

**BRISBANE WOMEN'S HOCKEY ASSOCIATION INC  
JUNIOR SECTION - UNDER 7 ROOKEY (QUARTER FIELD) RULES**

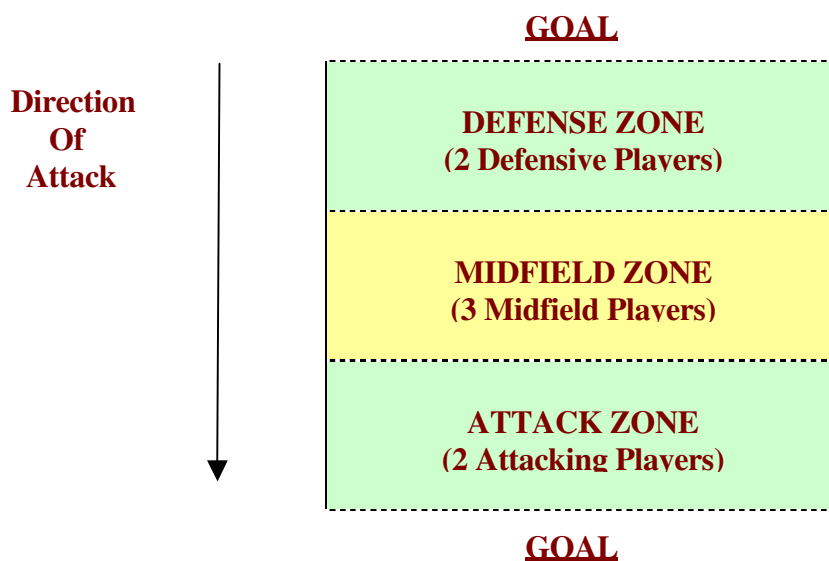
**RULES**

1. A player who is over the age of five (5), and who has not reached the age of seven (7) by the first of January of the current year is eligible to play U7 Rookey (Quarter Field) Hockey.
2. The game is played by two teams of seven players. Reserve players may be interchanged freely during the game.
3. Playing time is divided into two halves of fifteen minutes with a break of five minutes between. The teams should change ends after the half time interval.
4. The game is commenced at the start of each half and after each goal, with a one-touch 'bully'. See Getting Started Rule # 17.
5. **U7 Rookey** is played with junior hockey sticks. These have one flat side and the curved back of the stick may not be used to stop or propel the ball. The stick must be no more than 5.1cm (2 inches) broad and should be no longer than the player's waist height. It is important that these junior sticks have full size heads.
6. Sticks must be on the ground at all times.
7. *It is recommended that a smaller hockey ball is used for U7 Rookey.* A light coloured hockey ball of approximately 23cm (9 inches) circumference and 110g (3¾ ounces) should be used.
8. There are no goalkeepers or 'kicking backs' in U7 Rookey.
9. There is no body contact.
10. Players are not allowed to stop or kick the ball with their feet.
11. Players must be 3 stick lengths away from the ball at 'free plays'.

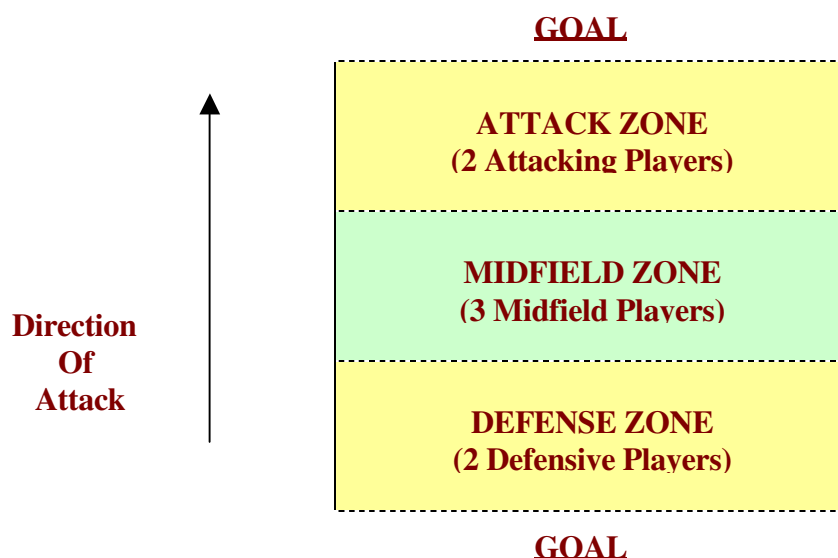
**GAME SET-UP**

12. The U7 Rookey playing field is to be marked out into 3 zones with 2 separate goals, as indicated on the diagram below.
13. Each **team of 7** is divided into **2 defenders, 3 midfielders and 2 attackers**. BWA strongly recommends interchanging between players & positions to ensure maximum participation.
14. Field dimensions are approximately 45m long and 30m wide (quarter field).

## GAME 1



## GAME 2



15. Players must remain in their zone during play ie: defenders must remain in the designated defensive zone; midfielders must remain in the designated midfield zone, etc.
  - The aim is for the players to learn about each zone and the ability to use vision to pass the ball out of each zone while maintaining possession.
  - *Although a penalty will not be awarded for a player moving out of their zone, both coaches & umpires will be encouraging players to remain within their designated zone.*
  
16. The Rookey format, in particular the use of zones, has been designed as a trial for the start of the 2008 season. A review will take place halfway through the season, on approximately 7<sup>th</sup> June 2008, to determine the effectiveness of using the zones during game play.

## GETTING STARTED

17. The game is commenced with a one-touch 'bully'. At the time of commencement, each team must be on their own goal side of the centre spot. After each goal is scored a one-touch 'bully' is used to restart the game from the centre spot.
- The ball is placed between one player from each team, who face each other with the goal they are defending to their right.
  - The two players start with their sticks on the ground to the right of the ball and then tap the flat faces of their sticks together once just over the ball, after which either player is permitted to play the ball.
  - All other players must be at least 5 metres from the ball.
  - All players are encouraged to have a go at taking the one-touch 'bully'.
18. **Pushing & slap hitting only are permitted in U7 Rookey. The ball must always be moved by a player using a stroke that has their hands apart on the stick.**
19. A goal may be scored from anywhere within the opposing team's defensive zone.
20. A goal is scored when the ball passes over the opponent's goal line between the goalposts after having been pushed by an attacking player or glanced off the attacking player's stick. The team scoring the most goals is the winner of the game.

## SAFETY

21. Players are not permitted to:
- Raise the stick above the shoulder.
  - Hit the stick into an opponent.
  - Use the stick to obstruct an opponent reaching the ball or moving about the field.
  - Play the ball with their hands or feet. Due to U7 Rookey being a learning experience for our youngest players, leniency and common sense should be applied to this rule in regard to accidental use of the feet.
  - Raise the ball above knee height.
  - Criticise or ridicule another player.
  - Obstruct an opponent from playing the ball by moving any part of his or her body between the opponent and the ball.
22. Rough and dangerous play is not permitted and body contact must be avoided.
23. If the ball becomes raised from the playing surface, all players must wait for it to return to the ground before attempting to play it.
24. If the ball gets stuck between a player's feet or stick, stop play and restart by rolling the ball away.

25. Talk to the players during the game, to let them know what they can and can't do.
26. A free push may be awarded to the opponents for any breach of the rules. At the time that a free hit is taken no other player may be within three metres of the ball.
27. For an accidental breach by a defender in the defensive zone, the attacking team will be awarded a free push at a point on the defensive line opposite the point where the breach occurred.
28. A defender may not deliberately play the ball over her own goal line. If the ball is deliberately played over the goal line by a defender the attacking team will be awarded a free push at a point on the attacking line opposite the point where the ball crossed the goal line.
29. When the ball is played over the goal line outside the goal by an attacker, or accidentally by a defender, the defending team will be awarded a free push on the 10m line opposite where the ball went out of play.
30. When the ball is played over the sideline the opposing team will be awarded a free push at the point where the ball crossed the line.
31. Where the rules of **U7 Rookey** do not provide for a situation that arises, the umpire/guide shall give a decision bearing in mind the objectives and spirit of the game.