**

Penalties : Penalty Stroke

Hockey5s

The Penalty Stroke is taken in accordance with the Rules of Hockey

Outdoor

See R13.7, R13.8 and R13.9

Bully

Hockey5s

A bully is taken where the ball was when time was stopped, unless it is in the attacking quarter, when it shall be taken on the quarter line, in line with where the ball was when time was stopped **R6.5**

Outdoor

A bully is taken close to the location of the ball when play was stopped but not within 15 metres of the back-line and not within 5 metres of the circle.

Know the Rules **Effective from 1 December 2022**

Personal Penalties : Green and Yellow card

Hockey5s

Green card : player suspended for 1 min **R14.1b**

Yellow card : player suspended for 2 mins, or a suspension of 4 mins for repeated offences or serious physical play **R14.1c**

Outdoor

Green card : player suspended for 2 min

Yellow card : player suspended for 5 mins, or a suspension of 10 mins for repeated offences or serious physical play

Personal Penalties : Green Card

Hockey5s

A player suspended with a green card may return to the course immediately after the opposing team scores a goal, unless this goal is the result of a challenge conceded by the suspended player **R14.1b**

If GK suspended and the team does not have a substitute GK, team can nominate a field player to serve the suspension instead of the GK (this player can return to the field after a goal is scored) **R14.1b**

Outdoor

A player suspended with a green card may return to the course immediately after the end of suspension time.



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