

RULES

The game instructor's decision is final!

Start of the game

- A push pass starts the game – it can move in any direction
- All players should be in their own half

General

- Flat side of the stick only
- No striking the ball – pushing only, no 'raised sticks'
- Ball must stay on the ground
- No kicking the ball
- Players cannot score directly from a free hit (free hits are indirect)
- Defenders must be 2m from the ball at free hits
- If the ball goes off the back-line (regardless who touched it last) a hit out is awarded to the defending team
- Any free hits to the attacking team within 3m of the back-line are moved back 2m – free hits are indirect (there are no penalty corners).

GAME ORGANISATION

Pitch Size & Organisation

- Tennis/basketball/badminton court or school hall
- On a hockey pitch 23m x 25m – around 1/8th of a pitch
- A goal is placed at each end of the pitch
- Goals should be two stick lengths (2m). Cones can be used if no full goals available

Using Full Pitch

- Eight Fun Fours pitches can be set up on a full size pitch



FUN
FOURS

GUIDE FOR AGE GROUPS
UNDER 8'S & UNDER 10'S

PLAYER PATHWAY FORMAT & RULES SHEET



Goal Scoring

- A goal is scored by pushing the ball into the goal a team are attacking
- Goals can be scored from anywhere on the pitch as long as it is with a push



- It is advised that there is a channel between and behind pitches for safety reasons and to allow for coaches, subs and parents at the side of each pitch
- 'Mini' (light) hockey balls should be used at this age
- This allows 64 players to play simultaneously. Note the channel between pitches

FORMAT

Number of Players:

- 4 per team
- No Goalkeeper
- Each team should have 1-2 substitutes who roll on/off

Recommended Game Duration:

- 10-12 minutes one way in festivals/tournaments
- 2 x 10 minutes in one-off matches