

What is Zone Hockey?

Zone Hockey is an adapted version of field hockey which was originally developed via Action Research methods in Project Adapted at Nottingham Trent University. It's a team game played between two teams made up of 4 players and 1 goalkeeper.

Who can play?

Anybody can play Zone Hockey. The game is suitable for electric wheelchair users, manual wheelchair users, ambulant and semi-ambulant youngsters

What is the objective of the game?

The objective of the game is for each team to score the most goals. There is a player from each team allocated in each zone.

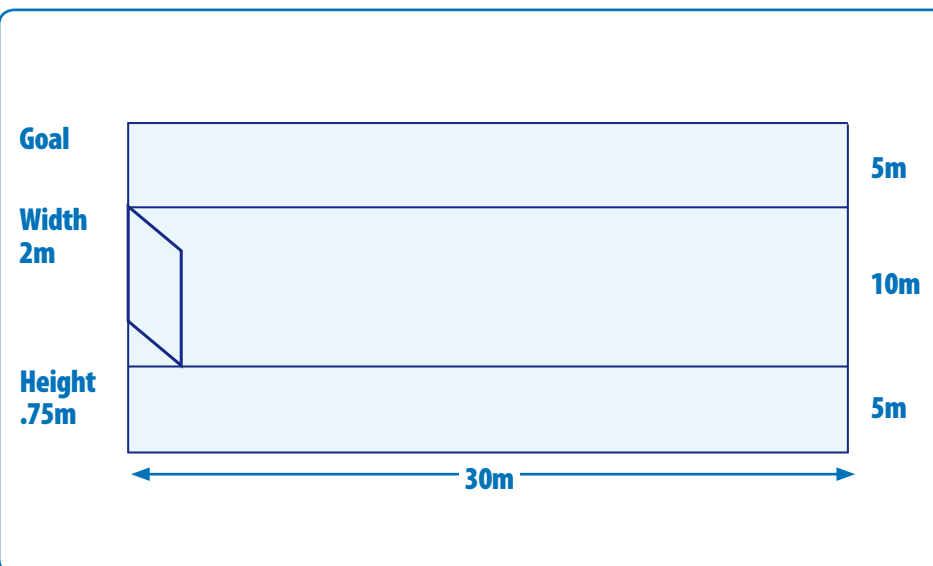
- One player from each team in each wing zone
- 2 players from each team in the central zone
- 1 goalkeeper from each team

The ball can be played forwards, backwards or sideways and must move a minimum of half a metre before it is played by a player of the same team.

How is it played?

Field of play	Can be played both outdoors and indoors
Equipment	Ball – A plastic "airflow ball" 8/12cm in diameter Stick – Zone Hockey Stick or a 'T' bar stick for division A version of hockey
Players	5/6 a side
Length	<ul style="list-style-type: none"> • 2 halves of 15 minutes • interval time is no more than 5 minutes

Zone Hockey Field



Rules for Zone Hockey

Batting:

- Toss of a coin decides choice of ends and ball possession
- Game is started with a push or hit

Substitutes

- Maximum amount of players on a team is 8 with substitutes allowed at any time.

Penalty Strokes

- In a penalty stroke the goalkeeper must remain on the goal line until the ball is played.

Free hits

- Have to be taken where the penalty took place
- The ball must be stationary when taking the free hit and must travel a minimum of 1m before being played by a member of the same team.

Zone Play

- Players must play in their designated zone.
- A player may reach with the stick and take a free ball from an adjacent zone. No part of the body or chair must cross the zone.
- Players cannot impede a player with a ball in an adjacent zone.

Over the side-line

- Put into play by a hit (hit-in) with no opposition player within 2m of the ball.

Over the back-line by an attacker

- Game restarted with a hit to the goalkeeper which must be taken on the furthest edge of the circle just inside the line.

Over the back-line by a defender

- Results in a free hit to the attacking team by a wing zone player.

Further information:

Adapted Sports Project Nottingham Trent University

www.ntu.ac.uk/adapted_sports/

Youth Sport Trust www.youthsporttrust.org