

mini hockey

2009-10 rules and information



www.englishhockey.co.uk

www.englishhockey.co.uk/youth



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Wherever you see this symbol, there will be some top tips or useful information to help you.





Introduction

Mini Hockey is a 7-a-side game played across half of a full-sized hockey pitch. The small-sided teams and adapted playing areas ensure a type of involvement in the game that will provide children with enjoyment and success. Girls and boys can participate side by side in what is a high scoring, fast moving, fun game of hockey.

The Rules of Mini Hockey are easy to understand and apply. They have been simplified so as young players can be encouraged to gain a greater understanding by reading this book.

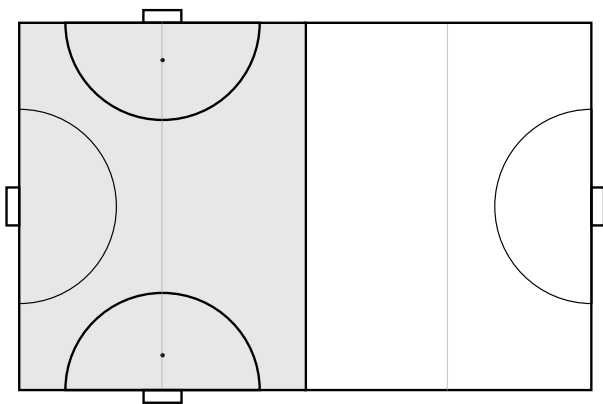
Other than the Rules listed in this book the Rules of Hockey (the 11-a-side game) apply to all Mini Hockey.

Some young players are ready to play 11-a-side hockey before they are 13 years of age however, most young players are still being introduced to the game at this stage and England Hockey therefore recommends that small sided team games (i.e. 7-a-side games) form the introductory part of a player's development.

We offer 'Quicksticks' and Mini Hockey as each provide an ideal stepping stone for young players as they progress towards the full game of hockey.

Pitch Dimensions

- Length 55 metres
- Width 43 metres
- Shooting circles radius of 14.63 metres
- Penalty corner markers 10m from each goalpost on the back-line
- Corner markers 3 metres from corner of pitch on side-lines
- Penalty stroke spot 5 metres from goal-line into pitch



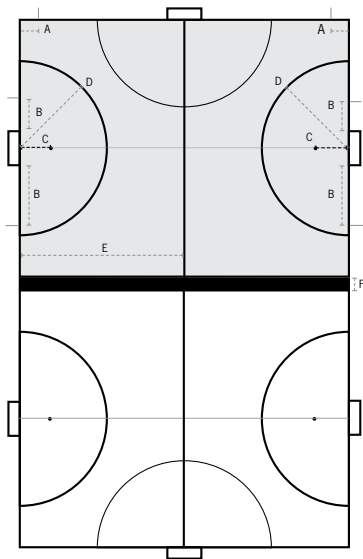
- Each 11-a-side (full-size) hockey pitch can accommodate two Mini Hockey pitches.
- The shooting circles and the goals are exactly the same as those used for the 11-a-side game.
- The pitch markings are modified (there is a centre line in Mini Hockey but there are no 23 metre lines).





Pitch Markings

- A. Corners ('A' on diagram) = 3 metres
- B. Penalty Corners ('B') – two marks on either side of goal. One is 5 metres from the goalpost and the other is 10m from the goalpost.
- C. Penalty Stroke spot = 5 metres
- D. Shooting Circles = Radius of 14.63 metres.
- E. Half way line = 27.5 metres
- F. Safety area between pitches



Tips and Tactics for Coaches, Teachers and Players

This guidance has been written by an experienced young player.

With only seven players in each team it is essential that everyone plays their part, irrespective of their level of skill. A team of seven, who really work for each other can overcome a more skilful team simply through being organised.

Basic Rules for all to follow:

- When we have the ball we all attack. With six outfield players, five should be pushing forward and one should be sweeping.
- When the opposition have the ball we all defend. As above that means five covering and one forward staying high for the counter-attack.
- This means that defenders have to get used to pushing forwards to provide extra passing options, and forwards have to get used to tackling back.

Priority 1 is to create goal scoring opportunities

- Get into the shooting circle as soon as possible.
- When in the shooting circle shoot as soon as possible.
- Stay alert for rebounds and follow up until play is stopped.

Priority 2 is to retain possession

- Aim to pass forward.
- If no pass is available, then pass sideways.
- If still no pass available, then pass back.

Priority 3 (if you cannot retain possession) is to hit the ball off the other end and defend in the opposing half

- When the play is in the opposing half, it is important to mark zones and press the opposition.
- When play is in our own 14m area (within 14m of our back-line) we mark player to player.
- If the opposition has a play-maker, put one of the defence or midfield on that player (really close marking).

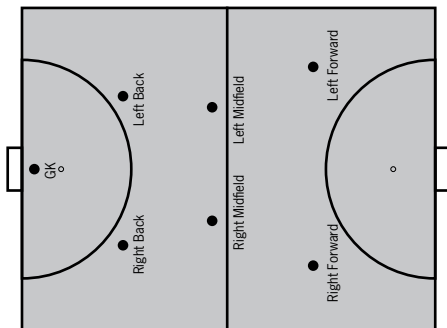
Formations in Mini Hockey

The formation you choose for your team will depend very much on the strengths of your players and your own particular style of play. Younger juniors (Under 11) do not adapt very well to changing their formation or style of play during a game or tournament, so it is best to stick to one style for a number of games and not change it just before an important game (unless you have to).

The following three formations are excellent for new or very young players:

Formation A

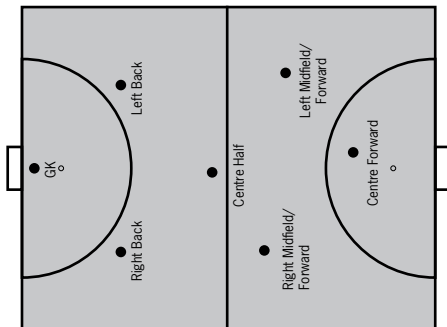
This suits a balanced team where most of the players are of similar ability and are all prepared to work hard for each other.



- Goalkeeper
- Left and Right Backs
- Left and Right Midfielders
- Left and Right Forwards

Formation B

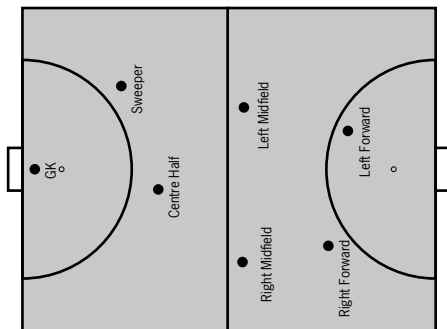
This is a good way of making use of a very strong midfield and very strong forward by giving them central roles.



- Goalkeeper
- Left and Right Backs
- Centre Half
- Left and Right Midfielders/Forward
- Centre Forward

Formation C

At least two of the midfield have to be mobile to defend quickly.



- Goalkeeper
- Sweeper
- Left and Right Midfielders
- Centre Half
- Left and Right Forwards



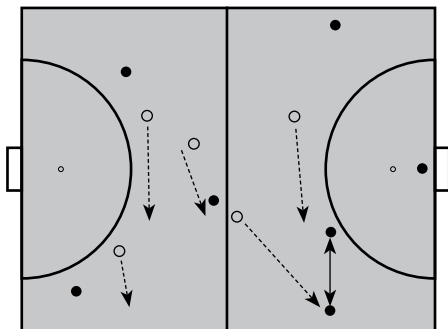
Zoning and Pressing

This is used to allow the opposition possession in certain areas of the pitch by using a “zone” defence but then prevent it being played out of a zone by “pressing” the ball.

In the diagram below you will see that the solid black team pass the ball to the Left Back.

As the ball moves towards ‘A’, the hollow black team moves as one to take up new positions and cut off all the available passes. The nearest player puts significant pressure on the ball and all other players mark ball-side of their players.

This tactic can be employed in any area of the opponents half, by efficiently zoning all the “good” forward and right-side options and leaving an easy left-side option. You then have to move very quickly to close down as soon as the hit is taken. (This is also very effective in 11-a-side hockey.)





mini hockey rules

2009-10

RULE 1 – TEAMS

- The game is played between two teams. They shall each have a maximum of ten players. Seven are permitted on the pitch at any one time.
- They are six field players and one goalkeeper.
- The remaining three players are substitutes.
- Every team must play with a fully-kitted goalkeeper. Kicking backs are not permitted in Mini Hockey.

RULE 2 – SUBSTITUTIONS

- a. Substitutions are allowed at any time, excepting following the award of a penalty corner, when only the defending goalkeeper may be substituted – only if injured.

RULE 3 – DURATION OF THE GAME

- a. Two halves (usually of 12 minutes each) with an interval (half-time) of not more than five minutes.
- b. For the National Mini Hockey Championships, the Under 11 group matches are 10 minutes each way and the Under 13 group matches are 12 minutes each way.
- c. Following half-time the two teams change ends.

RULE 4 – CAPTAINS

- a. The Captains toss a coin for choice of ends or possession of the ball at the start of the game.
- b. Each Captain must wear an armband and is responsible for the conduct of all players in their team, including those on the bench – the substitutes.

RULE 5 – THE PITCH

Length	55 metres
Width	43 metres
Shooting Circles	Radius 14.63 metres (the same as a full-size pitch)
Penalty Stroke Spot	5 metres from the goal-line into the pitch
Penalty Corner Markers	10 metres from each goalpost on the back-line
Corner Markers	3 metres from the corner of the pitch on the side-line

(Please refer to page 6 for full diagram of pitch and markings)

RULE 6 – THE GOAL

- Width: 3.6 metres. It must be positioned against the outer edge of the back-line in line with the centre of the pitch (goals are the same size as those used in 11-a-side hockey).

RULE 7 – THE BALL

- a. For matches involving younger, inexperienced players, it is preferable to use a lighter ball than is used in the full game of hockey. We recommend a ball weighing 113 grams (4ozs). The ball size is exactly the same as is used in 11-a-side hockey.

This recommendation is very much dependent on the standard and experience of the players. If they have been playing hockey for a period of time, they may well be comfortable with a standard ball.



RULE 8 – THE STICK

- a. The stick shall be a standard regulation hockey stick. It shall have a flat face side and a rounded side.
- b. The ball may be played with the flat face side of the stick or the edge of the rounded side, on condition that the flat side is visible (i.e. not flat to the turf / pitch).

It should be noted that playing the ball with the edge of the rounded side is always subject to dangerous play (i.e. it will be penalised by the umpires if it is measured to be dangerous or is leading to dangerous play). Coaches and teachers are asked to ensure that young players use a suitable length and weight of stick.

Note: The umpires shall forbid the use of any stick that does not comply with the Rules of Hockey.

RULE 9 – PLAYER EQUIPMENT AND CLOTHING

- a. It is **strongly recommended** that shin-protectors and mouth-guards are worn by all field players at all times, (inclusive of training sessions/games).
- b. No player shall wear any equipment that may be dangerous to the self or other players. This includes raised jewellery, baseball caps with a stiffened peak and / or any sharp object.
- c. The use of appropriate footwear for the playing surface (trainers or turf shoes) and suitable warm clothing (track-suit) is encouraged.

Note: The umpires shall forbid the wearing of any equipment that does not comply with this Rule



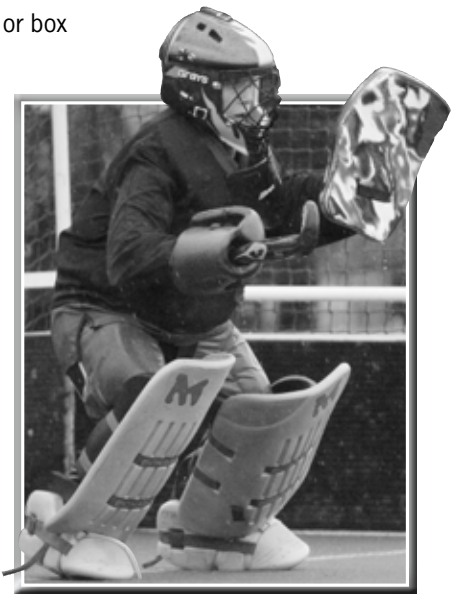
RULE 10 – GOALKEEPER EQUIPMENT

In the interest of safety, goalkeepers **must wear full goalkeeping equipment** including:

- Full helmet with throat guard
- Body protector (groin and chest areas)
- Hand protectors
- Leg protectors
- Feet protectors
- Abdominal guard or box

Note:

The umpires will not allow any team to play with a goalkeeper who is not properly protected.



RULE 11 – STARTING AND RE-STARTING THE GAME

- a. The game is started with a hit or push taken from the centre of the centre line. It follows the umpires whistle at the commencement of play in each half of the game and after a goal has been scored.
- b. Each team must be positioned in their own half of the pitch and the opposing players must be a minimum of 5 metres from the ball until the centre pass is played.
- c. The ball can be played forwards, backwards or sideways and must move a minimum of 1 metre before being played by a player of the same team.
- d. The taker can use a self-pass (i.e. pass the ball self.) The pass must involve two very distinct actions i.e. the taker must first tap it forwards, sideways or backwards and then play it a second time either to pass it or to dribble it.

Note this rule is an experimental rule and is in accordance with the same rule currently being trialled in 11-a-side hockey. All references to the 23m area in the 11-a-side game shall be directly transferable to the half-pitch in Mini Hockey.

RULE 12 – SCORING A GOAL



- a. A goal is scored when the ball has been struck by, or deflected off, an attacker while it (the ball) is in the shooting circle. It must cross completely over the goal-line between the goalposts and under the cross-bar.

RULE 13 – BALL OUTSIDE THE FIELD OF PLAY

Over the side-line:

- a. When the ball passes completely over the side-line it shall be put into play along the ground in any direction by a hit, a push or a self pass taken by an opponent of the player who last touched it. This is called a side-line hit-in.
- b. Until the hit-in is taken, no opposition player shall be within 5 metres of the ball.
- c. If the hit-in is awarded on the side-line within 5 metres of the circle edge, all players except the taker must be a minimum of 5 metres from the ball until it is played.

Over the back-line off an attacker:

- a. When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is re-started with a hit to the defence. The ball can be hit, pushed or a self pass can be played. It is to be taken level with the top of the shooting circle and opposite the place where it crossed over the back-line.

Over the back-line off a defender:

- a. If the ball is accidentally played over the back-line by a defender and no goal is scored, the game is re-started with a corner to the attacking team. The corner can be hit, pushed or a self pass can be played.
- b. The corner is taken on the side-line, 3 metres from the corner of the pitch.
- c. No player, other than the taker, shall be within 5 metres of the ball until it is played.
- d. If the ball is **deliberately** played over the back-line by a defending player, the game is re-started with a penalty corner to the attacking team. The ball can be hit or pushed. A self pass is not permitted at a penalty corner.
- e. The penalty corner is taken on the back-line, 10 metres from the goalpost.
- f. No player, other than the taker, shall be within 5 metres of the ball until it is played.

RULE 14 – FAIR PLAY

- a. Rough or dangerous play shall not be allowed, nor any behaviour which in the opinion of the umpire, amounts to misconduct.

NOTE: The umpires shall send any player who persists in breaking this Rule, off the pitch.

- b. Players must not intentionally use any part of their body to play the ball (except the hand to protect the self in a dangerous situation).
- c. Players must not play at any high ball with the stick held at above shoulder height unless they are attempting to prevent a goal from being scored (i.e. to defend a shot on goal). The shot must be on target! If it is going wide of the post or over the cross bar the defender is not permitted to try to play at it with the stick at above shoulder height.
- d. Goalkeepers are also permitted to use a high stick when defending a shot on goal. In both cases (i.e. field players and goalkeepers) it is essential that the stick is used safely and wisely.

- e. Players must not use the rounded side of the stick when playing the ball and when striking the ball, the stick must in no way cause danger, nor lead to dangerous play, or be intimidating to any opponent.
- f. Players must not play in any way that is dangerous.
- g. Players must not kick the ball.

NOTE: It is not an offence if the ball hits a player's foot and the whistle should only be blown if the incident causes a total break-down in play and / or a disadvantage. The umpires shall be the sole judges.

- h. Players must not obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball. Neither must they use any part of their body or stick to obstruct a player.
- i. Players must not hold, charge, kick, shove, intentionally trip, or strike any player or umpire.

RULE 15 – FREE HIT

- a. Free hits are to be taken close to where the offence occurred.
- b. The experimental rule (the self pass) can be played at **any** free hit.
- c. The ball must be stationary at a free hit and if passed to another player of the same team (i.e. it is not a self pass) it must move a minimum of 1 metre before being played by another player of the same team.
- d. If the free hit is a self pass the actions of taking the free hit and of next playing the ball must clearly be **two separate actions**.



- e. Until the free hit is taken, all opposition players must be a minimum of 5 metres from the ball.
- f. If the free hit is **awarded** within 5 metres of the shooting circle, **all players except the taker** must be a minimum of 5 metres from the ball. The ball must move a minimum of 5 metres (in any direction) before it can be directly played into the circle.
- g. A free hit awarded within 5 metres of the circle must first be moved back 5 metres from the circle edge before it can be taken. Again it cannot be directly hit or pushed into the circle.
- h. Opponents who remain within 5 metres when the free hit is taken (this is very common when the self pass is used) must not interfere with the play until they have moved 5 metres away from where the free hit was taken, or the ball has moved 5 metres.

NOTE: The umpires will strongly penalise any player who deliberately disregards Rule 15h.

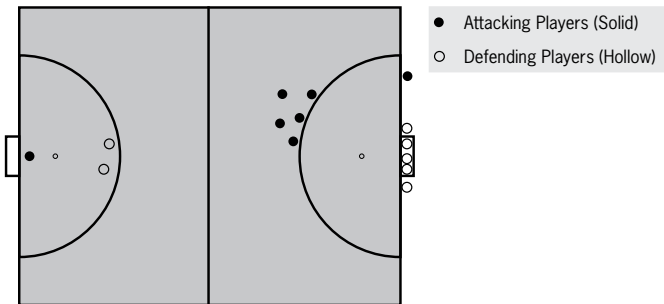
RULE 16 – PENALTY CORNER

- a. Penalty Corners are taken on the back-line on a marker that is 10 metres from each goalpost.
- b. The players may choose which side of the goal to take the penalty corner.
- c. The taker must have at least one foot off the pitch (behind the back-line).
- d. All other attacking players must be outside the circle.
- e. The five defending players must stand behind the back-line at least 5 metres from the ball. The remaining two defending players must be in the **other shooting circle** – at the opposite end of the pitch.
- f. Before any shot can be made at the goal, the ball must first pass outside (beyond) the circle edge.
- g. If the first shot at goal is a hit, it must not cross the goal-line at above 460mm, (the height of the back-board) unless it takes a deflection off an attacker or a defender on the way.
- h. No shot will be allowed if it is judged as dangerous to other field players.
- i. If the ball passes beyond 5 metres of the circle edge, the penalty corner restrictions (Rules) shall cease to apply.
- j. Any penalty corner awarded immediately before half or full time shall be completed.

A Penalty Corner shall be awarded for any one of the following reasons:

- a. A defending player accidentally committing an offence inside the circle.
- b. A defending player deliberately committing an offence outside the shooting circle, but within their own half of the pitch.
- c. A defending player deliberately playing the ball over their own back-line from anywhere on the pitch.
- d. A defending player committing a deliberate offence in the shooting circle that does not prevent a probable or actual goal.

The starting positions of attacking and defending players at a penalty corner:



RULE 17 – PENALTY STROKE

- a. Penalty Strokes are taken on the penalty stroke spot which is 5 metres from the goal-line into the pitch.
- b. Apart from the defending goalkeeper and the penalty stroke taker, all other players must be beyond the centre-line.
- c. The goalkeeper must remain on the goal-line until the ball is played.
- d. The taker must be positioned behind the ball and must not touch the ball a second time.
- e. The clock stops (time is stopped by the umpires) immediately a penalty stroke is awarded.

NOTE: The umpire will ask the goalkeeper and the taker if they are ready before the whistle is blown. The whistle will then be blown. The penalty stroke must not be taken before the whistle is blown.



The umpire's signal for a penalty stroke is to point one arm straight up in the air and point the other arm at the penalty stroke mark.



A Penalty Stroke shall be awarded for any one of the following reasons:

- a. An offence by a defending player inside the circle that prevents the probable scoring of a goal.
- b. An intentional offence in the circle by a defending player against an opponent has possession of the ball or an opportunity to play the ball.
- c. Repeated early breaking off the back-line by defending players while defending penalty corners (i.e. on more than three occasions having already been warned / penalised by the umpires).

Following a penalty stroke, play is re-started with a centre pass (if a goal has been scored or awarded). If no goal is scored or awarded, play is re-started with a hit to the defence taken at the top of the shooting circle.

NOTE: A goal can be awarded if in the process of a penalty stroke, the defending goalkeeper commits an offence that prevents a definite goal from being scored.

RULE 18 – INCIDENT

- a. If the game is temporarily suspended because of an accident or injury where no offence occurred it shall be re-started with a bully close to the spot where the incident occurred.
- b. Players must stand square of each other and prior to playing the ball and following the umpires whistle, they shall tap the ground with their stick once and tap each other's stick above the ball once.
- c. All non-involved players must be a minimum of 5 metres from the ball.

NOTE: No bully shall ever be played within 14 metres of the back-lines, (inside the shooting circle).

- d. Players who are cut or bleeding will be required to leave the pitch immediately and shall not be allowed to return until the bleeding has been suppressed or stopped.

RULE 19 – UMPIRES

- a. Mini Hockey shall be controlled by one or two umpires (preferably two).
- b. The umpires are responsible for all decisions and penalties.

England Hockey strongly supports the development of officiating for all young people. All Mini Hockey Organisers are encouraged to provide young players with an opportunity to experience umpiring and officiating.

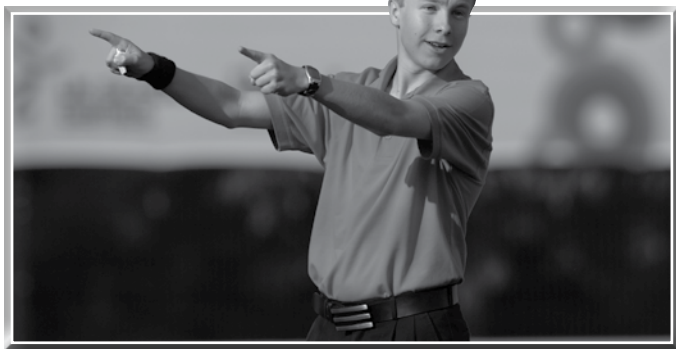
Umpiring is a fun and rewarding experience. All young players should be encouraged to umpire as well as play.

For more information on officiating and young people, see the next page.

Guidance For Umpires

England Hockey is very keen to see all of our young players able to 'blow a whistle'. There are a number of young umpiring awards and projects that are linked to Mini Hockey. These include the Young Umpire Award, the Foundation Umpire Award, the Young Umpire Challenge and Young Umpire Taster Days. For more information on opportunities for young umpires please contact your regional hockey office or look on the England Hockey website **www.englandhockey.co.uk**

Two umpires are appointed to each game of mini hockey. They work together as the third team on the pitch. In umpiring terms, there is very little difference between mini hockey and 11-a-side hockey.



The pitch:

The pitch is only half the size of an 11-a-side pitch and there are 14 players to oversee as opposed to 22. There are no 23 metre lines, the penalty stroke spots are closer to the goal-lines (5 metres instead of 7 metres) and the corner markers are closer to the corners (3 metres instead of 5 metres). The shooting circles, the penalty corner markers, goals and centre line are all exactly the same.

The rules/play:

There are three key differences from the 11-a-side game.

1. Any intentional offence by a player in their **defending half of the pitch** should be penalised by the umpire – a penalty corner should be awarded to the opposition.
2. When a penalty corner is awarded, two of the defending team must **go to the shooting circle at the opposite end of the pitch**.
3. When a penalty stroke is awarded all non-involved players must go to the **other side of the centre line**.

Yazoo National Youth Hockey Festival

The YAZOO National Youth Hockey Festival is the NUMBER 1 event for young leaders, young players and young umpires. It provides a great opportunity for young players from schools and clubs to take part in a truly national event. It's a very special event and is a lot of fun for everyone who visits or takes part.

The Mini Hockey Championships for young girls and boys club and schools teams ranging from Under 9s through to Under 12s all come together to celebrate their success. The first rounds are held at county level with the winning teams progressing through the regional rounds to the National Finals in May.



The Championship is designed to encourage maximum participation at the grass-roots level and has over 10,000 boys and girls playing, umpiring and leading side by side.

The 7-a-side format, with its own Rules and playing area, provide a high scoring, fast moving, fun game of hockey.

If your school or club would like to be a part of this prestigious event, contact England Hockey and request more information. For contact details in your area see **www.englishockey.co.uk/contactus**



Above: Young Umpires and Young Leaders at the YAZOO National Youth Hockey Festival

The National Young Umpire Challenge

A fantastic opportunity for young people to experience an exciting and fun-filled weekend in which they can develop their understanding and skills as young umpires in a variety of activities including:

- Seminars and workshops
- Umpire Coaching and Mentoring
- Teambuilding
- Umpiring at the Under 9s National Festival
- Umpiring at the Under 11 and U13 Girls and Boys Championship Finals

Applications are invited from regional young umpiring groups (RYUAGS), schools, hockey umpiring associations and clubs and all young people aged 15 to 21 years are welcomed to apply.

Why not try and get on the team?

See **www.Englandhockey.co.uk** for more information

The National Young Leader Challenge

A fantastic opportunity for young people to experience an exciting weekend in which they can develop their understanding and skills in a variety of young leadership activities including:

- Seminars and Workshops
- Coaching
- Officiating
- Player and Event Management
- Presenting and organising events (including the Challenge Leaders and Umpires tournament)
- Practical experience shadowing coaches, umpires and event officials at the National Mini Hockey Finals.

Applications are invited from schools and clubs and all young people aged 15 to 20 years are welcome to apply.

Information for Young People on Staying Safe

Childline 0800 1111

NSPCC 0808 800 5000

Hockey is a great sport to play and everyone should be able to enjoy it, like we do! When you play hockey you should feel safe and have fun! Sport is a great way of making new friends!

Please read this guide and keep it safe. It will help YOU to keep safe. Your club is there to make sure you learn hockey safely. There are lots of people who are there to help you improve and play hockey – this may be a coach, umpire, volunteer or club member.

They should:

- Have the right qualifications / experience
- Not bully you into doing things
- Treat you as an individual
- Never speak to you in a way that makes you feel uncomfortable
- Make sure equipment is safe for you to use
- Be a good role model

You have a role too!

You should:

- Do what you are asked to do within the rules of the game
- Be ready and on time for training and competitions
- Play as best you can all the time
- Not use bad or hurtful language
- Never bully another player

What should you do to keep safe?

- Avoid being alone or with just one other person
- Travel with a friend
- Try not to go into someone else's car or house by yourself
- Carry a mobile phone or money
- Tell someone where you are

How do you know if something is wrong?

Something is wrong if someone:

- Always teases you, shouts at you or calls you names
- Threatens, hits, kicks or punches you
- Touches you, or does anything that makes you feel uncomfortable
- Breaks or steals your things
- Does anything that makes you feel lonely, upset, worried, unsafe, hurt, or embarrassed

Worried or upset about something? Don't keep it to yourself!

You could speak to an adult you know or trust, such as a family member, a teacher or an adult at your club.

Who is my Welfare Officer?

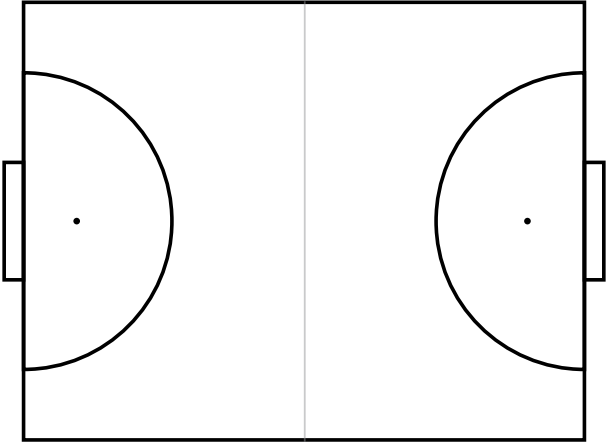
Use the space below to record the details of your club's Welfare Officer:

Name	
Contact No	

Useful Contact Details – Advice for children and young people

Organisation	Phone Number	Website	Additional Information
There4Me	0808 800 5000	www.there4me.com	Support and advice for 12–16 year olds from the NSPCC.
Childline	0800 1111	www.childline.org.uk	Free helpline for children and young people.
Kidscape	0207 730 3300	www.kidscape.org.uk	Support on bullying.

Notes and Pitch Plan



HAVE YOU VISITED THE ENGLAND HOCKEY WEBSITE DEDICATED TO YOUNG PEOPLE?



WHY NOT TAKE A LOOK NOW?
WWW.ENGLANDHOCKEY.CO.UK/YOUTH



**The rules of Mini Hockey are written by England Hockey, the
National Governing Body of Hockey in England.**

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www.englandhockey.co.uk