



## U12 Girls and Boys Learn to Train Festival June 3<sup>rd</sup>-4<sup>th</sup>, 2023 at Burnaby Lake

### Festival Format for 8v8 Mini Hockey

#### Match Format/Length:

- 7 minute quarters, 3 x 3 minute tactical breaks, 8 minutes between games
- Technical Table will start and stop the clock for all games at the same time, starting and ending each quarter with one long blast
- 1 minute before the start of each quarter, there will be 3 shorts blasts of the technical whistle.
- umpires start and stop the play for each game with a whistle even if tech table's horn has gone off to start or stop the time.
- If there is an injury or other reason to stop play, the umpire will stop play but the tech table's game clock will not stop: time will keep running
- 7 field players, 1 goalie with full size net **or** 8 field players with a mini net

#### Modified Rules:

- The field hockey bumpers will divide the pitch in half, and form one side boundary. The field hockey lines will form the other boundaries. The ball may be played off the bumpers.
- Players will substitute on and off from the team bench area.
- There are fully painted circles on Field 2. On Field 3, circles will be marked by two flat markers 14.6 meters from the centre of each back line.
- Substitution is allowed at any time, however the player leaving the pitch must be completely off before the other player enters.
- No penalty corners.
- For deliberate fouls inside the 14.6 meter line or for consistent infringements inside the 14.6 meter line the umpire will award a modified penalty shot as follows:
  - For teams attacking a mini-goal, the player taking the penalty shot must shoot as the ball goes over the 14.6 meter line into an undefended mini goal. Their right foot must not go past the line as they shoot. The umpires will use their discretion for the timing.
  - For teams attacking a goalie, the player taking the penalty from the 14.6 meter line can dribble in and attempt a shot on goal. The goalie is allowed to challenge.

- Field lines are used in the normal way with the following modifications:
  - If the ball crosses the side-line within the 14.6 meter area and was last touched by a defender, play is re-started 14.6 meters from the back-line.
  - When the ball is played over the back-line and no goal is scored:
    - If played by an attacker, play is re-started with the ball inside the 14.6 meter area
    - If played by a defender, play is re-started with the ball outside the 14.6 meter area
- Full nets will be used when a team has a goalie, otherwise mini-goals are to be used
- A goal is only able to be scored following a shot/touch by an attacking player INSIDE the 14.6 meter line at each respective end of the playing area
- Stick must stay below shoulder when hitting
- No reverse stick shots or reverse stick raised hits. Reserve stick controlled pass is permitted