



# West Vancouver Field Hockey Club

Introduction to Club Rules (U11 / U12)

# The Field of Play

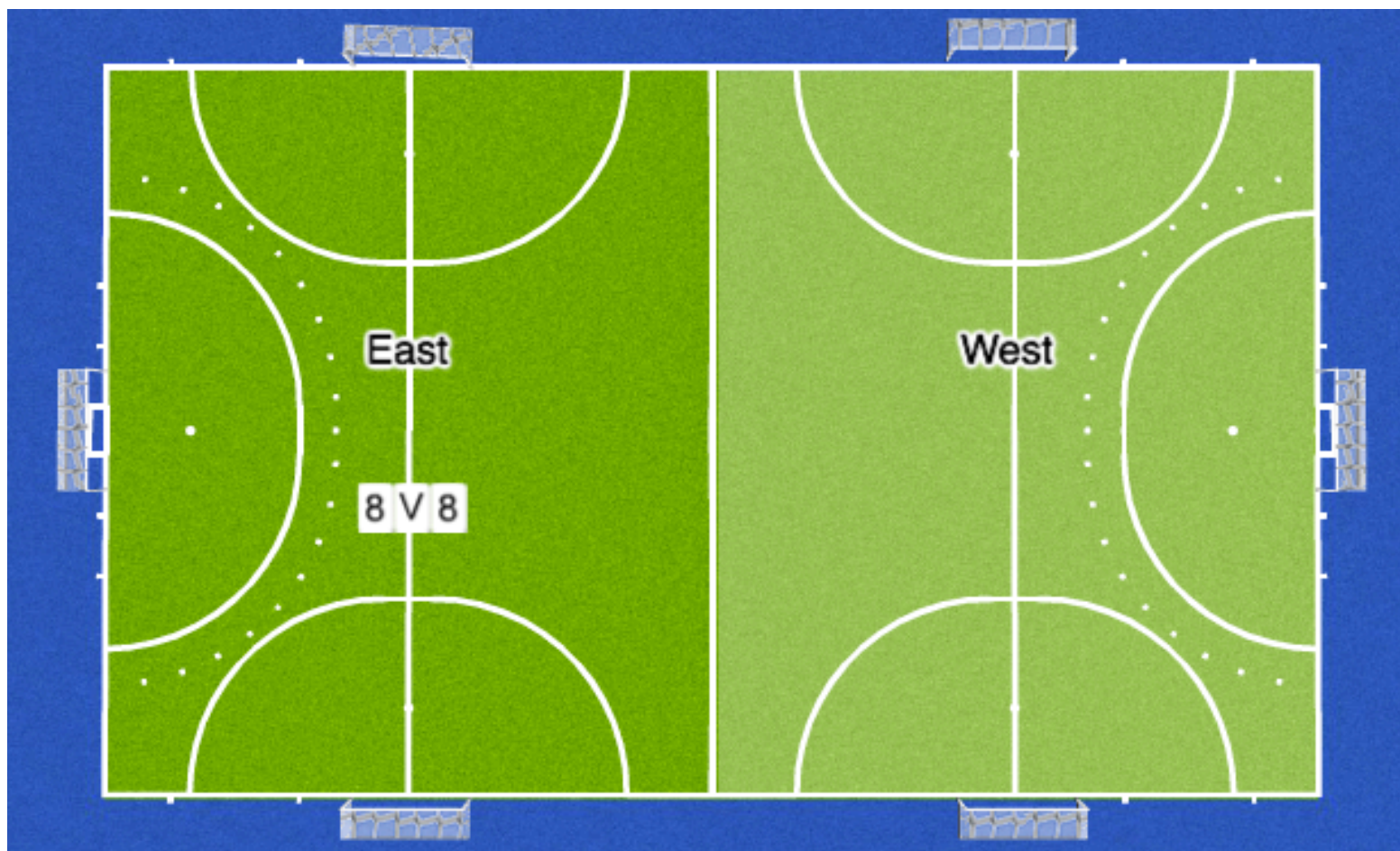


U13-U18 and adult field hockey uses the same basic playing field with a halfway line, 2x 23m lines, and 2 shooting circles.

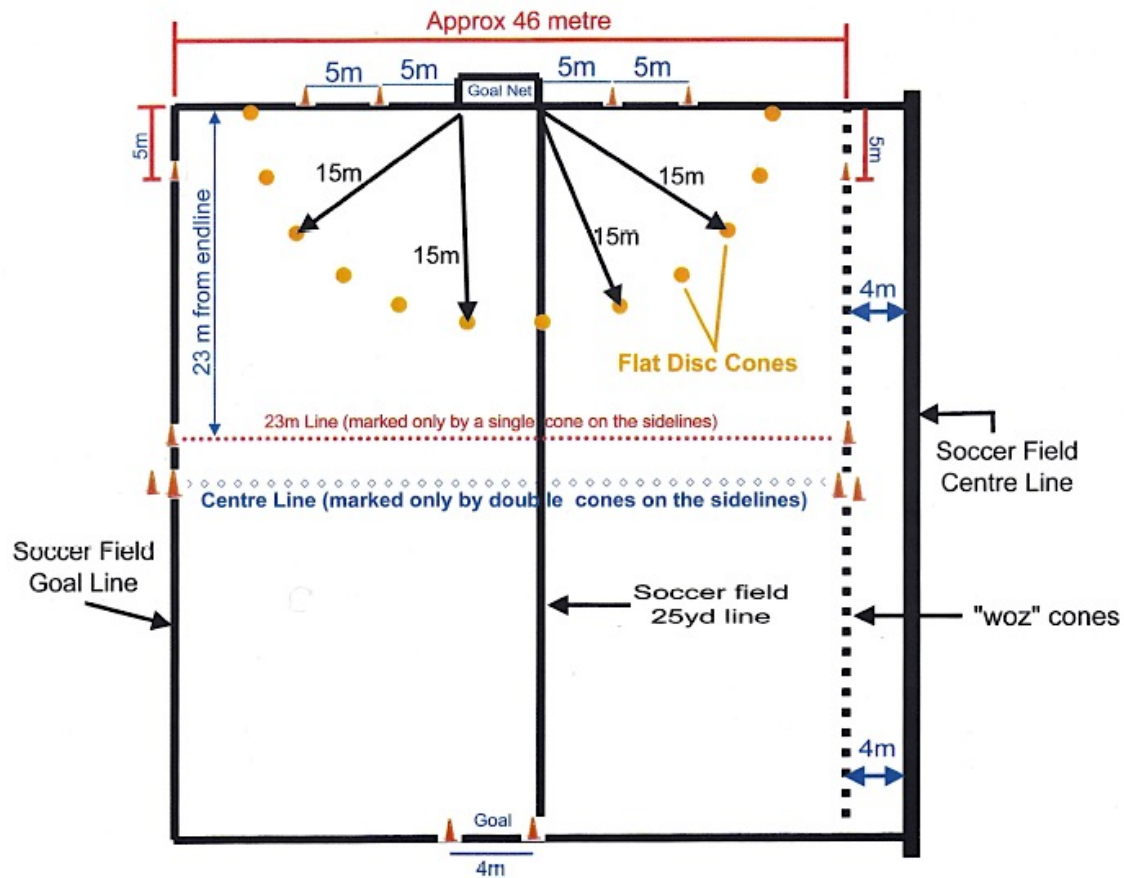
**For U11 and U12 field hockey, this field format has been modified so that it fits into half of a normal playing field; the sidelines of a normal playing field become the end-lines of the modified U11-U12 Field. Everything is the same, only smaller.**

U10 play in 1/4 of the field (1 x 23m area), and U9's play in half of that size (1/8 of the field)

# The Field of Play – U11 & U12



# Field Setup – U11 & U12



# Greater Vancouver Junior Field Hockey League

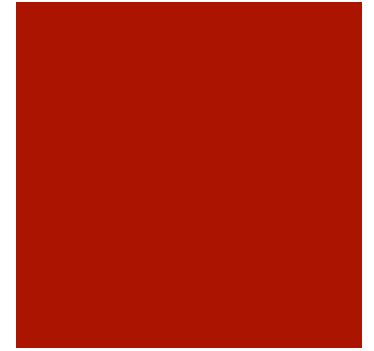


## U11/U12 Mini-Hockey Rules

Updated April 5<sup>th</sup>, 2015

- 1) Follow all of the regular rules of hockey as in the FIH Rules of the Game except where specified below.
- 2) Play 8-a-side, with 7 field players and a GK wearing full GK protection (i.e. no option to play 8 players without a GK or to play 7 players and a kicking back).
- 3) Play half-field or cross field in either a 60 x 50 metre area, or in a 70 x 55 metre area, depending on local turf markings.
- 4) No intentional *aerial* balls except for shots on net that are scooped or flicked safely. No hits on net to be intentionally raised. Unintentionally raised balls shall be judged solely on danger.
- 5) Emphasis on safety such that high sticks (over shoulder height) with any other player within playing distance should not be allowed.
- 6) No tackles from behind.

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7) Umpires should call **dangerous play** whenever a field player goes to ground and continues to try to play the ball while on the ground, within playing distance of other players.

8) Parents, coaches and spectators who make negative comments to the umpire during the game shall be asked to leave the park.

Further, we should encourage umpires to talk, teach, and explain. We should encourage them to let the unintentional feet and back-sticks kinds of things go whenever possible - but to abandon that position and make the call when an advantage is unfairly gained or lost.