

RUSH Festival Rules 2026

Team Entry Fee

£10.00 per player payable to Gravesend Ladies Hockey Club- **Captains please submit one payment per team!**

Bank: HSBC

Account Name: GLHC

Account No: 31196634

Sort Code: 40-19-04

Payment deadline: Saturday 25th July 2026

The numbers...

Maximum of 10 in a team. 7 players on pitch at any time. Teams should ideally have a mix of male and female. A mixture of experienced players and youngsters negates the need for a female for example...

Rolling substitutions allowed - rotations are simple; there's no limit on how many you make and when you make them.

Game Time

Will depend on the number of teams but think 10 mins each way as a start!

Tournament structure

Each team will play in a round robin. The team with the most points after each game is played are the winners. Should there be a tie, the team with the biggest goal difference will win. If this is equal a penalty shoot out will take place.

Rushing to get started?

First named team starts with centre pass. Opposing team chooses which goal to attack.

To commence the game all players other than the player taking the centre pass

position themselves inside the half of the pitch which includes the goal they are defending.

Each time a goal is scored teams return to their starting positions; the team conceding the goal re-start the game from the centre of the pitch.

The player taking the centre pass is permitted to play the ball in any direction.

Can't wait to score?

Scoring is simple; you can shoot from anywhere on the pitch.

Keeping it simple...

There are enough rules to make the game enjoyable and safe but not so many you're left scratching your head trying to remember what you can and can't do!

Sometimes feet just get in the way... If the ball comes into contact with your feet and it's not deliberate keep on playing. If you deliberately kick the ball or stop the ball with your feet then be a good sport and turn the ball over to the other team.

Be proud of your tackles... When making tackles players must ensure that they make contact with the ball and not their opponents stick. Making contact with the opponents stick is known as 'stick tackling'. If you create a stick tackle then the ball is turned over to the other team.

Can't touch this... The great thing about Rush Hockey is that it is a non contact sport, so let your stick do the tackling.

The flat side... Just like a coin there are two sides to a hockey stick. Try to move the ball with the flat side of the stick only.

The low down... For safety players should not lift their stick above knee height when moving with the ball, passing or shooting.

Getting things off the ground... Small lifts not only look seriously cool but are also a great way to move the ball around the pitch. The ball can be lifted off the turf/floor but not above knee height.

What happens when a rule is broken? Simple – The ball is awarded to the

opposing team where the player on the ball can either choose to pass the ball to a team mate or play the ball themselves which is known as a 'self' pass.

REMEMBER IT'S A FUN FESTIVAL – don't let your competitive side get the better of you. Be gracious and reflect fair play at all times.

Sideline... If you or a member of your team cause the ball to go off the sideline then the ball

turns over to the opposition. Likewise if the opposition cause the ball to go off then the ball turns over to your team. Taking a sideline ball is easy; simply place the ball on the line roughly where it went off and then either move it yourself (self pass) or pass it to a team mate.

Base line attacking team... If you are on the attacking team and the defending team cause

the ball to go off the base line, then the ball is positioned for the re-start on either the left or right sideline (whichever is nearest to where the ball went off) roughly 2 metres in field from the base line.

Base line defending team... If you are on the defending team and the attacking team cause

the ball to go off the base line, then the restart happens 2 metres from the base line in line with where the ball went off.

Team colours and even fancy dress encouraged!

We hope the weather will be nice so please remember to bring plenty of fluids with you. There will be short drinks breaks throughout the morning.

Any questions about the day or completing the registration form please whatsapp Sophie on 07902875974