

# ADELAIDE HOCKEY CLUB

## (Modified Rules Hockey)

### Minkey and Half-Field Hockey

#### Objectives

The main objectives of modified rules sport are safety, enjoyment, learning skills, promoting good sportsmanship and interaction with other participants.

#### Rules of Minkey (Quarter-Field: for Grade 2 - 4)

**Players** - Six players per team, 3 forwards and 3 defence, LW,CF,RW - LHB,RHB,FB

**Pushing Only** – The ball must only be pushed, **no hitting**.

**Penalty corners** - There are no penalty corners, long corners or penalty strokes.

**Duration** - The game is two 25 minute halves with a 2 minute break at half time.

#### Rules of Half-Field Hockey Grade 5 & 6

Rules for Half-Field Hockey are basically the same as the current rules for 11-a-side hockey.

**Players** - Seven players per team, 3 forwards, 3 halfbacks and one full back, LW,CF,RW - LB,CHB,RHB and FB

**Penalty Corner** - Penalty corners are awarded for unintentional breaches of rules by defenders within the 10 metre area. **Only 3 players may defend a penalty corner**; all other players of the defending team must stand behind the halfway line until the ball is played. Penalty corner marks for hit outs are on either side of the goals. Umpires need to visualise the approximate position of a circle when awarding corners. The ball must pass beyond the 10 metre area before being taken back inside for a shot at goal.

**Long Corners** - Long corners are awarded when the ball goes out over the goal line off a defender's stick. They are to be taken from a point near the corner of the field on the goal line by an attacker.

**Penalty Push (Penalty stroke)** - Penalty strokes are awarded for intentional breaches of rules by defenders in the 10 metre area. The ball should only be pushed along the ground (not lifted) from a point approximately 6 metres in front of goals. Only one player, generally the existing fullback, defends a penalty push. All other players must stand behind the 10 metre line.

**Duration** - The game is two 25 minute halves with a 5 minute break at half time.

## **General Rules**

**Safety** - This is the prime consideration.

In **Minkey** games players are only allowed to push - **no hitting**.

In Half Field Hockey the ball must be **stopped** before being hit. The ball must not be lifted dangerously or hit so hard that it intimidates ones teammates & opposition.

**Sticks are not to be raised above shoulder height and swung around wildly.**

**Reverse Stick hits or Tomahawks** are dangerous at this age level, so are not permitted.

Spectators behind the goal lines may be in danger of being hit by moving balls. It is safer to stand on the sidelines of the fields.

**Free Hits** - When a free hit is being taken **all** players must be 3 metres away from the player with the ball.

Free hits may not be taken any closer than 10 metres from the goal line (except penalty and long corners in Half-Field).

For breaches within the 10 metre area, the free is to be taken on the 10 metre mark in line with the breach.

**The free hit must not be hit so hard as to intimidate the other players.**

**Goal Scoring** - A goal cannot be scored directly off a free-hit on the 10 metre line. The ball must be touched again by a player on the same team as the one taking the free hit, before a goal can be scored. To score a goal the ball must pass between the markers, not over the top of a marker, or touch a marker.

**Equipment** - The use of **mouthguards and shin pads are essential**. Sprigs are not necessary and may damage the fields. **We do not use goalkeepers in our games**; only fullbacks, so no player shall be permitted to have special goal-keeping privileges (kicking or handling the ball). Each team needs to supply a ball for one half of the match and players are required to provide their own sticks. Lightweight balls **must** be used for Minkey

**One-sided matches** - Modified Rules Sport allows a large degree of flexibility since the emphasis is on having fun and learning skills. By mutual agreement a team may borrow player(s) from other teams when short. **Hopelessly one-sided games, eg. 10-nil or more, need to be avoided**. A team that is losing by a largish margin, may put an extra

reserve on the field, after consulting their opposition. Other suggestions to even up the score are: to take star players off for awhile, or shift goal scorers to the backline. Please avoid stacking your team in defence when the opposition team is in their attacking area near goal. This causes crowding and dangerous situations.

**Body Contact** - If the ball hits the body or feet of a player, it is a breach of rules. However, the umpire may allow the game to continue if it is an advantageous situation. This allows the game to flow without too much interruption. In Half-field matches umpires should penalise this more heavily.

**Obstruction** - Preventing an opponent from playing the ball is not permitted. In Half-field matches umpires must penalise shepherding, bumping and stick obstruction.

**Good Sportsmanship** -Players are to be encouraged to shake hands at completion of the game and to give three cheers to the opposition and three cheers to the umpire. Be dignified in both defeat and victory. High-fives, stick throwing and similar acts are put-downs for the opposition.

**Bad Language and arguing with umpires** will not be tolerated and offenders may be asked to leave the field. Umpires should send players off for 5 or 10 minutes for the offence.

**Umpires** - Umpires give their time enthusiastically each week and without them this program could not continue. Please give them your support; they are aiming to do their best. Coaches may offer constructive assistance if necessary. Umpires are encouraged to allow the game to flow as much as possible with safety as the main priority.

**Noticeboard** – The day's games are on the Noticeboard at the front of the Clubhouse, plus any other notices, so please read notice board carefully each week.

**Markers** - **Please discourage** children from damaging the field markers with their sticks.

**Team Rotation** - Teams and umpires are rotated onto different fields as much as possible during the season.

**Wet Weather** - Players, spectators, coaches and umpires are advised to bring waterproof clothing, umbrellas, etc. Hockey is a winter sport so matches are **unlikely to be cancelled due to rain** unless it is continuous and heavy or if there is too much water on the fields. The two coaches of each game should promptly meet and decide what they wish to do.

**First Aid** - A First Aid kit and ice will be in the clubhouse each week. Teams should also bring their own first-aid kit.