



HOW TO PLAY ROOKEY

DESCRIPTION: A resource to assist Rookey deliverers & teachers to conduct a fun & safe session.

LEARNING OUTCOMES: For Rookey participants to enjoy a fun & safe introduction to hockey.

Rookey Basics

- Rookey focuses on maximum participation by using small-sided games (6-9 players per team)
- Rookey teams are denoted by their stick colour i.e. **GREEN** or **GOLD**
- There are no goalkeepers or 'kicking backs' in Rookey
- Rookey teams should be of a similar age, physical size & ability wherever possible
- Rookey can be played on most surfaces including grass, wooden flooring & asphalt



Rules of Rookey

1. Sticks must be on the ground at all times
2. No body contact
3. No stopping or kicking the ball with feet
4. Players must be three 'stick lengths' away from the ball at 'free plays'

Rules of Rookey explained

1. Encourages the push pass by not allowing sticks to be raised to hit or play the ball
2. Rookey is non-contact so it is very important to be strict with the 'no body contact' rule
3. The ball may make contact with players feet & it is a 'play on' situation
4. Free plays (not free hits) are given for breaches of Rules 1-3 & allow players to either;
 - (a) pass the ball or
 - (b) dribble the ball



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Starting & Restarting Rookey

- A 'bully' (see explanation below) is used to start & restart Rookey after a goal has been scored
- A bully is taken from the centre of the playing area
- A different pair of players contests the bully after each goal has been scored
- All players, other than those involved in a bully, must be three stick lengths away from the ball

Bully *The ball is placed between one player from each team who face each other with the goal they are defending to their right. The two players start with their sticks on the ground to the right of the ball & then tap the faces of their sticks together once (see picture below) after which either player is permitted to play the ball.*



Rookey Safety

- If the ball becomes raised from the playing surface, all players must wait for it to return to the ground before attempting to play it (see Rule 1)
- If balls get stuck between players sticks &/or feet, stop play & restart by rolling the ball away
- Talk to the players during the game to let them know what they can & can't do
- A player who consistently breaches the rules should be rested or interchanged for another

Rookey Playing Guidelines

- The table below contains the suggested dimensions & number of players for Rookey games
- For diagrams of how to set up Rookey games please see the following pages

Players per Team	Pitch Length (metres)	Pitch Width (metres)	Players per Zone		
			Defence	Midfield	Attack
6	36	25	2	2	2
7	45	30	2	3	2
8	45	30	2	3	3
9	60	36	3	3	3



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