

What is Rush Hockey?

Rush Hockey is a new way to play hockey - It's fast, It's furious and It's fun.

Rush Hockey is the new small sided hockey game for adults. It's specifically designed for those people who love the rush of a team sport, but never find the time to commit to one.

Rush Hockey is very flexible. It can be played by men and women in mixed or single gender teams, indoors or outdoors and on pitches of varying sizes. Teams are 5 a side, with squads of up to 7 players.

It is played with a standard hockey stick, but has unique goals and balls. The rules are very simple and the games are self umpired.

People can play Rush Hockey in leagues, tournaments or pay and play sessions. Use the 'where to play' button on the tool bar to search for activity.

Get your first rush...

We believe that keeping it simple is the best way forward! Rush hockey is furiously fast, furiously fun and so simple to play. These instructions will tell you everything you need to know to get your first rush.

The numbers...

- Rush is predominantly five aside, but if Rush Hockey hosts have a slightly smaller playing which would better suit four aside then this is also fine. Teams are allowed to have substitutes with up to seven players per squad. Rotations are simple; there's no limit on how many you make and when you make them.
- Rush hockey is made up of four fast paced and fun fuelled quarters of 10 minutes with a snappy five minute break between each.

Rushing to get started?

- To decide which team takes the first centre pass of the game a coin toss takes place between representatives from each team prior to the game commencing. The team which wins the coin toss can either choose which goal to attack towards in the first quarter of the game or to start the game with the centre pass.

If the team winning the coin toss decides to choose which goal to attack towards in the first quarter of the game the opposing team start the game with the centre pass.

If the team winning the toss decides to choose to start the game with the first centre pass, the opposing team has the choice of which goal to attack towards in the first quarter of the game.

- To commence the game all players other than the player taking the centre pass position themselves inside the half of the pitch which includes the goal they are defending.
- Each time a goal is scored teams return to their starting positions; the team conceding the goal re-start the game from the centre of the pitch.
- The player taking the centre pass is permitted to play the ball in any direction.
- The direction of play and the team taking the centre pass is reversed at the start of each quarter.

What do I need to play?

All of the sticks, balls and goals will be provided by venue hosting the Rush Hockey session. To play all you need is sporty clothing and if you wish, a drink. The England Hockey Board recommends that protective items such as shin pads and gum shields are worn by players whilst taking part in any type of hockey activity including Rush Hockey.

Can't wait to score?

- Scoring is simple; you can shoot from anywhere into the specially designed snazzy Rush goals!

Keeping it simple...

We know you're in a rush to get on with things so we've kept the rules down to a minimum. There are enough rules to make the game enjoyable and safe but not so many you're left scratching your head trying to remember what you can and can't do!

- **Sometimes feet just get in the way...** If the ball comes into contact with your feet and it's not deliberate keep on playing. If you deliberately kick the ball or stop the ball with your feet then be a good sport and turn the ball over to the other team.
- **Be proud of your tackles...** When making tackles players must ensure that they make contact with the ball and not their opponents stick. Making contact with the opponents stick is known as 'stick tackling'. If you create a stick tackle then the ball is turned over to the other team.
- **Can't touch this...** The great thing about Rush Hockey is that it is a non contact sport, so let your stick do the tackling.
- **The flat side...** Just like a coin there are two sides to a hockey stick. Try to move the ball with the flat side of the stick only.
- **The low down...** For safety players should not lift their stick above knee height when moving with the ball, passing or shooting.
- **Getting things off the ground...** Small lifts not only look seriously cool but are also a great way to move the ball around the pitch. The ball can be lifted off the turf/floor but not above knee height.

What happens when a rule is broken? Simple – The ball is awarded to the opposing team where the player on the ball can either choose to pass the ball to a team mate or play the ball themselves which is known as a 'self' pass.

Blocking a goal... If a member of the defending team deliberately uses their body to prevent the ball from going into the goal then a penalty goal is awarded to the attacking team.

Restart the rush...

- **Sideline...** If you or a member of your team cause the ball to go off the sideline then the ball turns over to the opposition. Likewise if the opposition cause the ball to go off then the ball turns over to your team. Taking a sideline ball is easy; simply place the ball on the line roughly where it went off and then either move it yourself (self pass) or pass it to a team mate.
- **Base line** If the ball goes off the base line it is awarded to the defending team. Taking a base line ball is easy; simply place the ball roughly two meters onto the pitch on the line where it went off and then either move it yourself (self pass) or pass it to a team mate.

Rush Hockey Rules at a glance

1. Teams are either 5 aside with squad sizes made up 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 (known as a self pass).
7. When a rule is broken the ball will be awarded to the opposing team where it can either be passed to a team member or taken into play yourself.