

13 Procedures for taking penalties

13.1 Location of a free hit:

- a a free hit is taken close to where the offence occurred

'Close to' means within playing distance of where the offence occurred and with no significant advantage gained.

The location from which a free hit is taken must be more precise inside the 23 metres area.

- b 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.

- 13.2 Procedures for taking a free hit, centre pass and putting the ball back into play after it has been outside the field:

All parts of this Rule apply as appropriate to a free hit, centre pass and putting the ball back into play after it has been outside the field.

- a the ball must be stationary
- b 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.

- c when a free hit is awarded to the attack within the 23 metres area, all players other than the player taking the free hit must be at least 5 metres from the ball, except as specifically indicated below for attacking free hits awarded within 5 metres of the circle

- d the ball is moved using a hit, push, flick or scoop
- e the ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit
- f from a free hit awarded to the attack within the 23 metres area, the ball must not be played into the circle until it has travelled at least 5 metres, not necessarily in a single direction, or has been touched by a player of the defending team

If the player taking the free hit continues to play the ball (ie no defending player has yet touched it):

- *that player may play the ball any number of times, but*
- *the ball must travel at least 5 metres, before*
- *that player plays the ball into the circle by hitting or pushing the ball again.*

Alternatively:

- *after a defending player has touched the ball, it can be played into the circle by any other player including the player who took the free hit.*

At an attacking free hit awarded within 5 metres of the circle, the ball cannot be played into the circle until it has travelled at least 5 metres or it has been touched by a defending player. If the free hit is taken immediately the defenders who are inside the circle within 5 metres of the free hit may shadow around the inside of the circle a player who takes a self-pass, provided that they do not play or attempt to play the ball or influence

play until it has either travelled at least 5 metres or alternatively been touched by a defending player who can legitimately play the ball. If the attacker chooses not to take the free hit immediately, all other players must be at least 5 metres from the ball before the free hit is taken.

Other than as indicated above, any playing of the ball, attempting to play the ball or interference by a defender or an attacker who was not 5 metres from the ball, should be penalised accordingly.

It is permitted to play the ball high above the attacking circle so that it lands outside the circle subject to Rules related to dangerous play and that the ball is not legitimately playable inside or above the circle by another player during its flight.

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 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, outside the circle with sticks, hands and feet not touching the

ground inside 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 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 outside the circle
- l if the first shot at goal is a hit (as opposed to a push, flick or scoop), 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

The requirements of this Rule apply even if the

ball touches the stick or body of a defender before the first shot at goal.

If the first shot at goal is a hit and the ball is, or will be, too high crossing the goal-line it must be penalised even if the ball is subsequently deflected off the stick or body of another player.

The ball may be higher than 460 mm during its flight before it crosses the goal-line provided there is no danger and provided it would drop of its own accord below 460 mm before crossing the line.

- m for second and subsequent hits at the goal and for flicks, deflections and scoops, it is permitted to raise the ball to any height but this must not be dangerous

A defender who is clearly running into the shot or into the taker without attempting to play the ball with their stick must be penalised for dangerous play.

Otherwise, if a defender is within five metres of the first shot at goal during the taking of a penalty corner and is struck by the ball below the knee, another penalty corner must be awarded or is struck on or above the knee in a normal stance, the shot is judged to be dangerous and a free hit must be awarded to the defending team.

- n the penalty corner Rules no longer apply if the ball travels more than 5 metres from the circle.

| 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
- 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 13.5 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 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

13.7 Taking a penalty stroke:

- a time and play is stopped when a penalty stroke is awarded
- b all players on the field other than the player taking the stroke and the player defending it must stand outside the 23 metres area and must not influence the taking of the stroke
- c the ball is placed on the penalty spot
- d the player taking the stroke must stand behind and within playing distance of the ball before beginning the stroke
- e the player defending the stroke must stand with both feet on the goal-line and, once the whistle has been blown to start the penalty stroke, must not leave the goal-line or move either foot until the ball has been played

If the player defending the stroke is otherwise taking part in the game as a field player, they may wear only a face mask as protective equipment

If the team defending a penalty stroke has chosen to play only with field players and not to use a substitute goalkeeper to defend the penalty stroke, the defender may only use their stick to make a save.

- f the whistle is blown when the player taking the stroke and the player defending it are in position
- g the player taking the stroke must not take it until the whistle has been blown

The player taking the stroke or the player defending it must not delay the taking of the stroke.

- h The player taking the stroke must not feint at playing the ball
- i the player taking the stroke must push, flick or scoop the ball and is permitted to raise it to any height

Using a 'dragging' action to play the ball at a penalty stroke is not permitted.

- j the player taking the stroke must play the ball only once and must not subsequently approach either the ball or the player defending the stroke.

13.8 The penalty stroke is completed when:

- a a goal is scored
- b the ball comes to rest inside the circle, lodges in the goalkeeper's equipment, is caught by the goalkeeper, or goes outside the circle.

13.9 For an offence during the taking of a penalty stroke:

- a the stroke is taken before the whistle is blown and a goal is scored: the penalty stroke is taken again
- b the stroke is taken before the whistle is blown and a goal is not scored: a free hit is awarded to the defence
- c for any other offence by the player taking the stroke: a free hit is awarded to the defence
- d for any offence by the player defending the stroke including moving either foot before the ball has been played: the penalty stroke is taken again

If the player defending the stroke prevents a goal being scored but moves either foot before the ball has been played, this player may be cautioned and for any subsequent offence must be suspended (green card, and for further offences with a yellow card).

If a goal is scored even though there has been an offence by the player defending the stroke, the goal is awarded.

- e for an offence by a player of the defending team and a goal is not scored: the penalty stroke is taken again
- f for an offence by a player of the attacking team other than the player taking the stroke and a goal is scored: the penalty stroke is taken again.