



## Sutherland Shire Women's Hockey Association

### Appendix A – Minkey Playing Rules

#### HOW TO PLAY MINKEY

1. There are six players on the field at any one time. There is no goalkeeper.
2. A lightweight minkey ball is to be used.
3. The ball is to be pushed, not hit.
4. Players must not:
  - raise the stick
  - hit the stick into an opponent
  - use the stick to obstruct an opponent
  - raise the ball above knee height
  - play the ball with their hands or feet
  - contact the bodies of opponents
5. When a free push is taken, opponents must be 3 metres from the ball. There are no free hits in Minkey, only free pushes.
6. A goal can only be scored by an attacker within the 10-metre zone marked in front of each goal.
7. A breach by a defender in their 10-metre area can be penalized with a free push to the attacking team on the 10-metre line opposite where the breach occurred. This also occurs when a defender deliberately plays the ball over the goal line.
8. Even though there is no goalkeeper, a player may not use their feet to deflect a goal.
9. Where an attacker forces the ball over the goal line or a defender accidentally does so, play will be restarted by the defending team from the 10-metre line.
10. Umpires in this division will need to use a lot of discretion (and patience). Let play flow on where you can and explain the rules as you go. Don't get bogged down blowing up infringements. Above all be very positive with the players and make it an enjoyable activity.