



Posted BHA Website – [www.bha.org.au](http://www.bha.org.au)  
09-07-2009 by Administrator

## Self Play Free Hit - Interpretation Update

At the BHA Umpires Meeting held on Monday the 6th July 2009, Paul Ludwig provided the following new interpretations regarding the **Attacking Free Hit inside the 23 metre** line.

1. If a self hit is taken the ball only has to travel **5 metres** no matter if the player moves or travels backwards or forwards **it is the distance the ball travels** that is important. It will be up to the umpire to decide whether the ball has travelled the required distance or not.
2. If an attacking player takes a free hit directly into the circle, the defender's free hit should be taken **where the original free hit** was given, and not where the ball crossed the circle.

Please immediately circulate this information to all players, umpires, coaches and supporters.

Regards  
*Leon Cross*

*PS: For more information regarding the new Free Hit rule introduced in 2009, please follow [this link](#). The document under the heading 'HA & HQ' provides the most easy to understand explanation of the rule.*