

# VAN-LINT STUDENT SPORTS WEEK

## Unihockey

**Team size:** 5

**Duration of a game:** 12 minutes

### Rules

Below a concise version of the rules of Unihockey is given. In case these rules aren't sufficient the referee is always right, even if he isn't! Every match takes 13 minutes, with 2 minutes between matches. A team loses the match automatically if they are not present at the starting time of the match.

Allowed	Not allowed
<ul style="list-style-type: none"><li>▪ Playing the ball with both sides of the stick</li><li>▪ Stopping the ball with your feet/leg</li><li>▪ Protecting the ball with your body</li><li>▪ Standing offside (there is no offside)</li><li>▪ Scoring from the whole field</li><li>▪ Playing the ball against the boarding</li><li>▪ Playing the ball behind the goal</li><li>▪ Continuously changing players while the match is going on.</li><li>▪ Scoring directly from a free shot.</li><li>▪ A light push with the shoulder to get the ball</li></ul>	<ul style="list-style-type: none"><li>▪ Scoring with your feet/leg</li><li>▪ Playing the ball with your hands/head/arms.</li><li>▪ Hitting someones stick</li><li>▪ Constantly blocking someone's stick</li><li>▪ Waving your stick above the hip.</li><li>▪ Catching the ball out of the air above the knee</li><li>▪ Playing the ball lying down/sitting.</li><li>▪ Putting the stick between someone's legs.</li><li>▪ Entering the keepers zone as a field players</li><li>▪ Hindering a player of the opposing team</li><li>▪ body checks</li></ul>