

CAIRNS HOCKEY ASSOCIATION RULES FOR UNDER 10 HOCKEY

- (a) The game is played with two teams of eleven players on the field at once with a fully equipped goalkeeper with pads, kickers, helmet etc. A kicking full back CANNOT be used if there is no goalkeeper. The goalkeeper is allowed privileges only inside the defending circle. If the goalkeeper uses them outside the circle a penalty corner is awarded. Additional players may be interchanged freely during the game.
- (b) The ball should not be raised above knee height.
- (c) Rough or dangerous play is not permitted. Breaches for dangerous play must be penalized immediately to eliminate the risk of injuries.
- (d) Playing time is divided into two halves of thirty minutes with a break of five minutes between. Teams will change ends after the half time break.
- (e) Teams will toss to decide which team will commence the game from the centre spot. The team who wins the toss can choose to either start with the ball or choose the end to which they run. After the half time break the opposing team shall commence play from the centre spot.
- (f) At the time of the commencement each team must be on his/her 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.
- (g) A goal is scored when the ball passes over the opponent's goal line within the goal box after having been hit or pushed by an attacking player or glanced off the attacking player's stick within the goal circle. The team scoring the most goals is the winner of the game.
- (h) For a breach by a defender inside the circle, a penalty corner will be awarded to the attacking team. The penalty corner applying is:
- An attacker shall push or hit the ball out from the penalty mark on the backline.
 - All other attackers shall be outside the circle until the ball is played from the backline.
 - The ball must be controlled before a shot at goal is taken unless a defender touches it first.
 - A hit at goal that rises above knee high will be disallowed.
 - Until the hit or push is taken the goalkeeper shall stand inside the goal on the goal line. Four defenders will stand behind the goal line either inside the goal or outside on the opposite side of the goal box where the ball is being pushed out. The remaining defenders will stand on the centre line until the hit out is taken.

Under 10 Rules continued:-

- (i) If a defender deliberately plays the ball over the goal line a penalty corner will be awarded.

When the ball is played accidentally over the back line by a defender or deflected by a defender or goal keeper, play is re-started with the ball on the mark 5 metres from the corner of the field on the side-line nearest to where the ball crossed the back line and the procedures for taking a free hit apply. If played by an attacker, play is re-started with the ball up to 15 metres from and in line with where it crossed the back line and the procedures for taking a free hit applies.
- (j) When the ball is played over the sideline the opposing team is awarded a free hit at the point where the ball crossed the line.
- (k) There is no self-hits in U10 Girls.
- (l) When a breach occurs by the defence, within the 23 metre area, the free hit awarded, shall be taken, 5 metres back from the Circle, in line with where the breached occurred.
- (m) For a free hit, from attackers, within the 23 metre area, the ball may not be hit directly into the circle.
- (n) For free hit, within the attacking zone of the 23 metre area, all players must be 5 metres from the ball.
- (o) For free hits in other sections of the field, all defensive players must be 5 metres from the ball.
- (p) Others breaches that free hits can be awarded for – ball hitting feet, obstructions of sticks, obstruction of bodies.
If these breaches occur within the circle a penalty corner shall be awarded.
- (q) U10 Competition is non-competitive, and should be played, coached and umpired in that spirit.

Please obtain a copy of the rule book which is available from the kiosk if you require any further clarification of the rules.