

JUNIOR HOCKEY RULES

Rules for 4 a-side to ½ field 6 a-side

RULES - 4 A SIDE

AGE GROUP: School Y1-2

TEAM: 4 Players on field

FIELD SIZE: 1/8th of a standard turf (22m x 27m approx)

DURATION: 2 x 13 minutes, 1 minute half time (water break)

INCLUDES:

- Goals: Modified
- Balls: (1 provided by each team)
- Auto Pass: NO
- Goal Keeper: NO
- Penalty Corners: NO

MODIFIED HOCKEY RULES

- SAFETY FIRST: Only play with the flat side of stick
- Ball must stay on the ground, no raised sticks, no hacking on the stick, no physical contact with opponent/ no obstruction
- Ball can not be deliberately be stopped with a foot or kicked, HOWEVER when a ball merely touches a player's foot play should continue.
- NB: please note there is no reference to a distance players must be from the ball at free hits, we recommend trying to get the kids to stand at least 2-3m from the ball - use your judgement.

HOW TO START GAME - Game starts with a push forward or back from half way by one team. Each Team must be behind their side of half way.

HOW TO SCORE - A goal is scored from the 5m score zone/line (indicated by blue cones on field. After each goal the team scored against starts with the ball at halfway.

BALL OVER THE BACK LINE: If the ball goes over the backline the defending team always starts with the ball at the 5m blue coned line (no long corners)



RULES - 6 a side (Mini Sticks Y3/4)

AGE GROUP: School Y3-4

TEAM: 6 Players on field

FIELD SIZE: 1/4 of a standard turf

DURATION: 2 x 13 minutes, 1 minute half time (water break)

INCLUDES:

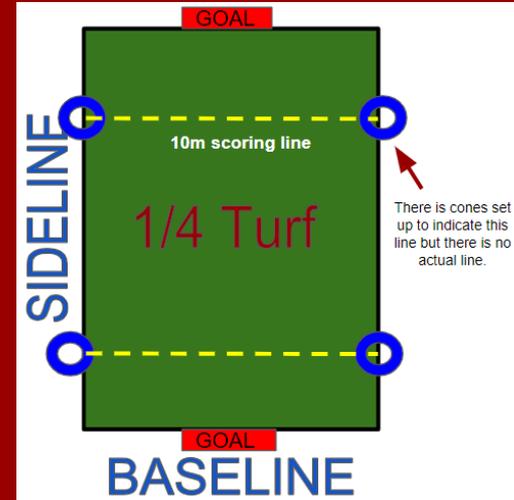
- Goals: Modified
- Balls: (1 provided by each team)
- Autopass: NO
- Goalkeeper: NO
- Penalty Corners: NO

MODIFIED HOCKEY RULES

- SAFETY FIRST: Only play with the flat side of stick
- Ball must stay on the ground, no raised sticks, no hacking on the stick, no physical contact with opponent/ no obstruction
- Ball can not be deliberately be stopped with a foot or kicked, HOWEVER when a ball merely touches a player's foot play should continue.
- All players must be 5m from the ball for free hits.
- LONG CORNERS - On the 5m scoring line in line with where the ball went out over the back line

HOW TO START GAME - Game starts with a push forward or back from half way by one team. Each Team must be behind their side of half way.

HOW TO SCORE - A goal is scored from the 5m score zone/line (indicated by blue cones on field. After each goal the team scored against starts with the ball at half way.



RULES - 6 a side (Y5/6 Development)

AGE GROUP: School Y5-6

TEAM: 6 Players on field

FIELD SIZE: 1/4 of a standard turf

DURATION: 2 x 13 minutes, 1 minute half time (water break)

INCLUDES:

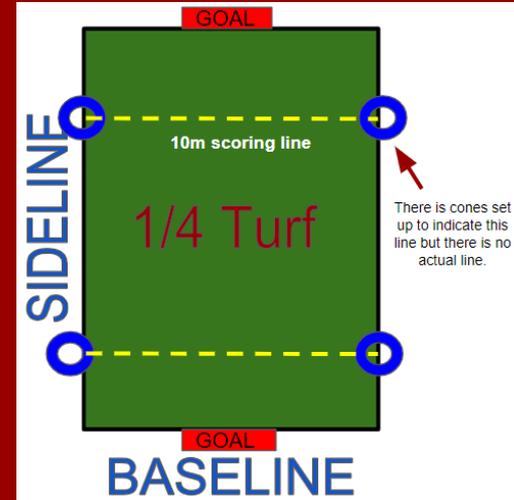
- Goals: Modified
- Balls: (1 provided by each team)
- Autopass: NO
- Goalkeeper: NO
- Penalty Corners: NO

MODIFIED HOCKEY RULES

- SAFETY FIRST: Only play with the flat side of stick
- Ball must stay on the ground, no raised sticks, no hacking on the stick, no physical contact with opponent/ no obstruction
- Ball can not be deliberately be stopped with a foot or kicked, HOWEVER when a ball merely touches a player's foot play should continue.
- All players must be 5m from the ball for free hits.
- LONG CORNERS - On the 10m scoring line in line with where the ball went out over the back line

HOW TO START GAME - Game starts with a push forward or back from halfway by one team. Each Team must be behind their side of half way.

HOW TO SCORE - A goal is scored from the 10m score zone/line (indicated by blue cones on field. After each goal the team scored against starts with the ball at halfway.



RULES - 6 a side (Y5/6 Advanced)

AGE GROUP: School Y5-6

TEAM: 6 Players on field

FIELD SIZE: 1/2 of a standard turf

DURATION: 2 x 13 minutes, 1 minute half time (water break)

INCLUDES:

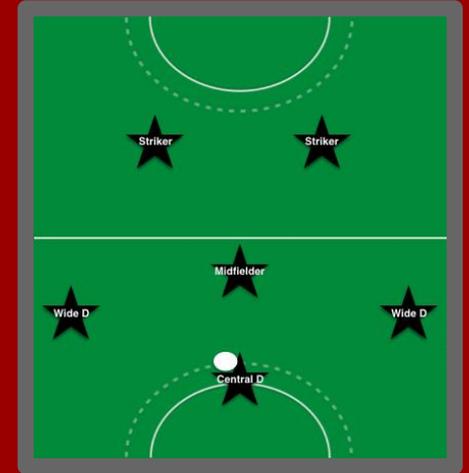
- Goals: Standard
- Balls: (1 provided by each team)
- Auto Pass: YES
- Goalkeeper: NO
- Penalty Corners: YES

MODIFIED HOCKEY RULES

- SAFETY FIRST: Only play with the flat side of stick
- Ball must stay on the ground, no raised sticks, no hacking on the stick, no physical contact with opponent/ no obstruction
- Ball can not be deliberately be stopped with a foot or kicked, HOWEVER when a ball merely touches a player's foot play should continue.
- All players must be 5m from the ball for free hits.
- LONG CORNERS - In line with the blue comes & where the ball went out over the back line.

HOW TO START GAME - Game starts with a push forward or back from halfway by one team. Each Team must be behind their side of haly way.

HOW TO SCORE - A goal is scored from inside the circle (indicated by dashes on field) on the dash is in the circle After each goal the team scored against starts with the ball at halfway.



RULES - 6 a side (Intermediate)

AGE GROUP: School Y7-8

TEAM: 6 Players on field

FIELD SIZE: 1/2 of a standard turf

DURATION: 2 x 18 minutes, 2 minute half time (water break)

INCLUDES:

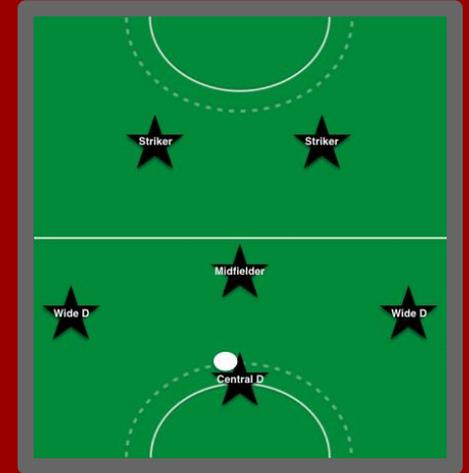
- Goals: Standard
- Balls: (1 provided by each team)
- Auto Pass: YES
- Goalkeeper: NO
- Penalty Corners: YES
- Strokes: NO

MODIFIED HOCKEY RULES

- SAFETY FIRST: Only play with the flat side of stick
- Ball must stay on the ground, no raised sticks, no hacking on the stick, no physical contact with opponent/ no obstruction
- Ball can not be deliberately be stopped with a foot or kicked, HOWEVER when a ball merely touches a player's foot play should continue.
- All players must be 5m from the ball for free hits.
- LONG CORNERS - In line with the blue comes & where the ball went out over the back line.

HOW TO START GAME - Game starts with a push forward or back from halfway by one team. Each Team must be behind their side of haly way.

HOW TO SCORE - A goal is scored from inside the circle (indicated by dashes on field) on the dash is in the circle After each goal the team scored against starts with the ball at halfway.



RULES - 11 a side (Intermediate)

AGE GROUP: School Y7-8

TEAM: 11 Players on field

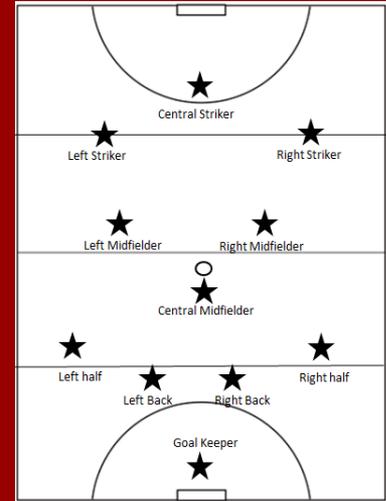
FIELD SIZE: Standard turf

DURATION: 2 x 25 minutes, 5 minute half time (water break)

INCLUDES:

- Goals: Standard
- Balls: (1 provided by each team)
- Auto Pass: YES
- Goalkeeper: YES
- Penalty Corners: YES
- Strokes: YES

Intermediate Hockey is played by FIH Rules - <http://www.fih.ch/media/12236728/fih-rules-of-hockey-2017.pdf>



MODIFIED HOCKEY RULES

- Strokes competition will be used in matches that require a result (Semi final or final matches)
- The umpire will not start the game without a goalie from each team on the field. In the event that a goalie cannot be fully kitted up the minimum requirement is a helmet, different coloured shirt and a stick.
- No Cards are awarded.

HOW TO START GAME - Game starts with a push forward or back from halfway by one team. Each Team must be behind their side of half way.

HOW TO SCORE - A goal is scored from on or inside the circle. After each goal the team scored against starts with the ball at halfway.