

# Competitions Toolkit



Hockey Wales  
2012-2013

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## Competition Formats

In order to provide stage not age based appropriate competition, the following two formats are suggested:



# FESTIVALS

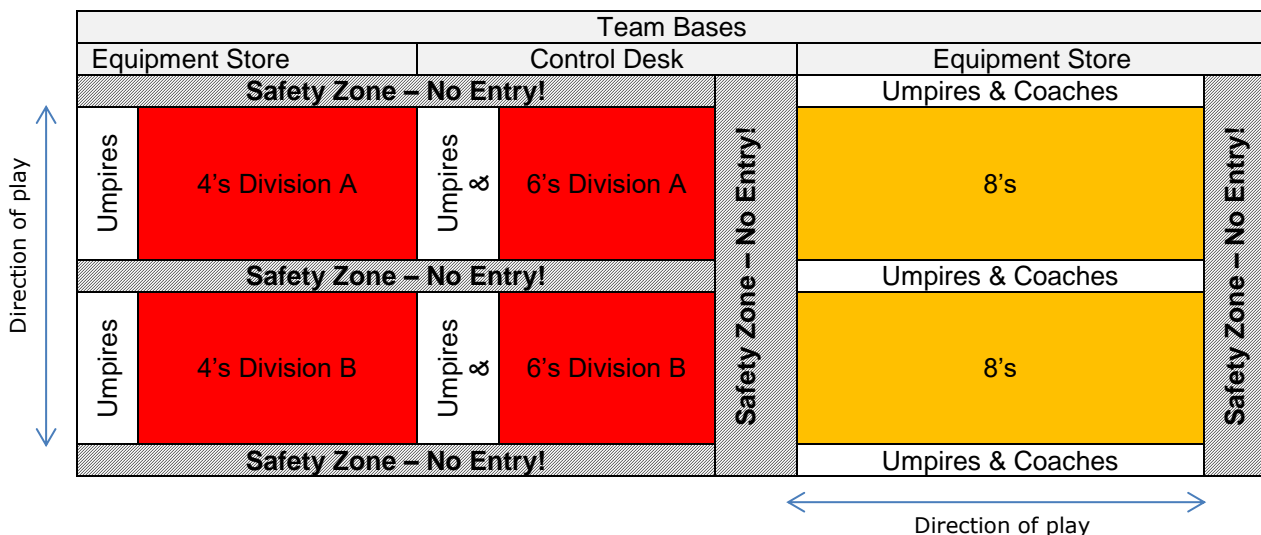


# TOURNAMENTS

## 468 Festivals

- Fours, Sixes and Eights can be run on one pitch on one day (or half day, depending on the number of teams entering), as you can have 2 pitches of each format running side by side. This is for under 11's (primary school) children

### Example Pitch Layout for 468 Competitions



- Fours and Sixes will run as fun festivals culminating in a friendly round robin competition
- A fun festival should be divided into two, with the first half dedicated to activities encouraging skill development, and the second half introducing the games of Fours and Sixes
- Eights competitions will run alongside the Fours and Sixes fun festival – Eights teams will not be involved in the activities, but will start their matches straight away
- Leaders should register teams prior to the festivals, selecting Fours for those who are less able/new to hockey, Sixes for those who have played a little hockey and have a basic understanding of the game; and Eights for more able players
- Divisions within the each game format should be used e.g.
  - Fours Division A – for complete beginners, aged 7 & 8
  - Fours Division B – for complete beginners, aged 9 - 11
  - Sixes Division A – for beginners who have played before, aged 7 & 8
  - Sixes Division B – for beginners who have played before, aged 9 - 11
  - Eights – for more able players, aged 7 - 11
- Fours and Sixes follow-on activity will be signposting to community clubs, there will be **NO** knockout competitions leading to regional/national fixtures
- Eights follow-on activity will be the national finals for winners, and signposting to community clubs for all

## Umpiring

- Games of Fours should be umpired by older leaders/teachers/coaches

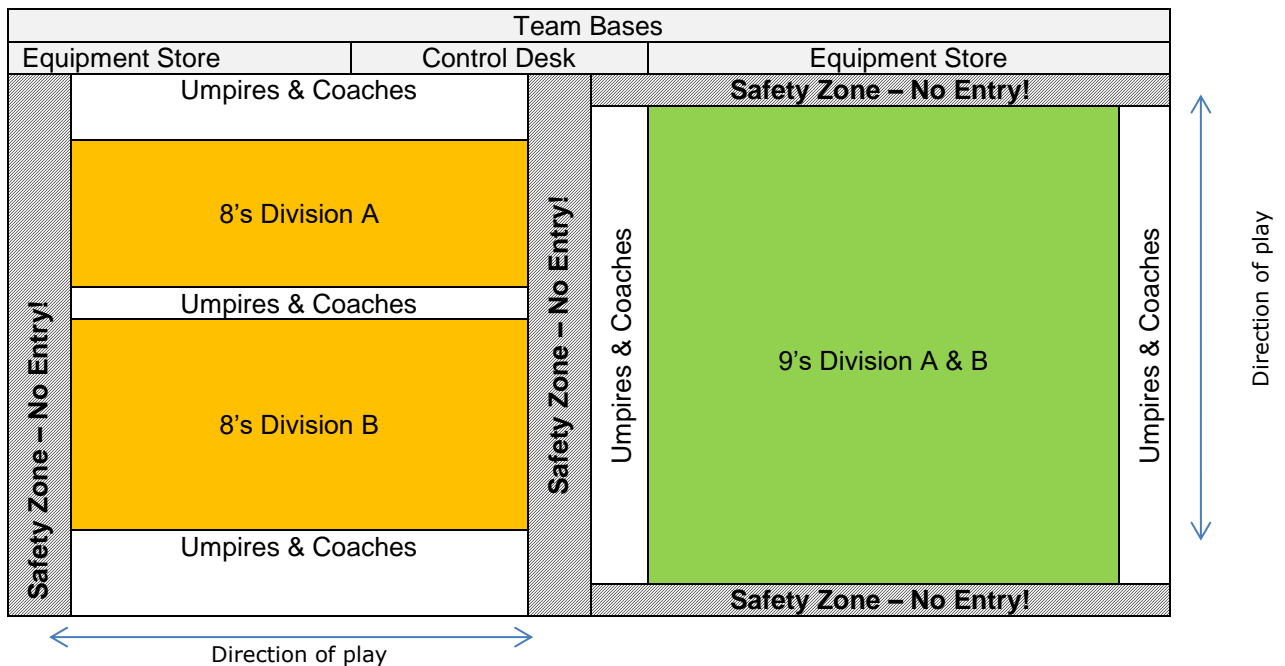


- Sixes should be coached and umpired by the players (with a responsible adult supervising each game)
- Eights should be coached by the players, but should be umpired by an adult (as these games lead to the national finals, we don't want to put too much pressure on young umpires, and so suggest that the young umpires "shadow" the adult umpire)

## 89 Tournaments

- Eights and Nines will run separately for secondary schools. This is for 11 to 13 year olds (secondary school) children

### Example Pitch Layout for 89 Competitions



- Eights and Nines will run as a round robin tournaments followed by knockout stages (just for Nines and where time allows, otherwise winners will be determined by the results from the round robins)
- You may need to run your Eights and Nines competitions separately e.g. Eights in the morning and Nines in the afternoon, to allow you to have two Nines pitches running at the same time. This will be dependent on the number of entries you have received
- Players who are more able and have experienced coaching and umpiring should play Eights
- Players who are regular hockey players and have experienced umpiring, coaching and goalkeeping should play Nines
- Follow-on activity will be signposting individuals to community clubs (Eights and Nines) and regional\* competitions for the winning teams (Nines only)  
\*regional competitions for Nines are being piloted in some areas in 2012-2013, and will not be available across Wales until 2013-14\*

### Umpiring

- Eights should be umpired and coached by the players (with adult supervision)
- Nines should be coached by the players, but umpired by an adult (as these games may lead to regional finals, we don't want to put too much pressure on young umpires, and so suggest that the young umpires "shadow" the adult umpire)

### Example 468 Festival Layout

- Ensure you have separate areas for:

- Team bases
  - Control Desk
  - Equipment Store
- When using a hockey pitch - divide into 8 stations by using cones / rope / markers and utilising the half-way and 23m line – don't forget you'll be using one half of the pitch for Eights, so will need to position your activity stations within one half of the pitch
  - When on a grass / concrete area – divide the venue into as many stations as you can – if you haven't got room for 8, simply adapt your groupings and draws to accommodate your venue e.g. if you only have space for 6 stations, divide your teams into six groups instead of eight
  - See diagram below for an example of how to set out your activity stations:

Team Base Area					
		Control Desk		Equipment Store	
Skill Zone Travelling	<p><b>Back and Face</b></p> <p>One large game or two smaller games</p>	<p><b>Mouse Trap</b></p> <p>One large game or two smaller games</p>	<p><b>Sharks and Islands</b></p> <p>One large game or two smaller games</p>	<p><b>Cone Ball</b></p> <p>Lots of small games with 6-8 players per game</p>	Skill Zone Sending and Receiving
Run-off area between activities					
Skill Zone Attacking and Defending	<p><b>Chase the Ace</b></p> <p>Lots of small groups of 6-10 players</p>	<p><b>Steal a Goal</b></p> <p>Lots of small games with 6-8 players per game</p>	<p><b>Continuous Knockout</b></p> <p>One large game</p>	<p><b>Tommo Says</b></p> <p>One large game</p>	Skill Zone Leading and Umpiring
Team Base Area					

### Example 468 Festival Schedule\*

- 9:30am** Teams arrive and register
- 10:00 – 10:40am** 4s and 6s activity rotations 1-4 (10 minutes per station) /  
8s games rounds
- 10:40am** Water break
- 10:50 – 11:30am** 4s and 6s - activity rotations 5-8 (10 minutes per station) /  
8s games rounds
- 11:30am** Break for lunch & set up pitches for afternoon
- 11:50am** Briefing for leaders – team organisation and game draws
- 12:00 – 2:00pm** 4s, 6s and 8s games rounds
- 2:00 – 2:15pm** Presentations (if required)
- 2:15 – 2:30pm** Teams depart

***\*For an 89 Tournament, simply replace the activity rotations with games rounds***

Based on this schedule, having 2 pitches per game format, and allowing 10 minute intervals for Fours and Sixes games (8 minute games and 2 minutes for change-overs), you should be able to accommodate 10 Fours teams and 10 Sixes teams. Halve your game durations, and you could accommodate 20 teams of each! Similarly for Eights, if you have match intervals of 10 minutes, you can accommodate 20 teams, half your timings, you could have 40 teams!



## Tips for running a 468 Festival

### ***Morning Session – Activities and Skill Development***

- Set up one activity (use the 4689 activity cards) per station
- It is recommended that you have a mixture of activities which give players the opportunity to develop a variety of skills (within their skill level), as well as activities which use a variety of equipment – if every station needs 30 sticks and 30 balls, you may not have enough to go around!
- Skill zones are recommended if you have enough room – these are areas where players can go to work on specific skills they may be struggling with during the activities e.g. a player is involved in Chase the Ace, but regularly misses the ball or passes inaccurately. They can go to the “Sending and Receiving” skill zone for 1-1 coaching and more time to practice before re-joining their group

### ***Afternoon Session – Games, Leadership Development and Competition***

- Ensure you already know the number and size of teams – Fours is for new hockey players, Sixes are for those who have started to understand the game but whose skills may not have developed significantly; and Eights is for more able players
- Divide the number of teams in each competition into small pools of approximately 5 teams each (see “score sheets” in templates section)
- Create a draw for each pool, ensuring each team plays every other team in that pool
- There is no need for cross-overs/semi-finals etc.
- Results for Fours and Sixes shouldn’t be collected
- Results for Eights and Nines should be collected within the divisions. From this you should be able to calculate a division A winner and a division B winner (you may have to count back on goal difference!)
  - Points should be awarded as follows:
    - 3 points for a win
    - 2 points for a draw
    - 1 point for a loss
  - If two teams are level on points and goal difference, you may need to hold a penalty competition to identify a winner – see “rules - penalty competition” section for more information
- Allocate one division to each of the pitches – if teams know their matches will only be on one pitch, your transitions should be smoother

### Tips for Making it an Enjoyable Day for Everyone

- Ensure every player is involved all of the time either through playing, leading or umpiring (see “rotation sheets” in the templates section)
- Start and stop all rotations / rounds centrally where possible (use a hooter or loudhailer)
- Utilise “skill zones” where players can go to develop technical skills they may be struggling with e.g. a player who regularly loses control of the ball in one of the activity stations may benefit from some individual travelling skills practice before moving on to the next rotation
- Ensure you have enough helpers for at least one per station, including the skill zones
- Adapt your rotations and activities to suit the ability levels and numbers attending on the day – add in rest stations, reduce rotation / round times and water / lunch breaks if you are pushed for time
- Provide team leaders with the game draw schedule, but without the timings – if you provide timings and something unexpected happens, you will find it difficult to alter you schedule to ensure you finish on time without suffering any complaints (see “score tables” in the templates section)
- Prepare for the competition by ensuring you know how many teams you have attending and what level they are – leaders should have split their players into regular hockey players in teams of 9, more able teams of 8, improving beginner teams of 6, and complete beginner teams of 4 (see “invitation letter” and “entry form” in templates section)
- Where possible, keep teams to one or two pitches during their competitions – this will reduce confusion and delays
- Make sure you have a supply of spare bibs, sticks and balls at every station and pitch for emergencies
- Make sure everyone attending knows what the procedure is for first aid (see “accident form” in templates section)
- Have example rotation sheets (see templates section) to hand should leaders want them to help organise their teams

### **Ability Grouping**

- During competition, ability groups should be further separated by ages to ensure the safety of all players i.e. a 7 year old beginner should not play against an 11 year old beginner, due to potential size / strength differences
- As eights is for more able hockey players, we have extended the age grouping from 7 to 11. This is to allow the most able younger children to be “stretched” appropriately; however, it is up to team leaders and competition organisers to ensure this is applied safely and fairly
- If any player is deemed to be more or less able than the team they have been placed in, competition organisers may ask team leaders to re-organise their teams to ensure all players have the best experience possible by playing with others of a similar ability
- If it is apparent that a team is playing in an inappropriate division i.e. they are finding the competition too challenging or not challenging enough, competition organisers may move the team into a more suitable division

It is recommended that the following divisions are offered:

#### **468 Festivals**

- Fours Division A – for complete beginners, aged 7 & 8 / years 3 & 4
- Fours Division B – for complete beginners, aged 9 -11 / years 5 & 6
- Sixes Division A – for beginners who have played before, aged 7 & 8 / years 3 & 4
- Sixes Division B – for beginners who have played before, aged 9–11 / years 5 & 6
- Eights – for more able players, aged 7 - 11 / years 3 - 6

#### **89 Tournaments**

- Eights Division A – for more able players, aged 11 / year 7
- Eights Division B – for more able players, aged 12 / year 8
- Nines Division A – for regular players, aged 11 / year 7
- Nines Division B – for regular players, aged 12 / year 8

## Setting Up 4689

This should be the same for festivals, leagues or one-off matches

	<b>Fours</b>	<b>Sixes</b>	<b>Eights</b>	<b>Nines</b>
<b>Pitch Size</b>	1/8 of a hockey pitch or no bigger than 23x27m	1/8 of a hockey pitch or no bigger than 23x27m	1/4 of a hockey pitch or no bigger than 27x46m	1/2 of a hockey pitch or no bigger than 46x55m
<b>Pitch Markings</b>	Half-way line	Half-way line	Half-way line	Half-way line Shooting area e.g. D / line
<b>Goals</b>	4 – 2 on each backline	4 – 2 on each backline	2 – 1 in the centre of each backline	2 – 1 in the centre of each backline
<b>Each Team</b>	4 players	4 players 2 leaders	6 players 2 leaders	7 players 2 leaders
<b>Positions (must rotate regularly)</b>	Attackers and Defenders	Attackers and Defenders Umpire Coach	Attackers Defenders Umpire Coach Midfielders	Attackers Defenders Umpire Coach Midfielders Goalkeeper
<b>Duration of Games</b>	No more than 8 minutes	No more than 12 minutes	No more than 16 minutes	No more than 18 minutes
<b>The Ball</b>	XL Hockey Ball	XL Hockey Ball	XL Hockey Ball	XL or Regular Hockey Ball
<b>Players' Equipment</b>	Hockey stick Shin pads and gumshields are recommended			As 468 plus Full goalkeeper kit
<b>Rules</b>	Feet Free Hit Sideline Goal	Feet Free Hit Sideline Goal	Feet Free Hit Sideline Goal Lifted Ball Long Corner Five Metres	Feet Free Hit Sideline Goal Lifted Ball Long Corner Five Metres Hit Out Play On Penalty

## Rules

### Feet

A free hit is awarded to the opposing team when a player deliberately kicks the ball with their feet

### Free Hit

A free hit is awarded when a deliberate foul is committed. The ball is awarded to the other team, and must be stationary at a free hit. The ball may be passed or a self-pass can be taken close to where the foul occurred

### Sideline Ball

A sideline ball is awarded when the ball goes off either of the sidelines of the playing area. The ball is given to the opposing team to those who touched it last. As with a free hit, a pass or self-pass may be used

### Scoring a Goal

A goal is scored when the ball crosses the backline through either of the goals, having been touched by an attacking player in the attacking half of the pitch

### Lifted Ball

A free hit is awarded to the opposing team when a player intentionally or unintentionally raises the ball into the air above knee height

### Long Corner

A long corner is awarded to the attacking team when the ball crosses the backline off a defender's stick. The ball cannot be hit straight into the goal from a long corner

### Five Metres

All opposition must be 5 metres away during a free hit, sideline or long corner. If the opposition do not retreat 5 metres from the ball before the hit is taken, allow the hit to be retaken

### Hit Out

A hit out is awarded to the defender when the ball crosses the backline off an attacker's stick. The hit out should be taken in line with where the ball went off the pitch, no more than 10 metres from the backline. As with a free hit, a pass or self-pass may be used

### Play On

Signal given when a foul is committed accidentally and does not significantly affect the game, or if a foul is committed but the player maintains possession of the ball. For example – a player kicks the ball accidentally but does not gain an advantage from doing so

### Penalty

A penalty is awarded for any deliberate offence by the defending team within the shooting area which prevents a goal. A free pass is taken 10 metres from the goal, in line with where the offence occurred. The defending team is only allowed 5 players to defend the pass; the remaining 2 must retreat to the half-way line, and all players must be 5 metres from the player taking the pass

### Penalty Competition

If, at the end of a competition, two teams are equal, you may need to determine a winner by holding a penalty competition (only if your competition is feeding into a regional / national competition). Each team will have 3 attempts at scoring from a penalty – see rule above. The team who score is the most after 3 attempts is the winner. If at this point teams are still level, play "sudden death" – with the teams taking shots alternately, the winner being the one to score a goal that is unmatched by the other team

## Invitation Letter

Dear School,

### Join the 4689 Party!

As you may already be aware, Hockey Wales has introduced a new game format for hockey – 4689. Hockey Wales no longer run a National primary schools competition, allowing for more local owned delivery at the right time for schools in the area.

4689 is an exciting stage not age based format, which provides children the opportunity to experience safe and fun hockey competition which is appropriate for their ability.

### The Competition

- Your local area 468\* festival will be held on: .....
- \* Nines will not be included for primary schools this year\*
- Players in the Fours and Sixes competition will be playing for fun
- Players in the Eights competition will be competing for a place in the County Final on.....

### The Game Formats

- Fours – for complete beginners who haven't played hockey before, divided into division A for years 3 & 4, and division B for years 5 & 6
- Sixes – for beginners who have played before and have a basic understanding of the rules (but their skill level will not necessarily have improved from Fours), divided into division A for years 3 & 4, and division B for years 5 & 6
- Eights – for more able players from years 3 to 6

All schools that enter must be affiliated to Hockey Wales, if your school has not affiliated please see information attached on how to do so. Hockey Wales affiliations are now free to all schools, but in return schools must provide Hockey Wales with some basic information.

All schools will be required to submit 1 week before the festival date a spreadsheet to include all participating children's, Name Date of Birth and parents e-mail address. (see attached spreadsheet)

There will be an entry fee of £25 to all schools wishing to enter this competition, and you may enter a second team at an additional £5 cost. If your school would like to enter this year's competition, please complete the entry form overleaf and return along with the entry fee, to the address stated no later than ..... Cheques should be made payable to **Hockey Wales**. No entry forms will be accepted unless payment has been sent.

Please note that once all entries have been received, schools will be notified by ..... of their area arrangements.

All correspondence will be sent via email, please make sure you print your details carefully on the form below.

Should you have any queries please do not hesitate to contact me on the details below.

Yours Sincerely  
4689 Agent / Organiser  
E-mail:  
Telephone:  
Mobile:

**Entry Form**

**Hockey Wales 4689 Party!**

Date of Competition:  
Venue:  
Time:

Name of School: .....
Address: .....
Postcode: .....
Tel No: .....
Contact Name: .....
Email: .....
I would/would not* be interested in attending a 4689 Workshop *delete as appropriate

Division	Who Can Enter?	Maximum teams you may enter	Number of teams entered	Additional teams requested*
<b>Fours A</b>	Complete beginners, years 3 & 4	2		
<b>Fours B</b>	Complete beginners, years 5 & 6			
<b>Sixes A</b>	Experienced beginners, years 3 & 4	2		
<b>Sixes B</b>	Experienced beginners, years 5 & 6			
<b>Eights</b>	More able players, years 3 – 6	1		

*\*You may choose to enter all divisions, or just one, but players cannot “double up” to create more teams – all teams will be playing at the same time. The maximum number of teams you may enter are: 2 teams of Fours (e.g. 1 team per division, or both teams in one division), 2 teams of Sixes and 1 team of Eights. Entry is on a first come, first served basis. Additional teams may be requested but cannot be guaranteed – your local organiser will contact you after the closing date to discuss requests\**

Return this entry form together with the correct entry fee to:  
No later than: .....

**All cheques should be made payable to Hockey Wales**

Please tick the box and sign below if you DO NOT consent to Hockey Wales taking photographic or recorded images of the children attending 4689 events, and for these images to be publicised via the media, internet and Hockey Wales literature.

Signed:.....

## Rotation Sheets

Fours				
Players Name	Playing Period			
	1	2	3	4
1	LD	LF	RF	RD
2	LF	RF	RD	LD
3	RF	RD	LD	LF
4	RD	LD	LF	RF

Sixes						
Players Name	Playing Period					
	1	2	3	4	5	6
1	Umpire	RD	LD	Coach	LF	RF
2	RD	LD	Coach	LF	RF	Umpire
3	LD	Coach	LF	RF	Umpire	RD
4	Coach	LF	RF	Umpire	RD	LD
5	LF	RF	Umpire	RD	LD	Coach
6	RF	Umpire	RD	LD	Coach	LF

Eights								
Players Name	Playing Period							
	1	2	3	4	5	6	7	8
1	Coach	LM	LF	RF	Umpire	RM	RD	LD
2	LM	LF	RF	Umpire	RM	RD	LD	Coach
3	LF	RF	Umpire	RM	RD	LD	Coach	LM
4	RF	Umpire	RM	RD	LD	Coach	LM	LF
5	Umpire	RM	RD	LD	Coach	LM	LF	RF
6	RM	RD	LD	Coach	LM	LF	RF	Umpire
7	RD	LD	Coach	LM	LF	RF	Umpire	RM
8	LD	Coach	LM	LF	RF	Umpire	RM	RD

Nines									
Players Name	Playing Period								
	1	2	3	4	5	6	7	8	9
1	Coach	LF	RF	RM	Umpire	RD	GK	LD	LM
2	LF	RF	RM	Umpire	RD	GK	LD	LM	Coach
3	RF	RM	Umpire	RD	GK	LD	LM	Coach	LF
4	RM	Umpire	RD	GK	LD	LM	Coach	LF	RF
5	Umpire	RD	GK	LD	LM	Coach	LF	RF	RM
6	RD	GK	LD	LM	Coach	LF	RF	RM	Umpire
7	GK	LD	LM	Coach	LF	RF	RM	Umpire	RD
8	LD	LM	Coach	LF	RF	RM	Umpire	RD	GK
9	LM	Coach	LF	RF	RM	Umpire	RD	GK	LD



## Score Card

<b>Division</b>		
<b>Team Names</b>		
<b>Goals Scored</b>		
<b>Fair Play Points</b>		

### *Fair Play Points (out of 5)*

1. Playing by the rules
2. Respecting players and officials
3. Shaking hands
4. Being kind
5. Having fun

## Score Tables

Hockey Wales can provide organisers with a scoring spreadsheet to help calculate draws and add up the scores. Contact us on [4689@hockeywales.org.uk](mailto:4689@hockeywales.org.uk) if you would like a copy

## Accident Form

Can be found at:

[http://www.nspcc.org.uk/Inform/cpsu/helpandadvice/organisations/clubguidelines/sampleaccidentreportform\\_wdf66682.pdf](http://www.nspcc.org.uk/Inform/cpsu/helpandadvice/organisations/clubguidelines/sampleaccidentreportform_wdf66682.pdf)