



AVON JUNIOR HOCKEY LEAGUE RULES FOR SEASON 2024/25

- Players must be:

- **Under 10** - born on or after 01/09/2014; up to and including Year 5
- **Under 12** - born on or after 01/09/2012; up to and including Year 7
- **Under 14** - born on or after 01/09/2010; up to and including Year 9
- **Under 16** - born on or after 01/09/2008; up to and including Year 11

N.B. whilst there is no minimum age restriction junior organisers/coaches should consider the individual abilities of younger players prior to selecting them to play in higher age group matches.

- Players can only play for one club / team in each age group
- It is strongly recommended that all outfield player wear:
 - shin-protectors and mouth-guards at all times
 - face-masks when defending a penalty corner
- No player shall wear any equipment that may be dangerous to themselves or other players. This includes jewellery, baseball caps, etc.
- First named team to provide the match ball; except for Under 10 games where a mini-ball will be provided
- Teams need to bring an alternative coloured set of shirts; second named team to change in event of a clash
- Each team must provide their own umpire
- **First Aid** will be the responsibility of each individual club
- **Photography**
 - All clubs will adhere to the Avon Junior Hockey League policy on the taking and use of photographic and recorded images of young people
 - It is the responsibility of all clubs to ensure that:
 - the appropriate consent has been obtained from parents/carers in respect of the photography of children and advise the organisers immediately should such consent not be held
 - anybody associated with their club who is taking photos/recording images at any session may be asked to register that they are doing so with the organisers
- All clubs to adhere to the Avon Junior Hockey League **Code of Conduct**
- The Avon Junior Hockey League and its organisers cannot be held responsible for the loss or damage of equipment or personal items belonging to players, parents or anyone else present at any session

- **Under 10 & Under 12 (7-a-side)**

- Games will be played in accordance with In2Hockey 7-a-side Rules
- The format is 'mixed', as such there must be a minimum of 3 girls on the pitch at all times
- Games will last for 15 minutes one way and will be centrally timed

- **Under 14 (7-a-side)**

- Games will be played in accordance with In2Hockey 7-a-side Rules
- Games will last for minimum of 15 minutes one way and will be centrally timed

- **Under 14 & Under 16 (11-a-side) - Leagues, Semi-Finals & Finals:**

League games:

- will be played in accordance with the Rules of Hockey except that a match will consist of two periods of 25 minutes and a half time interval of 3 minutes
- a squad shall consist of a maximum of sixteen players
- the minimum number of players to start or continue a match shall be seven
- the first named team to provide the match ball
- the second named team to change in case of a colour clash
- three points will be awarded for a win and one for a draw
- all match results shall be limited to a goal difference of eight, and any score recorded as 8-0 to the winners
- an 8-0 walkover will be awarded against any team failing to show for a match
- if points are equal after all matches have been played league positions will be decided by:
 - Goal difference
 - Goals scored
 - Goals conceded
 - Relevant match results
- any team unable to play at least half of their league fixtures will have all of their results annulled

Semi-Finals & Finals:

- will be played in accordance with the Rules of Hockey except that a match will consist of two periods of 25 minutes and a half time interval of 3 minutes
- a squad shall consist of a maximum of sixteen players; team sheets to be completed before commencement of the match
- the minimum number of players to start or continue a match shall be seven
- the first named team to provide the match ball
- the second named team to change in case of a colour clash
- in case of a draw at the end of full time then the match outcome will be decided by a penalty shoot-out competition