

# PORT MACQUARIE HASTINGS HOCKEY ASSOCIATION JUNIOR HOCKEY PLAYING RULES

## Application and Interpretation

These rules govern the main Winter Season of Junior field hockey competitions for Port Macquarie Hastings Hockey Association (PMHHA). Member clubs shall be invited to enter teams into the competition as determined annually by PMHHA.

This document is produced under the authority of the constitution of PMHHA. PMHHA Committee or any delegated authority may advise on the interpretation and operation of these rules. The relevant instrument of delegation shall outline the extent of authority.

The competition and playing rules are to be read in conjunction with other PMHHA Hockey policies including Deferrals and Forfeits, Extreme Weather, Judiciary Investigations and Playing Rule breaches, Permanent Suspensions, Registrations, etc

Where an inconsistency exists between these rules and any other rules or policies, PMHHA shall be informed, and an appropriate cause of action will be advised.

## Modified Rules

- PMHHA conducts all matches in accordance with the International Federation of Hockey Rules of the Game. Where Continental, National, State or Local rules or regulations have been devised, and / or directions to Umpires advises, PMHHA will update member clubs and any subordinate committees of PMHHA.
- PMHHA supports and endorses modified games of lower aged hockey as promulgated by Hockey Australia and / or Hockey NSW.
- Further local competition rules may be introduced with the support of the member clubs and PMHHA, but these must be reflected in these playing rules.
- Modified Hockey rules are contained at the end of this document for each game type.

## COMPETITION STRUCTURE

### Grade structure

- Junior Hockey within PMHHA will be divided into appropriate mixed gender age groups that reflect the age groups of hockey across the state and nationally. These divisions may be modified further at a local level, annually, based on predicated and / or actual registration numbers.
- Ages for eligibility shall be as determined by Hockey Australia / Hockey NSW.
- Local age divisions that are equal to or greater than the lowest HNSW age division shall play “full field” hockey. All lower aged juniors are to play a modified version of the sport.
- Clubs are encouraged to enter a team in every grade of local hockey subject to the 70 / 70 Rule.
- PMHHA reserves the right to place teams into divisions within the one grade / age division should the need arise. Competition rules will be advised at that time.

### 70 / 70 Rule

- Each team to be eligible for admission in the competition must have;
  - 70% of players of “true age”, and
  - Maximum 70% ratio of players from different genders.

## **General Eligibility**

- Individual players, coaches and managers must be registered as per the rules and policies of PMHHA
- A player may only be registered in one team, in only one grade, and with only one Club.
- Clubs must confirm team lists of registered players no later than round 4 of the competition. No further adjustment of team's lists will be allowed after round 4.
- A player can play a maximum of two (2) junior competition games in any given competition week / round.
- Junior players must register and play in their 'true age' age group. Players shall be allowed to play up one age group for their club should their club deem appropriate.
- Players may not play for a team from any Club other than the one with which they are a registered player without the prior approval of PMHHA.
- A player must not play in a team below their 'true age' without the prior approval of PMHHA.
- A Player registered as a Goalkeeper in one age division can also play on the field for a different team if a club has more than one team in the same age division, and vice versa.
- If a Club has more than one team in the same age division, players registered in one team may not play for the other team in that age division.

## **Exemptions**

PMHHA may grant an exemption to these requirements in exceptional circumstances. Exemptions may be reviewed throughout the season and are subject to change if deemed necessary by PMHHA. Exemptions may be granted by the JMC

## MODIFIED PLAYING RULES

Playing Format	Quarter Field	Half Field	Full Field
Skills Session	Yes – 20min prior	No – club training	No – club training
No. of players	6	8	11 9 (Super 9s)
Circle area	Blue	Orange	White
Goal type	Junior (Indoor) Goals	Junior (Indoor) Goals	Standard Hockey Goal
Ball type	Joey	Joey	Standard
Goalkeeper	No	Yes	Yes
Playing time	2 x 15 min	2 x 25 min	4 x 15 min
Half Time	5	5	2   5   2
Penalty corners	No	Yes (4 on 3)	Yes
Free hits	No self play on free hits	No self play on free hits	As per FIH rules
Hitting	Pushing only	Pushing and slapping	As per FIH rules
Tomahawks	Not permitted	Not permitted	Not permitted
Raised ball	Not raised above shin pad height in play	Not raised above shin pad height in play	As per FIH rules
Umpire	Instructing umpire	Development Umpire	2 x Paid Umpires
Points table & finals	No	Yes	Yes
Coaches/Manager	1 allowed on field Complete game card Keep dugout for players and officials	1 allowed on field Complete game card Keep dugout for players and officials	Not on field Complete game card Keep dugout for players and officials

## Quarter Field Games

### Teams

- Each team may have seven (7) to ten (10) players.
- There are six (6) field players, permitted on the pitch at any one time.
- There are no goal keepers permitted on the field at any time.
- The remaining players are substitutes; all players must have equal time.
- Teams must be a mixture of different genders.
- Coaches permitted on the field to assist and instruct their players. They are however not to become part of or hinder the game and should avoid the circle areas and centre of the field.

### Equipment

- Players must wear Shin Pads and Mouth Guards and are not permitted to take part in games if not worn.
- Quarter field games must use the “Joey” balls. Balls to be provided by clubs.

### Coaches/Managers

- Every team participating must have a coach or manager present at all games (preferably one of each gender).
- All coaches and managers MUST have a valid and current working with children check. Clubs are responsible to enforce staff in their employ.
- All match cards are to be fully completed by each Team Coach/Manager prior to the commencement of each match and handed to the Umpires. At the end of each match, match details must be entered into the points database system or left in the match card area.

### Duration

- 1 x combined clubs 20 min skills session, then
- Players evenly split into 4 teams (or as appropriate) which are loosely based on club affiliation, for
- 1 x match played in two (2) periods of fifteen (15) minutes with a half time break of five (5) minutes.

### Rules Synopsis

All rules are to be the same as the FIH Rules of Hockey, with the following exceptions;

- The ball cannot be raised above shin pad height in play.
- No reverse side hits known as "tomahawks".
- Pushing the ball only (no hitting or slapping)
- There is NO self-play on any free hits. (The ball must be passed to another player).
- No field player is to remain positioned in front of the goal mouth as a designated Goalkeeper while no attack is occurring during play. Coaches are to encourage all players to participate. (It's about participation for all players)
- Penalty Corners or Penalty Strokes shall NOT be played or enforced in quarter field hockey. The attacking team shall be entitled to a free hit 5m outside the circle and in-line with the centre of the goals.
- The ball must be passed once to another player before entering the circle.
- During a '15m restart' or free hit at the top of the circle to the defending team, the opposing team (team without the ball) must retire to halfway while the free hit is being taken.
- If the ball passes over the backline during general play and the defender touched it last the attackers will get a “half-way restart”.

## Umpires

- Quarter field hockey shall be controlled by one or two instructing umpires. This can be an umpire, a parent or coach.
- The umpire is responsible for all decisions and penalties.
- An instructing umpire is a coach, parent or qualified umpire who can assist players on the field. An instructing umpire must have a basic understanding of the game and Rules of Hockey.

## Half Field Hockey

### Teams

- Each team may have nine (9) to twelve (12) players.
- There are seven (7) field players and one (1) goalkeeper allowed on the field during play.
- The remaining players are substitutes; all players must have equal time.
- Teams must be a mixture of different genders.
- Coaches permitted on the field to assist and instruct their players. They are however not to become part of or hinder the game and should avoid the circle areas and centre field.

### Equipment

- Players must wear Shin Pads and Mouth Guards and are not permitted to take part in games if not worn.
- Half Field Hockey competition games must use the “Joey” ball to be provided by clubs
- Goal keepers must be fully kitted, including throat protection.

### Coaches/Managers

- Every team participating must have a coach or manager present at all games (preferably one of each gender).
- All coaches and managers MUST have a valid and current working with children check. Clubs are responsible to enforce staff in their employ.
- All match cards are to be fully completed by each Team Coach/Manager prior to the commencement of each match and handed to the Umpires. At the end of each match, match details must be entered into the points database system or left in the match card area.

### Duration

- 1 x match is two (2) periods of twenty (25) minutes with a half time break of five (5) minutes.

### Rules Synopsis

All rules are to be the same as the FIH Rules of Hockey with the following exceptions;

- The ball cannot be raised above shin pad height in play
- There is NO self-play on any free hits. (The ball must be passed to another player).
- Pushing or slapping only, no hitting.
- No Tomahawk shooting or tomahawk style passing allowed. Reverse edge passes encouraged with flat stick and hands apart.
- Penalty corners will consist of 4 attackers and 3 defenders (inclusive of GK).
- ALL remaining players must be retreat to over the halfway line.
- The standard provisions of taking a penalty corner shall apply except;
  - 4 v 3 rule as above, and
  - At least one pass to another player must be made before any shot on goal.
- During a '15m restart' or free hit at the top of the circle to the defending team, the opposing team (team without the ball) must retire to halfway while the free hit is being taken.
- If the ball passes over the backline during general play and the defender touched it last the attackers will get a 'half way restart'.

### Umpires

- Half Field Hockey shall be controlled by two umpires.
- Hockey NSW recommends a junior training umpire or community level umpire gain experience at this level. Instructing umpires can still be utilised where necessary.
- The umpires are responsible for all decisions and penalties.

## Full Field Hockey

*Generally played as per FIH rules of hockey with Continental, National, State and Local Regulations incorporated where appropriate.*

### Teams

- Each team may have up to Sixteen (16) players in any 1 game.
- There are ten (10) field players and one (1) goalkeeper allowed on the field during play.
- The remaining players are substitutes; all players should have equal time.
- Teams must be a mixture of different genders and abide by the 70 / 70 rule.
- Any less than 7 players in a team on game day will result in a forfeit by that Team.

### Equipment

- Players must wear Shin Pads and Mouth Guards and are not permitted to take part in games if not worn.
- Goal keepers must be fully kitted including throat protection.

### Coaches/Managers

- Every team participating must have a coach or manager present at all games (preferably one of each gender).
- All coaches and managers MUST have a valid and current working with children check. Clubs are responsible to enforce staff in their employ.
- Coaches or managers are NOT permitted on the field, unless instructed by the umpires.
- All match cards are to be fully completed by each Team Coach/Manager prior to the commencement of each match and handed to the Umpires. At the end of each match, match details must be entered into the points database system or left in the match card area.

### Duration

- 1 x match is four (4) periods of fifteen (15) minutes with intervals of two (2) mins at quarter times and five (5) minutes at half time

### Rules Synopsis

- All rules are to be the same as the FIH Rules of Hockey except for where other provisions within these playing rules exist.
- No Tomahawk shooting or tomahawk style passing allowed. Reverse edge passes encouraged with flat stick and hands apart.

### Umpires

- All full field hockey games will be controlled by two development umpires under guidance from umpire coaches.
- The umpires are responsible for all decisions and penalties.