

2020 National Indoor Tournament
U10/U12 Age Divisions
Modified Rules to Promote Development

USA Field Hockey recognizes that there are cognitive, psycho-motor and psycho-social differences throughout all age groups that mandate differences in the way age divisions should be treated from a rules and regulations perspective. USA Field Hockey has created modified rules for the U10 and U12 age divisions that apply best practices derived from multiple sources, including the United States Olympic and Paralympic Committee (USOPC) U.S. Lacrosse, USA Hockey, USA Rugby and international leaders such as England Hockey.

In our country, research shows that too much emphasis has been placed on winning, and too much pressure has been placed on young athletes to perform. The focus at younger ages levels, and certainly at the U10 and U12 age divisions, should be on development over outcome, on fun versus today's final scores. All of us need to keep development and fun at the forefront to inspire a love for the sport.

USA Field Hockey has incorporated a goal cap in the U10 and U12 Age Divisions for both outdoor and indoor events as part of the American Development Model (ADM). This rule was put into effect at the 2017 National Indoor Tournament and has been utilized in all subsequent events at the U10 and U12 Age Divisions. The purpose of the goal cap is to discourage teams from "needing" to run up a score on a weaker opponent in order to win. While some sports apply "mercy" rules and end games prematurely, USA Field Hockey and many other sports prefer the adoption of goal differential limits. For the 2020 National Indoor Tournament U10 and U12 age divisions, goal differential will be limited to 7 goals. Winners will be determined based on:

Points

Winning Percentage - This is computed as: $(Wins + 0.5 * Ties) / (Wins + Ties + Losses)$.

Head to Head

Goals against

There will be no additional tie breakers after goals against. In the case of a tie for first or second place position, multiple teams can be declared co-winners.

USA Field Hockey will continue to evaluate competition formats and rules modifications to align with our ADM and best practices. Each tournament may have slightly different rules based on field availability, number of teams, and additional factors.

ABOUT THE USA FIELD HOCKEY AMERICAN DEVELOPMENT MODEL (ADM)

In 2019, USA Field Hockey officially launched the American Development Model (ADM), with guidance and support from the United States Olympic and Paralympic Committee (USOPC). The ADM is a framework for establishing a lifelong love of field hockey, using principles and best practices from sport development experts from around the world.

The ADM is based on six core values, attached, and identifies five key stages of development from Discover through Lifetime Engagement. Each stage is supported by tools, resources, and when appropriate, modified equipment. If you have not yet seen the new ADM section of the USA Field Hockey website and the new equipment – plastics and wood sticks and the GO Ball, Discover, Play & Learn, and Stick2Sports Programs, please take the opportunity to check it out online (usafielddhockey.com/ADM). Please utilize the many tools and resources, and modified equipment, available to Club and individual members. We've attached Information Cards for Coaches, Players, and Parents as examples of some of the new ADM resources available online.

One of USA Field Hockey's main goals is to grow the game of field hockey across the country as a fun and enjoyable sport for life. To achieve this goal, we strive to provide opportunities for participation that educates, inspires and encourages deliberate practice and play in a safe environment. It is our mission to create a setting that helps promote confidence, connection, character and teamwork, with the ultimate goal of creating individuals who stay involved with the sport throughout their lifetime. USA Field Hockey wants this culture of positivity and enjoyment to permeate across all involved; players, parents, coaches, umpires, administrators and fans.

Field Hockey is a fun, physical fitness activity. It promotes fun, fitness, friendship, interactions, relationship-building, challenging, fast-paced, strategic, competitive,

As we participate in the 2020 National Indoor Tournament, please keep in mind the following facts:

9 OUT OF 10 CHILDREN SAY "FUN" IS THE MAIN REASON THEY PARTICIPATE IN SPORTS

Fewer than one percent of sports sociology papers have examined youth sports through the eyes of children. Most of what we know involves kids already in the game, and it suggests extrinsic rewards and "winning" mean far less to them than to adults. In a 2014 George Washington University study, 9 of 10 kids said "fun" is the main reason they participate. When asked to define fun, they offered up 81 reasons— and ranked "winning" at No. 48. Young girls gave it the lowest ratings.

Children mostly want a venue to try their best. While they often want to know the score, and may even cry if they lose, most don't obsess over results, sport psychologists say. Ten minutes after the final whistle, kids have moved on; often it's dad and mom who still want to talk about the game at dinner. The misalignment of adult and child priorities could play a role in the fact that 6 out of 10 kids say they quit sports because they "lost interest" or "it just isn't fun anymore".

Source: Project Play - Link - <https://www.aspenprojectplay.org/the-facts>

Together, utilizing the ADM philosophy, we can grow and develop field hockey for future generations to enjoy. If you have any questions about the USA Field Hockey American Development Model, or any feedback about rules modifications, please reach out to ADM@usafielddhockey.com.



CORE VALUES

SAFETY, HEALTH & WELL-BEING



Physical literacy is the foundation for an active and healthy lifestyle. Multi-activity and sport participation and safety are essential components of health and well-being.



TEAMS AND TEAMWORK

Teams provide social interaction and promote important skills that help people succeed in sports and in life.

EDUCATED AND ENGAGED PARENTS

Parents' attitudes and behaviors can directly impact a child's interests, experience and success in sports and life.



A framework for inspiring a lifelong love of field hockey

INCLUSION & ACCESSIBILITY

Field hockey is a sport everyone can enjoy. It can be played on multiple surfaces, indoor and outdoor.



TRAINED AND CERTIFIED COACHES AND UMPIRES

Great coaches and umpires provide better, safer and more enjoyable experiences.



FUN AND LEARNER CENTERED

Fun is the #1 reason people play sports! Age and stage appropriate teaching is critical to fun and success.

GROW THE GAME. SERVE MEMBERS. SUCCEED INTERNATIONALLY.

USAFIELDHOCKEY.COM



A FRAMEWORK FOR INSPIRING A LIFELONG LOVE OF FIELD HOCKEY

WHAT IS THE USA FIELD HOCKEY AMERICAN DEVELOPMENT MODEL (ADM)?



**USA FIELD HOCKEY'S
DEVELOPMENT
PHILOSOPHY**



**BASED ON BEST PRINCIPLES
ON WHAT, WHEN AND HOW
TO TEACH, TRAIN AND PLAY**



**DESIGNED TO
INSPIRE LIFETIME
ENGAGEMENT**

WHAT DOES IT INCLUDE?

USA Field Hockey's ADM provides the tools, resources and programs to educate and develop:



WHY ADOPT THE ADM?

The ADM provides a pathway for people to get into the game earlier and stick with it longer. Field hockey is a sport for life, promoting many valuable skills and life lessons, such as:



Most importantly... it's fun!



JOIN USA FIELD HOCKEY TODAY:

SPORT DEVELOPMENT SUPPORT INCLUDING EQUIPMENT, GRANTS AND RESOURCES • INFORMATION AND PROGRAMMING FOR ATHLETES, PARENTS AND VOLUNTEERS • COACH AND UMPIRE TRAINING AND CERTIFICATION FOR ALL LEVELS • MULTIPLE MEMBERSHIP OFFERINGS AND VALUABLE BENEFITS • MEMBER CLUB SUPPORT PROGRAMS • REGIONAL AND NATIONAL EVENTS FOR ALL, INCLUDING OUTDOOR AND INDOOR TOURNAMENTS • OLYMPIC DEVELOPMENT TRAINING PROGRAMS • MEN'S AND WOMEN'S NATIONAL AND OLYMPIC TEAMS

GROW THE GAME. SERVE MEMBERS. SUCCEED INTERNATIONALLY.

USAFIELDHOCKEY.COM



5 STAGES OF DEVELOPMENT

THE USA Field Hockey ADM's 5 Stages of Development is:

- A framework to support a fun and healthy sport experience
- Based on best principles on what, when, and how to teach, train and play
- Prioritizes long-term development over short-term outcomes
- Supported by tools, resources, programs and equipment



DISCOVER: People discover field hockey in different ways and at various ages and stages of life. A positive and fun first exposure is critical to instilling a desire to get involved in the game.

PLAY & LEARN: Proper and appropriate introduction to the basic skills and concepts using a fun, active and learner-centered approach can fuel a desire for continued interest and growth, and a desire to compete and improve.

COMPETE & IMPROVE: Being part of a team, preparing for competition, and competing is fun and challenging and teaches valuable life lessons. It's also a great way to improve and grow.

SERIOUSLY FUN/PEAK PERFORMANCE: You're hooked, love the game, and are committed to the sport. For all, the inspiration is fun and continual improvement, as well as the health and social benefits. To some, it's the pursuit of greatness, striving to achieve and perform at the highest possible level.

LIFETIME ENGAGEMENT: Field hockey is a sport for life and a great way to stay active, fit and involved. Adults are the foundation for grassroots growth and sustainability. Stay engaged as an athlete, coach, umpire, program leader, parent, fan, avid supporter, advocate, mentor or all of the above.

The USA Field Hockey ADM was developed in partnership with the United States Olympic Committee (USOC).

GROW THE GAME. SERVE MEMBERS. SUCCEED INTERNATIONALLY.

USAFIELDHOCKEY.COM



ADM 

★ **AMERICAN DEVELOPMENT MODEL**

for **COACHES**

Coaches play an important role in the development of athletes and have the opportunity to teach life lessons and fuel a lifelong passion for health and fitness through sport.

The following recommendations can be used to achieve greater success and enjoyment for you and your players:

1. Safety first! Make sure you, your fellow coaches and program leaders have appropriate background checks and SafeSport training and certification to provide safe learning environments.
2. Provide physical literacy training (e.g. agility, balance, coordination) at every practice at every level.
3. Use developmentally-appropriate exercises, practice plans and equipment to best support and motivate your players.
4. Balance training and rest time for players to avoid injuries and burnout. Encourage multi-sport participation and cross-training.
5. Operate with a learner-centered philosophy by creating fun, engaging and challenging field hockey experiences across every stage of development. Use effective questioning techniques to engage players as active learners.
6. Adopt the Teaching Games for Understanding (TGfU) approach to develop skills, techniques and tactical knowledge through game play.
7. Stay connected with your players and their parents by providing regular feedback on progress, development and communicating individual and program goals. Utilize the USA Field Hockey ADM pathway and resources for support.
8. Focus on effort and improvement over outcomes in order to reinforce physical, technical and tactical advancements. Of course, winning is fun, but not at the expense of development. Value and teach life skills in addition to field hockey skills.
9. Maximize player potential and retention at all stages of development. Remember that fun is the No. 1 reason people choose to participate in sports. Keep it fun!
10. Be a lifelong learner. The sport of field hockey continues to evolve. Attend Coach Education courses and network with others to stay current and inspired. Become a USA Field Hockey Member to access tools and resources.

USAFIELDHOCKEY.COM



ADM 

★ **AMERICAN DEVELOPMENT MODEL**

for **PARENTS**

A parent's role in the sport experience should be one of support and guidance for their child's benefit. The following are recommendations to help ensure your child has a positive experience with field hockey:

1. Safety first! Make sure your child is in a safe learning environment with trained and certified coaches.
2. Sport sampling is important. Encourage your child to try many sports to help enhance their physical literacy and finds sports and healthy activities to enjoy.
3. Encourage multi-activity and sport participation to keep your child from burning out or developing overuse injuries.
4. Acknowledge and celebrate your child's efforts and improvements over performance outcomes. Mentor good sportsmanship.
5. Enroll your child in age-appropriate activities to ensure healthy progression and skill development before advancing to a heavy volume of competition.
6. Monitor the dose and duration your child is playing each week, month and year and encourage rest and recovery.
7. Stay connected with your coaches and administrators to support your child's progress and development. Utilize the USA Field Hockey ADM pathway and resources and recognize where your child stands in terms of stage and development.
8. Support and encourage your child to have fun. Remember that fun is the #1 reason a child participates in sport, and life lessons can be learned through these experiences.
9. You can play field hockey too! Pick up a stick and join the fun. Field hockey is a sport for all ages, and adult recreational leagues exist across the country for beginners through advanced players.
10. Become a coach or umpire. USA Field Hockey provides resources and training to help you get started!

USAFIELDHOCKEY.COM



★ **ADM** AMERICAN DEVELOPMENT MODEL

for **PLAYERS**

Playing is fun. As a player, you ultimately drive your sport experience and athletic development and are responsible for the choices you make on and off the field. At the end of the day, it's up to you to determine what you want to put in and what you want to get out of the experience.

The following recommendations are designed to help players achieve their goals and maximize their full potential in sport:

1. Safety first! If you or someone you know does not feel safe in your sporting environment, speak up and ask for help. All sports should be safe from mental and physical abuse.
2. Take care of yourself mentally and physically by maintaining a healthy, balanced and active lifestyle. Avoid burnout or developing overuse injuries by enjoying different sports and activities. Multi-sport activities and cross-training will help you develop and achieve all-around success.
3. Listen to your body and understand that rest and recovery are an important part of the sport development process.
4. Focus on your individual and team skill proficiencies. Set achievable goals for yourself and seek support as needed. Welcome feedback from coaches, teammates, experts, mentors and professionals to help achieve your goals.
5. Every player learns and develops differently. If you don't understand something, ask questions and watch and learn from others.
6. Use free-play opportunities to stay active and build creativity outside of structured play.
7. Be a good teammate. The relationships, communication and problem-solving skills inherent to team sports can lead to lifelong connections and friendships on and off the field.
8. Be a good sport. Show respect for yourself, others and the game.
9. Be coachable. Every coach has a different style and philosophy. Do your best to willingly accept feedback and recognize that no coach or umpire is perfect.
10. Have fun! However, recognize that not every moment of training will be fun. Improvement takes hard work, discipline and perseverance is required for success in sport and in life, and is an important part of the process. USA Field Hockey offers tools, resources and training to help you achieve your field hockey ambitions.

USAFIELDHOCKEY.COM