

To: EUROPEAN FEDERATIONS AND AFFILIATED RINK-HOCKEY CLUBS

From: CERH PRESIDENT

Date: 9th of May 2014

Subject: CERH MINI-OK REGULATION

Dear Sirs:

Assuming the importance of the development of Rink-Hockey in the Europe,an Continent CERH has decided to approve the **MINI-OK Regulation**, which was specifically designed and proposed by **LUIS SENICA - Vice-President of the CERH Commission for the Development of Rink-Hockey** - within his duties as Technical Director of **FPP - Federação de Patinagem de Portugal**, to whom this important work was originally addressed.

Then, I want to express our formal recognition to **LUIS SENICA** and to **FPP** for allowing us to adapt this **MINI-OK Regulation** and to make it available to all the European Federations ant to their affiliated rink-hockey clubs.

In fact, we do believe that **MINI-OK** is a excellent “tool” for the growth, the expansion and the development of rink.hockey throughout the European Continent and Worldwide, , allowing the children of both sexes – *from 4 to 8 years of age* – to have their first experience in Rink-Hockey and, that way, opening new horizons and opportunities to enlarge the number of players, which can lead to the improvement of their quality and skills.

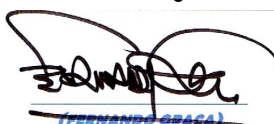
Therefore, we want to involve in this project, in a positive way, the parents and other relatives of the **young players who want to learn to play through the MINI-OK**, as well as all agents of rrink-hockey, in particular the coaches and the eaders of the clubs and the Regional and National Federations.

In fact, **WE NEED EVERYONE ON THE SAME TEAM.**

A team that has the ability and willingness to contribute to the implementation of the **MINI-OK**, in accordance with the guidelines that are present in the **attached Regulation**.

(*) Important note: A Portuguese language version of this Communication is produced in a separate Communication, under the reference FG-011.B/2014

With kind regards



(FERNANDO GRAÇA)
CERH President



LEARNING TO PLAY THROUGH MINI-OK



MARCH 2014

Luís Sénica

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1. INTRODUCTION

The main objective of the **MINI-OK** is allowing children of both sexes – *from 4 to 8 years of age* – to have their first experience in Rink-Hockey.

Essentially is a modification of the adult game, after it was adapted to the needs of children. The philosophy is simple: **do not "compel" the kids to play a game that is not appropriate for their physical and mental development , but change the set of adults to serve them .**

The aim of **MINI-OK** is to provide all children with opportunities and experiences to develop skills that can transfer with enthusiasm/motivation for the formal game of Rink-Hockey .

Rink-Hockey at the grassroots level should be fun and practiced by all with the inclusion of the basic skills of the game . This program is supported in these ideas and has **DEVELOPMENT AS A PRIORITY** .

It is important that clubs and coaches have an idea of the advantages of **MINI OK** and can educate themselves and parents about this game, having in mind the important role they can play in the development and motivation of children throughout their lives of rink-hockey players .

It is important to create a positive environment for all players. The children will do more in this fun and motivating game environment.

Coaches , parents and leaders should be involved in a positive way .

In this area of practice, the child will increase her/his success , she/he will be faced with more repetitions of the game , which means that she/he have to make more decisions, which can lead to more development.

WE NEED EVERYONE ON THE SAME TEAM



2. PHILOSOPHY

Pleasure and training benefits are the main focus for **MINI-OK**.

This will promote educational and recreational / competitive values through the practice of **MINI-OK**.

Encourage a competitive environment in which children can learn the basic skills without the distractions that are often associated with an overemphasis on winning.

Mastery of fundamental skills and the fun of playing are essential to the development of a lifelong interest in rink-hockey.

3. OBJECTIVES

- Introduction and enjoyable experience in Rink-Hockey;
- Provide a healthy environment for fun and learning;
- Teach the basic fundamental skills;
- Participation, fun and skills development;
- Development of communication at the level of learning of the players;
- Introduction to the game.

4. THE ADVANTAGES OF MINI-OK

The initiative "**Learn To Play Through the MINI-OK**" is based on a simplified game and reduced space model and it is designed to enable the practice of Rink-Hockey for all children involved in it.

This is a model that has been successfully used in the great powers of Ice Hockey and Hockey-in-Line, which has stood the test of time and has shown that children that are involved find themselves satisfied in this practice environment, that insures excellent conditions and good experiences with the rink-hockey.

The rules allow children to develop the skills of Rink-Hockey in an environment that promotes fun, learning, participation, and physical and mental development.

It has been shown that children who begin their training in this environment get an exceptional experience of Rink-Hockey.

Parents may wonder what advantages have to play the **MINI-OK**? This is no game! I want my son to play as the "professionals" because I want him to play the real Rink-Hockey!

To help answer these questions, let's think about a child trying to skate with the ball during a strike action over almost 40 meters ... how long will she/he takes? How much energy it will be required?

Does the action development decision-making in child develops more in small space or a large play space with 40x20 meters? **In that situation, will she/he be more involved in the action?**

To respond and help realize these doubts raised another question!

- Why must we reduce the space?** We modify the game space in order to adapt it to the physical size of the children who do the practice in a way that is appropriated to their cognitive development.
- So what are the advantages of playing MINI-OK?** The main benefits of the game is that it promotes creativity, creates a game environment that allows development, increases the time to participate, accelerates the learning process, improves decision-making through execution skills: she/he read and acts faster, enhancing the learning of skills development and creating a positive environment and the passion for playing.

4.1 BENEFIT

- Children have more energy to apply your skills when playing on a smaller runway space as opposed to the normal game;
- The feeling of belonging to a team will motivate the child and cause greater enthusiasm in their participation;
- The game is more targeted to their age level ;
- The game is full of action constantly changing ;
- More repetition / frequency of the actions of the game , less time and space to think . Shares in decision making emerge in greater numbers and with greater frequency and rhythm ;
- More application of basic actions Skating implying the development of Agility, Balance and Coordination;
- The speed of the situations in the game increases, which will require quicker mental and physical reactions by the players;
- The fundamental game skills are enhanced by increasing the number of actions that occur in the game , develop faster ;
- The activity of each player increases considerably ;
- More contact time with the ball results in improving the skills of ball control ;
- The possibility of obtaining goal increases as the player has more opportunities to shoot ;
- The participation of the goal-keeper in the game and reading of their actions becomes more effective ;
- Increased number of repetitions in the actions of the goal-keeper;
- The feeling of being an important part in an action against the increasing size of the track;
- The fact that all participate in solving the problems of the game involves a sharing of responsibilities ;
- Understanding of the principles of the game is developed at a young age ;
- There are no unnecessary breaks in the game ;
- Increase the positive feel of the game of rink-hockey;
- Improve the environment for teaching the game of rink-kockey ;
- Increase the confidence of new and less able players in a competitive environment ;
- Creates a stronger challenge for the fittest players , more action , less space , more opposition , greater degree of skill.
- Teaches in the youngers to understand the offensive and defensive zone of rink-hockey.
 - a) **U-7 PLAYERS** (4, 5 or 6 years of age) in the offensive game: starting of a game of 2 (*base of team sports - Corbeau , 1988*) she/he takes the pass and support. In the defensive plan : the individual marking.
 - b) **U-9 PLAYERS** (7 or 8 years of age) in the offensive game: she/he takes on a ball carrier and two potential recipients, allowing moving from a binary choice (*I keep the ball or pitch it to my colleague*) to a multiple choice, conserving possession of the ball or choosing to pass it to colleague1 or to colleague 2. In the defensive plan: the individual marking allows a shortening of the defensive lines .

By playing in a confined space the children are placed in a similar situation

4.2 GENERAL ORGANIZATION

- More efficient use of time / space;
- The rink size is proportional to the size of the players ;
- The feeling of belonging to a team will motivate the child and cause greater enthusiasm in their participation;
- The game is more targeted to their age level

4.3 GENERAL SPIRIT OF PARTICIPATION AND AMUSEMENT

- More children have the opportunity to play the **MINI-OK** ;
- More children will experience a feeling of success when they play ;
- It is provided the same exciting and fun environment as a " real" game;
- All children, the most and least able, are benefited with the reduction of gaming space ;
- Children are excited and motivated to continue playing ;
- Rink-Hockey will be more appealing and rewarding for a larger number of children .

5. THE COACH

Her/his knowledge of the game of Rink-Hockey and on the training of children should be deep

The way in which children will relate to the game of Rink Hockey depends on the coach. Her/his role is vital and a "heavy" responsibility:

- a)** She/he plays a prominent role in the lives of these young people ;
- b)** Her/his actions and attitudes help shape the views of young people;
- c)** Sometimes she/he plays a more important role than the child's parents ;
- d)** She/he is a teacher ;
- e)** She/he is a leader ;
- f)** She/he is a model.

5.1 CODES OF CONDUCT

MINI-OK is fun:

- The final outcome of all games should be a result of the honesty and the skills that children put in the game;
- All players must be respected - team colleagues and opponents;
- The rules and regulations should be seen as a mutual agreement in spirit and confidence;
- Referees should be looked as training persons;
- Winning is a goal, neither the only or the most important at this age;

MINI-OK is for everyone to enjoy:

- The coach is an example of good behavior.

5.2 TEACHING PLAYERS TEAM

- Love the game;
- Respect your opponent;
- Work for the good of the team;
- Accept the decisions of referees and respect their judgment;
- Play within the rules of the game;
- Be gracious in victory and gracious in defeat;
- Having honor and pride in playing Rink-Hockey

An ample opportunity should be given to all players in order that they can develop the limits of its potential, regardless of their abilities

6. THE TRAINING

6.1 DEVELOPMENT OF THE BASIC SKILLS OF THE GAME

- Emphasis on the fundamental skills of the game;
- In these ages, the exercises that improve agility, dexterity and group participation are very important;
- It is important to emphasize fun.

6.2 PHYSICAL PREPARATION

- Emphasis on development of combined speed with agility;
- Development of flexibility;
- Group matches, which does not require a high degree of organization;
- Choose activities that allow all players to participate and achieve some measure of success and satisfaction.
- Praise and encouragement are important for these players

6.3 PSYCHOLOGICAL PREPARATION

- Positive reinforcement, to build trust;
- Participation in the group, stress and sharing ;
- Be aware that there are children who go through a process of unequal growth, which can cause them lack of coordination and lack of balance. Some are easily fatigued. It is important not setting them aside;
- Worrying about the children and not to their level of performance;
- To support and protect children in situations that they are not prepared to handle .



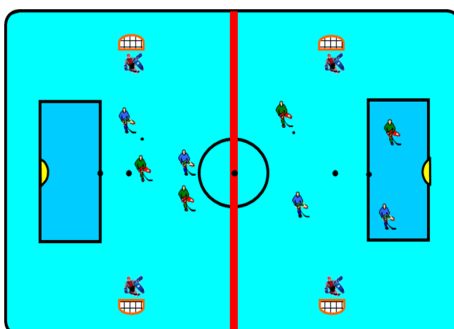
7. THE BASIC RULES FOR PLAYING MINI-OK

7.1 RINKS AND NUMBER OF PLAYERS

7.1.1 U-7 PLAYERS (4, 5 or 6 years of age)

Matches are played in a half-rink. We may hold 2 games simultaneously.

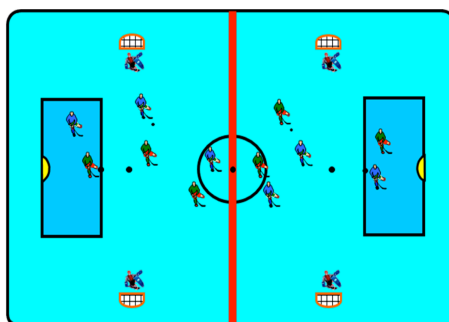
Each team must participate in the match with **3 athletes** (1 Goalkeeper and 2 other rink players)



7.1.2 U-9 PLAYERS (7 or 8 years of age)

Matches are played in a half-rink. We may hold 2 games simultaneously.

Each team must participate in the match with **4 athletes** (1 Goalkeeper and 3 other rink players)



7.2 THE BARRIER

A movable barrier is located in the middle rink, splitting the rink area in two game surfaces, allowing the realization of two games simultaneously .

We need to be creative in finding a way to safely share the rink surface .

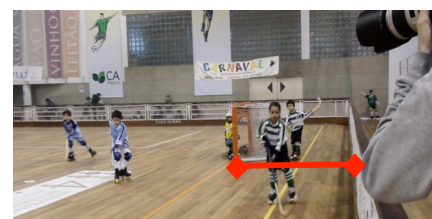
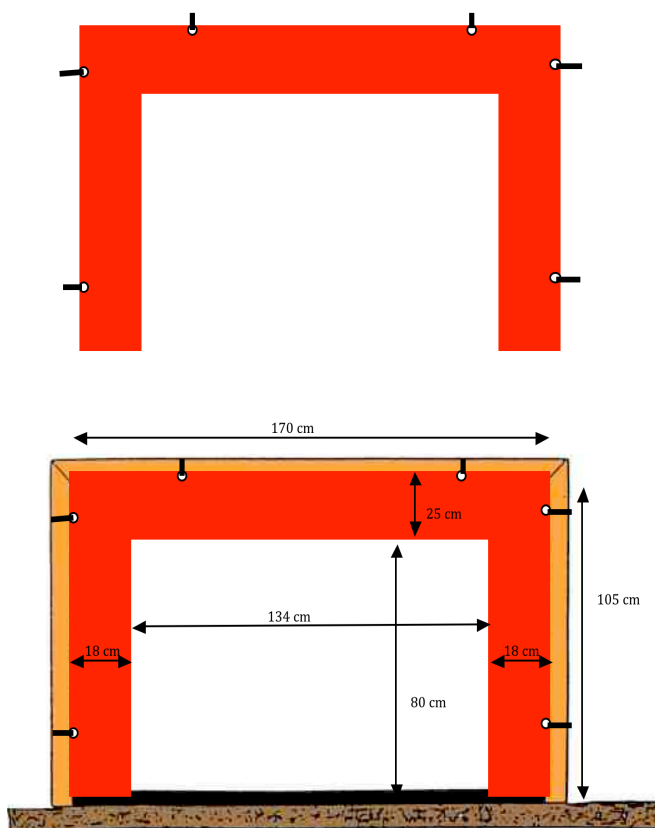
The structure should be easily assembled and can be in wood, canvas, fiberglass, etc.



7.3 THE GOAL CAGE

We recommend the use of smaller goal cages, adapting to the physical development of the goalkeeper, thus increasing the possibility of success, which in turn enhances the increase in confidence .

The placement of the goal cages on the rink shall not exceed the **distance of 2 meters from the final barrier**.



7.4 THE EQUIPMENT

Children should use materials that enable them to achieve maximum fun and optimize comprehension skills.

All the equipment must be tailored to their age.

7.4.1 THE STICK

All players should be encouraged to use stiques adapted to its size .

Some benefits of this use :

- They are lighter and therefore help to maintain balance;
- They are facilitators for obtaining a good driving performance;
- They allow a better control of the ball.



7.4.2 THE BALL

The ball must be adapted, mainly in tier of the U-7 players echelon (4, 5 or 6 years of age)

Smaller in size and weight. Advantages :

- Weight of the ball must guarantee the most suitable height -weight relationship with the players
- Promotes proper technique;
- Promotes an improvement in children's ability in practice the shot and the pass;
- Improves confidence.

8. IMPLEMENTATION

Flexibility is a key component in the implementation of the **MINI-OK**.

It is important to remember that these ages are cornerstones of the development of young players and they are the appropriate ages for learning the game of Rink-Hockey, which should be the primary mission of all who are involved in training.

More than raise " barriers " should be able to be " flexible " to keep children engaged and increase activity , creating conditions to offer them the best experience possible and for this the **MINI-OK IS A FANTASTIC EXPERIENCE**.

9. ORGANIZATION

Obtaining results and rankings will be an option of who organizes!

Regardless of the option chosen, the match report should always be fulfilled.

We suggest that the **MINI-OK matches** are organized with a very objective view - **TRAINING MOMENT**.

9.1 THE REFEREE

The Referee shall have a permanently educational and explanatory attitude (Why , How , Where, When ...) ..



In the **U-7 PLAYERS** echelon (4, 5 or 6 years of age) , we suggest that a Coach performs the Referee duties.

In the **U-9 PLAYERS** echelon (7 or 8 years of age) we suggest the presence of an official Referee.

9.2 THE GAME TABLE

In the game table there must always be a **Timekeeper**, who also makes fullfill the match report.

9.3 TEAM COMPOSITION

The idea is that clubs organize more than one team. Neither team will not be able to participate for lack of a player (*goal keeper or rink player*). In these situation we resort to a club player who has built one of its teams that participate in the competition.

ALL PLAYERS INSCRIBED IN THE MATCH REPORT MUST BE USED!

9.3.1 U-7 PLAYERS (4, 5 or 6 years of age)

Each team may enter in the match report a **maximum of 4 athletes** (*1 Goalkeeper and 3 rink players*) and a **minimum of 3 players** (*1 Goalkeeper and 2 field players*), the number that is needed to start the game.

Inside rink: 1 Goal Keeper + 2 rink players

player



Substitution zone: 1 rink



Substitutions: We recommend every 2 minutes, with the application of a system of rotation between players. **All players whose names are on the match report must be used uniformly.**

9.3.2 U-9 PLAYERS (7 or 8 years of age)

Each team may enter in the match report a **maximum of 5 athletes** (*1 Goalkeeper and 4 rink players*) and a **minimum of 4 players** (*1 Goalkeeper and 3 field players*), the number that is needed to start the game.

Inside rink: 1 Goal Keeper + 3 rink players

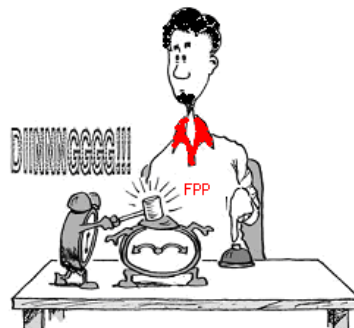


Substitution zone: 1 rink player



Substitutions: We recommend every 2 minutes, with the application of a system of rotation between players. **All players whose names are on the match report must be used uniformly.**

9.4 PLAYING TIME



9.4.1 U-7 PLAYERS (4, 5 or 6 years of age)

Two periods of eight minutes, running time.

Three minutes of interval. In the second period teach team change its side in the rink.

9.4.2 U-9 PLAYERS (7 or 8 years of age)

Two periods of ten minutes, running time.

Three minutes of interval. In the second period teach team change its side in the rink.

10. BEGINNING OF THE GAME

The game begins with both teams behind their goal cages.

At the whistle of the Referee the match starts and both teams should endeavor to win the ball at the center of the rink (*the penalty mark*).

The same procedure will be followed in the beginning of the second period of the match.

11. GOALS



The Referee shall always indicate the goal.

The match restarts with the ball in the center ball (*the free kick mark*) and the team that got it will have to be placed next to his cage and can not leave until the ball is in motion.

12. FAULTS

12.1 U-7 PLAYERS (4, 5 or 6 years of age)

The Referee shall signal the lowest possible number of faults, so that the game derives from continuous manner (*agile, fast*) .

The Referee should only sanction the misconduct,. Nevertheless, the fault should not be transformed into a Penalty or into a Direct Free Hit (*the Referee may stop the match in order to explain the reason why she/he is calling the foul*) .

If a player violates the rules continuously, the team Coach must replace her/him by with another player. The referee should focus on restarting the game with a “face-off”.

12.2 U-9 PLAYERS (7 or 8 years of age)

The Referee shall signal the lowest possible number of faults , so that the match derives from continuous manner (*agile, fast*). However, **when each team accumulates 5 fouls - with no accumulation of fouls for the second period of the match - a Direct Free Hit will be awarded to the other team** (*its execution must be done in the respective mark, with the player leading the ball*)

The Referee should sanction all the serious or major faults , which will be punished with a Penalty or with a Direct Free Hit, both of them executed leading the ball from the Direct Free Hit mark .

If a player violates the rules continuously, the team Coach must replace her/him by with another player.

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