

Girls Blitz Rules and Guidelines 2023/24

- Blitz Rules and Guidelines PDF
- Fun 4s Game Sheet
- Super 6s Game Sheet
- Extreme 8s Game Sheet
- 4 Pitch 20 Team Blitz Schedule Template (Excel)

Girls Blitz Rules and Guidelines

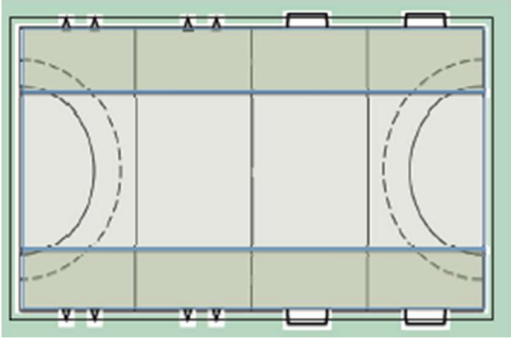
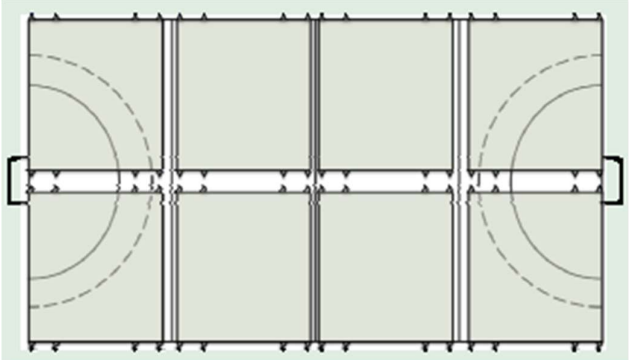
These blitz rules and guidelines apply for Primary School Pupils:

- U8s (1st & 2nd)
- U10s (3rd & 4th)
- U12s (5th & 6th)

Competition Format: One Day Tournament.

General	<ul style="list-style-type: none"> • Teams to be confirmed to host club prior to arrival. Entries from ALL clubs must be submitted to Host Club two full working weeks prior to the Blitz. • Matches will be 13 minutes straight through (no half time), however matches can be extended to 20 minutes at the discretion of the host club based on the number of teams entered and pitch availability. • Unlimited substitutions • Whistles to start and stop matches. • No winners • Clubs with no boys' teams can play 1 (ONE) boy per team at girls blitzes but must inform host club in advance of the blitz. • No entry fees to be collected on the day. Clubs will be invoiced by Munster Hockey throughout the season. • Host club to have its Children's Officer and/or Designated Person in attendance at all girl's 2nd, 3rd, 4th, 5th & 6th class blitzes. • Umpires' decisions are absolutely final, and abuse of the umpires will not be tolerated.
U12s 5th & 6th Class	<ul style="list-style-type: none"> • Super 6s format will apply. Up to 6 players on the pitch at any one time. • Age eligibility: players in 5th and 6th class are eligible to play. • Each club to field two 5th & 6th class girl's teams with goal keepers at blitzes. • Clubs participating with more than 2 teams do not have to play a keeper on 3rd, 4th etc. teams. • If a team is playing without a goalie, then the last defender on that team must stay behind the 10-metre line when playing against a team with a goalie
U10s 3rd & 4th Class	<ul style="list-style-type: none"> • Super 6s format will apply. Up to 6 players on the pitch at any one time. • Age eligibility: players in 3rd and 4th class are eligible to play. • No goalies at this level
1st & 2nd Class	<ul style="list-style-type: none"> • Fun 4s format will apply. • 4 players on an eighth of a pitch at any one time • No goalies at this level • Age eligibility: players in 1st and 2nd class are eligible to play.

Pitch Size & Layout

Super 6s	<ul style="list-style-type: none">• Played on a quarter of a full-size hockey pitch.• Four games playing simultaneously across the pitch with halfway and 23m lines acting as sidelines for each of the four pitches.• Scoring area is marked parallel to and 15m from the goal line.• Goals should be 2 stick lengths (2m) and visible to all players.  A diagram showing a rectangular pitch divided into four equal quadrants by a central horizontal line and a central vertical line. Each quadrant contains a goal at the outer edge. Dashed semi-circular lines are drawn in each quadrant, centered on the goals. The pitch is surrounded by a green border.
Fun 4s	<ul style="list-style-type: none">• Played on an eighth of a full-size hockey pitch.• Eight games playing simultaneously across the pitch.• Four goals are placed on the end line of each pitch at each corner.• Goals should be 2 stick lengths (2m) and visible to all players.• Recommendation to have a channel between pitches.  A diagram showing a rectangular pitch divided into eight equal rectangular sections by three vertical lines and one horizontal line. Each section contains a goal at the outer edge. Dashed semi-circular lines are drawn in each section, centered on the goals. The pitch is surrounded by a green border.

Super 6s Blitz Rules

- The game will start with a push or hit from the center of the pitch either backwards or forwards.
- Auto pass applies. Players can “auto-pass” or “self-pass” when starting a match, restarting, or when taking a free.
 - Goals cannot be scored from an “auto-pass” or “self-pass.”
- All players except the striker must be 5 meters from the ball at free hits and corners.
- Hitting is allowed but no lifted shots at goal. Undercutting with a strike (hit) ball is not permitted although a flick or lifted push is allowed.
- A goal is scored by a shot going into the goal having been struck by an attacker within the scoring area. There are no own goals.
- Frees near to (but outside) the scoring zone can be taken from where the offence occurred. However, it is not possible for the free taker to shoot at goal.
 - The ball must travel at least 3 meters before a strike at goal is made from a free.
- An attacking free hit may not be taken within 15 meters of the defender’s goal line and the ball must not be played into the scoring area until it has travelled 3 meters or has been touch by another player of either team.
- A ball over the side lines will be a push or hit in, when this occurs within the scoring zone the rules of a corner apply.
 - **Ball over the back line:**
 - If by a **defender**, the attacking team take a hit or a push 15 meters up from the corner along the sideline (long corner).
 - If by an **attacker** – the ball is brought out to a position 15 meters from the goal in line with the infringement.
- The ball should **be in control at all times** – raised balls that are dangerous are illegal.
- The ball cannot hit a foot and become an advantage to that team (play on if not)
- All players must control their sticks & dangerous waving of the sticks above the head is an offence.
- There is no offside.

Fun 4s Blitz Rules

- A push pass starts the game – it can move forward or backward.
- A goal is scored by pushing the ball through either of the attacking goals.
- Goals can be scored from anywhere on the pitch as long as it is with a push.
- Flat side of the stick only
- No striking the ball – pushing only “no raised sticks”.
- Ball must stay on the ground.
- No kicking the ball
- No chopping in defence
- Players cannot score directly from a free (frees are indirect)
- Defenders must be 3m from the ball.
- If the ball goes off the end line (regardless of who touched it last) a free out is awarded to the defending team
- Any frees to the attacking team within 5m of the goal are moved back 5m.

Host Club Responsibilities

- Host Club should reserve up to 2.5H of pitch time to ensure sufficient playing time for all attending teams.
- Qualified medical attendance **will be required** at blitzes at the cost of the host club.
- **Toilet facilities must** be available for the duration of the blitz. If toilet facilities are not available, then this needs to be communicated to the blitz co-ordinators so that the blitz can be rescheduled.
- There is no limit on the number of teams attending a blitz noting that more than 20 teams may require additional pitch space and time. Where a host club needs to restrict team numbers then the host club needs to communicate to the blitz co-ordinator at least 2 working weeks ahead of the blitz date.
- Teams should play a minimum of 4 matches with time between matches minimized as much as possible.
- Host club can use the blitz schedule template (above) to assist with match schedule.
- Host Club should send fixtures timetable to participating clubs prior to the blitz start.
- Where there are clubs travelling from another region, blitz start time **should not be earlier than 10am** unless agreed by all clubs.
- Where there are clubs travelling from another region, blitz finish time **should not be later than 4pm** on Saturdays, unless agreed by all clubs.
- Where there are clubs travelling from another region, blitz finish time **cannot finish later than 4pm** on Sundays.
- Host Club to provide the following volunteers:
 - Blitz Director
 - Timekeeper
 - Pitch Co-ordinators (must wear bibs)
 - Umpires (junior whistlers) and umpire co-ordinator.
 - Umpire co-ordinator to be responsible for Umpires. They must wear bibs, understand the rules, have a whistle and ball.
- Host Club to supply match balls.

All Club Responsibilities (Host and Attending Clubs)

- Clubs are responsible for their own players at all times during the blitz.
- Teams must wear the same colour tops i.e. t-shirts or polo shirts
- Shin pads and gum shields are to be worn by all players.
- Teams to bring their own First Aid kits.
- Each team to bring their own drinks and packet lunch etc.
- Players at all levels should thank their opponents and umpires at the end of every match.
- Coaches bringing teams to a blitz must ensure the players understand the following:
 - Auto Pass
 - Push Back
 - Hit Out
 - Free Hit
 - Distance from Free Hit
 - Hit In

Safety Points

- Shin guards and mouth guards are compulsory.
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- There should be no spectators or players standing behind the goal.
 - Stand at the corner of the pitch or on the sides but not between two pitches (i.e 23m and halfway lines)
- Discourage players/coaches standing on the lines between pitches.
 - Allow the umpires to move freely along the sidelines and have uninterrupted visuals of the sideline.

Umpiring Tips

- One Umpire is required (although two is possible) and should be aged 14 upwards. Knowledge of hockey is preferable.
- Ensure both teams know the rules before the start.
- 'Play on' - let the game flow.
- Only blow the whistle if you need to stop the game - allow as much advantage as possible.
- Talk to the players throughout to ensure players understand potential / actual infringements.
- Indicate (tell them) when you are playing an advantage.
- The player who wins a free should take it to prevent over domination by one player.