

## Junior Competition Rules Guide 2024

Rule	U10	U12B	U12A, U14, U16 & U18
Ball Used	Joey Ball (except on grass fields, when normal hockey ball may be used)	Normal Hockey Ball	Normal Hockey Ball
Duration of Matches	25 min halves 4 mins half time break	25 min halves 4 mins half time break	14 min quarters 2 mins quarter & three-quarter time 5 mins half time
Warm-up time before games	6 mins		5 mins
Change of Ends and Hit-off	Half time		
Must have a fully kitted Goalkeeper on the field at all times	Yes		
Maximum number of players per team	13		16
Maximum number of players on the field *including goalkeeper	8		11
Minimum number of players on the field *including goalkeeper (including during application of mercy rule)	5		7
Shin Pads and mouth guard required	Yes		
Goal Keepers (whether substitute or not) must wear protective equipment at all times including leg guards and kickers, groin and chest protectors, hand protectors, a face mask and helmet or a helmet incorporating fixed full face protection	Yes		
Where team is unable to field the minimum number of players within 10 minutes of the scheduled game start time	Forfeit, 0-5 loss and both teams submit a match card		

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<b>Tomahawk Shot (hard hit with reverse edge)</b>	No	No	Yes
<b>Play the ball over the shoulder</b>	No	No	Yes
<b>Ball raised above shin pad height</b>	No	No	Yes, provided not dangerous
<b>Penalty Strokes</b>	No (penalty corner instead)	No	Yes
<b>Penalty Corners</b>	Yes – 3 defenders including goalkeeper; 4 attackers (including injector). Ball must be passed to player outside of the circle and then passed at least 1 metre to another player before shot on goal	Yes – Standard rules	Yes – Standard rules
<b>Opposition to be away from the free hit</b>	3 metres away	3 metres away	5 metres away
<b>Ball to travel</b>	Free hit inside attacking half, ball to travel 3 metres before pass into circle	Free hit inside attacking half, ball to travel 3 metres before pass into circle	Free hit inside attacking quarter, ball to travel 5 metres before pass into circle
<b>Mercy Rule when goal difference reaches 8 goals</b>	2 players drop off from the leading team until goal difference is below 8 goals or end of game (subject to minimum players). Players may be interchanged during Mercy Rule periods.		
<b>Mercy Rule when goal difference reaches 10 goals</b>	1 additional player drops off (subject to minimum)	2 additional players drop off from the leading team until goal difference is below 10 goals or end of game (subject to minimum players)	2 additional players drop off from the leading team until goal difference is below 10 goals or end of game (subject to minimum players)
<b>Coaches on Field</b>	Only for first 6 rounds of the competition	No	No

*Updated as at March 2024*