

U15 Development Rules & Regulations 2011/2012

- Age Qualification; Players MUST be in year 10 or 11 until their 15th Birthday as of the day of the tournament.
- Teams of 7 including Goalkeepers, no squad maximum to allow greatest rotation of youth members. However, please be mindful of quality playing time for each player.
- Auto Pass rule applies.
- Substitutions can be made by the Manager/Coach throughout.
- The pitch will be 1/2 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 himself, 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.
- 2 umpires where possible - 1 umpire per pitch is suitable.

U15 Performance Rules & Regulations 2011/2012

- Senior Hockey Rules Apply.
1. Players **may not** play in youth leagues where once they have reached their 15th birthday play adult club hockey. However, where a player reaching their 15th birthday does not play adult club hockey they may continue to play in youth leagues. **Players cannot play both.**
 2. If a player is part of the Ulster U16 programmes - September and October 2011 (Girls) September; October; and November 2011 (Boys) they are **not** eligible to play in the UHU U15 Club league until the following month.

Ulster Hockey Recommendation

If a player eligible for U15 leagues is part of the Ireland U16 programme they may not play in UHU's U15 Club league whilst training with Ireland. Playing for Ireland at U16 level refers to players who went on tours with the Ireland U16 Girls squad to either Holland or Germany in 2011 or played for Ireland in U16 Boys in France in July 2011.

NB: Clubs can seek exceptions to rule 1 where a player does not play school hockey or their school offers few playing opportunities. Clubs seeking to take this forward should do so in writing to Ulster Hockey prior to any involvement of the player concerned in the UHU U15 Club League, outlining the reasons for seeking an exception. The submission made will then be assessed by Ulster Hockey and a decision made accordingly.

Ulster Hockey under the Code of Ethics has a duty to care for young hockey players. To prevent talented young players from over playing, burnout and drop out of the sport, whilst promoting fair opportunities of players playing below representative level. While it is recognised clubs may wish to play their 'best team' it is expected that players play within their age groups and experience appropriate competition for their individual development.