

# Fast Flicks 2007

## Minkey Field Hockey Rules

The Minkey game is played on a field approximately  $\frac{1}{4}$  the size of a full size hockey field. Each team will have 6 players on the field at a time, typically playing 3 offense (right wing, center, left wing) and 3 defense (right halfback, left half back and a full back). See attached diagram.

### 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.
2. The game will consist of 4 ten minute long quarters with a 10 minute intermission. Time outs should be discouraged. If a time out is needed, please keep it to 2 minutes. Coaches may decide prior to the game if a coach will be present on the field during the game for instruction.
3. 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.
4. The game will begin with a push back from the center spot. 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. 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. The push back may not go over the center line of the field.

6. A goal is scored when the ball crosses the goal line between the goal cones. The ball must go completely over the line.
7. There is no offside rule in Minkey. A goal can be scored from anywhere on the field but only after 2 players from the shooting team have touched the ball (at least 1 pass).

### Penalties

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 (toe) above their knees.
  3. Attempt to play the ball while lying or sitting on the ground.
  4. Deliberately block, hit or trip an opponent with the hockey stick.
  5. Play in a manner which is deemed to be dangerous.
- \*\*\* Hacking could fall under #5 or #6 and should be called
6. Criticize or ridicule another player.
  7. Show dissent to an official.

In the event of a player breaching any of these rules, a Free Hit may be awarded to the opposing team at the point where the infraction occurred. Apart from the player taking the Free Hit, no other player is allowed to stand within **four** yards of the ball. The player taking the free hit may only touch the ball once. It is then considered “live” and may be touched by any other player on the field.

A low slap shot will be permitted in minkey play. The player is permitted to have hands far apart on the stick and take a back swing, but their stick may not go higher than their knees.

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

When the ball is played over the goal line but outside of the goal, by a defender, the attacking team will be awarded a long hit.

The breach of any rule by a defender inside the defensive zone will result in the attacking team being awarded a Free Hit (in lieu of a corner) from the edge of the defensive zone parallel with the point where the foul occurred (often called a **free hit coming in**).

When an attacker inside the opposing team’s defensive zone commits a foul, the defending team will be awarded a Free Push from the front of their defensive zone in line with the point where the foul occurred (often called a **free hit coming out**).

A goal cannot be scored directly from a Free Hit. A second player from the **attacking** team must touch the ball. This is to encourage the use of passing.

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**

**Approx. 50  
yds**

**10 yd  
Line**

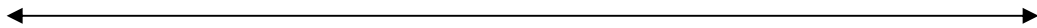
**10 yd  
Line**



**Center  
Push  
Spot**

**Approx. 25 yds**

**Goal**



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