



West Vancouver Field Hockey Club

Introduction to Mini Rules (U9 / U10)

The Field of Play

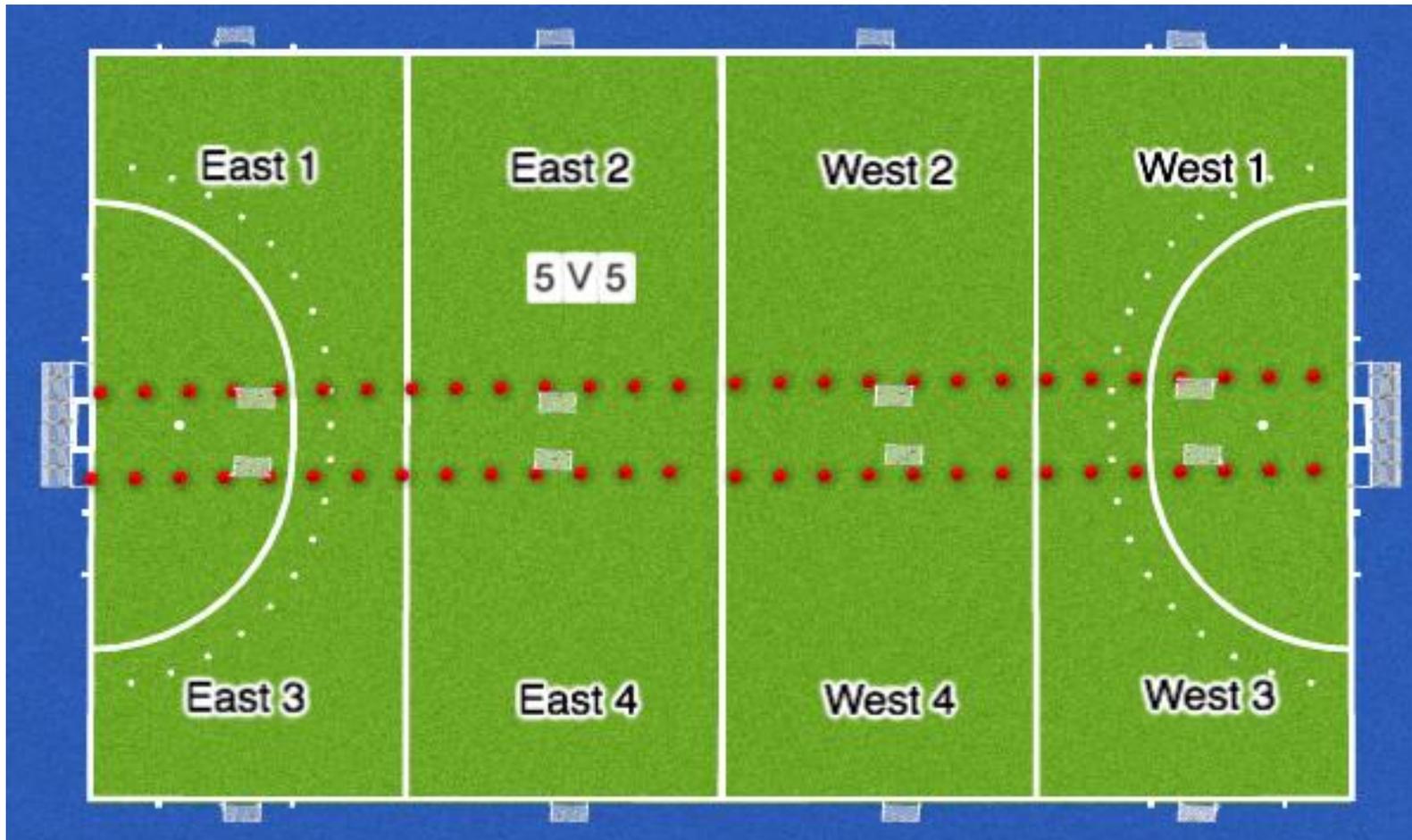
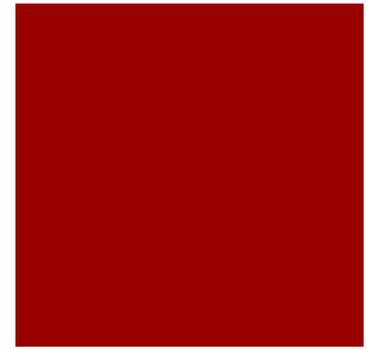


U13-U18 and adult field hockey uses the same basic playing field with a halfway line, 2x 23m lines, and 2 shooting circles.

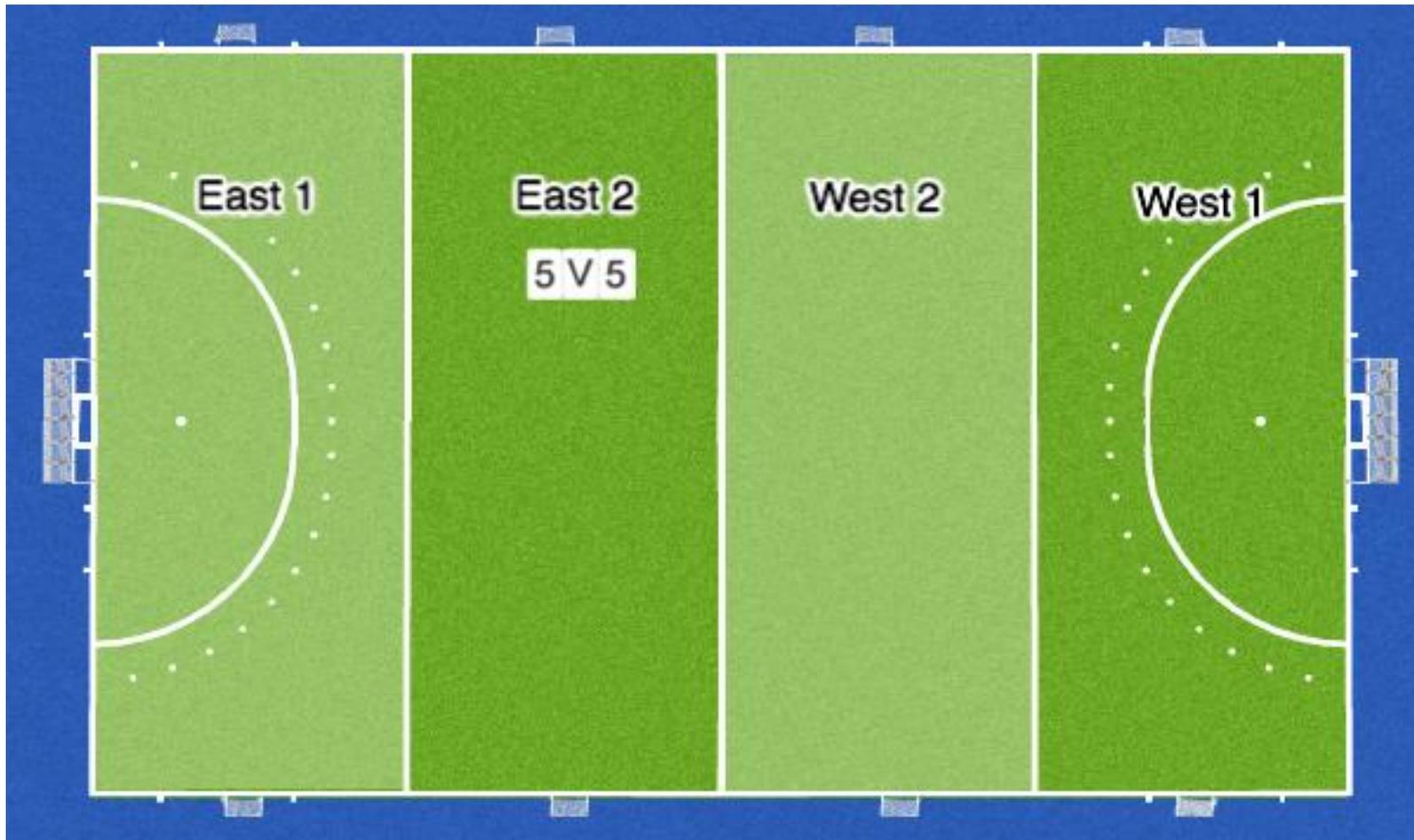
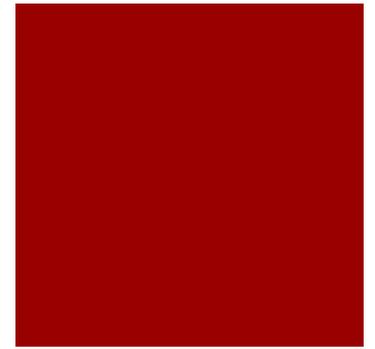
For U11 and U12 field hockey, this field format has been modified so that it fits into half of a normal playing field; the sidelines of a normal playing field become the end-lines of the modified U11-U12 Field. Everything is the same, only smaller.

U10 play in 1/4 of the field (1 x 23m area), and U9's play in half of that size (1/8 of the field)

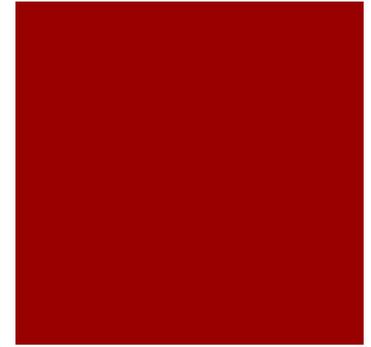
The Field of Play – U9



The Field of Play – U10



WVFHC Mini Hockey Rules

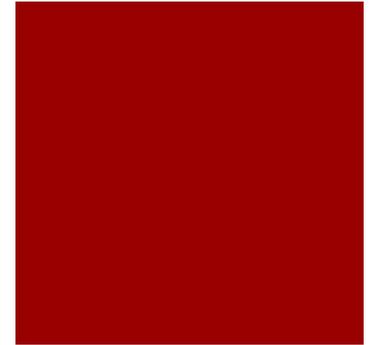


- 1) Equipment: safety issue; WVFHC Rules require all players to wear shin pads and mouth guards. Umpires may point out non-compliance, but it is the coach's responsibility to ensure all players are properly equipped.
- 2) Players may not wear anything that might be dangerous to other players. All players must have their stick in their hand.
- 3) Substitutions: Substitutions for BOTH teams are made at the center line, on the SAME side of the field, "on the fly" and/or as "group" substitutions during a natural break in the play, e.g. ball out of play over the sideline.
- 4) Duration of Game:

U9 Games - 12 min quarters (2 min turnaround). After the 2nd quarter teams will have 5 min half-time break then switch and play 2 quarters against the other half of the team.

U10 Games - 12 min quarters (2 min turnaround). After the 2nd quarter teams will have 5 min half-time break then switch and play 2 quarters against the other half of the team.

WVFHC Mini Hockey Rules



5) Start of Game:

Coin toss, visitors to call it. Winning team chooses EITHER the end they wish to defend OR first hit. Loser gets the remaining choice. Player taking Centre Pass hit may stand anywhere: all other players should be on their own side of the centerline. Hit may travel in any direction, but it must move at least one meter. At this level, allow hit to be re-taken if it does not move at least one meter.

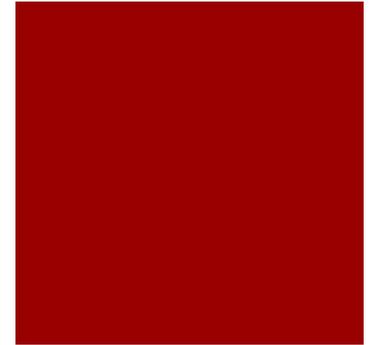
6) Re-Start of Game:

- a) Start of Second Half: teams switch ends; the team that did not start the game takes the Centre Pass.
- b) After a Goal: the team scored against takes the Centre Pass.

7) Bully: do not call them. (note that games are no longer started/restarted with a bully; see Rules 5 and 6 above)

8) Offside: there is no longer any Offside in Field Hockey.

WVFHC Mini Hockey Rules



9) Hit-in, Free Hit, Centre Pass: Defending team must give the Attacking team 5 meters. (Raised Balls are not allowed on these hits; apply Rule 15)

10) Balls over the Side-line: NO WHISTLE needed (it slows up play). Just indicate direction of hit. Ball to be placed on sideline (allow it to be moved up out of the "ditch" made by the line, but play it CLOSE to the line). The team that did not put the ball out takes the Hit-in. Player taking the hit may stand anywhere.

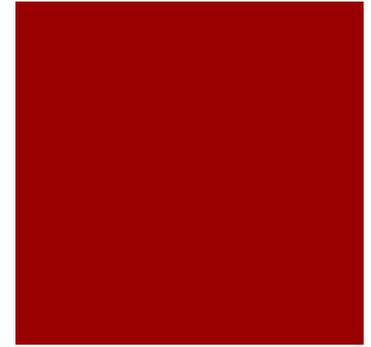
11) Balls hit over the Back-line by the Defending Team: whether accidental or deliberate, call a Long Corner. (Hit-in from the sideline, approx 2 meters out from the corner cone on the side nearest where the ball went out.)

12) Balls hit over the Back-line by the Attacking Team: Defending team gets Free Hit at the 10 meter line, in line with where the ball went out. No whistle needed, but use the proper signal so the kids learn what it means and how to play it.

13) Scoring Goals: The scoring of a goal can take place from the mid line by an attacker, and must pass completely over the goal-line.

14) Deliberately hitting the ball with the Round Side of the Stick ("Back Sticks"): caution offender verbally first

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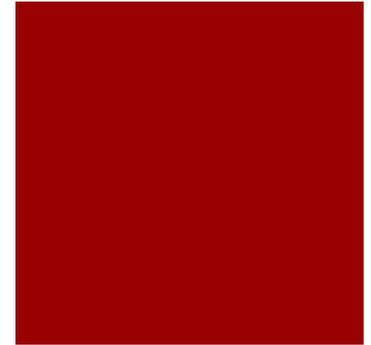
15) Raised/High Balls: safety issue; any time the ball is raised in a dangerous or potentially dangerous situation, it is to be called and a Free Hit given to the team that did not strike the ball. If the ball rises in open field with no players near, play on.

16) Sticks: safety issue; do not allow players to carry their sticks in a dangerous or intimidating manner, to swing wildly or to raise their stick over the heads of players. Players may not use their stick to hit, hook, hold or interfere with an opponent or an opponent's stick ("hacking"). Award a Free Hit.

17) Bunch Ball: safety issue; any time a group of players is attempting to play the ball and players are hacking at it, call a Free Hit.

18) Penalty Corners/Penalty Strokes: do not play them at this level. If a defender fouls inside the 10 meter line defending area, award a Free Hit to the attackers JUST OUTSIDE the 10 meter line, in line with where the foul occurred.

WVFHC Mini Hockey Rules



19) Foot fault ("Feet"): are not to be called unless the player INTENTIONALLY

- a) kicks the ball up to his/her stick or
- b) Stops or directs the ball with a foot

20) Obstruction: except for tackling from behind and deliberate "bumming out" of another player, do not call it at this level unless it is serious and recurrent.

21) Dangerous Play: any tackles from the reverse (left) side, or from behind are dangerous and must be called as fouls. Players may not charge, kick, trip, strike at or handle other players or their sticks. Call as a foul and award a free hit.

22) Free Hits: must be taken from the place the foul occurred, except for fouls committed inside the ten meter line. If the foul is by the attackers, the defenders may place the ball anywhere up to the 10 meter line, in line with the place where the foul occurred. If the foul is by the defenders, the attackers take the free hit JUST OUTSIDE the 10 meter line, in line with where the foul occurred (see Rule 18)