

Rule Changes 2009

For free hits (including centre passes, corners and all sideline restarts after the ball has been outside the field):-

All opponents must be at least 5 metres from the ball

For all free hits awarded to the attack within their opponent's 23 metre area – ALL players must be at least 5 metres from the ball

Attacking free hits awarded within 5 metres of the circle are taken back to the nearest point 5 metres from the circle (dotted line around the circle if there is one)

A player taking a free hit, centre pass, corner or sideline restart can be the next player to play the ball – a 'self pass'

Taking the free hit and the next playing of the ball must be 2 distinct and separate actions

The ball does not have to move 1 metre before the same player may play the ball again

At a free hit, which is not a 'self pass', the ball must move at least 1 metre before it can be played by a teammate of the player taking the free hit

For free hits (including long corners and sideline restarts) taken by the attacking team inside their opponents 23 metre area the ball cannot be played directly into the circle:-

At a 'self pass' the ball must travel at least 5 metres from the point of a free hit (not necessarily in a single direction) before the taker can play the ball into the circle

Alternatively the ball must be touched, deflected, hit or pushed by any other player before it either enters the circle or can be played into the circle

For a free hit taken by the attacking team in their opponent's 23 metre area which is played directly into the circle, a free hit is awarded to the opposing team from the spot where the free hit was taken from

Historically, at a "miss-hit" free hit, long corner, penalty corner or sideline ball, the original player had to move away from the ball and was unable to play it again until it was touched by another player. These can now be treated as a 'self pass'