

MURIEL SUTTER

DONUT HOCKEY[®]



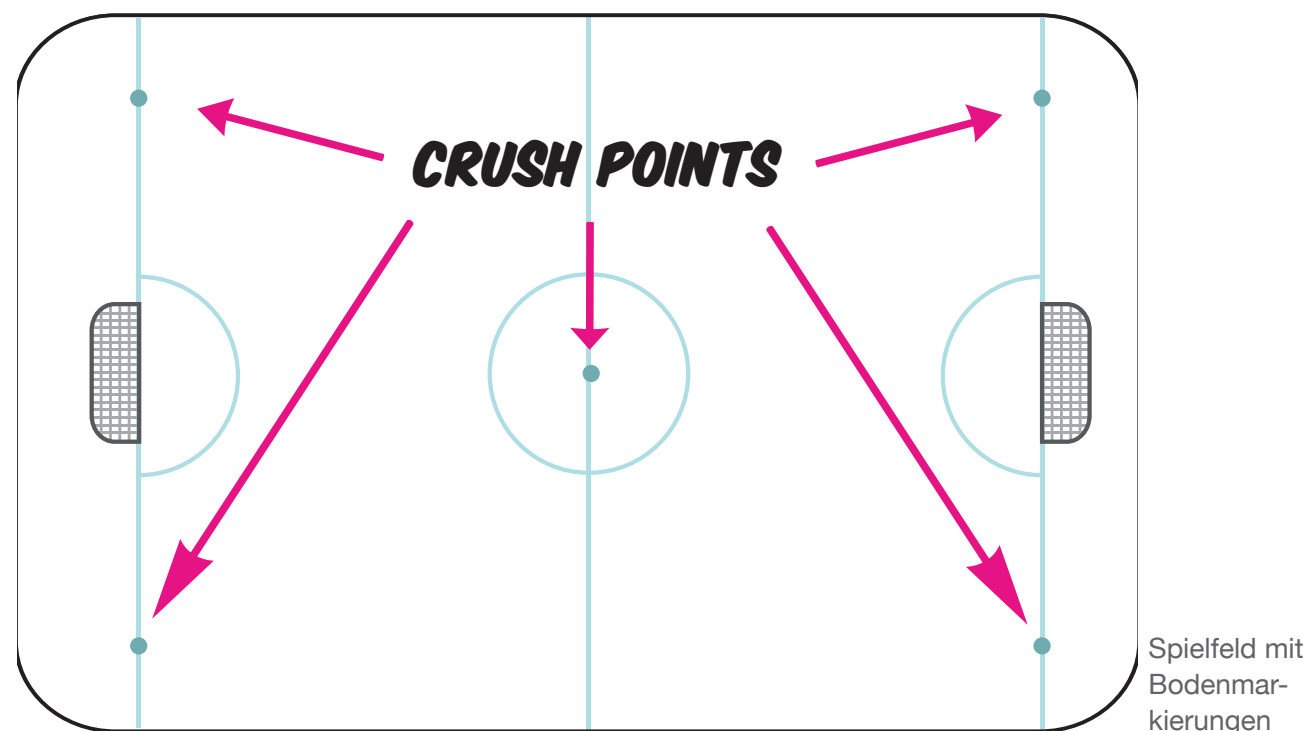
RULES QUICKSTART

Version: 26.7.2025

COURT AND MARKINGS

The court must be limited on all sides. Floorball boards suit best, however, the gym corners can also easily be separated with long benches. The field size corresponds to the small field in floorball. If there is not enough room, Donut Hockey can also be played easily in a smaller hall or in a gymnastics hall. The minimum measurement for competition sport is 10x20m. The goal area

is a semi-circular zone of 2.4 m in diameter. Further there is a center circle, the goal lines, a centre line and 5 Crush points. If no suitable ground drawings exist, they can be installed with a special line adhesive tape. The easy removable tape is available on www.burnershop.ch. Patient persons willing to clean can also use concealing or stack tape.



RULES

Game idea

A team consists of 3 players and 1 goalkeeper. The donut must be played into the opposing goal with the help of the stick.

Crush

At the beginning of a game and after every goal there is a „crush“. This works like a bully in hockey, except that the donut is thrown flat over the ground.

RULES

Out

If the donut leaves the field, a free play is given for the opposing team where the donut has left the field, with a distance of max. 30 cm from the boards.

Free play

With the freeplay the opponent must keep a distance of 2 m, until of the Donut is moved.

Goalkeeper / goal area

The Goalie may intercept the donut in the goal area with all body parts and may also catch it, as long as he has a body part in the goal area (semicircle with radius 2.4m), block the ring for max. 5 seconds and throw it max. up to the centre line. Shooting is not allowed in the goal area, apart from that, the donut may be played by everybody in the goal area. Active hindering of the opposing goalkeeper is forbidden.

Penalty kick

If a sure chance to score is prevented by an infringement, a penalty kick is given. The player starts in the middle of the centreline, runs towards the gate and shoots. It is forbidden to move besides or backwards. The goalkeeper may not leave the goal area.

Ground play

A player may only have ground contact with the feet and a knee.

Body check

Checks are only allowed to the player who leads the Donut. Checks with shoulder and hip are permitted. The application of stick, head, elbow and knee as well as checking from the back and against the boards are forbidden, as well as exaggerated body application and checking with approach.

Punishments

For smaller offences (e.g., out, ground play, to long blocking of the donut) there is a free play given, by prevention of a clear chance to score a penalty kick, heavy fouls are punished with 2-minutes on the bank.

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www.donuthockey.ch

www.burnermotion.ch

ACTUAL RULES

The young team game develops very quickly. Therefore we provide you for free with the latest rulesheet on our website:

www.donuthockey.ch/downloads

DONUT HOCKEY®

Donut Hockey® connects elements of the successful Canadian team sport Ringette with floorball and ice hockey. This combination creates an extremely attractive, fast new team sport. Donut Hockey is very easy to learn and advanced players keep finding new challenges over and over again. This makes Donut hockey the ideal team sport - also in heterogeneous groups.

www.donuthockey.ch