

U16 rules for 2025 season

- **Teams will be made up of 5 field players and 1 goalie. If teams don't have/choose not to play a goalie then they may have 6 field players. NO KICKING BACKS ALLOWED. Max 5 subs for a total of 11 players max.** Clubs to try and balance subs with other team to make game fair
- **Game will be made up of 4x10 min quarters with a 2 minute break at Q1 & Q3 and a 5 min break at the half.** This means we will be able to start them slightly later than usual, say 11.30 so there is time to put out the boards before the game and move the goals. Also gives enough time to take them away before senior games.
- **All rules of hockey will be played as normal in regards to: overheads, hitting, tomahawks, 3D skills.** We want to reward skillful play and not discourage players.
- **We will not be implementing a 25m zone. Instead, all rules regarding the 25 will be implemented at the half line. This includes both players being 5m from free hit, not going straight into the D from a free hit and serious penalties being upgraded from a free to a Penalty 1v1.** Given that there is a shorter playing area, having a 25 would only leave around 10m in the middle of the pitch.
- **Long corners will be played from the half line in line with where it went out over the baseline.** This brings it more towards the modern ruling of the long corner being taken from the 25 instead of in the corner of the field however with us not having a 25 we have decided to take them from the half line. Which also lines up with the hockey5 rules
- **Personal penalties will be applied as normal with green cards being 2 minutes and yellow cards being a minimum of 5 minutes and of course a red card is permanently suspended from the rest of the game.** We feel that there is no need to shorten the penalties to discourage actions deserving of cards.
- **We will need to mark the pitches with a spot for the penalty stroke and a spot for attackers to start the 1v1 (25m)** suggested to mark the spots in blue to be able to see them better against the white line intersecting the pitch. Would need to check with HV if this is ok on the premier league pitch
- **Instead of doing short corners we will do a 1v1 with the attacker starting at a marked "25" and other players starting at the other marked "25". Once both attacker and defender (goalie) are ready then the umpire blows the whistle for play to begin. Once play has begun the 1v1 starts with other players allowed to run down to defend. The play will continue till the ball is out of play or a free hit is awarded or a goal is scored.** Coaching suggestion to let the players taking 1v1s to take in turns

- Do we play 2 games on the 1 pitch or do we play 1 game on each pitch

2 games on 1 pitch	1 game on 2 pitches
Less set up needed as you only need to move 1 pitches goals, set up boards or 1 pitch, put markings on 1 pitch	Safety could potentially be an issue with game being played next to each other
We can have a full pitch free to be used for another potential time slot	

Feedback for first 3 rounds of trialling 1 game on each pitch. See how it works danger wise from an umpire perspective.