

WARRINGAH HOCKEY ASSOCIATION
SATURDAY WINTER GRASS COMPETITION
COMPETITION RULES



1. General

- 1.1 Warringah Hockey Association Incorporated (WHA) facilitates social and competitive hockey in its local area. Amongst other initiatives, WHA convenes several winter grass hockey competitions for men, women and juniors (Competitions). WHA is affiliated with Hockey NSW, the recognised hockey governing body in New South Wales.
- 1.2 WHA hosts the following modified Competitions (Modified Competitions):
- 1.2.1 Minkey Competition;
 - 1.2.2 Sevens Competition; and
 - 1.2.3 Junior Full Field Competition.
 - 1.2.4 Mid-week Small Sided Competition.
- 1.3 WHA hosts the following open Competitions (Open Competitions):
- 1.3.1 Womens Competition; and
 - 1.3.2 Mens Competition.
- 1.4 Each of these Competitions may contain multiple divisions (Divisions).
- 1.5 The Modified and Open Competitions are conducted according to the Competition Rules recorded by this document (Competition Rules). The Competition Rules are based on the current International Federation of Hockey 'Rules of Hockey' (FIH Rules), the WHA Constitution (Constitution) and the Fair Sports Code of Conduct.

2. WHA Board (Board)

- 2.1 The business of WHA is directed by the Board and the WHA members.
- 2.1.1 A member is a club who registers a team in a Competition, pursuant to the Competition Rules and the Constitution (Member). The members represent the players and officials.
 - 2.1.2 The composition of the Board is directed by the Constitution and recorded in the minutes of the WHA Annual General Meeting (WHA AGM).
- 2.2 The business of WHA will be conducted by regular meetings of the Board and the relevant working committees including but not limited to meetings to be conducted after the 6th and 10th round of the competition.

- 2.3 The WHA AGM will be held annually. Notice of this meeting time will be published on the WHA website at least 28 days in advance of the meeting date.

3. Registration

3.1 Correspondence

- 3.1.1 Members are asked to provide at least one email contact per team and one primary email contact per member to ensure that information can be sent efficiently. Please email contacts to info@warringah-hockey.com.
- 3.1.2 All correspondence including queries and concerns during the season should be emailed to info@warringah-hockey.com

3.2 Team Registration

- 3.2.1 Members can register teams in a Competition or add players to existing teams by following the registration process advised by the WHA Registrar. All Member enquires should be sent to info@warringah-hockey.com.

3.3 Allocation to a Division

- 3.3.1 The board will review team nominations by Members. The Board will decide if these nominations are suitable for the nominated Competitions.
- 3.3.1a A review of nominations will be conducted at the completion of round 3 to formalise Competitions and allow for any changes.

3.4 Player Registration

- 3.4.1 Individual players register with a Member team by completing the registration process as described by the Member registration process including providing payment details for the full registration fee.
- 3.4.2 A player is registered with WHA when the relevant player details have been recorded with Hockey NSW and fees have been paid to the Member. (Registered Player).
- 3.4.3 A portion of the registration fee is paid to Hockey NSW (Hockey NSW Player Fee).
- 3.4.4 If written evidence is provided to Member that a player has already paid the Hockey NSW Player Fee for the current season and the relevant details have been recorded with Hockey NSW, The Member may at their discretion discount the registration fee by the Hockey NSW Player fee. WHA seeks the assistance of Members to encourage players to register with WHA as their 'primary association'.
- 3.4.5 WHA will accept registration of new individual players up to the conclusion of Round 8. Members wishing to register players subsequent to this will need to apply in writing to the Board. Applications will be granted to any player who is new to the sport. Please note the player eligibility requirements in Rule 3.6.

3.5 Insurance

- 3.5.1 WHA is an incorporated entity that is affiliated with Hockey NSW. Therefore:
- (a) WHA is provided with insurance coverage for officials and Board members through Hockey NSW; and
 - (b) Each Registered Player is provided with insurance coverage through Hockey NSW.

3.6 Player eligibility

- 3.6.1 A player must be a Registered Player to play a second competition match. This means no player may take the field without being registered.
- 3.6.2 A player may register for more than one Competition in the following circumstances:
 - 3.6.1a If the second team will not have sufficient numbers to field a team without their participation. (Sufficient numbers would constitute 10 players for Sevens and 14 for JFF) The second team must also be in a higher division.
 - 3.6.1b If the second team is an Opens Competition and a junior player is registering for the Open's team as a second team.
 - 3.6.1c Registrations for second teams are only accepted up to the conclusion of Round 8. Any changes after this date would need to be approved in writing by the Board.
 - 3.6.1d The Player has completed the relevant registration process, including any additional payment via their Member portal.

4. Team Composition

4.1 Minkey Competition

- 4.1.1 Players are intended to be 5 to 8 years of age.
- 4.1.2 Teams must play at least one female on the field at all times.
- 4.1.3 Teams are intended to be mixed with male and female players.

4.2 Sevens Competition

- 4.2.1 Players are intended to be 9 to 13 years.
- 4.2.2 Teams must play at least one female on the field at all times.
- 4.2.3 Teams are intended to be mixed with male and female players.

4.3 Junior Full Field Competition

- 4.3.1 Players are intended to be 13 to 18 years;
- 4.3.2 Teams should play with at least 50% female players; unless exemption is approved by the board in writing
- 4.3.3 Male players are not eligible to play in JFF B & C if they are turning 16 years of age or older. Male players turning 16 must play JFFA.

4.4 Womens Competition

- 4.4.1 Players are intended to be 15 years or over;
- 4.4.2 On written application, the Board may allow a player who attends high school but who is not yet 15 years of age to register in the Women's Competition. The Board will consider, among other factors, the physical stature of the player and their playing experience; and

- 4.4.3 Male players are not eligible to register or play in this Competition if they are 16 years of age or older.

4.5 Mens & Mixed Competition

- 4.5.1 It is intended that players will be male if any Men's competition is run; and
- 4.5.2 Players in the mixed competition can be both female and male but must be 15 years of age and over
- 4.6 Ages are determined by the calendar year. Therefore, a person who turns 15 years on any day within a calendar year is considered to be '15 years or over for the purpose of registering in a competition for that year. This means that a male player is eligible to play in an Open Womens or Junior Full Field Competition for a particular year provided they do not turn 16 years of age in that year.
- 4.7 Exemptions to Rule 4 may be granted at the individual discretion of the Board on receipt of a written application.
- 4.8 Additional guidance on age restrictions for Divisions within each Competition is published by the Board in the minutes of the WHA AGM and Committee meetings.

5. Substitution

5.1 General

- 5.1.1 The team receiving the substituting player can only play a maximum of 1 reserve player during that competition match. That is, players can only be substituted up to 1 additional player above the maximum number of players allowed on the field; (Team numbers are 11 for JFF, 7 for Sevens and 10 for Womens).
- 5.1.2 Each player who substitutes from another team must be recorded on the match card regardless of the duration of the competition match played;
- 5.1.3 Any player who substitutes 3 times into another team within their Competition is considered to be registered in that team as of the third match;
- 5.1.4 No player may be substituted during a Semi-final or Final competition match without prior written approval from the board;
- 5.1.5 Where junior players are substituting for Womens or Mixed Competition they should be guided by 4.4 and 4.5. Should a junior player be less than 15 years of age the substitution must be agreed by the Competition Convenor before the player can take the field.

5.2 Same Competition

- 5.2.1 A Member with 2 or more teams in one Division within a Competition can substitute up to 3 players from one team to another team, subject to Rule 5.1.

5.3 Higher Competition

- 5.3.1 A Registered Player may play in a Competition higher than the Competition they are registered in, subject to the following:
- (a) Rule 5.1; and
 - (b) The player being registered in that higher Competition Subject to rule 3.6.2

5.4 Lower Competition

5.4.1 A player may not play in a Division or Competition lower than the Division or Competition they are first registered in.

5.5 Exemption

5.5.1 Individual exemptions to Rule 5.4 may be considered at the discretion of the Board where a written application is made;

5.5.2 An exception has been made to Rule 5 where the player substitutes to another team as goalie.

6. Fixtures

6.1 Website

6.1.1 Fixtures for each competition match will be recorded on the WHA website located at www.warringah-hockey.com

6.1.2 Please see this website for all relevant notice and updates

6.2 Wet weather

6.2.1 If wet weather results in the cancellation of a competition match, a notice will be displayed on the WHA website and notification given through the relevant portal.

7. Results

7.1 Match Cards

7.1.1 Match Cards are to be collected from and returned to the Competition Convenor by a representative of each team at the start/completion of each match.

7.1.2 Each player is required to sign the Match Card prior to taking the field including substituting players pursuant to Rule 5.1.2.

7.1.3 The match card must be shown to the umpire at the commencement of the match and at full time, checking that the scores are recorded and signed off by representatives of both team at the end of the match.

7.1.4 All injuries and infringements must be recorded on the Match Card by the team manager/representative and verified by the umpires at the completion of the game.

7.2 Competition Points

7.2.1 Points will be awarded as follows:

(a) Win = 3 points

(b) Draw = 2 points

(c) Cancellation due to weather = 2 points

(d) Loss = 1 point

(e) Forfeit = 3 points for the non-forfeiting team with a game score recorded of 3 – 0 and 0 points for the team forfeiting with a game score recorded of 0 – 3.

- (f) Bye = 2 points.

8. Penalties and Dispute Resolution

- 8.1 Penalty for breach of any Competition Rules may be imposed at the discretion of the Board. Any breach of Rule 3.6, 4 or 5 may result in the loss of 3 Competition Points and forfeiture of a match in which the breach occurred.
- 8.2 If teams believe there are mitigating circumstances when advised of their loss of Competition Points, they may appeal to the WHA Board within 7 days. The appeal should be in writing and addressed to the Secretary of WHA. The Board has discretion to reinstate Competition Points.

9. Responsibilities of a Player

- 9.1 All players are required to abide by the Australian Sports Commission "Aussie Sport" Code of Behaviour provided at Rule 17. All players are required to sign on each week and make sure they are registered in that team before taking the field.
- 9.2 Players' abuse of umpires including verbal abuse will not be tolerated. This includes sledging of an umpire's decision and abusive language even if self-referential. Umpires are instructed to respond to this behaviour in line with FIH rules of play. The WHA Board reserves the right to further penalise such abusive behaviour at their discretion.
- 9.3 As a guideline, an umpire may issue a 'green card' for an initial infringement, a 'yellow card' for any subsequent infringement or a 'red card' for any further infringements. The umpire may use their discretion to escalate a penalty if required.
- 9.4 A request for clarification of an umpire's decision if conducted politely and during a suitable moment in the match is appropriate to promote player development.
- 9.5 Cumulative Penalty Points Count: once a maximum of 10 points has been achieved a player is suspended for 1 match
- 9.5.1 Green Card = 2 points
 - 9.5.2 Yellow Card = 5 points
 - 9.5.3 Red Card = 10 points
- 9.6 The Board in consultation with the Umpires Convenor may increase the penalty for the award of any card at their discretion. The player may apply to the Board to have this decision reviewed. The appeal should be in writing and addressed to the Secretary of WHA within 7 days of the awarding of Penalty Points.

10. Responsibilities of an Umpire

- 10.1 The Association will provide umpires for each competition match. To ensure a consistent standard, umpires who offer their services to WHA will be expected to attend rules seminars and to maintain a consistent standard of rule interpretation and match control. Umpires will be remunerated for their efforts by WHA.
- 10.2 Umpires are required to wear the WHA umpiring uniform. This consists of black pants, shorts or skort and long black socks along with a Fluro yellow umpire shirt. Umpires must also have a whistle and umpire cards.

10.3 Umpires are required to act in accordance with the WHA First Aid Procedure. This places an obligation on Umpires to report any incident involving an injury, a breach of the WHA Code of Conduct or a penalty involving a card being issued. The report is made on the match card, to the WHA President and the WHA Umpires Convenor as soon as practicable after the match has concluded. The Board in conjunction with the Umpires Convenor will then seek information and take further action if it is required.

10.4 WHA association umpires must within the competition either/or:

- Coach
- Play
- Volunteer

10.5 Umpires are also required to be at their games ready to start at least 10 minutes before the start where possible and are required to keep time during the game and record of goals scored by each team.

11. Responsibilities of a Coach

11.1 Coaching from the following positions will be allowed provided that there is no hindrance to the umpires or objections lodged to the umpires and/or association officials by either team:

11.1.1 Minkey A;

- (a) Competition matches during first half of the season: on field but should not be in the D;
- (b) Competition matches during second half of the season sideline;

11.1.2 Minkey B;

- (a) Competition matches: on field;

11.1.3 Sevens A;

- (a) Sideline;

11.1.4 Sevens B,C & D;

- (a) Competition matches during first half of the season: on field, tending to the sideline;
- (b) Competition matches during second half of the season (after round 7) and finals: sideline;

11.1.5 Junior Full Field and Opens divisions; (a)

Sideline.

11.2 Team Captains and umpires have the right to ask association officials for assistance in dealing with persons creating a hindrance/disturbance. Such persons, if they cannot control their own behaviour will be asked to leave the grounds.

11.3 As per the International Rules of Hockey, any rough or dangerous play or abusive/foul language will be penalised by suspension from play.

- 11.4 Players (and spectators) do not have the right to question the umpire's decisions. A request for clarification of an umpire's decision if conducted politely and during a suitable moment in the match is appropriate to promote player development.
- 11.5 Coaches are asked to control any unruly behaviour by their players and their team's supporters and to demonstrate good sportsmanship.
- 11.6 A transcript of the Australian Sports Commission "Aussie Sport" Code of Behaviour is provided at Rule 17. We ask all teams to abide by and promote the Code of Behaviour among their players and supporters to encourage behaviour we consider essential to allow all participants to enjoy their hockey. The Codes are equally relevant to both Modified and Open competitions.
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12. Responsibilities of Spectators (including any children)

- 12.1 Spectators are not permitted to stand at any point along the baselines. Spectators who set up along the baselines will be asked by Association officials or umpires to move to the sidelines. Failure to comply will result in the match being stopped until they do so.
- 12.2 For safety reasons, spectators are asked to keep at least one metre clear space between the sideline and their positions. Spectators are reminded also not to stand, lean, hang or swing on any part of the hockey goal posts on any of the fields at any time.
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13. Duties in respect to Playing Field

- 13.1 Teams are responsible for ensuring that the relevant goal cones and equipment are collected and set up at the start of their match and returned to the storage area at the end of the last timeslot.
- 13.2 Failure to ensure the correct set up and return of Playing Field equipment may result in the loss of one competition point.
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14. Uniform and Equipment

- 14.1 The general guideline for hockey uniforms is:
- 14.1.1 Short sleeved shirt;
 - 14.1.2 Skirt or Shorts; and
 - 14.1.3 Playing Socks worn over shinpads.
- 14.2 A uniform must be consistent across all players.
- 14.3 Where Members have more than one team in a Division, the teams can choose alternate colour-ways of their uniform when playing each other or wear bibs. If a Member has 3 or more teams in one Division, then it is recommended that each team be permanently differentiated from their sister teams.
- 14.4 New teams wishing to enter our competition need to provide the WHA Board with their proposed uniform colours prior to registering a team in the competition. The WHA Board will endeavour to avoid teams playing in similar colours.
- 14.5 Mandatory Equipment

- 14.5.1 No players may take the field without a mouthguard and shinpads unless they have provided WHA with a signed copy of the WHA Mouthguard shinpads and Glasses Advice. This Advice can be sought from the Competition Convenor.

15. Injury Procedure

- 15.1 The WHA First Aid Procedure is published by the Board. A copy can be obtained from the Competition Convenor or from the Match folder.
- 15.2 All injuries are to be recorded on Match Cards by team manager/representative to be collated by WHA.

16. Rules of Play

16.1 Open Competitions

16.1.1 Goal keepers

- (a) WHA has adopted the FIH goal keeping rules. A team is able to field:
- (i) a fully kitted goal keeper wearing a helmet, chest guard, leg guards and kickers;
 - (ii) a player who has no goal keeping functions.

16.1.2 Duration of Play

- (a) Preliminary Rounds: 30 minutes halves with a 5 minute half-time break. Teams must be ready to take the field 5 minutes before the scheduled start of the match. A team has 10 minutes to take the field from scheduled start time or forfeit the match unless a satisfactory explanation is accepted by the Competition Convenor.
- (b) Semi-finals, Finals, Grand Finals (Finals):
- (i) All Finals will play 30 minute halves with a 5 minute break. If the score is drawn after full time, the procedure to achieve a result will be:
 - (ii) After a 5 minute break and changing ends, teams will play a further 5 minutes each way. Substitution is allowed during this time. No break will be taken between the two 5 minute periods. If the score is still drawn, joint premiers will be declared. No golden goal, drop off or penalty shot out will be played.
 - (iii) In the event of the semis not being played the two teams that finish first and second after the final round game will contest the grand final game.
 - (iv) In the event of the grand final game not being contested the team that finished higher (of the two teams due to contest the final) after the final round game will be declared the winner.

16.2 Modified competitions

- 16.2.1 The modified rules of play for Minkey and Sevens are designed for young players to learn the skills of hockey and to build awareness of the rules of the match. Emphasis is placed on safety issues.

16.2.2 Minkey, Sevens and Junior Full Field Rules of Play and specific competition conditions are published separately each year. The Summary of Modified Rules leaflet can be requested from the Competition Convenor.

16.2.3 Player numbers

- (a) Minkey Competition: B - 4 players, A - 6 players
- (b) Sevens Competition: 7 players
- (c) Junior Full Field and Opens Competitions: 11 players
- (d) Opens Division 1 & 2, 10 players on the field at any one time. The 10th player either being
 - i) Fully kitted Goal Keeper
 - ii) a player who has no goal keeping functions

16.2.4 Goal keepers

- (a) Minkey Competition: No goal keepers are played
- (b) Sevens Competition: a team is able to field either:
 - (i) a kitted goal keeper wearing leg guards and kickers. A helmet is recommended equipment; or
 - (ii) a player who has no goal keeping functions
- (c) Junior Full Field Competition and Opens Divisions: a team is able to field either:
 - (i) a fully kitted goal keeper wearing a helmet, chest guard, leg guards and kickers; or
 - (ii) a player who has no goal keeping functions

16.2.5 Duration of Play

- (a) Preliminary Rounds:
 - (i) Minkey matches will play 15 minute halves with a 5 minute half time break.
 - (ii) Sevens matches will play 20 minute halves with a 5-minute half time break.
 - (iii) Junior Full Field matches will play 25 minute halves with a 5-minute half time break.
- (b) Modified teams have 5 minutes to take the field after the scheduled starting time or forfeit the match.
- (c) Semi-finals, Finals, Grand Finals (Finals):

- (i) Sevens finals will play 20 minute halves with a 5 minute break. If the score is draw after full time, the team ahead on the point score is declared the winner.
- (ii) Junior Full Field finals will play 25 minute halves with a 5 minute break. If the score is draw after full time, the team ahead on the point score is declared the winner.

17. Code of Behaviour

The Codes of behaviour provide guidelines for what is considered to be reasonable and sports like behaviour by ALL participants in sport. The Association has published the codes for the widest distribution among all Warringah players to ensure that these directions will be followed willingly.

17.1 Players' Code

- 17.1.1 Play by the rules.
- 17.1.2 Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- 17.1.3 Control your temper. Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not acceptable or permitted in any sport.
- 17.1.4 Work equally hard for yourself and for your team. The performance of your team and you as an individual player will benefit.
- 17.1.5 Be a good sport. Applaud all good plays whether they are by your team, opponent or the other team.
- 17.1.6 Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
- 17.1.7 Co-operate with your coach, team-mates and opponents. Without them, there would be no competition.
- 17.1.8 Play for the 'fun of it' and not just to please parents and coaches.
- 17.1.9 Avoid use of derogatory language based on gender.

17.2 Coaches' Code

- 17.2.1 Be reasonable in your demands on young players' time, energy and enthusiasm.
- 17.2.2 Teach your players that rules of the sport are mutual agreements which no one should evade or break.
- 17.2.3 Whenever possible, group players to give a reasonable chance of success.
- 17.2.4 Avoid over-playing the talented players. The "just-average" players need and deserve equal time.
- 17.2.5 Remember that children participate for fun and enjoyment and that winning is only part of their motivation. Never ridicule or yell at the children for making mistakes or losing a competition.
- 17.2.6 Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.

- 17.2.7 Take into consideration the maturity level of the children, when scheduling and determining the length of practice times and competition.
- 17.2.8 Develop team respect for the ability of opponents as well as for the judgement of officials and opposing coaches.
- 17.2.9 Follow the advice of a physician when determining when an injured player is ready to recommence training or competition.
- 17.2.10 Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.
- 17.2.11 Avoid use of derogatory language based on gender.

17.3 Parents' Code

- 17.3.1 Encourage children to participate, if they are interested. However, if a child is not willing, do not force him or her.
- 17.3.2 Focus upon the child's efforts and performance rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
- 17.3.3 Teach children that an honest effort is as important as victory, so that the result of each match is accepted without undue disappointment.
- 17.3.4 Encourage children to always participate according the rules.
- 17.3.5 Never ridicule or yell at a child for making a mistake or losing a match.
- 17.3.6 Remember children are involved in organised sports for their enjoyment, not yours.
- 17.3.7 Remember that children learn best from example. Applaud good plays by all teams.
- 17.3.8 If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember, most officials voluntarily give their time and effort for your child's involvement.
- 17.3.9 Support all efforts to remove verbal and physical abuse from sporting activities.
- 17.3.10 Recognise the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for the children and deserve your support.
- 17.3.11 Avoid use of derogatory language based on gender.
- 17.3.12 Parents must manage and supervise other siblings at all times on the hockey grounds, keeping them safe from injury or harm.

17.4 Spectators' Code

- 17.4.1 Remember that children play organised sports for fun. They are not playing for the entertainment of spectators only, nor are they miniature professionals.
- 17.4.2 Applaud good performances and efforts from each team. Congratulate all participants upon their performance regardless of the match's outcome.

- 17.4.3 Respect the officials' decisions. Spectator interference in a match is neither entertaining nor conducive to anyone's enjoyment of the match.
- 17.4.4 Never ridicule or scold a child for making a mistake during a competition. Positive comments are motivational.
- 17.4.5 Condemn the use of violence in any form, be it by spectators, coaches, officials or players.
- 17.4.6 Show respect for your team's opponents. Without them there would be no match.
- 17.4.7 Encourage players to follow the rules and the officials' decisions.
- 17.4.8 Demonstrate appropriate social behaviour by not using foul language, harassing players, coaches or officials.
- 17.4.9 Avoid use of derogatory language based on gender.