

# COWICHAN JUNIOR FIELD HOCKEY

## U10 RULES

### 1. Players' Equipment

- a) **Mouth guards and shinguards are MANDATORY.** This is the coach's responsibility, not the umpire's. Umpire can point out non-compliance to the coach.
- b) All field players must play with a stick in their hands at all times. Goalies are strongly encouraged to play with a stick at all times.

### 2. Number of Players on the Field

- a) U10 play 7 a-side with goalies

### 3. Duration of Play

- a) U10 games are two 20-minute halves with a 5-minute half time.

### 4. Spectators and Coaches

- a) Parents and spectators are asked to offer only POSITIVE, GENERAL encouragement for their team.
- b) Abusive commentary directed toward umpire in particular, but also toward players or coaches *will not be tolerated!*
  - Umpires are empowered to suspend games until such commentary is stopped, and may remove the offenders from the field if necessary. Team officials are required to assist umpires in this regard.
  - Any actions or comments made by coaches or spectators that make you feel uncomfortable should be reported to your umpiring co-ordinator ASAP!

### 5. Start of game/re-start after a goal

- a) ...is a centre pass from the half-line.
- b) The ball may move in any direction
- c) The player taking the hit can stand in either half; all other players must stay in their own half
- d) For the beginning of the second half, the team that did not have "first ball" takes the centre pass.

### 6. Time

- a) Time is running for everything, including goals and substitutions, EXCEPT for injury or exceptional circumstances (ie: lost or broken ball). Remember to stop and re-start your watch as appropriate!

### 7. Coaches

- a) One coach from each team is allowed on the pitch for U10 Play only. As the season progresses, coaches may feel that they do not need to be on the field at all.

### 8. Team Benches

- a) SAME side of the pitch, on either side of and close to the centreline. Please stay on your side.

## **9. Substitutions**

- a) Unlimited, carried out at any time during play, EXCEPT during a penalty corner.
- b) Substituting players may not go onto the field until a team mate has left the field
- c) Must take place at the centre line
- d) Group substitutions should be made during a natural stoppage in play (ie: during a free hit) so as to avoid confusion.

## **10. Centre passes, long corners, and free hits**

- a) DEFENDERS must give 5 metres
- b) The ball must not be in motion while the free hit is being taken
- c) The ball may not be deliberately raised on a free hit
- d) If the player takes a free hit from the sideline, and the ball goes directly off the field from the sideline, allow the player to re-take the hit. (Grasshoppers, U10 & U12 only)
- e) Free hits for a foul inside the field should be taken close to where the foul occurred.

## **11. Backstick**

- a) Players may only hit the ball with the flat side of their stick
- b) Balls with the round/back side of the stick should be called if the play was INTENTIONAL or if it provided a clear advantage to the offending team.

## **12. Feet**

- a) Call sparingly – must be deliberate or provide an obvious advantage to the offending team.

## **13. Obstruction**

- a) Call sparingly unless obviously deliberate, dangerous, or provides a clear advantage to the offending team.
- b) This includes using the body or stick to actively prevent a defender from playing the ball (ie: backing into the player/"bumming", holding a player back with your stick), pulling on another player's clothing.

## **14. Rules to Accommodate Safety**

- a) **No high sticks. Sticks should be kept below the shoulder height at all times. This applies to back swings on hits or passes, follow-throughs on hits or passes, Off ball movement by offensive or defensive players.**
- b) **Balls cannot be raised at any time (even if no one is around). This applies to passes, hits, shots on net and clears by the goalie.**
- c) **No "hacking" includes hooking, slashing or "chopping" with the stick at opponent's stick or body.**
- d) **Any play which causes umpires to feel a rush of fear for the safety of the player(s) should be called immediately (i.e.: Free hit to the opposing team, possibly with a warning signal or verbal caution). If it feels/ looks unsafe, do not hesitate to blow it!**

## **15. Scoring Goals**

- a) Ball must have been touched by an attacker inside the shooting area before crossing the goal line
- b) The WHOLE ball must cross COMPLETELY over the goal line for a goal to count

**16. 16-metre Hits**

- a) Awarded for a ball hit over the end-line by an attacker
- b) The free-hit is taken 16m from the end-line (top of the shooting area) IN LINE with where the ball went out.

**17. Long Corners**

- a) Awarded for a ball hit over the end-line by a defender.
- b) Free hit is taken by the attack at the long corner mark (on the sideline, 1-2m up from the end-line)
- c) If a ball goes off a defender's stick into the goal WITHOUT having been touched by an attacker inside the shooting area, it is a long corner (if an attacker DID touch it inside the shooting area, it is a goal).

**18. Penalty Corners/Penalty Strokes**

- a) We don't play them at this level. If a defender fouls inside the 10 meter line shooting area, award a Free Hit to the attackers JUST OUTSIDE the 10 meter line, in line with where the foul occurred.