

Stirling University Hockey Club (Men and Women)
Safety Regulations



1. Facilities

- a) Pitches should be situated on an even surface. Before playing, careful consideration must be given to the condition of the ground - frost, ice and snow cause surface hazards which can lead to dangerous play. Marking of pitches should be done with long-lasting paint or whitening and should be marked to dimensions laid down by the governing body. Hockey practice may take place indoors in a sports hall or a gymnasium with a solid floor. However, with a hockey ball damage may be caused to brickwork, woodwork, etc., and the use of balls specially designed for indoor hockey is required.
- b) Goals should be kept in good order and regularly painted. Portable goals should be secured to prevent them from tipping over. The nets should be free from gaps or damage that would cause a ball to pass straight through.

2. Equipment

- a) The ball should conform to the conditions laid down in the rules of the game of hockey. Sufficient balls should be available for a game to enable a clearly visible ball to be used throughout. Hockey sticks conforming to the rules must be in good condition and free from obtrusive splinters and cracks. The heads may be bound with tape, and if the stick is used indoors the underside of the head should be taped. Shoes must not be spiked. Studs and bars on the soles of shoes give a firmer grip and help to prevent loss of balance. Flat-soled shoes, i.e. training shoes, should be worn indoors. Outdoor, outfield players are recommended to wear shin, ankle and mouth protection; Goalkeepers must wear protective equipment comprising of at least headgear, leg guards and kickers except that the headgear and any hand protectors may be removed when taking a penalty stroke. A fully equipped goalkeeper is permitted to wear: body, upper arm, elbow, forearm, hand, thigh and knee protectors, leg guards and kickers. Outfield players must not wear anything which is dangerous to other players, such as jewellery etc. Long hair should be tied back and players should wear clothes which allow freedom of movement and which are suitable for the game. The Umpire must be satisfied that no player's dress or personal equipment is dangerous to other players.

3. Control of Practice and Games

- a) When groups are practising sufficient space must be allowed for the particular practice and between groups. When shooting at goal takes place, the retrieving of balls should be carefully organised and the dangers made clear to the players. During the game, rules which involve dangerous play should be very strictly observed. Play should be strictly controlled. Raising the stick above shoulder level before or after striking the ball to the danger of other players should be immediately penalised. Obstruction and playing the ball from the wrong side is also dangerous.

4. Player Conduct

- a) Players must not touch, handle or interfere with other players or their sticks or clothing. Players must not play the ball with any part of the stick when the ball is above shoulder height except that defenders are permitted to use the stick to stop or deflect a shot at goal at any height. Similarly, players must not approach within 5 metres of an opponent receiving a falling raised ball until it has been received, controlled and is on the ground. Players must not play the ball dangerously or in a way which leads to dangerous play.