

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">▪ Playing the ball with both sides of the stick▪ Stopping the ball with your feet/leg▪ Protecting the ball with your body▪ Standing offside (there is no offside)▪ Scoring from the whole field▪ Playing the ball against the boarding▪ Playing the ball behind the goal▪ Continuously changing players while the match is going on.▪ Scoring directly from a free shot.▪ A light push with the shoulder to get the ball	<ul style="list-style-type: none">▪ Scoring with your feet/leg▪ Playing the ball with your hands/head/arms.▪ Hitting someones stick▪ Constantly blocking someone's stick▪ Waving your stick above the hip.▪ Catching the ball out of the air above the knee▪ Playing the ball lying down/sitting.▪ Putting the stick between someone's legs.▪ Entering the keepers zone as a field players▪ Hindering a player of the opposing team▪ body checks