

# Barossa Valley Hockey Association Inc

## RULES OF UNDER 11 HOCKEY SEVENS

Hockey Sevens is a transitional game to gradually introduce younger players to full field hockey.

### (a) Field and equipment

An area of approximately 45m x 55m is required – half a normal hockey field is ideal (playing across the field).

#### Field Markings:

- \* Cones placed approximately 3m apart mark the goal
- \* Cones along the sideline to mark the centre of the field
- \* The scoring circle is 9m radius

### (b) Equipment

All players should wear appropriate attire, including mouthguards and shin guards. Players should use a stick matching their physical development.

### (c) Team Sizes

Teams have 7 players on the field with a fully equipped goalkeeper. There may be any number of interchange players who can rotate freely.

### (d) Rules and Umpiring

Teams toss to decide which team will commence the game from the centre spot. The team losing the toss will have the choice of ends. After the half time break the opposing team shall recommence play from the centre spot.

The game is started with a pass from the centre (in any direction). At the centre pass each team must be on their own goal side of the centre line. After each goal has been scored the game is restarted from the centre spot by the team conceding the goal.

#### Scoring:

A goal can only be scored by an attacker playing the ball from within the scoring circle. The ball must pass completely over the goal line between the goal markers (cones). If the ball hits the cone it is not a goal.

#### Goalkeeper:

The goalkeeper is permitted to use the body including hands to stop the ball when inside the defending circle. If used outside the circle a penalty corner is awarded. To avoid possible injury the goalkeeper is not permitted to slide tackle.

#### Infringements:

Players cannot:

- Hit an opponent with the stick
- Play the ball with any part of the body (except the goalkeeper)
- Raise the ball at all
- Criticise or ridicule another player or the umpire
- Obstruct an opponent by using the stick or body to prevent an opponent from playing the ball (to be applied with discretion – only flagrant breaches should be penalised.)
- Use rough or dangerous play such as raising the stick above the shoulder when another player is within playing distance. Breaches for dangerous play must be penalized immediately to eliminate the risk of injuries.

A free hit is awarded to the opposition for infringements. At the time a free hit is taken all other players from both teams must be at least 5m from the ball until the hit is taken. The “self hit” rule is NOT used, however a player taking a free hit is not to be penalised if they accidentally hit the ball twice.

When the ball is played over the sideline, the opposing team will be awarded a free push at the point where the ball crossed the line.

When the ball is played accidentally over the back line by a defender, the attacking team will be awarded a long corner (free hit on the side line 5m from the backline). Deliberately over the back line by a defender will result in a penalty corner.

When the ball is played over the back line by an attacker, the defending team will be awarded a free hit to be taken at a point level with the top of the scoring circle opposite where the ball went out.

For a breach of the rules by an attacker in the scoring circle, the defending team will be awarded a free hit to be taken at a point level with the top of the scoring circle opposite where the breach occurred.

For a breach of the rules by a defender inside the circle a modified penalty corner will be awarded to the attacking team.

#### Modified Penalty Corner:

An attacker shall push or hit the ball from one of the penalty corner marks on the goal line (6m from the goal). All other attackers shall be outside the circle until the ball has been played.

The ball must travel outside the circle before a shot at goal is taken.

Until the hit out is taken the goalkeeper and four other defenders will stand behind the goal line either inside the goal or on the opposite side of the goal to where the ball is being hit out. The remaining defenders must be behind the centre line until the hit out is taken.

#### Note:

In BVHA Under 11 Minkey there are no penalty strokes.

### (e) Umpiring and Coaching

Each team supplies one umpire. All decisions should be explained.

One coach per team shall be allowed on the field assisting their players and developing, facilitating and encouraging a learning environment.

### (f) Duration

The duration of a game shall be two (2) halves of twenty (20) minutes with a five (5) minute interval. Game must finish on time regardless of starting time – the umpire will control this).

Where the rules above do not provide for a situation that arises, the umpire should give a decision bearing in mind the rules of full field hockey and the objectives and spirit of Hockey Sevens.