

RULES

The game instructor's decision is final!

Start of the game / Free hits

- A self-pass (taker dribbles ball) or pass starts the game – it can move in any direction
- All players should be in their own half
- Defenders must be 3m from the ball at free hits

General

- The ball should be under control at all times – raised balls that are dangerous should be penalised
- All players must control their sticks & dangerous waving of the sticks above the head is an offence
- No hitting, but sweeping / slap hitting is allowed
- There is no offside
- Unsporting behaviour should always be penalised

The normal rules of hockey apply except:

- Penalty Corners are replaced by a free hit 3m outside the scoring area in line with the foul
- Hitting is allowed but no lifted shots at goal
- The whistle should only be blown for the ball hitting a foot if the defender gains an advantage
- Defending players must retreat 3m from all free hits
- Free hit takers cannot shoot direct from the free hit
- The ball must be moved 3 metres before it goes into the scoring area

GAME ORGANISATION

Pitch Size & Organisation

- Super Sixes is played on a quarter of a full hockey pitch
- Goals should be approx. 2.5m (width) x 0.7m (height), using cones if 'real' goals are unavailable
- Four games can be played simultaneously across the pitch as shown below, using the half way line and 23m lines as sidelines for each of the four pitches
- Each pitch has a scoring area which is marked (preferably using throw down lines) parallel to & 10m from the goal line

FORMAT

Number of Players:

- 6 per team. Goalkeepers are optional at this age group
- Up to 10 players per squad, including 4 subs maximum
- This allows 48 players to be involved in four games being played simultaneously on one full sized pitch



GUIDE FOR AGE GROUP
UNDER 12'S

PLAYER PATHWAY FORMAT & RULES SHEET



Goal Scoring

- A goal is scored by a shot going into the goal having hit an attacker's stick within the scoring area
- There are no own goals
- A goal cannot be scored direct from a self-pass
- Shots on goal must not be dangerous
- Undercutting with a strike (hit) ball is not permitted although a flick or lifted push is allowed if safe



Recommended Game Duration:

- 1 period of 15 mins in festivals/tournaments
- 2 halves of 12-15 mins in one off matches

Game-Play Frequency:

- Players of this age group should experience organised match play every 3-4 weeks
- Shortened games should occur at least alternate weeks in training (continue to use smaller sided games as well)
- Intra and inter-club games are highly recommended