

## Penalty Corner Rules trials July 2023

### “5m out”

#### Simple description

- The set up of the Penalty Corner is the same as the current rule but the ball must travel at least 5m outside of the circle, beyond the 5m dotted circle, before a goal can be scored
- Number of defenders remains at 5, all starting behind the back line
- Number of attackers is at the discretion of the attacking team
- All attackers except for the initial injector must start 5m outside the circle (dotted line)
- When the ball is played from the baseline, all players are able to move and play as normal
- No restriction on height of shots at goal once the ball has travelled outside the 5m dotted line and returned inside the circle. Normal rules of hockey apply regarding dangerous play
- Defenders are permitted to wear additional protective equipment as per the current Rules, however, this is only for the purpose of the trial. The intention is to remove the need to wear any additional protective equipment for a PC

#### Rationale

- Maintain the current set up of a Penalty Corner but reduce the danger by removing the direct shot and therefore no need for defenders to run towards an attacker shooting at goal
- Changes the emphasis to using the overload of players and options rather than a straight strike at goal. More similar to normal hockey play, with a significant advantage of more players available to the attacking team
- Removes the need for additional protective equipment to be worn by field players, which reduces the barrier to entry of having to purchase further equipment and significantly improves the safety, and the safe appearance, of hockey
- At International level, the time permitted for the teams to set up once a PC is awarded can be reduced from 40 seconds (to c20 seconds) speeding up the game and reducing delays

#### Considerations to test during the trial

- Number of defending players. Does 5 defenders give the right level of overload to give the attacking team a good chance (c25%) of scoring. This could be increased, or decreased, to achieve the desired scoring chances
- Statistics to capture
  - Number of penalty corners
  - Number and type of injuries incurred during PC
  - Conversion rate (re-awards, goals and PS)

## 5m out Trial rule

### 13.3 Taking a penalty corner:

a time and play is stopped after a penalty corner is awarded and re-started when the teams are ready.

*Teams should take as little time as possible (maximum 30 seconds) to take their positions for the taking of a penalty corner.*

b the ball is placed on the back-line inside the circle at least 10 metres from the goal-post on whichever side of the goal the attacking team prefers.

c an attacker pushes or hits the ball without intentionally raising it

d the attacker taking the push or hit from the back-line must have at least one foot outside the field

e the other attackers must be on the field, beyond the 5m dotted line outside the circle with sticks, hands and feet not touching the ground within 5m of the circle

f no defender or attacker other than the attacker taking the push or hit from the back-line is permitted to be within 5 metres of the ball when the push or hit is taken

g not more than five defenders, including the goalkeeper, must be positioned behind the back-line with their sticks, hands and feet not touching the ground inside the field

*If the team defending a penalty corner has chosen to play only with field players, none of the defenders referred to above has goalkeeping privileges.*

h the other defenders must be beyond the centre-line

i until the ball has been played, no attacker other than the one taking the push or hit from the back-line is permitted to enter the 5m dotted line distance around the circle and no defender is permitted to cross the centre-line or back-line

j after playing the ball, the attacker taking the push or hit from the back-line must not play the ball again or approach within playing distance of it until it has been played by another player

k a goal cannot be scored until the ball has travelled 5m outside the circle, beyond the dotted line

m shots at goal are permitted to raise the ball to any height but this must not be dangerous.

n the penalty corner Rules no longer apply if the ball travels more than 5 metres from the circle for a second time.

13.4 The match is prolonged at the end of each quarter to allow completion of a penalty corner or any subsequent penalty corner or penalty stroke.

### 13.5 The penalty corner is completed when:

a a goal is scored

b a free hit is awarded to the defending team

c the ball travels more than 5 metres outside the circle for the second time

d the ball is played over the back-line and a penalty corner is not awarded

e a defender commits an offence which does not result in another penalty corner

f a penalty stroke is awarded

13.6 For an offence during the taking of a penalty corner:

a the player taking the push or hit from the back-line does not have at least one foot outside the field: the penalty corner is taken again

b the player taking the push or hit from the back-line feints at playing the ball, the offending player is required to go beyond the centre-line but is replaced by another attacker: the penalty corner is taken again.

*If this feinting leads to what otherwise would be a breach of this rule by a defender, only the attacker is required to go beyond the centre-line.*

c a defender, other than the goalkeeper, crosses the back-line or goal-line before permitted, the offending player is required to go beyond the centre-line and cannot be replaced by another defender: the penalty corner is taken again.

*If a defender at this or any subsequently re-taken penalty corner crosses the back-line or goal-line before permitted, the offending player is also required to go beyond the centre-line and cannot be replaced. If a defender crosses the centre-line before permitted, the penalty corner is taken again*

d a goalkeeper crosses the goal-line before permitted, the defending team defends the penalty corner with one fewer player: the penalty corner is taken again.

*The defending team nominates which player is required to go beyond the centre-line, and they cannot be replaced by another defender. If the action of breaking the line too early is repeated during the same penalty corner, the defending team is required to nominate a further player to go beyond the centre-line, and they cannot be replaced. A penalty corner is considered as re-taken until any of the conditions of Rules 3.5 for its completion are met. A subsequently awarded penalty corner, as opposed to a re-taken penalty corner, may be defended by up to five players*

e an attacker enters the 5m dotted area around the circle before permitted, the player taking the push or hit from the backline is required to go beyond the centre-line: the penalty corner is taken again.

*Attackers who are sent beyond the centre-line may not return for re-taken penalty corners, but may do so for a subsequently awarded penalty corner*

f for any other offence by attackers: a free hit is awarded to the defence.

*Except as specified above, a free hit, penalty corner or penalty stroke is awarded as specified elsewhere in the Rules*