

## SPORTS DAY

Sunday 8<sup>h</sup> May 2022

VENUE: Brecon Leisure Centre

(Entry Date: Monday 11<sup>th</sup> April 2022)

**Entry Date: 11/04/2022**  
**Winter Marks: N/A**  
**Last Amended: 18/03/2022**  
**Withdrawal by: 02/05/2022**

**Mary Phillips Sports Trophy:** Points will be recorded as follows: For team or individual - 4 points for 1<sup>st</sup> place; 3 points for 2<sup>nd</sup>; 2 points for 3<sup>rd</sup> and 1 point for participation.

**John Davies, Tyclyd, Beulah - Sports Trophy 18 years of age or under:** Points will be recorded as follows: For team or individual - 4 points for 1<sup>st</sup> place; 3 points for 2<sup>nd</sup>; 2 points for 3<sup>rd</sup> and 1 point for participation.

- 
- **PUNCTUALITY** - please ensure that your competitors report on time for the competitions. No competition will be held up for late competitors.
  - Competitors to report half an hour before the commencement of their respective competition for a Draw to be made.
  - Play to commence promptly in each of the competitions.
- 

Once a team signs in to play any sport and play begins, that original team must remain the same throughout the competition. Clubs are allowed one guest per team. Guest must be YFC member from another club within the Federation and not played in another competition on the day/evening. If clubs have more than one guest, then the points are split, or the combined team play for fun and no points are awarded. For mixed competitions, if teams have too many girls or not enough boys then teams are allowed to play at a disadvantage only

## Mixed Rush Hockey

### **ELIGIBILITY**

A squad of up to 10 players, all of whom must be between 17-28 years of ages on the 1<sup>st</sup> of September 2021.

### **PROCEDURE**

Games will last 7 minutes each way with a two-minute half time and change of ends.

The Semi-finals will last 10 minutes each way, and the Finals will be 15 minutes each way.

All competitors must be suitably dressed, i.e., hockey boots, socks, shin pads, shorts/skirts and shirts.

A player who is shown a yellow card will be sent off for three (3) minutes or the remainder of the game if less than three minutes remain and a player who is shown the red card will take no further part in that day's games.

### **RULES**

#### **Teams**

The game is played between two teams. They shall each have a maximum of 10 players. 5 are permitted on the pitch at any one time, with a minimum of 3 girls on the pitch at all times.

All players take part in each game using rolling substitutes at any time and as frequently as is required.

There is no goalkeeper

**Substitutions.**

Substitutions are allowed at any time.  
Number of substitutions is unlimited.

**Captains**

The captains toss a coin for choice of ends or possession of the ball at the start of the game.

**The pitch**

One third of a full-sized all-weather Astro turf pitch will be used for each game.  
The game of rush hockey can be played on a variety of pitch sizes ranging from quarter pitch to full size pitch. Local organisers will advise teams ahead of the county and area rounds.

**The Goal**

Width: 6 Foot

Height: 2 Foot

It must be positioned against the outer edge of the backline in line with the centre of the pitch

**The Ball**

It is preferable to use a lighter and larger ball than is used in the full game of hockey. A ball weighs approximately 110Grams and measures approximately 100mm.

The ball may be lifted off the pitch but must remain below knee level.

**The Stick**

The stick shall be a standard regulation hockey stick. It shall have a flat face side and a rounded side.  
The ball may be played with the flat face side of the stick or the edge of the rounded side, on condition that the flat side is visible (i.e., not flat to the turf/pitch).

The stick must remain below knee level.

Playing the ball with the edge of the rounded side is always subject to dangerous play (i.e., it will be penalised by the umpires if it is measured to be dangerous or is leading to dangerous play).

The umpires shall forbid the use of any stick that does not comply with the Rules of Hockey.

**Player Equipment & Clothing.**

It is **STRONGLY RECOMMENDED** that shin protectors and mouth guards are worn by all players at all times, (inclusive of training sessions/games).

No player shall wear any equipment that may be dangerous to the self or other players. This includes raised jewellery, baseball caps with a stiffened peak and/ or any sharp object.

The use of appropriate footwear for the playing surface (trainers or turf shoes) is required.

The umpires shall forbid the wearing of any equipment that does not comply with this rule.

**Goalkeeper Equipment.**

No goalkeeper is required.

**Starting & re-starting the game.**

The game is started with a hit or push taken from the centre of the pitch, it follows the umpires whistle at the commencement of play in each half of the game and after a goal has been scored.

Each team must be positioned in their own half of the pitch until the centre pass is played.

The ball can be played forwards, backwards or sideways and must move a minimum of 1 metre before being played by a player of the same team.

The taker can use a self-pass. 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 dribble it.

**Scoring a Goal.**

Scoring a Goal, a goal is scored when the ball has been struck by, or deflected off, an attacker while hit (the ball) from anywhere on the pitch. It must cross completely over the goal-line between the goalposts and under the crossbar.

**Blocking a Goal.**

If a member of the defending team deliberately uses their body to prevent the goal from going in, then a penalty goal is awarded to the attacking team.

**Ball outside the field of play.**

Over the side-line: When the ball passes completely over the side-line it shall be put into play along the ground in any direction by a hit, a push or a self-pass taken by an opponent of the player who last touched it. This is called a side-line hit in.

Over the back-line off an attacker: When the ball passes over the backline off one of the attacking players and no goal is scored, the game is re-started with a hit from the defending team. The ball can be hit, pushed or a self-pass can be played. It is to be taken from 2 metres into the pitch from the backline and opposite the place where it crossed over the backline.

Over the backline off a defender: If the ball is accidentally played over the backline by a defender and no goal is scored, the game is re-started with a corner to the attacking team. The corner can be hit, pushed or a self-pass can be played. The corner is taken on the side-line, 3 metres from the corner of the pitch.

#### **Fair Play.**

Rough or dangerous play shall not be allowed, nor any behaviour which in the opinion of the umpire, amounts to misconduct. The umpires shall send any player who persists in breaking this Rule, off the pitch.

Players must not intentionally use any part of their body to play the ball (except the hand to protect the self in a dangerous situation).

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. A player must not use their stick to hit an opponent's stick, either intentionally or unintentionally (known as a stick tackle).

Players must not kick the ball. It is not an offence if the ball hits a player's foot, and the whistle should only be blown if the incident causes a total break-down in play and/ or a disadvantage. The umpires shall be the sole judges.

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.

Players must not hold, charge, kick, shove, intentionally trip, or strike any player or umpire.

#### **Free Hit.**

Free hits are to be taken close to where the offence occurred. The Self Pass rule can be played at any free hit. The ball must be stationary at a free hit and if passed to another player of the same team (i.e., it is not a self-pass) it must move a minimum of 1 metre before being played by another player of the same team. If the free hit is a self-pass the actions of taking the free hit and of next playing the ball must clearly be two separate actions. Until the free hit is taken, all opposition players must be a minimum of 5 metres from the ball.

#### **Incident.**

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 incident occurred. 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.

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.

#### **Umpires.**

Rush Hockey is self-umpired, but it is recommended that 2 competent persons with knowledge of the rules control the game.

At the Wales YFC Final qualified hockey umpires will be used. The umpires are responsible for all decisions and penalties.

#### **Rules Summary.**

Teams are 5-a-side with squads made up of up to 10 players. Players can be substituted when and as frequently as is required.

The game involves no deliberate:

- Feet
- Using the back of the stick
- Stick tackling
- Contact with other players

Neither the stick nor the ball should be raised above knee height. A side-line ball is taken from the point of exit. The ball can either be passed to a team member or taken into play yourself (known as a self-pass).

Plater can shoot from anywhere.

When a rule is broken the ball will be awarded to the opposing team where it can either be passed to a team member or taken into play yourself (known as a self-pass).

No goalkeeper.

After a goal is scored, play is restarted from the centre of the pitch by the conceding team.

(Rules as for Wales YFC Final to be held at Brecon Leisure Centre on Sunday 19<sup>th</sup> June 2022.)

Entries to be submitted online by Monday 11<sup>th</sup> April 2022. NO LATE ENTRY FORMS WILL BE ACCEPTED UNDER ANY CIRCUMSTANCES.

**WITHDRAWAL FROM COMPETITIONS**

Clubs/Members are asked to notify the YFC Office of any withdrawals 5 days prior to a Competition. **PLEASE NOTE: All withdrawals from Club Secretaries/Members must be made by email or by telephoning the YFC Office. If telephoning out of office hours, then a message should be left on the answer phone.**

FOR COMPETITORS/TEAMS WHO DO NOT TURN UP FOR A COMPETITION ON THE DAY, THE COUNTY OFFICIALS WILL MAKE THE DECISION WHETHER TO DEDUCT THE 5 POINTS OR NOT, DEPENDING ON CIRCUMSTANCES.

**Please Note:** "That only members with up-to-date plastic membership cards and are on the database in the YFC Office are eligible to compete. Any new members forms, and photos must be attached to the Entry Form when returned by clubs."

**PLEASE NOTE:** If a member does not produce an up-to-date membership card at the competition, it will result in a £5.00 fine. The fine will be refundable only if they provide confirmation of membership within 7 days of the Competition. If they have not yet joined, they will have 7 days to send a form and photograph to the YFC Office.