



## **RULES OF J 1/2 COMPETITION**

### **WHAT IS J 1/2 HOCKEY?**

A shortened and modified version of a hockey game that aims to provide a fun entry into playing hockey games.

It will provide a step up from Minkey skills based sessions before the J 3/4 hockey level.

### **PHILOSOPHY**

- Non Competitive
- School based
- Fun
- Educational
- Play with your friends
- Promote YMCC Hockey club
- Low cost
- Parent Involvement

### **EQUIPMENT**

Each player requires a hockey stick and shin pads. **Mouth guards are compulsory.**

### **AGE**

The J1/2 Hockey competition is for children in years 1 and 2 at school. This age group is 6 and 7 years of age.

### **VENUE & SIZE OF FIELD**

The J 1/2 competition is based at Perry Lakes and played on Saturday mornings. The fields are approximately 1/4 of a full field size.

## **RULES & GENERAL GUIDANCE**

### **Duration of the game**

2 x 20 minute halves. 5 minutes at half-time.

### **How many players in a team**

The game is played between 2 teams of not more than 10 players each. Not more than 7 players from each team shall be on the field at the same time. A goalkeeper or kicking full back is not necessary.

### **Substitutions**

Can happen at any time but make sure no player can enter the field until the player to be replaced has left the field.

## **The Umpires**

There is one umpire in each game of J 1/2 hockey. The umpire is responsible for penalising fouls and maintaining safety and control. Umpires need to stay calm and concentrate at all times.

The team named first on the fixture team will supply the umpire/guide for each game. The first rule is safety to all players. Teaching positional play and basic rules. The children will not know all the rules so they need to be taught as they go.

The general rule is pull up anything that is dangerous. Don't be too hard on every detail of the game. Let the game flow and the players will learn more and get more enjoyment out of the game. Ignore minor indiscretions that do not have an impact on the game otherwise at this level you will be forever stopping the game for free hits. If the game gets too congested then award a free and spread the game out again.

Whistling: An umpire needs to blow the whistle firmly and loudly.

Signalling: An umpire needs to signal clearly and positively.

High Vis vest: An umpire should wear a high visibility vest during the game.

## **Starting the game**

A centre pass is used to start the game. It is also used to re-start the game after a goal has been scored and after half time. The teams change ends at half time. If the 'blue team' starts the game then the 'red team' shall start it after half time.

## **Scoring a goal**

A goal is scored when the ball has completely crossed the goal line. When the goal is scored, the umpire shall blow the whistle and turn and point both arms towards the centre of the field.

## **Hitting**

Hitting is **NOT** allowed in J 1/2 hockey and any **dangerous stick action or wild swinging** should be stopped immediately and a free hit awarded to the other team. This should be policed heavily where there is a group of players and there might be dangerous play.

## **Penalties**

These are awarded following unintentional or intentional fouls. The umpire is responsible for recognising the foul and applying the appropriate penalty.

## **INFRINGEMENTS : WHAT YOU CANNOT DO .**

**1 Back-sticks:** You cannot play the ball with the back of the stick.

**2 Feet:** You cannot deliberately stop or play at the ball with your body, leg, foot, arm, hand etc. At this level if the ball touches players feet it is not an infringement. However players are not allowed to deliberately kick the ball.

**3 Obstruction:** You cannot stand still and shield the ball when an opponent is attempting to tackle you. You must either pass the ball or move away in any direction (except bodily into the opponent).

**4 Rough play:** You cannot push or trip or interfere with an opponent in any way.

**5 Stick-tackling:** You cannot hit, hold or hook an opponent's stick with your own stick. Chopping or hack tackling is not allowed.

**6 Dangerous play:** You cannot play the ball in a dangerous manner towards another player. *You cannot play the ball with your stick held above your shoulder.*

#### **Ball out of play:**

**Over the side-line:** A hit-in shall be awarded. The ball shall be played along the ground, from the spot where it went out, and all opponents shall be at least 5 metres from the ball.

**Over the back-line – (by an attacker):** A hit-out shall be awarded to the defenders. The ball shall be played along the ground on a spot opposite where the ball crossed the back- line up to the 10 metre line into the pitch. All opponents shall be at least 5 metres from the ball.

**Over the back-line – (by a defender):** If the defender accidentally hits or deflects the ball over their own back-line from anywhere on the field, a long corner shall be awarded. The ball shall be played by the attacking team along the ground from a spot in line with where the ball went out but on the “25 yard line”. All opponents shall be at least 5 metres away.

**THERE ARE NO RAISED BALLS ALLOWED IN J 1/2 HOCKEY AT ALL AT ANY TIME.**

**...Safety is first at all times.**