

SEHA JUNIOR COMPETITION RULES – SUMMARY

This document is a quick reference guide only, for Coaches Managers and Umpires.
Consult the full SEHA Junior Competition Rules document for more detailed information.

Duration of matches:

- U10 & U12B – play 25 minute halves with a 4 minute half time break.
- U12A - U18 – play 14 minute quarters with 2 minute quarter/three-quarter time and 5 minute half time breaks.
- Time is not to be stopped for injuries and/or suspensions.

General:

- No junior player shall take the playing field in a SEHA Junior competition or trial unless he/she is wearing shin pads and mouth guard.
- U12A, U14, U16 & U18 shall comprise a maximum of sixteen players. No more than eleven players on the field at any given time, one of which must be a goal keeper.
- U10 & U12B shall comprise a maximum of thirteen players. No more than eight players on the field at any given time, one of which must be a goal keeper.
- Goal keepers and substitute goal keepers shall wear at all times during a match in which they participate, protective equipment, including leg guards and kickers, groin and chest protectors, hand protectors, a face mask and helmet or a helmet incorporating fixed full face protection.
- Forfeit – a forfeit will occur if a team is unable to field a team with a minimum of seven (7) players (or 5 for U10 & U12B), one of whom must be a goal keeper, within 10 minutes of the scheduled game start time. The result will be a 0-5 loss to the forfeiting team and both teams must complete and submit match cards indicating this result.
- The Tomahawk shot and play the ball over the shoulder rule will be permitted in all full field games, ie for U12A, U14, U16 & U18 age groups.
- Penalty strokes are not to be awarded in Under 10 or U12B games. Instead, a penalty corner should be awarded for the infringement.
- Mercy Rule – For all age groups and divisions - In the event that a score reaches a difference of eight (8) goals during a game, the leading team will drop-off two (2) players. Should the score then reach a difference of ten (10) goals, the leading team will drop a further two (2) players (only 1 for U10's or U12B's). The drop-off of players cannot result in the leading team having fewer players than the minimum team of seven players (5 for half field games) including a goalkeeper required by the SEHA Junior Competition Rules. Coaches of both teams should also use their discretion and judgment in managing the fairness of the game.
- U10 and U12B Games – coaches are allowed on the field of play for the first six (6) rounds of the competition. This recognizes that many of these players are new to hockey and will benefit from the coach's directions in regard to positional play. Coaches must not exert influence over umpires or obstruct the passage of play.