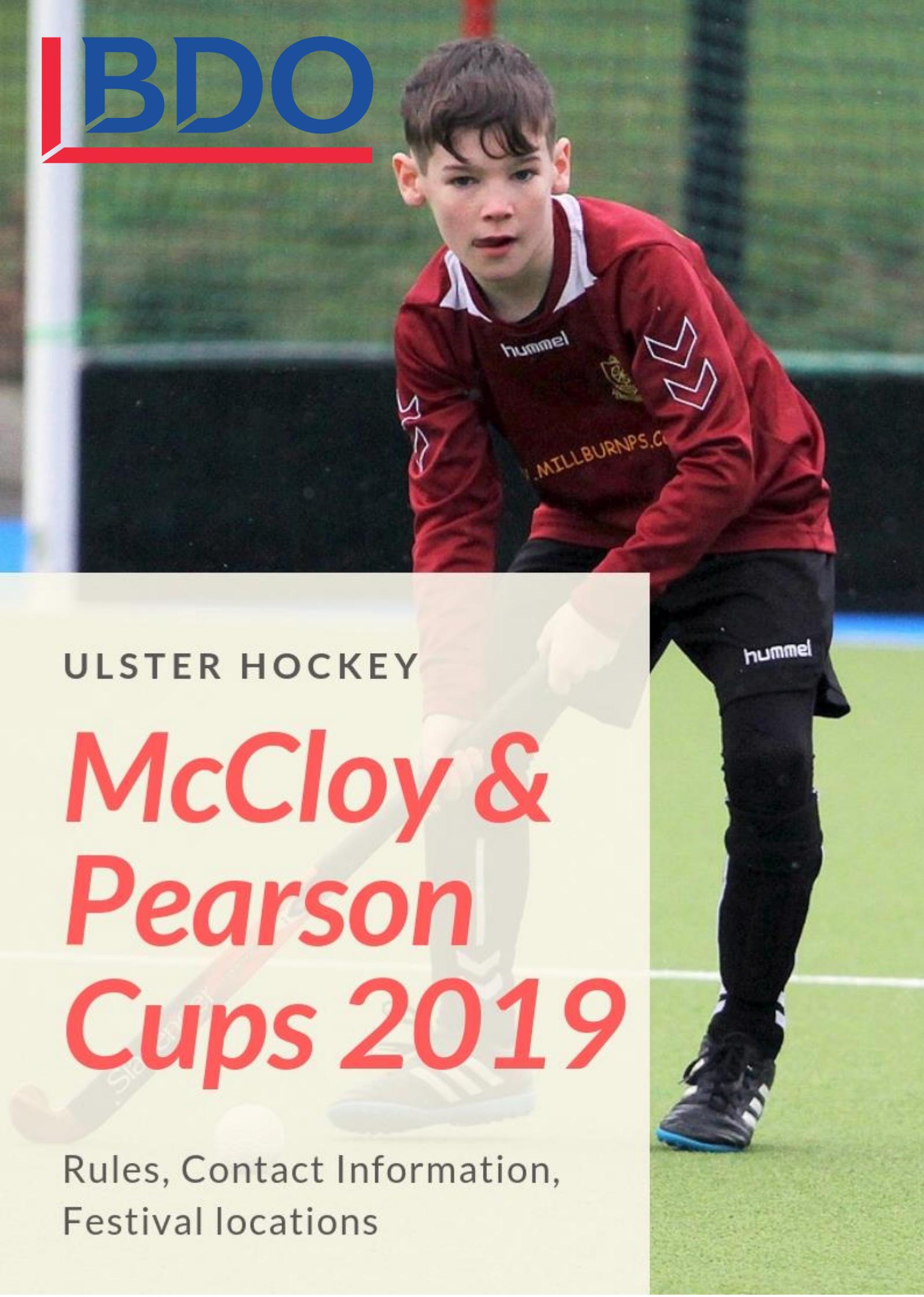


The logo for IBDO, featuring the letters 'IBDO' in a bold, blue, sans-serif font. A red vertical bar is on the left of the 'I', and a red horizontal bar is below the 'O'.

IBDO

A young male hockey player in a red and white uniform is in a ready stance on a green field. The uniform has 'hummel' and 'MILLBURNPS.C' visible. A semi-transparent white box is overlaid on the bottom left of the image.

ULSTER HOCKEY

McCloy & Pearson Cups 2019

Rules, Contact Information,
Festival locations

Rules 2018 - 19

RULE 1 – AGE QUALIFICATION

- A. Players **MUST** be in primary school as of the day of the blitz / tournament.

RULE 2 – TEAMS

U11 (SUPER 6s)

- A. The game is played between two teams. Each team shall have a maximum of six players on the pitch at any one time
- B. Goalkeepers are compulsory for both competitions. Five outfield players and one goalkeeper
- C. It is recommended that squads are made up of no more than 10 players to allow for sufficient game time
- D. Teams must be separated by gender at Super 6s

RULE 3 – SUBSTITUTIONS

- A. Substitutions are unlimited throughout the game.

RULE 4 – DURATION OF GAME

- A. Games will be played for 8-12 minute duration straight. There will be no half time or changing of sides.
- B. 2-3 minutes will be scheduled to get to your next game.

RULE 5 – THE PITCH

- A. For U11 the pitch will be split into thirds
- B. Scoring Zone Markers should be placed at a third of the total pitch length.
- C. Corners will be played from the scoring zone to coincide with the rule change at senior hockey. Not from the centre of the pitch but off to the left or right coinciding with where the ball went off the pitch.

RULE 6 – PLAYER EQUIPMENT & CLOTHING

- A. It is strongly recommended that shin-protectors and mouth guards are worn by all outfield players at all times (inclusive of training sessions/games).
- B. No player shall wear any equipment that may be dangerous to themselves or other players.
- C. The use of appropriate footwear for the playing surface (trainers or turf shoes) and suitable warm clothing (track-suit) are encouraged.
- D. Goalkeepers must wear a full padding, kickers, pads, abdominal protector, chest guard, protective gloves and a full helmet **AT ALL TIMES** - no helmet no game.

RULE 7 – UMPIRES

- A. Young umpire programme will be in place for the 2018/19 youth season (<http://www.ulsterhockey.com/Young-Umpires-Programme--7141.html>)
- B. Two umpires per pitch are recommended, however one umpire per pitch is suitable.
- C. Each team should have a nominated umpire that is not a member of the coaching/supervisory staff.
- D. The umpires are responsible for all decisions and penalties.
- E. The umpire's decision is **FINAL**
- F. **Ulster Hockey hold the right to remove anybody that is aiming abuse towards any officials at UHU youth hockey events**

RULE 8 – STARTING THE GAME / PASS BACK AWARD

- A. The first named team on the fixture schedule will provide the ball for the game.
- B. The first named team will be awarded pass back to start the game. A coin toss with captains is therefore not required.
- C. The game will start with a push or hit from the centre of the pitch. The ball can travel either backwards or forwards.

RULE 9 – STARTING AND RESTARTING THE GAME

- A. The game is started with a pass backwards or forwards taken from the centre of the centre line. It follows the umpires whistle indicating the start of the game or after a goal has been scored. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit.
- B. Each team must be positioned in their own half of the pitch and the opposing players must be a minimum of 5 metres from the ball until the centre is played.
- C. The ball can be played forwards, backwards or sideways.
- D. The taker can use a self-pass (i.e. pass the ball to themselves). The pass must involve two very distinct actions i.e. the taker must first tap it forwards, sideways or backwards and then play it a second time either to pass it or to dribble it.

RULE 10 – SCORING A GOAL

- A. A goal is scored when the ball has been struck by, or deflected off, an attacking player, or touches the stick or body of a defending player, while it (the ball) is in the shooting zone. It must cross completely over the goal-line between the goal-posts and under the cross-bar.
- B. Goals will not be awarded if the ball is struck outside the scoring zone and does not touch an attacker's stick.

- C. A goal cannot be scored directly from a free hit / auto-pass. The ball must travel at least 3 metres by the attacking player before a shot can be made by the player taking the auto-pass. This will apply at long-corners and side-line balls within the scoring zone also.
- D. If a player takes an auto-pass and dribbles past one or two players, he/she is entitled to score, provided the ball has travelled at least 3 metres.
- E. All players except the striker must be 5 metres from the ball at free hits and corners and the ball must move at least 1 metre from all free hits, side line balls etc., when using an auto-pass.

RULE 11 – BALL OUTSIDE THE FIELD OF PLAY

Over the side-line:

When the ball passes completely over the side-line it shall be put back into play in any direction by a hit, push, scoop or self-pass taken by an opponent of the player who last touched it. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit. This is called a side-line hit-in.

- A. Until the hit-in is taken, no opposition player shall be within 5 metres of the ball.

Over the back-line off an attacking player:

- B. When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is re-started with a hit to the defence. This is called a hit-out. The ball can be hit, pushed, scooped or a self-pass can be played. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit.
- C. It is to be taken level with the top of the shooting zone and in line with the place where it crossed over the back-line.

Over the back-line off a defending player:

- D. If the ball is played over the back-line by a defending player and no goal is scored, the game is re-started with a long corner to the attacking team. The corner can be hit, pushed, scooped, or a self-pass can be played. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit. A shot at goal cannot be taken directly from a long corner.
- E. The corner should be taken at the scoring zone coinciding with where the ball left the pitch. Not on the side line.
- F. No player, other than the taker, shall be within 5 metres of the ball until it is played.

RULE 12 – FREE HIT

- A. Free hits are to be taken where the offence occurred. The ball can be hit, pushed, scooped or a self-pass can be played. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit.
- B. The ball must be stationary at a free hit.
- C. Until the free hit is taken, all opposition players must be a minimum of 5 metres from the ball.

- D. Opponents who remain within 5 metres when the free hit is taken must not interfere with the play until they have moved 5 metres away from where the free hit was taken, or the ball has moved 3 metres. Running alongside the taker (channelling) should be penalised as interference.

Free-Hit: Infringement within the shooting zone

- E. If the free hit is awarded to attacker within the shooting zone it must be taken back out to the edge of the shooting zone in line where the infringement happened. All players except the taker must be a minimum of 5 metres from the ball.
- F. If the free hit is awarded to a defender in the shooting zone then a hit out will be taken in line with the start of the shooting zone.

RULE 13 – PENALTY 1 v 1 SHOT & POWER PLAYS

- **A 1v1 penalty run shall be awarded for any one of the following reasons:**

- A. An offence by a defending player inside the shooting zone that prevents the probable scoring of a goal.
- B. An intentional offence in the shooting zone by a defending player against an opponent who has possession of the ball or an opportunity to play the ball.

Following a penalty shot, play is re-started with a centre pass (if a goal has been scored). If no goal is scored or the allocated time runs out, play is re-started with a hit out to the defence taken at the top of the shooting zone.

- C. Penalty runs are 1v1's taken in line with the shooting area marker with the ball placed in the centre of the goals.
- D. Apart from one defending player (a GK or an outfield kicking back) and the penalty run taker, all other players must be beyond the half-way line.
- E. One defending player should be positioned on or behind the goal-line, and is not permitted to move until the ball has been played by the attacking player.
- F. The attacking player has 8 seconds from when they first move the ball to beat the defending player and score a goal.
- G. Other attacking and defending players are not permitted to enter the restricted zone until the 8 seconds have been completed or a goal has been scored.
- H. If the defending or attacking player fouls during the act of playing the penalty run, the following should be awarded:

-attacking player fouls: a hit out to the defence.

-defending player fouls deliberately: Penalty goal (goal automatically awarded to attacking team).

-defending player fouls accidentally: re-take penalty run.

RULE 14 – ACCIDENTS

If the game is temporarily suspended because of an accident or injury where no offence occurred it shall be re-started with a bully close to the spot where the accident occurred.

- A. Players must stand square of each other and prior to playing the ball and following the umpires whistle, they shall tap the ground with their stick once and tap each other's stick above the ball once.
- B. All non-involved players must be a minimum of 5 metres from the ball.
- A. Players who are cut or bleeding will be required to leave the pitch immediately and shall not be allowed to return until the bleeding has been suppressed or stopped.
- B. It is imperative that **ALL** accidents are recorded in full using the *UHU Code of Ethics*. You can find this form in the link below.
- C. <http://www.ulsterhockey.com/SiteDocuments/Youth%20Leagues%20U13%20and%20U15/2016-17%20Season/UHU%20Code%20of%20Ethics%20for%20Young%20People%20Apr13.pdf>

RULE 14a – INCIDENTS

- A. An incident differs from an accident as this is something that may have happened intentionally. Bullying, Physical or Mental abuse are all examples of incidents.
- B. It is imperative that **ALL** incidents are recorded using the *UHU Code of Ethics*. Please find the document in the link. Here you will find both an accident and incident form.
- C. <http://www.ulsterhockey.com/SiteDocuments/Youth%20Leagues%20U13%20and%20U15/2016-17%20Season/UHU%20Code%20of%20Ethics%20for%20Young%20People%20Apr13.pdf>

RULE 15 – FAIR PLAY

- A. Rough or dangerous play shall not be allowed, nor any behaviour which in the opinion of the umpire, amounts to misconduct.
- B. Players must not intentionally use any part of their body to play the ball
- C. Players must not play any high ball with the stick held at above shoulder height unless they are attempting to prevent a goal from being scored (i.e. to defend a shot on goal). The shot must be on target.

- D. Players must not use the rounded side of the stick when playing the ball and when striking the ball. The stick must in no way cause danger, nor lead to dangerous play, or be intimidating to any opponent.
- E. Players must not play in any way that is dangerous.
- F. Players must not kick the ball.
- G. Players must not obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball. Neither must they use any part of their body or stick to obstruct a player.
- H. Players must not hold, charge, kick, shove, intentionally trip, or strike any player or umpire.
- I. Coaches and spectators must remain respectful at all times. Challenges to decisions should be directed courteously and if possible through the team captain.
- J. Coaches are expected to manage the discipline of their players

YOUTH HOCKEY IS ABOUT FUN AND PARTICIPATION

Festival Locations 2019

Date	Region	Venue	Support Staff
21/02/18	Cookstown Girls	Cookstown High (Green)	
22/02/18	Cookstown Boys	Cookstown High (Green)	
25/02/18	Lisburn Boys	Friends School Lisburn	
27/02/18	Lisburn Girls	Friends School Lisburn	
01/03/18	Coleraine Boys	Coleraine HC	
05/03/18	Coleraine Girls	Coleraine HC	
06/03/18	Mid – Ulster Boys	Killicomaine JHS	
07/03/18	Newtownabbey Boys	Belfast High School	
08/03/18	Newtownabbey Girls	Belfast High School	
11/03/18	Belfast Boys	Belfast Harlequins	
12/03/18	Belfast Girls	Belfast Harlequins	
14/03/18	Ballymena Boys/Girls	Ballymena Academy	
19/03/18	Ards Girls	Regent House	
21/03/18	Ards Boys	Regent House	
22/03/18	Mid – Ulster Boys	Killicomaine JHS	
25/03/18	South Down	Newry Hockey Club	
27/03/18	Omagh Boys/Girls	Campsie Road	
08/04/18	Pearson Cup Finals	Playball	
10/04/18	McCloy Cup Finals	Playball	

For further information please contact the UHU Youth Development Officer:

Andrew Brown
 Youth Development Officer
Direct: 028 9070 1417
Mobile: 07850 059139
Email: andrew.brown@ulsterhockey.com