

12 Penalties

- 12.1 Advantage: a penalty is awarded only when a player or team has been disadvantaged by an opponent breaking the Rules.
- 12.2 A free hit is awarded to the opposing team:
- a for an offence by any player between the 23 metres areas
 - b for an offence by an attacker within the 23 metres area their opponents are defending
 - c for an unintentional offence by a defender outside the circle but within the 23 metres area they are defending.
- 12.3 A penalty corner is awarded:
- a for an offence by a defender in the circle which does not prevent the probable scoring of a goal
 - b for an intentional offence in the circle by a defender against an opponent who does not have possession of the ball or an opportunity to play the ball
 - c for an intentional offence by a defender outside the circle but within the 23 metres area they are

defending

- d for intentionally playing the ball over the back-line by a defender

Goalkeepers are permitted to deflect the ball with their stick, protective equipment or any part of their body in any direction including over the back-line.

- e when the ball becomes lodged in a player's clothing or equipment while in the circle they are defending.

12.4 A penalty stroke is awarded:

- a for an offence by a defender in the circle which prevents the probable scoring of a goal

If the ball hits a piece of equipment lying in the circle and a probable goal is prevented, a penalty stroke may be awarded.

- b for an intentional offence in the circle by a defender against an opponent who has possession of the ball or an opportunity to play the ball

12.5 If there is another offence or misconduct before the awarded penalty has been taken:

- a a more severe penalty may be awarded
- b a personal penalty may be awarded
- c the penalty may be reversed if the subsequent offence was committed by the team first awarded the penalty.