



# AVON JUNIOR HOCKEY LEAGUE RULES FOR SEASON 2020/21

- Players must be:
  - **Under 10** - born on or after 01/09/2010; up to and including Year 5
  - **Under 12** - born on or after 01/09/2008; up to and including Year 7
  - **Under 14** - born on or after 01/09/2006; up to and including Year 9
  - **Under 16** - born on or after 01/09/2004; up to and including Year 11

N.B. whilst there is no minimum age restriction junior organisers/coaches should consider the individual abilities of younger players prior to selecting them to play in higher age group matches.

- Players can only play for one club / team in each age group
- It is strongly recommended that shin-protectors and mouth-guards are worn by all field players at all times
- No player shall wear any equipment that may be dangerous to themselves or other players. This includes jewellery, baseball caps, etc.
- First named team to provide the match ball.
- Teams need to bring an alternative coloured set of shirts; second named team to change in event of a clash
- Each team must provide their own umpire
- **First Aid** will be the responsibility of each individual club
- **Photography**
  - All clubs will adhere to the Avon Junior Hockey League policy on the taking and use of photographic and recorded images of young people
  - It is **the responsibility of all clubs** to ensure that:
    - the appropriate consent has been obtained from parents/carers in respect of the photography of children **and advise the organisers immediately should such consent not be held**
    - anybody associated with their club who is taking photos/recording images at any session may be asked to register that they are doing so with the organisers
- The Avon Junior Hockey League and its organisers cannot be held responsible for the loss or damage of equipment or personal items belonging to players, parents or anyone else present at any session

- **Under 10 & Under 12:**

- games will be played in accordance with In2Hockey 7-a-side Rules except that:
- the format is 'mixed' and as such there must be a minimum of 3 girls on the pitch at all times
- games will last for 15 minutes one way and will be centrally timed
- each team **MUST** field a goalkeeper wearing full goalkeeping equipment including:
  - a full helmet with throat guard
  - a body protector (groin and chest areas)
  - hand protectors
  - leg protectors
  - feet protectors
  - abdominal guard or box
  - a stick

The umpires **will not** allow any team to play without a goalkeeper and who is not properly protected.

- **Under 14 & Under 16** - Leagues, Semi-Finals & Finals:

**League games:**

- will be played in accordance with the Rules of Hockey except that a match will consist of two periods of 25 minutes and a half time interval of 3 minutes
- a squad shall consist of a maximum of sixteen players
- the minimum number of players to start or continue a match shall be seven
- the first named team to provide the match ball
- the second named team to change in case of a colour clash
- three points will be awarded for a win and one for a draw
- a 5-0 walkover will be awarded against any team failing to show for a match
- if points are equal after all matches have been played league positions will be decided by:
  - Goal difference
  - Goals scored
  - Goals conceded
  - Relevant match results
- any team unable to play at least half of their league fixtures will have all of their results annulled

**Semi-Finals & Finals**

- will be played in accordance with the Rules of Hockey except that a match will consist of two periods of 25 minutes and a half time interval of 3 minutes
- a squad shall consist of a maximum of sixteen players; team sheets to be completed before commencement of the match
- the minimum number of players to start or continue a match shall be seven
- the first named team to provide the match ball
- the second named team to change in case of a colour clash
- in case of a draw at the end of full time then the match outcome will be decided by a penalty shoot-out competition – see Appendix1

## APPENDIX 1 – SHOOT-OUT COMPETITION

In a shoot-out competition, five players from each team take a one-on-one shoot-out alternately against a defender from the other team as set out in this Regulation. The shoot-out competition comprises all series of shoot-outs required to determine a result.

The following sets out both the playing Rules and the procedures to be followed.

1. The respective Team Managers provide five players to take and one player to defend the shoot-outs from those on the Match Report except as excluded below. A player nominated to defend the shootouts can also be nominated to take a shoot-out. No substitutions / replacements are permitted during the shoot-out competition other than as specified below.
2. A player has been excluded permanently (red card) during the match which leads to the shoot-out competition, cannot take part in that shoot-out competition. A player who has been warned (green card) or temporarily suspended (yellow card) may take part in the shout-out competition even if the period of their suspension has not been completed at the end of the match.
3. The Tournament Organiser will specify the method of timing shoot-outs.
4. The Tournament Organiser will specify the goal to be used.
5. A coin is tossed; the team which wins the toss has the choice to take or defend the first shoot-out.
6. Team Managers and all players listed on Team Sheet, other than any player who has been excluded permanently (red card) during the match which leads to the shoot-out competition, are permitted to enter the field of play outside the 23m area used for the shoot-out but must be at least 10 metres from the spot where the ball is placed at the start of the shoot-out.
7. The goalkeeper / defending player of the team taking a shoot-out shall wait on the back-line outside the circle.
8. A player taking or defending a shoot-out may enter the 23m area for that purpose.
9. Players taking a shoot-out and also defending the shoot-outs taken by opponents are allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put back on their protective equipment.
10. Five players from each team take a shoot-out alternately against the goalkeeper / defending player of the other team making a total of 10 shoot-outs.
11. Taking a shoot-out:
  - a. the goalkeeper / defending player starts on or behind the goal-line between the goal posts;
  - b. the ball is placed on the nearest 23m line opposite the centre of the goal;
  - c. an attacker stands outside the 23m area near the ball;
  - d. a tournament official, who will be responsible for timing, will blow a whistle to signal to start of the shoot-out;
  - e. the attacker and the goalkeeper / defending player may then move in any direction;
  - f. the shoot-out is completed when:
    - i. 8 seconds has elapsed since the starting signal;
    - ii. a goal is scored;
    - iii. the attacker commits an offence, in which case no goal is awarded;
    - iv. the goalkeeper / defending player commits an unintentional offence inside or outside the circle in which case the shoot-out is retaken by the same player against the same goalkeeper / defending player;
    - v. the goalkeeper / defending player commits an intentional offence inside or outside the circle in which case a penalty stroke is awarded and taken;
    - vi. the ball goes out-of-play over the back-line or side-line; this includes by the goalkeeper / defending player who may intentionally play the ball over the back-line.

12. If a penalty stroke is awarded as specified in (v) above, it can be taken by any eligible player on the Team Sheet subject to the provisions of Articles 14, 15 and 16 of these Rules.
13. The team scoring the most goals (or ahead by more goals than the other team has untaken shoot-outs available) is the winner.
14. A player may be suspended by a yellow or red card but not by a green card during the shoot-out competition.
15. If during a shoot-out competition (including during any penalty stroke which is awarded) a player is suspended by a yellow or red card:
  - a. that player takes no further part in that shoot-out competition and, unless a goalkeeper / defending player, cannot be replaced;
  - b. the replacement for a suspended goalkeeper / defending player can only come from the five players of that team taking part in the shoot-out competition:
    - i. the replacement goalkeeper / defending player is allowed reasonable time to put on protective equipment similar to that which the goalkeeper/defending player they are replacing was wearing;
    - ii. for taking their own shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
  - c. any shoot-out due to be taken by a suspended player is forfeited; any goals scored by this player before being suspended count as a goal.
16. If during a shoot-out competition, a goalkeeper / defending player is incapacitated:
  - a. that goalkeeper / defending player may be replaced by another player listed on the Tournament Team Sheet, except as excluded by these Rules or unless suspended by an Umpire during the shoot-out competition;
  - b. the replacement goalkeeper / defending player:
    - i. is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper / defending player was wearing;
    - ii. if this replacement is also nominated to take a shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
17. If during a shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player listed on the Tournament Team Sheet, except as excluded by these Rules or unless suspended by an Umpire during the shoot-out competition;
18. If an equal number of goals are scored after each team has taken five shoot-outs:
  - a. a second series of five shoot-outs is taken with the same players, subject to the conditions specified in these Rules;
  - b. the sequence in which the attackers take the shoot-outs need not be the same as in the first series;
  - c. the team whose player took the first shoot-out in a series defends the first shoot-out of the next series;
  - d. when one team has scored or been awarded one more goal than the opposing team after each team has taken the same number of shoot-outs, not necessarily being all five shoot-outs, that team is the winner.
19. If an equal number of goals are scored after a second series of five shoot-outs, additional series of shoot-outs are taken with the same players subject to the conditions specified in these Rules:
  - a. the sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;
  - b. the team which starts each shoot-out series alternates for each series.
20. Unless varied by this Appendix, the Rules of Hockey apply during a shoot-out.