

Rookey

The new hockey



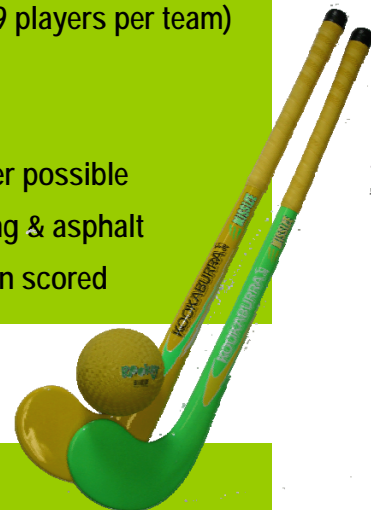
Rules

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 3 STICK LENGTHS AWAY FROM THE BALL AT 'FREE PLAYS'

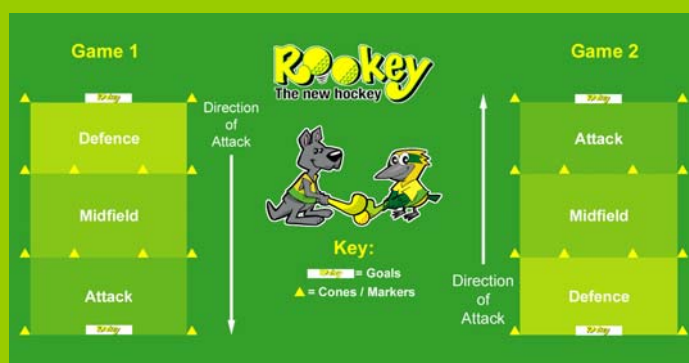
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Getting Started

- Rookey focuses on maximum participation 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
- A one-touch 'bully' is used to start & restart Rookey after a goal has been scored



Game Set-Up



- Mark out 3 zones with cones and position the goals as shown
- Each team should be split into Defenders, Midfielders & Attackers
- Remember it is designed to get kids active & to be fun, so be creative!

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
- 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