

FOULS: A player may not:

Hit the ball, it shall be pushed



•Raise the stick in a dangerous or intimidating manner



•Advance the ball by any means other than with the stick

Forbidden to use foot or any part of body



•Interfere in the game without a stick or play with only one hand



The ball shall not be raised



Roll the ball between one's own feet

•Play the ball with the rounded side of the stick.



•Shield or obstruct the ball from an opponent with the body or stick

Players obstruct if they back into an opponent



•Charge, hit, shove or trip an opponent

Players must not throw any object or piece of equipment



Goalkeepers may use part of the body to move the ball away BUT not to propel it forcefully



Goalkeepers must not lie on the ball.

Goalkeepers mustn't catch the ball with the hand

