

Macarthur Hockey Association

Rules of Minkey Hockey

Introduction

The purpose of this manual is to act as both a guidebook and a reference tool. Whether you are a parent who has played and has some knowledge of the game or a parent to whom the game is a completely new concept, you will find the contents of this manual enlightening and helpful. It is imperative that all new Minkey coaches familiarize themselves with the playing rules and regulations of the game of field hockey. By doing so, the teaching of the proper playing techniques will be ensured. This will enable the children to master the skills of Minkey and to perform them to the best of their ability, thereby guaranteeing a high level of enjoyment involved with playing Minkey hockey.

As the coach, to ensure enjoyment and safety you will need to understand the basic skills and techniques of hockey, you will also need to have a basic understanding of the rules of hockey.

By providing a well structured and organized game of Minkey hockey, you will be helping develop in these children:

1. Physical motor skills
2. An enthusiastic attitude towards participation in sport
3. An appreciation of the need for teamwork (support and cooperation)
4. A higher level of physical fitness
5. A sense of accomplishment through the progressive acquisition of skill
6. Good behavioural patterns and the acceptance of rules and regulations

As the coach you must always be enthusiastic, encouraging, analytical and instructive. While the main emphasis should be placed on fun and participation, you must continually lend guidance to ensure that Minkey hockey is played properly and safely. Please remember that the players who learn to perform the basic techniques of Minkey hockey will be better prepared when they take the next step of playing full field hockey than the child who acquires poor playing techniques.

It is compulsory for all players in the Macarthur Hockey Association to wear a mouthguard and shin pads during a game of hockey.

The Minkey Playing Field and Playing Positions

Under 7 Minkey is played across the field, between the quarter lines with cones or witches hats used to mark the goals on either end of the field.

Under 9 Minkey is played across the field between the half way line and the goal line with cones or witches hats used to mark the goals on either end of the field.

The goals should be approx 4 yards or 4 Minkey stick lengths apart, it's the clubs responsibility to supply cones or witches hats for the goals plus a match ball.

There a 6 players on an under 7 Minkey team and 7 players on an under 9 Minkey team with 2 additional substitutes. If both coaches are in agreement, if one team is short of players and the other team has excess players that they divide the children into even teams so all the children participate in the game. In the interest of safety the number of children on the field must not exceed 8 players per team.

It is recommended that the following playing formation be used for a 7-a-side game of Minkey.

1. Full Back
2. Right Back
3. Left Back
4. Centre Half
5. Right Wing
6. Left Wing
7. Centre Forward

The Rules of Minkey Hockey

The duration of an under 7 Minkey game is 30 minutes divided into two equal 15 minute halves, with an interval of 5 minutes. The duration of a under 9 Minkey game is 40 minutes divided into two equal 20 minute halves, with an interval of 5 minutes. Teams will change ends following the half time interval.

The game commences with a push back from the centre spot, at which time each team must be in their respective defensive halves of the field. Upon the scoring of a goal, the team conceding the goal will restart the game with another push back from the centre spot.

A goal is scored when the ball crosses the goal line between the goal posts and below a height of 18 inches, a goal can only be scored within a 5 meter radius of the goal – coaches to use their discretion about the distance. The team scoring the most goals shall be deemed the winner. In the event of a Minkey game finishing as a tie, the score will stand. There will be no period of extra time or penalty shoot out to determine a winner.

There is no offside rule in Minkey. In a Minkey game pushing the ball is encouraged in under 7s, when the children are in under 9s hitting the ball is allowed, but only in a safe manner (not lifting the back swing of the stick higher than knee height).

During the game if the ball crosses the sideline, the opposing team will restart the game with a free push at/from the point the ball went out of play. If the ball is played over the goal line but outside of the goal, by either an attacker or unintentionally by a defender, the defending team will restart the game with a free push. If the player on the defensive team puts the ball over the goal line but outside the goal intentionally, a long corner should be played by the offensive team.

It would be ridiculous to overload the children with all the rules in the rulebook. If the ball hits the player's feet or the back of the stick accidentally, play on. If the player purposefully infringes using this example, a free push should be given to the opposing team and the rule should be explained. Obviously in an under 9s game we need to be a little stricter with the rules especially closer to the seasons end as these children will be taking the next step the following season.

Macarthur Hockey Association runs the Minkey programme as participation only, there are no competition points involved which means there are no finals or grand finals.

Umpire/Coach

The role of this person is more of a coach than an umpire. The whistle should not be blown frequently in a game of Minkey hockey. As the umpire is also allowed to coach, it is important that the rules are explained as the whistle is blown. Throughout the game the umpire/coach should stop the game and remind the children to spread out and move back to their original positions.

Safety Rules should be emphasized at the start of every game:

1. Only one person from each team on the ball at once. This rule encourages players to run and create space rather than reduce it.
2. Don't swing at the ball when other players are around you. This rule discourages dangerous swinging and encourages keeping the stick on the ball.
3. Always tackle at the oppositions stick side. This rule helps players to tackle safely without danger.

Conclusion

It is important we don't make Minkey hockey an "anything goes" exercise. Apart from the safety issue, children learning require some structure and the above information should provide that structure for them to learn the game of hockey in a safe environment.

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