



YOUTH WORK IRELAND GAMES 2011 RULEBOOK



Youth Work Ireland





*This booklet contains the various rules as they apply to **Youth Work Ireland's Games Programme**. This year's games will have 15 different competitions catering for young people between the ages of **12 and 18 years**.*

These games are an extension of some of the activities carried out at local club level by thousands of club members. The rules contained in this booklet should be applied at Regional, Area and National level.

*Alterations have been made to some of the rules in response to requests from members. These changes are indicated in **bold writing** for your particular attention.*

Our aim is to provide rules that govern the events but also allow for the participants to enjoy the games wherever and whenever they take place.

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Introduction

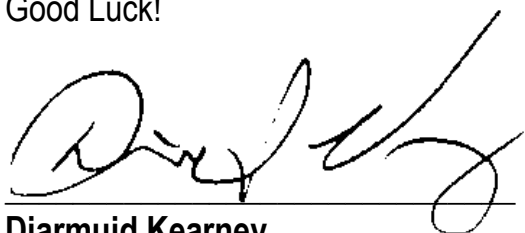
Youth Work Ireland's Games have become firmly rooted as one of our core activities. Each year young people throughout the country pit their skills, strengths and wit against one another as they represent their club or youth group in their efforts to win a national award in their chosen activity.

Competition is of course part of what the National Games are about – but they are about so much more than that, the National Games are about building confidence, about social interaction, about participation, about self-esteem and about fun and laughter. In essence the National Games are about youth work. Creating the opportunity for young people, staff and volunteers to come together in an informal setting and to support young people as they develop the skills and self-assurance to find their place in the world.

This Rule Book is intended to support young people and their leaders in preparing for the event, and to ensure the smooth running of local, area and national events as they take place. Many volunteers and staff have contributed to this resource which I am sure you will agree is of the highest quality and we thank them for that.

It only remains for me to wish you success and enjoyment as you participate.

Good Luck!



Diarmuid Kearney
Chief Executive

GENERAL RULES

Eligibility

1. All competitors must be full members of clubs/projects who are affiliated to Local Youth Services of Youth Work Ireland.
2. Each participant is allowed to take part in one event only, at Regional, Area and National Games.
3. **Participants in the Under 18 section must be under 18 and over 15 on the 1st of January 2011 (i.e. their date of birth must fall on or between the 1st of January 1993 and the 31st December 1995).**
4. **Participants in the Under 15 section must be under 15 and over 12 on the 1st of January 2011 (i.e. their date of birth must fall on or between the 1st of January 1996 and the 31st of December 1998).**
5. Local Youth Services are to provide I.D. badges/ membership cards for participants and leaders.
6. Participants are obliged to submit a certified copy of their Birth Certificate/ school ID/Local Youth Service ID/ membership card or passport for Regional Games. Should participants qualify for Area and/or National Finals, their LYS must appoint one person who will be responsible for retaining these birth certificates or other forms of ID and producing them should the occasion arise. Failure to comply with this rule may result in disqualification from the event(s).
7. Participating teams and individuals are obliged to bring the appropriate equipment and clothing with them to allow for participating in their nominated event. Failure to adhere to this rule may result in the disqualification of participants from their nominated event.
8. All teams competing in Youth Work Ireland's National Games must have their full complement of players at the start of every game as per the rules of each event. Failure to adhere to this rule may result in the disqualification of participants from their nominated event.
9. Spirit of Games is not professionalism but the opportunity for young people to take part. This should be kept in mind in terms of the competition and picking of teams/ participants.
10. **The entry fees for 2011 have yet to be decided.**

Organisation

11. LYS's are to submit entries for particular events to National Office. Entries will only be accepted from registered and insured clubs. (Please check with your local youth service for closing dates and entry forms)
12. Leaders and coaches who are **over 20 on The 1st January 2011** must accompany teams participating in Regional, Area and National events. **Male and female leaders must accompany mixed teams. Leaders must, of course, fulfil their duty of care to the young people at all times.**
13. If an event is not achieving a minimum of 6 participants/ teams a request will go to a local youth service based on local entries, to see if their second place local winner is able to attend the national event. If at this point the minimum of 6 is not obtained a decision to not run the event will be taken by the national co-ordinator.
14. These events should start and end at a reasonable hour taking into account factors such as transport and travel time.
15. Members' parents should be informed regarding these games and only those members having parents' permission should be allowed to attend. Parents should be supplied with the phone number of the regional co-ordinator of the games and the national co-ordinator of the games.
16. Each participating region at Regional, Area and National Games is required to appoint a leader/regional representative who will be responsible for the conduct of their regional participants and leaders. Adequate thought to signing in should be given by host organisations to ensure smooth signing in process.
17. Each team must produce the appropriate team list to the referee or adjudicator, signed by the leader, before each event begins. All teams must be present and ready to play **15 minutes** before the official starting time of their game, or at the time identified by the co-ordinator. **They must register at the time stipulated by the organising committee. Failure to do so may result in disqualification.**
18. **No supporters** may travel to Youth Work Ireland Games Event.
19. All those attending National Finals can avail of Youth Work Ireland's arranged accommodation.
20. No more than ten additional regional personnel may attend the National Finals
21. All participants must present themselves for registration together with their leaders at Regional, Area and National Competitions. They then should remain in the venue for their game and be available to play their match at any time, as there may be changes in the timetable on the day.

22. The rules of Youth Work Ireland National Youth Games for this year are as per this Rule Book agreed by Youth Work Ireland's Games Working Group.
23. It is the responsibility of the participating regions to ensure that their representatives are aware of, and adhere to these rules at the Area and National Games.
24. Alterations to the various games timetable may be made at the discretion of the Area/National Co-ordinator at the appropriate games.
25. NO rings, chains or jewellery of any kind. There is NO chewing gum allowed while participating in an event.
26. In the event of instances occurring at Regional /Area /National Finals that are not covered by these rules amendments to these rules may be made following consultation with Youth Work Ireland's Games Working Group.
27. Youth Work Ireland aims to take a visual record of events by photographic mediums including still photography and video. We would assume that consent to use these images in Youth Work Ireland publications and for publicity has been acquired by the Local Youth Service.

Referees/Adjudicators

28. **Appropriately accredited referees will be used in Regional and National Finals.** All referees should be familiarised with the rules. Young people participating in events should be aware of the rules.
29. The adjudicators'/referees' decision in respect of event rules in all games is final.
30. In all events the adjudicator/referee of any game shall have the authority to order the substitution/retirement of a player that he/she deems to be injured and unfit to continue playing (the advice of a Medical Attendant should be sought). Failure to comply with this decision will result in the immediate disqualification of the team from the National Games.
31. Appropriate equipment and clothing will be used at all times. The Co-ordinator of each event shall be responsible for implementing this rule.
32. The National Youth Games Working Group shall appoint representatives to attend the Area Finals. These representatives shall have overall responsibility to ensure that the Youth Work Ireland Games Rules are fully implemented as per this rulebook.

Discipline

33. Leaders and Young People attending Regional, Area or National Games is expected to be respectful of themselves and others at all times. Non-compliance will result in the person being asked to leave the venue. Sanctions will be taken against individuals not teams. Leaders are fully responsible for the conduct and behaviour of themselves and their members during events and while attending and travelling to events.
34. **A team failing to attend Area or National Finals without 48 hours notice, in writing, to the Area or National Co-ordinator without an adequate explanation, will be responsible for fees and travelling expenses incurred by opposing team subject to €200 max. Youth Work Ireland will manage the administration of this fee/expense. Entry to games programme for the following year will be subject to these expenses being paid.**
- **This rule will be strictly adhered to.**
35. Teams and individuals participating in Youth Work Ireland's Area and National Finals must be nominated by appropriate Youth Work Ireland Local Youth Services to represent them at this level. Group leaders and Regional leaders are responsible for the conduct and behaviour of their representatives while they are attending and/or participating in these games.
35. Should a participant be disqualified from one round they are automatically disqualified from the next round. On National Final Day, should a participant be disqualified from a semi final, they are automatically disqualified (should they qualify) from the final. A player sent off or suspended during any event may be prohibited from attending the award ceremony and/or receiving an award

Objections / Appeals

36. With the exception of rule 26 and 27 all rules are subject to query and objection at area or national event. To facilitate objections/queries, which may arise at either Area or National events an appeal group will be present at each event. This group will hear any appeal and will have authority to make an immediate decision. Any decision made by the appeal group at an event has the right to be challenged. The process for this is as follows:
- 1) Appeal/objection must be lodged within 7 working days of the event to Games Co-ordinator, Youth Work Ireland, 20 Lower Dominick Street, Dublin 1.
 - 2) **All appeals/objections must be lodged with a deposit of €100, which is refundable if the appeal is upheld.**

- 3) An independent Sub Group of the National Games Committee will hear Appeals/objections. Their decision will be based on written and oral submissions from all relevant parties and their decision will be final.

YOUTH WORK IRELAND NATIONAL GAMES ARE AN ALCOHOL FREE EVENT. THIS RULE APPLIES TO ALL LEADERS, PARTICIPANTS, YOUTH WORK IRELAND GAMES COMMITTEE MEMBERS AND YOUTH WORK IRELAND STAFF AND VOLUNTEERS.

TABLE TENNIS

1 Numbers

1. This is a singles event with a player eligible to qualify through rounds for each category.

2 The Game

1. Games of singles only, on two-out-of-three sets.
2. A game shall be won by the player first scoring 11 points unless both players score 10 points, when the game shall be won by the player subsequently gaining a lead of 2 points.
3. The ball must be clearly visible on service.

3 The order of serving, receiving and ends

1. After each 2 points have been scored the receiving player shall become the serving player and so on to the end of the game.
2. Rule 25 of the general rules shall be strictly implemented in this competition.

4 Dress

1. Competitors must wear a dark non-reflective shirt.

CATEGORIES

Female 12 - 18 years

Male under 12 - 18 years

Mixed Doubles 12 – 18 years*

2 FROM EACH CATEGORY IN EACH LOCAL YOUTH SERVICE EVENT WILL GO THROUGH TO NATIONAL GAMES EVENT.

5-A-SIDE SOCCER

(Indoor/ Outdoor)

(Further amendments may be made to this category at a later date)

- 1** This competition may be run as a straight knockout or as a round robin Competition.
Straight knockout means the winner of each game goes forward to the next round.
Round Robin means each team plays each other team in their group once and the team with the most points wins the competition or goes forward to the next stage of the competition.
The team with the most points wins (3 points for a win and 1 point each for a draw), If 2 or more teams finish on the same points total the final standings will be decided between them on Goal Difference and if necessary thereafter on goals scored.
The organising group decide which format to play and this should be dependant on the number of teams taking part and the facilities available to the organising committee.

2 Numbers

1. The team comprises of five players, with a panel of eight.
2. This is not a mixed event.

3 Dress

1. Players should dress alike and wear rubber or soft shoes.
2. **Shin Guards are compulsory for every player.**

4 Playing Area

1. The playing area will depend on the facilities available.
2. Centre Mark - A suitable mark should be made in the exact centre of the playing area on which the ball is dropped to commence a game. The centre mark should be surrounded by a circle 3' (1m) in radius.

5 Penalties

1. A penalty kick shall be taken not less than 16' (5m) from the goal line. It has to be taken from standing position and the goalkeeper cannot move until the ball is kicked.

6 Free Kick

1. All free kicks are deemed to be direct free kicks with one exception (**The exception is the tip-off at the start of a half or following a goal which is deemed to be indirect**)
2. When a free kick has been awarded all players from the opposing team must be at least 2m from the spot where the free kick shall be taken.
3. Any free kicks awarded less than 2m from the goal area shall be brought back to a spot 2m from the goal area.

7 Goal

1. The goals are recommended to be 8-10' long by 4' high.

8 Referees

1. A referee shall be appointed to officiate in each game.

9 Time-Keeper/Scorer

1. It is recommended that the referee carry out the time keeping duties.
2. An independent score-keeper shall be appointed to assist the referee.

10 Duration of the Game

1. The duration of the game shall be two equal periods of six minutes, subject to the following:
 - Allowance shall be made in either period for time lost through stoppages as decided by the referee.
 - Time shall be extended to permit a penalty kick being taken at or after the expiration of the normal period in either half. At half time the interval shall not exceed two minutes except by consent of the referee.

11 Drawn Games

1. In the event of scores being level at the end of 12 minutes play, extra time of two periods of two minutes will be played. If the scores are still level after extra time is played, a penalty shoot-out with the best of five penalties will apply (i.e. five penalties per team), and if then still level, sudden death penalties will apply.
2. Only the players participating on the 'field of play' after the end of extra time are eligible to participate in the best of five penalties shoot out or in a sudden death penalty shoot out that may subsequently occur. The goalkeeper who is in goal at the end of extra time must remain in goal for the penalty shoot out and sudden death if it should arise.

3. A list containing the rotation of penalty takers must be given to the Referee after extra time is played. The list must be adhered to during the best of five penalty shoot out and any subsequent sudden death penalty shoot out.
4. Failure to comply with the above list will result in the loss of the Game.

12 Ball In And Out Of Play

1. The ball shall be in play at all times from the start of the game unless the ball rises above 4' (1.2m.), (to be marked on wall if possible).
2. When the ball goes out of play, a member of the opposing team shall roll the ball into play.
3. Where side walls are available they may be used and will be within the playing area.

13 Fouls and Misconduct

1. A player who is sent off shall not be allowed to take any further part in that game or in the following game that his/her team(s) participate in. There is to be NO foul language directed at referee and a red card will be shown if a player continues this after a warning is given.

14 Substitutions

1. Each team may use all substitutions out of their panel of 8. Substitutions may be made on a continuous basis provided play has stopped and with the permission of the referee.

15 Goal-Keeper Returning The Ball Into Play

1. After taking possession of the ball the goal-keeper must immediately return the ball into play with an underarm bowling action. It must not be thrown or kicked and it must be kept below 4'.
2. Penalty for infringement: A direct free kick shall be taken by a player of the opposing team from a point 6' (2m.) outside the goal area nearest to where the infringement occurred.
3. Playing within the goal area: Only the defending goal-keeper is allowed to play the ball within the goal area, except when a penalty kick has been awarded, and then the player taking the kick can enter the goal area. If a goalkeeper leaves the goal area s/he is not interfering with play.

16 Back Pass Rule

1. The goalkeeper may receive a back pass but must return it by kicking the ball away. He / she may not handle the ball or come out of their area to bring the ball back in. A player may only back pass the ball in his / her own half of playing area. A free kick will be given if it is back passed from the opposing end.
2. The penalty for infringing this rule shall be the awarding of a direct free kick from where the back pass was made.
3. An accidental or unintentional deflection of a pass or shot at goal shall not come under this rule.

NOTE: *Referees should distinguish between accidental and intentional entry into or exit from the goal area. Only deliberate actions where the player either plays the ball or tries to play the ball should be penalised. Accidental entry or exit, which has no effect on the play should be ignored.*

CATEGORIES

- *Female under 15 years*
- *Male under 15 years*
- *Female under 18 years*
- *Male under 18 years*

1 TEAM FROM EACH CATEGORY IN EACH LOCAL YOUTH SERVICE EVENT WILL GO THROUGH TO SOCCER AREA EVENT.

QUIZ (Table quiz format)

1 Numbers

1. The team comprises of no more than four members, either all male, female or mixed. A team is allowed (but does not have to) bring one substitute on the day. The substitute is not permitted to sit with the team during the quiz and may only be used in the event of someone not turning up on the day, or if a player falls ill during the quiz. The Quiz Master will take this decision and his/her decision is final.
2. Each region may enter up to 1 team in each age category at the Finals.

2 The Table Quiz

1. There will be ten rounds in the quiz:
 - 8 rounds of General Knowledge: for example - history; geography; world politics; science, current affairs, dingbats etc.
 - 1 round of music identification
 - 1 round of picture identification
2. Each round will contain 10 questions all of equal marks.
3. Strictly no prompting is permitted by participants.

CATEGORIES

Mixed under 15 years

Mixed under 18 years

2 TEAM FROM EACH CATEGORY IN EACH LOCAL YOUTH SERVICE EVENT WILL GO THROUGH TO NATIONAL GAMES EVENT.

CHESS

1 Numbers

1. This competition is for individual competitors either male or female. A Region may enter up to four players in each age group

2 The Game

1. The match will be decided on the best of 3 games i.e. each player plays the best of three games series against their opponent
2. First round of play will run simultaneously.
3. Each player is required to submit his or her name before each match.
4. A chess-piece, once touched, must be moved and a move made cannot be changed. A move is completed on letting go of the chess piece.
5. The adjudicator's ruling is always final.
6. In the event of a tie, a ranking system will be used to decide the game. The following are the ranking values:- Queen=9, Rook=5, Knight=3, Bishop=3, Pawn=1.

3 Time

1. The total playing time per game is 1 hour. If any game is unfinished at expiry time, the referee will adjudicate on it.
2. A clock will be used with an agreed time per move to be included in rules after consultation with the governing body.

4 Behaviour

1. Whilst play is in progress players are forbidden to use written or printed notes or to analyse the game on another chess board, and are also forbidden to have recourse to the counsel or advice of a third party, whether asked for or not.
2. No analysis is allowed in the rooms of play, either whilst play is in progress or during the adjournment.
3. It is forbidden to distract the opponent in any way.

CATEGORIES

* 12 - 18 years*

4 PARTICIPANTS FROM EACH CATEGORY IN EACH LOCAL YOUTH SERVICE EVENT WILL GO THROUGH TO NATIONAL GAMES EVENT

DRAUGHTS

1 Numbers

1. The competition is for individual competitors either male or female. A Region may enter up to four players in each age group.

2 The Match

1. The match will be decided on the best of three games i.e. each player plays the best of three games series against their opponent.
2. First round of play will run simultaneously.
3. Each player is required to submit his or her name before each match.
4. The referee's ruling is always final.

3 Time

1. There is no time limit for the draughts match. The match will proceed until a result is obtained. However, there is a time limit per move see rule 4.6.

4 The Play

1. Single draughts can only be moved in a forward direction, one square at a time, except when jumping an opponent.
2. If any part of a playable piece is moved over the corner of the Square on which it is stationed, the move must be completed in that direction.
3. When one of the single draughts pieces reaches the farthest row forward it becomes a king and this completes its turn of play. A piece of the same colour is placed on top of it by the opposing player. A king can move in any direction (backwards or forwards). A single piece can still jump a king.
4. When a piece has been jumped it has to be removed from the board and no longer plays any part except to be used as a piece to crown a single draught.

5. All capturing moves are compulsory whether offered actively or passively. If there are two or more ways to jump, a player may select any one he wishes. If Player No. 1 fails to make a capture, Player No. 2 may inform him that he had an opportunity to take a piece (if it's to Player No. 2's benefit). Then Player No. 1 must take back the move he made and take the piece or else forfeit the game.
6. At the end of one minute (if the move has not been previously made) "Time" shall be called in a distinct manner by the person appointed for the purpose and if the move is not completed on the expiry of another minute the game shall be deemed as lost through improper delay.
7. After the pieces have been arranged, if the player whose turn it is to play touches one of his own playable pieces, he/she must play it or forfeit the game. When the piece is not playable he/she is penalised according to the preceding law.
8. A capturing play as well as an ordinary play is completed whenever the hand is withdrawn from the piece played, even though two or more pieces should have been taken.
9. A player making a false, improper or illegal move shall be cautioned for the first offence and the move recalled. He shall forfeit the game for a second offence in the same game.
10. A player loses when all his pieces have been captured or when he cannot move any of his pieces.
11. Anything that may tend to annoy or distract the attention of the player is strictly forbidden. The participating teams, one team official and the coordinator/adjudicator only will be allowed in the room.
12. When a game is pending, neither player is permitted to leave the room without sufficient reason, or receiving the other's consent or company.

CATEGORIES

12 - 18 years

**4 PARTICIPANTS FROM EACH CATEGORY IN EACH LOCAL YOUTH SERVICE
EVENT WILL GO THROUGH TO NATIONAL GAMES EVENT**

BASKETBALL

1 Coaches and Assistant Coaches

The coach and assistant coach should be identified on the score sheet. Only these people may address the scores table to request information, time outs or substitutions. This must be done in a courteous manner and at an appropriate time.

Only the team, coach and assistant coach are allowed to sit on the team bench and are allowed in the team area.

Only the coach may address the referee during the course of the game. This must be done in a courteous manner and at an appropriate break of play.

2 Players

1. Numbers in the squad **must** consist of a minimum of 8 players and a maximum of 10 players.

Five boys and Five girls

2. **All players must complete one full Quarter before half time** (the exception being if a player is injured or fouled out).

3. **Coaches may then make any amount of substitutions within the gender restrictions below.**

4. Substitutions can take place after any dead ball except after a score. The request must be made to the table by the coach or assistant coach.

5. The team shall be as follows:

	1 st Quarter	2 nd Quarter	3rd Quarter	4th Quarter
Boys	3	2	3	2
Girls	2	3	2	3
	1 st Overtime	2 nd Overtime	3rd Overtime	4th Overtime
Boys	3	2	3	2
Girls	2	3	2	3

3 Fouls

1. After the **4th** team foul in a **quarter** the penalty for any subsequent foul is two free shots (unless the normal penalty is greater).

2. A player must leave the game if they commit **five** personal and / or technical fouls. The player must be replaced by a substitute of the same sex. If a team has no eligible substitutes they must play on with one player less.

3. Referees may disqualify a player or coach for dangerous play, fighting and/or un-sportsman like behaviour. A player or coach who is disqualified must leave the gym. A player who is disqualified may be replaced. The

assistant coach as named on the score sheet may replace a coach who is disqualified.

4. If there is no assistant coach (i.e. no adult to coach the team) the team shall lose by forfeit.

4 Timings

1. The game shall consist of **Four Quarters**.
2. Each **quarter** shall be of **five minutes** duration. The clock will stop for time outs only for the first **four** minutes. The clock will stop for all dead balls including scores for the last **minute of the quarter**.
3. Having been stopped, the clock shall start again when the ball touches a player on the court.
4. **Eight Second Rule**
A team has eight seconds to get the ball from the backcourt to the frontcourt after it has control of a live ball.
5. **24 Second Rule**
Having gained control of a live ball a team must either score or cause the ball to hit the opponent's ring within 24 seconds. Failure to do so is a violation. If a shot is taken and the 24 seconds are up when the ball is in the air it must be given a chance to pass through the basket. If it does, the score counts. If it does not the violation is called.
6. Time outs shall be 30 seconds in duration. **Each team has one time out per quarter**
7. **The half time interval shall be one minute**

5 Drawn Games

1. In the event of a drawn game a further period of **two** minutes with the clock stopped for all dead balls including scores shall be played. Subsequent periods shall be played until there is a winner.
2. There shall be no time outs during the overtime.
3. Teams shall play into the same basket as the **second half**
4. All fouls from the **second half** will carry over to the first and subsequent periods of overtime.

6 Uniforms

1. All team members must be dressed in the same colour tops.
2. All players must wear numbers at least six inches in height on their backs.
3. In the event of a clash of colours a reasonable solution should be found. The final decision will rest with the organisers.

7 Officials

1. The officials must consist of two referees, a scorekeeper and a timekeeper.

8 Violation Procedure

1. When a violation is called the ball becomes dead. The ball is awarded to a nearby opponent for a throw-in from the sideline **or end line** nearest the place where the violation occurred. If the ball goes into a basket during the dead ball, which follows such a violation, no point can be scored.

9 Infringements

1. If two players commit an infringement at the same time, each draws a personal foul but neither is awarded a free throw. Instead play is resumed by a jump ball.
2. A player also infringes by committing a technical foul. This can occur when a player deliberately delays the game, leaves or enters the court without permission or is guilty of unsporting conduct and also:
 - Persistently addressing the officials on their decisions;
 - Making unpleasant remarks to officials;
 - Making unpleasant remarks to opponents;
 -

In such cases the opposing team receives two free shots **and possession**.

An infringement is caused when a player travels by either running or walking with the ball without dribbling.

Double dribbling is using both hands to bounce the ball or **having ceased** to dribble, holding the ball and the dribbling again.

10 Disqualification

Should a participant be disqualified from one round they are automatically disqualified from the next round. On National Final Day, should a participant be disqualified from a semi final, they are automatically disqualified (should they qualify) from the final.

CATEGORIES

Mixed under 15 years

Mixed under 18 years

NOTE: ** as per rule 2 under TIMINGS, match duration may be subject to alteration.

1 TEAM FROM EACH CATEGORY IN EACH LOCAL YOUTH SERVICE EVENT WILL GO THROUGH TO NATIONAL GAMES EVENT.

UNI HOC

PLEASE NOTE: Heavy Puc is to be used at all Local and National Events.

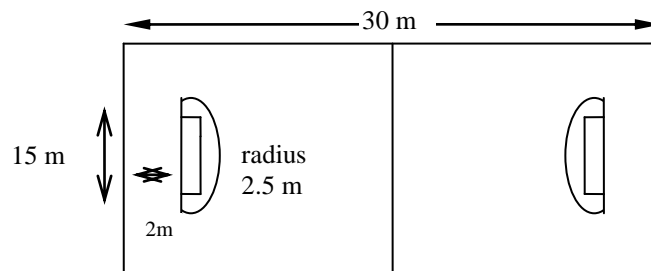
1 The Team

1. The team comprises of five players, with a panel of eight (four male and four female). First half three males and two females, second half three females and two males.

2 Dress

1. Players should dress alike and wear rubber or soft shoes. Players shall wear protective shin guards.
2. The goal-keeper shall wear protective clothing, shin guards, helmet with face guard and gloves.

3 The Court



1. No maximum or minimum dimensions are prescribed, although it is recommended that the court length be twice that of the width. Thus an ideal size for teams of five side would be;
 - The goal line must be at least two metres (2m) from any wall to allow play to continue behind the goal.
 - The goal area must be at least 2.5m in a semi-circle forward of the centre of the goal line.
2. No players or sticks are allowed in the goal area.
 - A defender who plays a puck inside the goal area will concede a penalty
 - The attacker who enters this area and touches the puck will concede a free stroke to the defending side.
 - Where the puck comes to rest in the goal area, the defending team will be given a free stroke from the edge of the goal area.

4 The Goal

3. The recommended goal size is 90cm x 105cm or 100cm x 140cm, depending on availability. All goals must have adequate netting or a suitable enclosed covering.

5 Play

1. The game starts with a drop puck between two players at the middle of the court. There is no offside rule in the game at this point and players are allowed to be at any place on the court except the goal area. After each goal is scored the team conceding the goal restarts the game with a tip-off from half way and all their team must re-start in their own half.
2. Such a free stroke must be hit to a member of your own team in your own half.

6 Free Strokes/Penalties

1. When a free stroke has been given for a foul or other infringement it must be taken from the place where the foul or infringement has occurred.
2. Defending players must stand two metres (2m.) from the puck before the stroke is taken.
3. Penalties will be taken at least 4.5m. from the goal line.
4. A goal can be scored directly from a free stroke.
5. When a penalty is awarded, all players with the exception of the goal-keeper, must be behind the penalty spot.
6. If a goal is not scored from a penalty the puck is still in play.
7. The puck must be placed flat on the ground before the penalty/free stroke is taken.
8. The goalkeeper may not lie on the ground during the penalty-taking.

7 Goal Keeper

1. The goalkeeper is allowed to grab the puck. They may kick or throw the puck to other players providing the puck remains below waist height and hits the ground at least once in the goalkeepers half. Goalkeepers and **their sticks** must stay in their goal area, an infringement results in a penalty
2. The goalkeeper may not lie on the ground during the game, thus protecting the goal area. To do so will result in a penalty stroke being awarded to the opposing team. The goalkeeper may keep one knee on the ground during play.
3. The Goalkeeper must keep the ball of one foot flat on the ground at all times.

8 Playing The Puck

1. A player must have both hands on the stick when the puck is played.
2. Both sides of the stick's head may be used to pass, shoot and dribble with the puck.
3. A player may shoot for goal from any position on the court, except inside the goal area as described (under rule 3).
4. Players may NOT raise the stick head above their waist height. A player who does so will concede a free stroke to the opponent's team.
5. A player may not throw the stick to hit the puck. A player who does throw his/her stick will concede a free stroke to the other team.
6. A player may not hit or otherwise propel the puck if he or she is lying on the floor. A player who does so will concede a free stroke.
7. A player may not stop the puck with their hand, foot or any other part of their body. A player who does so will concede a free stroke. (This rule does not apply to the goalkeeper who may stop the puck with their hand, foot and any other part of their body while in their goal area).
8. The puck may be passed in any direction. There is no "off-side".
9. The puck may be played off both side and back walls (if in use).
10. The puck must be kept below head height.
11. In cases where there are no side walls or end walls, a free stroke will be awarded against the team which put the puck out of play from the point where the puck went out.

9 Time

1. Each half shall be of six minutes duration with a two minute break at half time.
2. The referee may add additional time to allow for unnecessary delays, injuries, time-wasting etc.
3. In the event of scores being level at the end of 12 minutes play, extra time of two periods of two minutes will be played. If the scores are still level after extra time is played, a penalty shoot-out with the best of five penalties will apply (i.e. five penalties per team), and if then still level, sudden death penalties will apply.

4. Only the players participating on the 'field of play' after the end of extra time are eligible to participate in the best of five penalties shoot-out or in a sudden death penalty shoot-out that may occur.
5. A list containing the rotation of penalty-takers must be given to the referee after extra-time is played and the list must be adhered to during the best of five penalty shoot-out and any subsequent sudden death penalty shoot-out.
6. Failure to comply with above list will result in the loss of the game.

10 Round Robin

This competition may be run as a straight knockout or as a round robin competition.

Straight knockout means the winner of each game goes forward to the next round.

Round Robin means each team plays each other team in their group once and the team with the most points wins the competition or goes forward to the next stage of the competition.

The organising group decide which format to play and this should be dependant on the number of teams taking part and the facilities available to the organising committee.

CATEGORIES

Mixed under 15 years

Mixed under 18 years

**1 TEAM FROM EACH CATEGORY IN EACH LOCAL YOUTH SERVICE EVENT
WILL GO THROUGH TO NATIONAL GAMES EVENT**

Useful Contacts:

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