

North Area Framework U11, U9, U7 hockey

U11 Framework

In broad terms U11s will be in accordance with the FIH rules (inclusive of NA exemptions) noting that:

- Teams are 8 a side including a fully kitted goalkeeper
- Short corners are 4 attackers on 3 defenders and the 3 defenders include the goalkeeper - other players to retire to the opposing circle
- A free hit that is normally a '16' in full field play would be taken at a proximate virtual point near the defensive circle
- Where boards are used to separate the field(s), a ball hitting the board is considered to be 'out'
- The halfway line will be a virtual line
- Minimum number of players is 5.

Team Sizes and Rules in Modified Format for U7s and U9s

U7s – 6 players

U9s – 7 players

- quarter field (U9s); one-eight field (U7s)
- no goalkeepers
- goals marked by cones or markers to be [1.5m-2m] wide unless actual junior hockey goals (with netting) are provided
- every player must wear mouthguards and shinguards: NO EXCEPTIONS
- players can be substituted on and off during the game
- pushing or slap pass only (stick must stay in contact with the ground the entire time, even after completing the pass)
- no raised balls
- only one tackler at a time

Safety Concerns

Just a friendly reminder that substitute players should not sit on the sideline while waiting their opportunity to be subbed on. Substitutes should stand within a convenient distance to the coordinating coach or parent to facilitate both supervision and substitution.

Set up of the Field for U7s

The setup of fields for U7 games should follow a 'patchwork' design to prevent U7 games being 'end on' to one another. For example,

	GAME		GAME
GAME		GAME	