

### U13– Rules and Regulations 2011/2012

- Age Qualification; Players MUST be in year 8 or 9 as of the day of the tournament.
- Squads: 6 players on the pitch at any one time + Goalkeeper. 7 players in total.
- Unlimited substitutions.
- The pitch will be 1/3 of full size.
- The game will start with a push or hit from the centre of the pitch either backwards or forwards.
- Goals can only be scored from within the opponent's **1/3** of the pitch which will be marked by cones at either side of the pitch.
- There is no offside in the games.
- There are no penalty corners in the games.
- Normal rules of hockey apply regarding feet, sticks, autopass etc
- All players except the striker must be 5 metres from the ball at free hits and corners and the ball must move at least 1 metre from all free hits, side line balls etc. autopass to apply
- The ball over the sidelines will be a push or hit in.
- The ball over the back line:
  - if by a defender, the attacking team take a hit or a push at the edge of the scoring zone from the corner along the side line.
  - if by an attacker, the defender takes a hit or push at the edge of the scoring zone where the ball went out.
- When an infringement occurs within the 10 metres of the defenders' goal, by a defender - the ball should be moved back out to a position as above in line with the infringement.  
If an infringement occurs within the 10 metres of the defenders' goal by an attacker -the ball is brought out to a position as above in line with the infringement.
- **All free hits are indirect**
- **A goal cannot be scored directly from a free hit, or corner, by a deflection off a defender's stick or a goalkeeper's pads when the ball has not touched another attackers stick.**
- **In the event of an autopass - If the ball has travelled 5 metres after an autopass then a shot at goal is possible from the player who has made the autopass. The same rule applies from side line balls and corners. Therefore if a player takes an autopass and dribbles past one or two players, he/she is entitled to score themselves, provided the ball has travelled 5 metres.**
- If during the game a player becomes injured the Umpires will stop the game and evaluate the injury and deal with it accordingly then restart the match as soon as possible.
- Goalkeepers must wear a full padding, kickers, pads, abdominal protector, chest guard, protective gloves and a full helmet AT ALL TIMES - no helmet no game.
- 1 umpire per pitch is suitable.
- Umpires decision is FINAL.

REMEMBER HOCKEY IS ABOUT FUN AND PARTICIPATION