



TOWNSVILLE HOCKEY ASSOCIATION INC.



2013 ROOKEY RULES

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GUIDE TO ROOKEY 7s

Rookey is played for fun in a spirit of encouragement - in order to foster the development of skill and instill in young players an enthusiasm for continued participation in active team sports such as hockey.

Field

Games will be played across a quarter of a full size hockey.

A minimum of field markers are needed for Rookey.

- Halfway is marked on the sidelines in midfield from which the game is started and restarted after a goal has been scored.
- 8m zones are marked on the sidelines to identify scoring zones.
- Goals should be used.

Rules

1. The game is played by two teams of SIX or more players with no more than SIX players from each team being on the field at once. The reserve players may be interchanged freely during the game when the substituting team has a free push, push in, restarting the game and during halftime changeovers or when the other team is substituting. All players are recommended to wear mouth guards and **must** wear shin pads.
2. To promote spreading out and a decrease in congestion Rookey 7s play with 3 attackers and 3 defenders. Attackers stay in the attacking half and defenders stay in their defending half. (Ref. Zone or Positional Guidelines page 3 and diagram on page 5)
3. Rookey 7s teams are mixed boys and girls.
4. Playing time is divided into 2 X 20 minutes games with a 5 minute break at the end of each half. Time is kept by central timing. Teams will change directions after half time.
5. Teams will toss to decide which team will commence the game from the centre spot and the direction to play.
6. The game is commenced with a push back from the centre spot. At the time of commencement, each team must be on their own goal side of the centre spot. After each goal is scored the team against which the goal has been scored will take possession to restart the game from the centre spot.
7. A goal may be scored from anywhere within 8m of the opposing teams goal when the ball passes completely over the opponent's goal line and into the goal net. A goal will not be given if the ball passes over the goal line above knee height. The ball can only be pushed by an attacking player or glance off the defending player's stick.
8. Players are **not** permitted to:
 - a. Raise the stick above waist height,
 - b. Raise the ball above knee height,
 - c. Hit the stick into an opponent's stick,
 - d. Use the stick to obstruct an opponent reaching the ball or moving about the field,

- e. Play the ball with the rounded-side of the stick,
 - f. Two or more players from the one team playing the ball at one time,
 - g. Play the ball with their hands or feet, (Deliberate use of hands and or feet or multiple contact of the feet with the ball should be called.)
 - h. 'Hit' (hands together when contacting the ball) or 'Slap' (stick moves to slap the ball) the ball – must be a push (hands apart) only,
 - i. Without possession of the ball a player can not obstruct an opponent from playing the ball by moving any part of his or her body in between the opponent and the ball,
 - j. Criticise or ridicule another player from the opposition team or their team.
9. A free push **may** be awarded to the opponents for any breach of the rules. Allow advantage play as much as possible. Try and give the free push as a 'reward' to the player who has gained the free, rather than 'penalising' the offending player. "Well done for pushing the ball on to their feet". At the time that a free push is taken, players from their team must be at least 2m from the player taking the push and the opposing players must be 5m from the ball. The player taking the free hit can not touch the ball a second time before another player has touched the ball.
 10. Rough and dangerous play is not permitted and body contact must be avoided.
 11. For a breach by a defender within 8m of the goal, the attacking team **may** be awarded a penalty push at a point along the 8m line, opposite the point where the breach occurred.
 12. When the ball is deliberately played over the goal line, outside the goal by a defender, the attacking team is awarded a penalty push. This push is taken as a free push along the 8m line opposite the point where the ball crossed the goal line.
 13. When the ball is accidentally played over the goal line, outside the goal by a defender, the attacking team is awarded a corner push. This push is taken from a point about 1m from the corner of the field along the sideline.
 14. When the ball is played over the goal line outside of the goal by the attacking team, the defending team is awarded a free push. This push is taken from a point along the 8m line directly in line with where the ball crossed the goal line.
 15. When the ball is played over the side line the ball is pushed in from that spot by the opposing team.
 16. Where the rules of Rookey 7s do not provide for a situation that arises, the umpire shall give a decision bearing in mind the objectives and spirit of the game.

Zone or Positional Guidelines

To assist with the development of positional play and passing, Coaches are encouraged to give players a position name, this will help the children to understand their jobs and position on the field. Attackers/Forwards – Right, Centre and Left and Defenders – Right & Left Half and Centre Back.

Attackers are to remain in their half, but may cross the centre line (within reason) to defend a free push or receive a pass. No attacker should enter the 8m zone in a defensive role. If attackers are within the 8m zone acting as defenders, encourage them to move out to their half – "Attackers go up". If they continue to remain, award a free push to the attacking team and send them up to their attacking half.

Defenders are to remain in their half, but may cross the centre line (within reason) to take a free push. No defender should enter the 8m zone in an attacking role. If defenders are within the 8m zone acting as attackers, encourage them to move out to their half –

“Defenders go back”. If they continue to remain, award a free push to the defending team and send them back to their defending half. No defender can score a goal.

Encourage players to spread out to allow better movement of the ball and a more open/passing style of hockey.

To simplify the concept – observing the game spectators should be able to identify the attackers and the defenders by where they are positioned on the field.

Rookey 7s – Simplified Rules

Breaches of rules may be called, but play advantage as much as possible to avoid ‘stop/start’ of the game.

Mixed teams of 6 on the field (Rule 1)

Teams of 6 or more with no more than 6 players from each team on the field. Reserve players may be subbed during any stoppage during play. Rookey teams are mixed. **3 attackers & 3 defenders – change roles at half time. Attackers stay in the attacking half and defenders stay in defending half. This promotes spreading out and decreases congestion.**

8m Defensive Zone (Rule 7)

A goal may be scored from anywhere within the opposing teams defensive zone. No goal if the ball passes over the goal line above knee height.

Dangerous Swinging of Stick (Rule 8)

Players are not to raise the stick above waist height,

Pushing only (Rule 7h)

Players are not permitted to ‘Hit’ (hands together when contacting the ball) or ‘Slap’ (stick moves to slap the ball) the ball – **push (hands apart & stick on the ball) only.**

Free pushes (Rule 9)

Defending players 5m from penalty and attacking players 2m. The player taking the free hit can not touch the ball a second time before another player has touched the ball.

Penalty Push (Rule 11 & 12)

Accidental breach by a defender in the defensive zone and if the ball is deliberately pushed over the goal line by a defender, a free push is given to the attacking team a free push at a point on the 8m line opposite the point where the breach occurred.

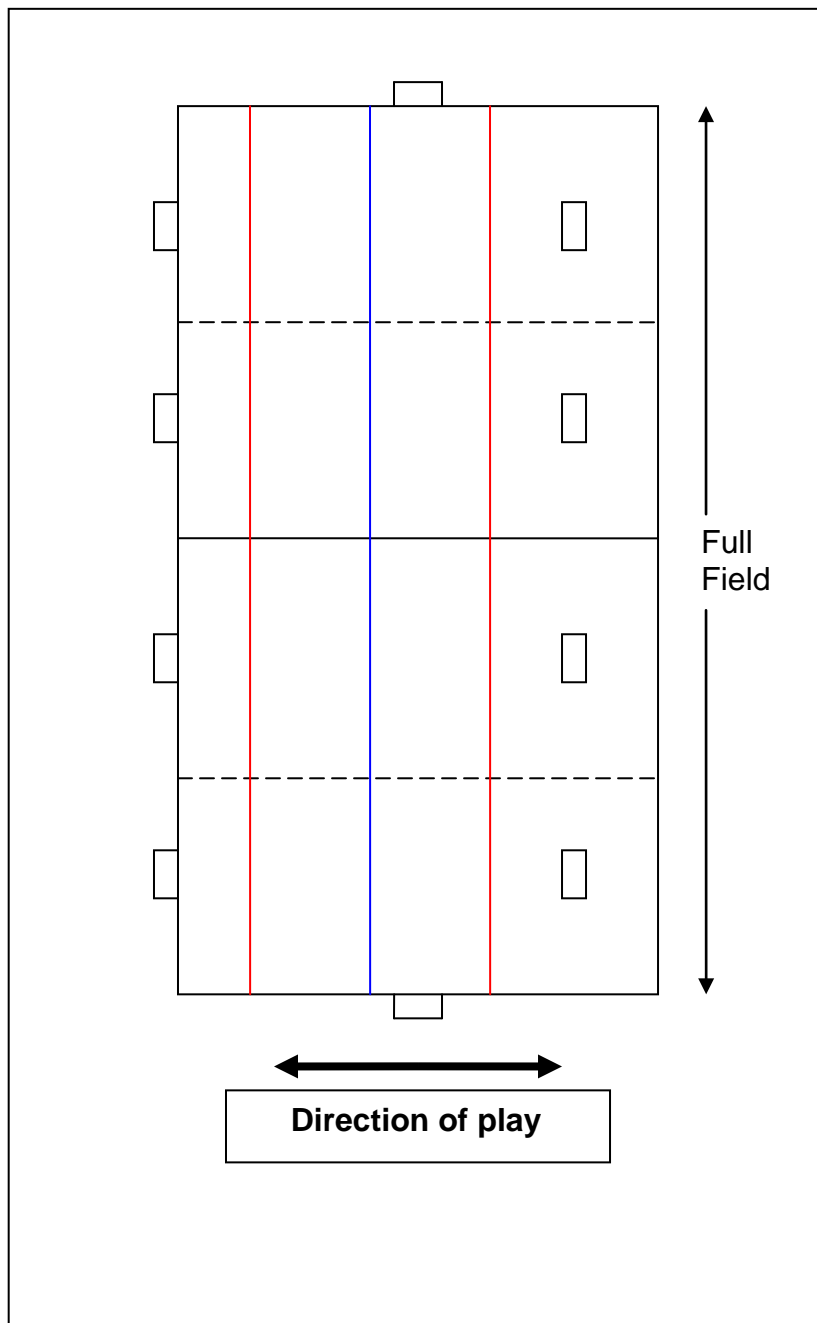
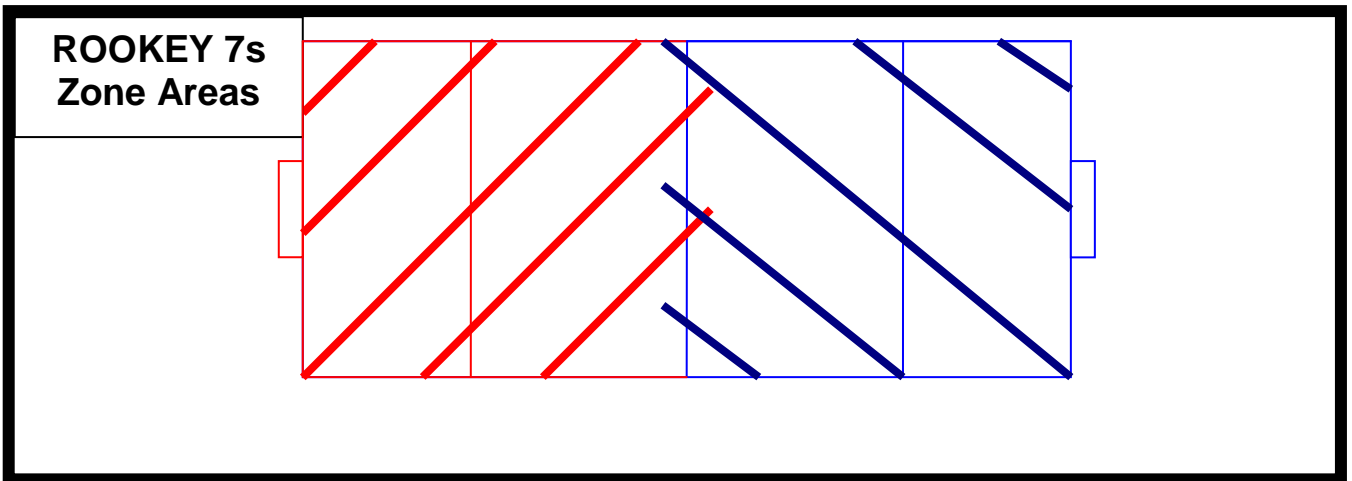
Corner Push (Rule 13)

If the ball is accidentally played over the goal line, outside the goal by a defender, the attacking team is awarded a corner push about 1m from the corner of the field along the sideline.

16’s (Rule 14)

If the ball goes over the goal line by the attacking team, the defending team is awarded a free push which is taken from a point on the 8m line opposite the point where the ball crossed the goal line.

Rookey 7s Field Layout & Zones



GUIDE TO ROOKEY 9s

Hockey, at this age, is played for fun and in a spirit of encouragement in order to foster the development of skill and instill in young players an enthusiasm for continued participation in active team sports such as hockey.

Field

Games will be played on the full size hockey field between the goal line and the halfway, across the field.

A minimum of field markers are needed for Rookey 9s.

- A centre spot is marked on the sideline in midfield from which the game is started and restarted after a goal has been scored.
- 10m zones are marked on the sidelines to identify scoring zones.
- Full sized goals should be used.

Rules

1. The game is played by two teams of NINE or more players with no more than NINE players from each team being on the field at once. The reserve players may be interchanged freely during the game when the substituting team has a free hit, hit in, restarting the game and during halftime changeovers or when the other team is substituting. All players are recommended to wear mouth guards and **must** wear shin pads.
2. To promote spreading out and a decrease in congestion Rookey 9s play with 3 attackers, 3 midfielders & 3 defenders. Attackers stay in the attacking 1/2, midfielders stay in middle 1/2 and defenders stay in defending 1/2.
(Ref. Zone or Positional Guidelines Page 7 & Diagrams Page 10)
3. Rookey 9 teams are mixed - boys and girls.
4. Playing time is divided into two halves of 20 minutes with 5 minutes break at half time. Time is kept by central timing. Teams will change directions after half time.
5. Teams will toss to decide which team will commence the game from the centre spot for the 1st half and the direction to play. After the half time break the team that didn't start the game shall recommence play from the centre spot.
6. The game is commenced with a slap or push back from the centre spot. At the time of commencement, each team must be on their own goal side of the centre spot. After each goal is scored the team against which the goal has been scored will take possession to restart the game from the centre spot.
7. A goal may be scored from anywhere within the opposing teams 10m goal circle, when the ball passes completely over the opponent's goal line. A goal will not be given if the ball passes over the goal line above knee height. The ball can be slapped or pushed by an attacking player or glance off the defending player's stick. The team scoring the most goals is the winner of the game.
8. Players are not permitted to:
 - a. Raise the stick above waist height,
 - b. Raise the ball above knee height,
 - c. Hit the stick into an opponent's stick,

- d. Use the stick to obstruct an opponent reaching the ball or moving about the field,
 - e. Play the ball with the rounded-side of the stick,
 - f. Two or more players from the one team playing the ball at one time,
 - g. Play the ball with their hands or feet, (Deliberate use of hands and or feet or multiple contact of the feet with the ball should be called.)
 - h. Raise the ball above knee height,
 - i. 'Hitting' the ball (hands together when contacting the ball) must only be used on a 'free hit', otherwise must be slap and push (hands apart) only,
 - j. Without possession of the ball a player can not obstruct an opponent from playing the ball by moving any part of his or her body in between the opponent and the ball,
 - k. Criticise or ridicule another player from the opposition team or their team.
9. A free hit **should** be awarded to the opponents for any breach of the rules. Allow advantage if possible. Try and give the free hit as a 'reward' to the player who has gained the free, rather than 'penalising' the offending player. "Well done for pushing the ball on to their feet". At the time that a free hit is taken, players from their team must be at least 2m from the player taking the hit and the opposing players must be 5m from the ball. The player taking the free hit can not touch the ball a second time before another player has touched the ball.
10. Rough and dangerous play is not permitted and body contact must be avoided.
11. For a breach by a defender in the 10m zone, the attacking team will be awarded a penalty corner.

Attacking Team: One player from the attacking team hits or pushes the ball from a mark on the goal line 6m from the closest goalpost to the other attackers who are standing outside the 10m zone. They must trap the ball before pushing or slapping the ball at the goal. The ball must travel outside the 10m zone before the ball is pushed or slapped at the goal. The attacking team's midfielders must stand outside the 10m zone, backing up the two attackers.

Defending Team: The three defenders stand in the goal and run out when the ball comes into play from the goal line by the attacking team. The defending team's midfielders must move to halfway and wait for the ball to come into play before running back into their defending half.

12. When the ball is played deliberately over the goal line by a defender, outside the goal, a penalty corner is to be awarded. See Rule 11 (above).
13. When the ball is accidentally played over the goal line, outside the goal by a defender, the attacking team is awarded a corner hit. This hit is taken from a point about 1m from the corner of the field along the sideline.
14. When the ball is played over the goal line outside of the goal by the attacking team, the defending team is awarded a free hit. This hit is taken from a point on the 10m line opposite the point where the ball crossed the goal line.
15. When the ball is played over the side line the ball is hit in from that spot by the opposing team.
16. Where the rules of Rookey 9s do not provide for a situation that arises, the umpire shall give a decision bearing in mind the objectives and spirit of the game.

Zone or Positional Guidelines

To assist with the development of positional play and passing, Coaches are encouraged to give players a position name, this will help the children to understand their jobs and position on the field. Attackers/Forwards – Right, Centre & Left, Midfielders/halves – Right & Left and Defenders – Right, Centre & Left Back.

Attackers (3) are to remain in their half, but may cross the centre line (within reason) to defend a free push or receive a pass. No attacker should enter the 10m zone in a defensive role. If attackers are within the 10m zone acting as defenders, encourage them to move out to their half – “Attackers go up”. If they continue to remain, award a free hit to the attacking team and send them up to their attacking half.

Midfielders (3) are to remain in their middle half, they **should not** enter a 10m zone as a defender or attacker, they **must not** enter a 10m zone on a free hit. Midfielders cannot score a goal.

Defenders (3) are to remain in their half, but may cross the centre line (within reason) to take a free hit. No defender should enter the 10m zone in an attacking role. If defenders are within the 10m zone acting as attackers, encourage them to move out to their half – “Defenders go back”. If they continue to remain, award a free hit to the defending team and send them back to their defending half. No defender can score a goal.

Encourage players to spread out to allow better movement of the ball and a more open/passing style of hockey.

To simplify the concept – observing the game spectators should be able to identify the attackers, the midfielders and the defenders by where they are positioned on the field.

Rookey 9s – Simplified Rules

Breaches of rules may be called, but play the advantage as much as possible to avoid 'stop/start' to the game.

Mixed teams of 9 on the field (Rule 1)

Teams of 9 or more with no more than 9 from each team on the field. Reserve players may be subbed during any stoppage during play. Under 9 teams are mixed. **3 attackers, 3 midfielders & 3 defenders. Attackers stay in the attacking 1/2, midfielders stay in mid 1/2 and defenders stay in defending 1/2. This promotes spreading out and decreases congestion.**

10m defensive Zone (Rule 7)

A goal may be scored from anywhere within the opposing teams defensive circle. No goal if the ball passes over the goal line above knee height.

Dangerous Swinging of Stick (Rule 8h)

Players are not to raise the stick above waist height.

Hitting (Rule 8i)

Players are permitted to 'Hit' (hands together when contacting the ball) only when taking a 'free hit', otherwise push or slap (hands apart & stick on the ball) only.

Free Hits (Rule 9)

Defending players 5m from penalty & attacking players 2m

Penalty Corner (Rule 11 & 12) (Played as a normal Penalty Corner)

Accidental breach by a defender in the 10m zone and if the ball is deliberately pushed over the goal line by a defender, a penalty corner is given to the attacking team.

Attacking Team: One player from the attacking team hits or pushes the ball from a mark on the goal line 6m from the closest goalpost to the other attackers who are standing outside the scoring zone. They must trap the ball before pushing or slapping the ball at the goal. The ball must travel outside the zone before the ball is pushed or slapped at the goal. The attacking team's midfielders must stand outside the scoring zone, backing up the two attackers.

Defending Team: The three defenders stand in the goal and run out when the ball comes into play from the goal line by the attacking team. The defending team's midfielders must move to halfway and wait for the ball to come into play before running back into their defending half.

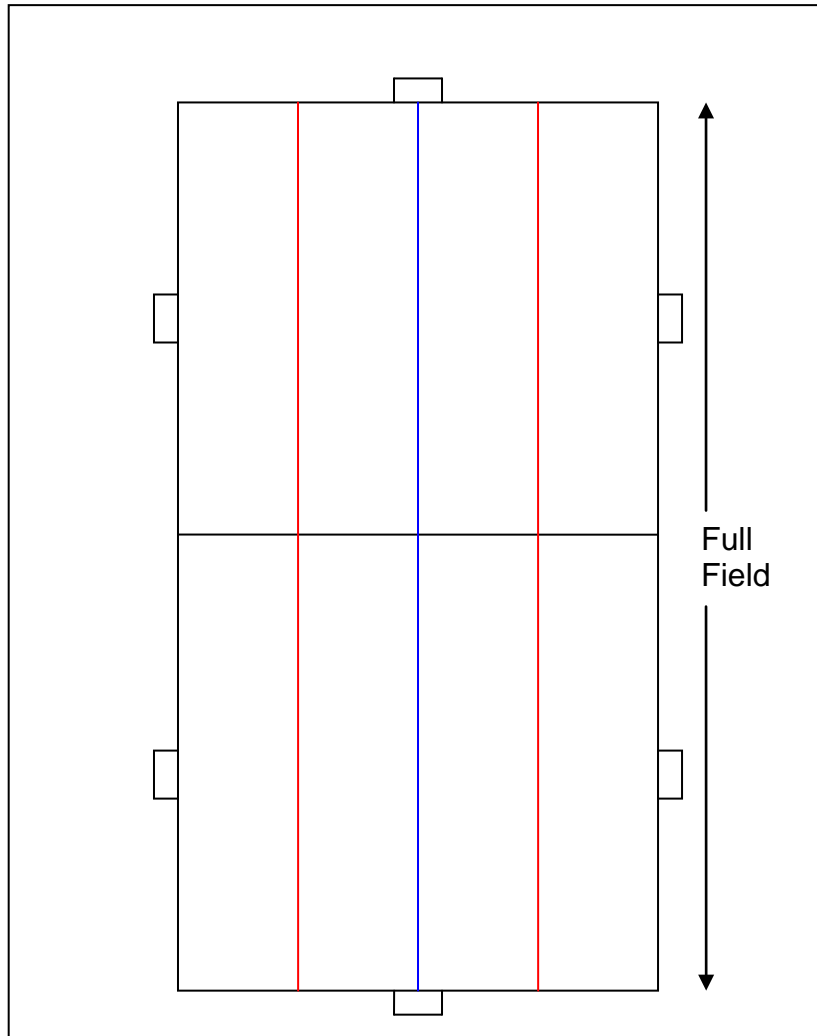
Corner Hit (Rule 13)

If the ball is accidentally played over the goal line, outside the goal by a defender, the attacking team is awarded a corner hit from a point at the corner of the field. This hit is taken from a point about 1m from the corner of the field along the sideline.

16's (Rule 14)

If the ball goes over the goal line by the attacking team, the defending team is awarded a free hit which is taken from a point on the 10m line opposite the point where the ball crossed the goal line.

Rookey 9s Field Layout



Rookey 9s - Zones

