

U10
6 X 6

Number of players



6 on the pitch / max 10

Time of play



2 x 10'

Coach



On the sideline

Number of umpires



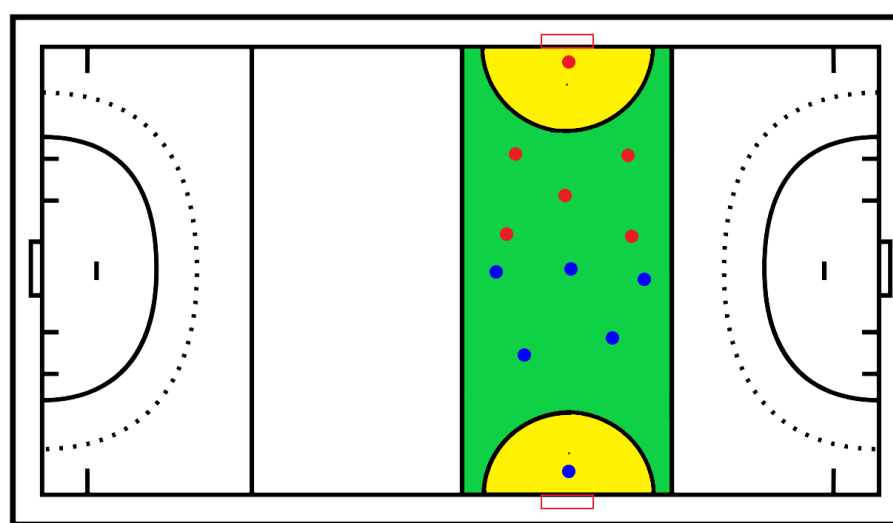
2

Goalkeeper



Mandatory, equipped

Field



1/4 of a full field, with normal goals

Fairplay



Shake hands at the end
of the match

Back stick



Forbidden

Kick



Forbidden

High ball



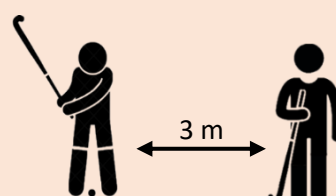
Forbidden, except shoot at
goal

Dangerous play



Forbidden

Free hit / Ball out



Opponent 3m away

Self pass



Allowed

Penalty Corner

SHOOT OUT

(1 vs GK, 12 sec)

Played as a Shoot Out

Shinguards and gumshields compulsory for all field players !



Black Boys Hockey Club

Genève

www.blackboyshockey.ch



Stade Lausanne Hockey s/ Gazon
Lausanne

www.stadelausannehockey.com



Hockey Club La Côte
Rolle

<http://www.lacote-hockey.ch>

I am your umpire today ...

- On most occasions, I will be a school child/student, not an adult.
- Some decisions might even be against you – it's not a conspiracy.
- Don't judge me like an experienced World Panel umpire.
- There will be decisions I get wrong.
- I am learning each time I umpire.
- I love this game and I want your son or daughter to love this game too.



Officials volunteer their time and energy to umpire your kids' games.

To err is human, and they remain humans.

Remember to thank them and show your respect.

NO RESPECT – NO OFFICIALS – NO GAME



Union Sportive Terre Sainte

Coppet

www.ustsfieldhockey.ch



Veyrier Hockey 5's

Veyrier

www.veyrierhockey5.com



Hockey Club Riviera

Vevey

(site en construction)