

# Fast Flicks

## Minkey (K, 1<sup>st</sup> & 2<sup>nd</sup> Grade)

### Field Hockey Rules



The Minkey game is played on a field approximately ¼ the size of a full size hockey field (25 yds. x 40 yds.). Each team will have 6 players on the field at a time, typically playing 3 offense and 3 defense.

### The Rules of Minkey

1. Each team will have a maximum of 6 players at any time on the field. Substitutions will occur at the end of each quarter or at a designated time within a quarter. This should be agreed upon by both coaches and referees prior to the game.
2. The game will consist of 4 - ten minute long quarters with a 5 minute half time.
3. Coaches may be on the playing field during the game for weeks 1 & 2 of the season to help with positioning. Coaches may not interfere with play. Referees will remove a coach interfering with play after 1 warning during these 2 weeks.
4. Coaches will have a designated area to stand in on the sideline opposite of their fans in weeks 3-8. The area is roughly from the 10 yard line to the center of the sideline. **Under no circumstance can a coach stand on the endline.** This rule must be adhered to and the area will be set up by the referees.
5. At the coin toss, the winner will be asked to choose possession to start the first half or second half. The other team will be given the choice of first half field direction. Teams will change direction at half time.
6. The game will begin with a center push from the center spot (aka a “push back”). Both teams must be “onside” which is in their respective defensive half of the field. The **defending** team must be 5 yards away from the ball. The **offensive** team may be within 5 yards. Upon the scoring of a goal, the team conceding the goal will restart the game with another push back from the center spot.  
  
The player performing the push back may only touch the ball once. The ball is live once it is touched. A player from either team may play the ball once it is live.
7. A goal is scored when the ball crosses the goal line between the pylons. The ball must go completely over the line. **An offensive player must touch the ball within the 10 yard line.** If it is touched only by a defensive player within the 10 yard line it is NOT a goal.
8. There is no offside rule in Minkey. “Cherry Picking” should be highly discouraged. It is good practice to remind the players that when their team is in

possession of the ball, ALL players are offense and when the other team has the ball, ALL players are defense. Positions are just to cover areas of the field.

9. A low slap shot will be permitted in minkey play. The player must have hands separated on the stick. On the swing their stick may not go higher than their knees either in front or in back.
10. There is NO Reverse Stick allowed in the Minkey division.

## **Penalties**

Penalties are always called at the discretion of the referee. There are times a penalty may not be called if the referee deems that doing so would NOT cause a clear advantage for the team against which the penalty occurred. This is generally called a “held whistle” and should be indicated by the referee pointing in the direction of the free hit IF it were to be called. Sometimes, the call will not be made at all. Sometimes the call will be made after a slight delay. Again, this is the discretion of the referees to determine what will provide a clear advantage.

A player should be penalized if during a game they:

1. Play the ball with the back of the stick or any part of their body.
2. Raise the hockey stick (especially the toe) above their **knees**.
3. Hit an opponent’s stick instead of the ball – “Hacking”.
4. Obstruction will be called when a player is shielding the opposition from a stationary ball. If the ball is in motion, it is not obstruction. If there are 2 players from the same team playing a ball and the opposition attempts to play the ball, this is obstruction.
5. Attempt to play the ball while lying or sitting on the ground.
6. Deliberately block, hit or trip an opponent with the hockey stick.
7. Play in a manner which is deemed to be dangerous.
8. Criticize or ridicule another player.
9. Show dissent to an official.

## Free Hits

**\*\* Please note: A self start rule is now being played for Free Hits in PIAA rules. We are NOT implementing this rule in the Minkey or Midi 3 division.**

### Free Hit:

In the event of a player breaching any of these rules outside of the 10 yard line, a Free Hit may be awarded to the opposing team at the point where the infraction occurred:

1. Apart from the player taking the Free Hit, no other player is allowed to stand within **four** yards of the ball.
2. The player taking the free hit may only touch the ball once.
3. It is then considered “live” and may be touched by any other player on the field.

A goal cannot be scored directly from a Free Hit. A second player from the attacking team must touch the ball within the 10 yard line. In general, it is good play to take free hits as quickly as possible. Please make every attempt not to hold up the game by setting up free hits. The referee will NOT blow the whistle for a free hit to be taken, it can be taken whenever the team taking the hit is ready.

### Free Hit Out:

When any penalty occurs inside the 10 yard line, **by the attacking team**, the defending team will be awarded a Free Hit Out. The ball should be picked up and placed just outside the 10 yard line directly even with where the foul occurred. It may then be played just as any other free hit.

\*\* Note: Players are asked to place the ball just outside the line in order to develop a good habit for future play.

### Free Hit In:

When any penalty occurs inside the 10 yard line, **by the defending team**, the attacking team will be awarded a Free Hit In. The attacking team may pick up the ball and place it just outside the 10 yard line even with where the foul occurred. It may then be played just as any other free hit. A goal may not be scored directly on a free hit. It must be touched by a member of the attacking team within the 10 yard line.

**\*\* Both of these rules are designed to get players used to the fact that play within the 10 yard line is treated slightly different than play at mid field. This is to lay the foundation for corner play at upper levels.**

## **Sideline Hit:**

During the game, if the ball crosses the sideline, the opposing team will restart the game with a Free Hit at/from the point where the ball went out of play.

## **Ball over the End Line:**

Any time the ball is played over the end line but *outside of the goal*, the defending team will be awarded a **free hit out** on the 10 yard line with the ball placed even with where the ball crossed the end line. **This will be awarded whether or not the ball was last touch by the attacking or defending team.** If the referee feels the ball was purposely played over the end line by the defending team, the referee may award a free hit coming in to the offensive team.

## **The Consecutive Pass Rule**

This year we will be again using a Consecutive Pass Rule. Once a team is up by 4 goals, it is the responsibility of the COACH of the winning team to implement and enforce the consecutive pass rule. Simply stated, there must be 4 consecutive passes between the mid-field line and end line before the next goal can be scored. The COACH and players of the winning team must keep track of this. If a goal is scored before all 4 passes have been complete, it is the responsibility of the Coach of the winning team to call “no goal”, and a free hit out will be rewarded to the losing team. Each time the losing team touches the ball, the “consecutive passing rule” starts over again.

## **Good Sportmanship**

In the spirit of good sportmanship, if your player scores a goal, please have her retrieve the ball and bring it to the center spot for the other team. This is not meant to be an opportunity to “show off”, but instead an opportunity to keep the game moving. It is also an opportunity for parents on the sideline to see who has scored.

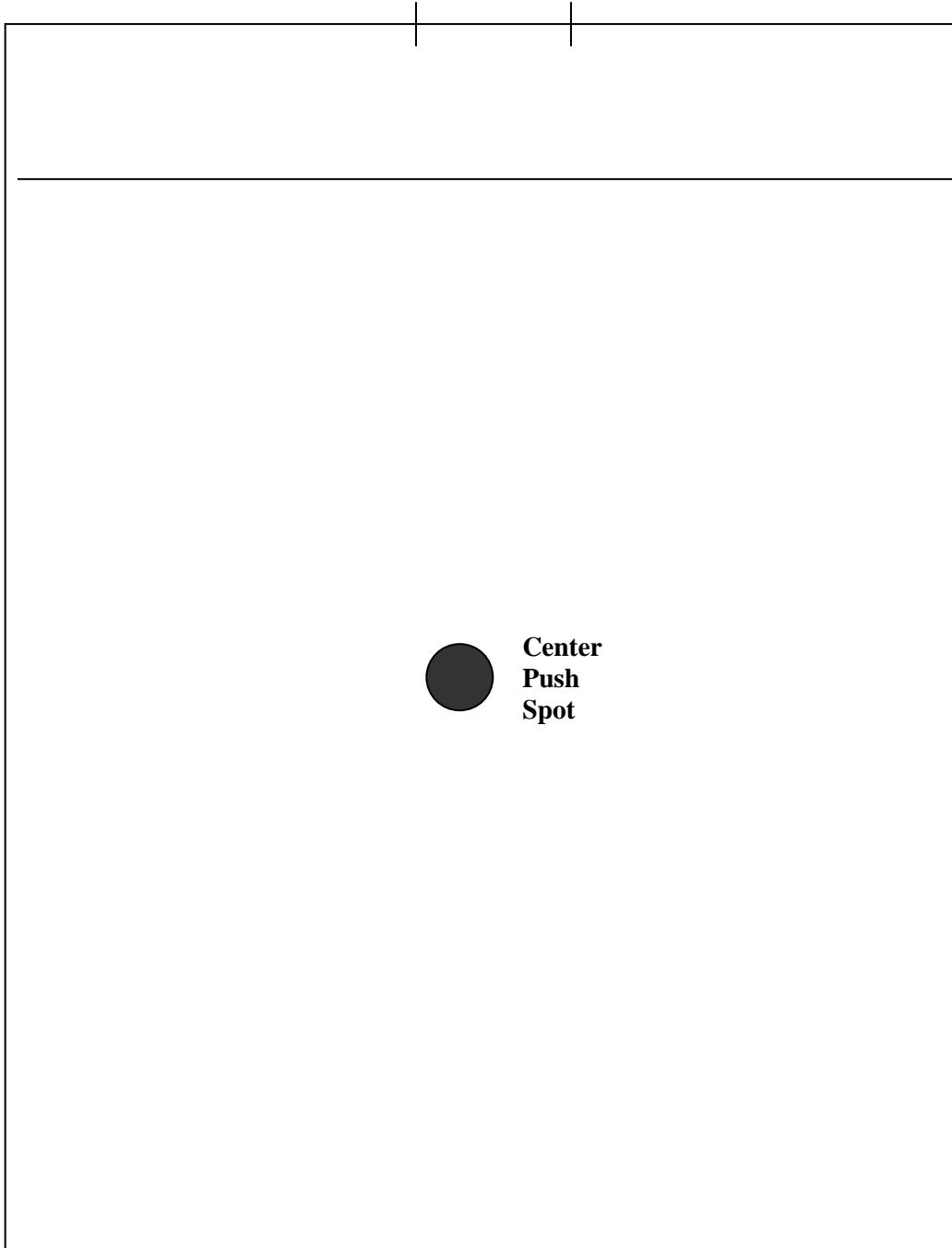
Any player who is deemed to have committed a serious breach of either the rules or the spirit of the game can be temporarily suspended from the game for the duration of 5 minutes.

If a situation arises for which the rules of Minkey do not provide, the coaches and referees should agree upon a decision which reflects the objectives and spirit of the game.

**MINKEY FIELD  
DIMENSIONS AND LAYOUT**

**Appox. 50  
yds**

**10 yd  
Line**



**10 yd  
Line**

**Appox. 25 yds**

**Goal**

**\*\*Place 2 cones centered on end line  
4 yds apart**