

# YMCC Hockey Club J3/4 Rules 2017

## WHAT IS J3/4'S

A shortened and modified version of hockey that aims to service the gap between the clubs J 1/2 competition and J5/6 junior hockey.

## PHILOSOPHY

- Non Competitive
- Club based and School based
- Fun
- Educational
- Play with friends
- Promote clubs
- Low cost
- Parent Involvement

## EQUIPMENT

Hockey stick, shin pads. Mouth guards are compulsory. Standard hockey balls are used for J3/4 competition.

## AGE

J3/4's is aimed at children in years 3 and 4 at school.

As it is not an association competition we do not have to consider the 2 games in a weekend rule and if a team is short one week then players may play again so as to field a team. Alternatively most coaches will be happy to provide a player for the opposing side so everybody gets more of a run. Similarly if advanced J 1/2 players are available then the J3/4 teams can use these players when their team is short.

## VENUE & SIZE OF FIELD

The J3/4's competition is based at Perry Lakes and played on Saturday mornings. The fields are approximately  $\frac{3}{4}$  of a full field size. The attacking 'D' is scaled accordingly. The only other marking is the centre line.

## **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 9 players each. Not more than 9 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 are 2 umpires in each game of hockey. Together they are responsible for all the field. The 2 umpires work together. They are responsible for penalising fouls and maintaining safety and control. The umpires need to co-operate and communicate with skill and judgement. Umpires need to stay calm and concentrate at all times.

Each team will supply 1 umpires/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.

### **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. It must have been touched by the attackers stick inside the circle. 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 allowed in J3/4s, but any **dangerous sticks 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 is dangerous play. Slap hitting should be encouraged.

## **Penalties**

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

If the foul was unintentional, the umpire shall award a free-hit (unless it was by a defender in the circle, in which case the umpire shall award a penalty corner).

If the foul was intentional the umpire may first warn the guilty player/s and then award the free hit.

It is very important to understand that an umpire must be able to recognise the difference between intentional and unintentional fouls.

## **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.
- 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.

**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. Note: This applies only when the ball has unintentionally been put over the back-line by a defender.

When it has been intentionally put over the back-line by a defender anywhere on the field, the umpire shall award a penalty corner.

**Penalty Corner:** The experienced grades will play penalty corners however beginner teams should only play penalty corners if both coaches agree. A penalty corner can be awarded when a defender unintentionally commits a foul in the ‘D’ or intentionally hits the ball over the back-line from anywhere in the field.

*Umpires – Important things you need to know:*

The ball shall be played from the back-line about inside the ‘D’, about 1m from the where the ‘D’ touches the back line. No more than 5 defenders are to stand behind the back-line and must be at least 5 metres away from the taker. All of the teammates must be on the other side of the halfway line.

All attackers must be outside the ‘D’ until the ball is played. Only 5 attackers are allowed in the 10 metre zone or to stand on the 10 metre line. The ball must go outside of the circle BEFORE a shot at goal is made.

**There are NO RAISED BALLS ALLOWED IN J3/4 HOCKEY AT ALL, anytime, anyplace...Safety is first at all times.**