

- e when the ball becomes lodged in a player's clothing or equipment while in the circle they are defending.

12.4 A penalty stroke is awarded :

- a for an offence by a defender in the circle which prevents the probable scoring of a goal
- b for an intentional offence in the circle by a defender against an opponent who has possession of the ball or an opportunity to play the ball
- c for defenders persistently crossing over the back-line before permitted during the taking of penalty corners.

12.5 If there is another offence or misconduct before the awarded penalty has been taken :

- a a free hit may be progressed up to 10 metres

A free hit to the attack cannot be progressed to inside the circle.

- b a more severe penalty may be awarded
- c a personal penalty may be awarded
- d the penalty may be reversed if the subsequent offence was committed by the team first awarded the penalty.

13 Procedures for taking penalties

I 13.1 Mandatory Experimental Rule

Location of a free hit :

- a a free hit is taken close to where the offence occurred

'Close to' means within playing distance of where the offence occurred and with no significant advantage gained.

The location from which a free hit is taken must be more precise inside the 23 metres area.

- b a free hit awarded within 5 metres of the circle to the attack is taken at the nearest point 5 metres from the circle
- c a free hit awarded outside the circle to the defence within 15 metres of the back-line is taken up to 15 metres from the back-line in line with the location of the offence, parallel to the side-line
- d a free hit awarded inside the circle to the defence is taken anywhere inside the circle or up to 15 metres from the back-line in line with the location of the offence, parallel to the side-line.

13.2 **Mandatory Experimental Rule**

Procedures for taking a free hit, centre pass and putting the ball back into play after it has been outside the field :

- a the ball must be stationary
- b opponents must be at least 5 metres from the ball

If an opponent is within 5 metres of the ball, they must not interfere with the taking of the free hit or must not play or attempt to play the ball. If this player is not playing the ball, attempting to play the ball or influencing play, the free hit need not be delayed.

- c when a free hit is awarded to the attack within the 23 metres area, all players other than the player taking the free hit must be at least 5 metres from the ball
- d the ball is moved using a push or hit

- e the ball must not be raised intentionally directly from the free hit
- f if the player taking the free hit is the next player to play the ball, the actions of taking the free hit and of next playing the ball must be two separate actions
- g before another player of the team which took the free hit is allowed to play the ball, the ball must move at least 1 metre

The ball does not have to move 1 metre before the player taking the free hit may play the ball again.

- h from a free hit awarded to the attack within the 23 metres area, the ball must not be played into the circle until it has travelled at least 5 metres or has been touched by a player of either team other than the player taking the free hit.

If the player taking the free hit continues to play the ball (ie no other player has yet played it) :

- *that player may play the ball any number of times, but*
- *the ball must travel at least 5 metres, before*
- *that player plays the ball into the circle by hitting or pushing the ball again.*

Alternatively:

- *another player of either team who can legitimately play the ball must deflect, hit or push the ball before it enters the circle, or*
- *after this player has touched the ball, it can be played into the circle by any other player including the player who took the free hit.*

All parts of Rule 13.2 apply as appropriate to a free hit, centre pass and putting the ball back into play after it has been outside the field.

13.3 Taking a penalty corner:

- a the ball is placed on the back-line inside the circle at least 10 metres from the goal-post on whichever side of the goal the attacking team prefers
- b an attacker pushes or hits the ball without intentionally raising it
- c the attacker taking the push or hit from the back-line must have at least one foot outside the field
- d the other attackers must be on the field, outside the circle with sticks, hands and feet not touching the ground inside the circle
- e no defender or attacker other than the attacker taking the push or hit from the back-line is permitted to be within 5 metres of the ball when the push or hit is taken
- f not more than five defenders, including the goalkeeper or player with goalkeeping privileges if there is one, must be positioned behind the back-line with their sticks, hands and feet not touching the ground inside the field

If the team defending a penalty corner has chosen to play only with field players, none of the defenders referred to above has goalkeeping privileges.

- g the other defenders must be beyond the centre-line
- h until the ball has been played, no attacker other than the one taking the push or hit from the back-line is permitted to enter the circle and no defender is permitted to cross the centre-line or back-line