



GOLD COAST HOCKEY ASSOCIATION INC

LOCAL RULES

2021

In association with FIH Rules of Hockey the Gold Coast Hockey Association Inc (GCHA) produces these Local Rules.

GCHA will review any Rules that come from HA, HQ Inc before any Rules are changed or amendments added.

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1 Introduction

The Gold Coast Hockey Association (GCHA) Inc. operates under the current Rules of Outdoor Hockey (11 a-side) as published by The International Hockey Federation (FIH) and those Rules apply unless altered by the following sections of this document, in which case the alterations contained in these Local Rules will apply. No other match Rules or tournament regulations apply.

The Board of the Gold Coast Hockey Association Inc (GCHA) has discretionary powers over these Local Rules and with respect to their interpretation and application. This document replaces all previous versions of the Local Rules and will remain current until replaced with a newer version. The participants (players, officials, etc) of all GCHA Competitions shall be subject to the current version of these local Rules as published by GCHA. No other versions or variations of these Rules are permitted. Correspondence received after close of business - 5.00pm each business day – unless of an emergent nature, will not be actioned until the following business day.

2 Local Rules

2.1 Competition Structure

1. The GCHA competitions are structured as follows

Senior Divisions

Divisions 1, 2, 3	Male
Divisions 1, 2, 3, 4	Female
Masters	Male & Female
As recommended by the Competitions Committee	

Junior Divisions

Junior Development	Gold Coast Cubs (1/4 field), (Mixed Gender) Gold Coast Rookies (1/2 field) (Mixed Gender)
U12	Mixed Gender
U14	Male & Female
Open	Male & Female
As recommended by the Competitions Committee	

2. The above divisions will all operate as separate competitions under the control of the GCHA
3. The structure of the competitions will be determined by the GCHA primarily based on team nominations and grading of teams. At its discretion, the GCHA reserves the right to vary the number of teams in any division outside of the above template and to grade all teams in any division.
4. There will be a minimum number of matches for each division as determined by the GCHA, with only full rounds in all divisions unless decided otherwise by the GCHA.

2.2 Match Template, Rounds, Durations and Starting Times

1. The template continues to be a product of ongoing negotiation and agreement between GCHA and other sporting associations as required. The GCHA will determine the Template.
2. All competitions will consist of an agreed number of rounds, generally numbered, and played in chronological order. In the event of a match being moved, player registration and playing stipulations must be complied with as though the round were still in its original chronological order. The Competitions Coordinator will ensure that no unfair advantage is gained by any movements across rounds of any matches for any teams.
3. Match Durations are as follows:
 - a. Senior matches should consist of four seventeen (4 x 17) minute quarters with a five (5) minute half time break and two (2) minute quarter time break.
 - b. A Senior match may reduce to no less than three seventeen (3 x 17) minute periods with a two (2) minute break at the end of the first period and a five (5) minute break after the second period in place of the normal half time break. Any further reductions in match time will result in the match being treated as abandoned (see Rule 2.4.2 and Rule 2.3.4).

- c. Masters matches should consist of two twenty-five (2 x 25) minute halves with a five (5) minute half time break.
- d. Junior matches (U12 to **Opens**) should consist of two thirty (2 x 30) minute halves with a five (5) minute half time break.
- e. Junior matches modified should consist of two twenty (2 x 20) minute halves with a five (5) minute half time break.
4. In the case of extremely hot weather or other risk situations competition duration may be altered by a GCHA representative to comply with Hockey Queensland Risk Management policy guidelines.
5. At the start of every game the team named first on the fixtures will start the game in the dugout to the left side of the seated Tech Bench. The team named second will start in the dugout to the right side of the seated Tech Bench. The first named team first will start the game with possession of the ball. The second named team will choose the direction in which they wish to start. This regulation will remain in effect until such time as the Queensland Government or the Chief Health Officer of Queensland lifts any and all restrictions relating to Community Sport and COVID-19.

2.3 Time Keeping for Matches

1. Official game time is the advertised game start time as per fixture draw.
2. Time out during fixture matches will not be permitted. Time out during Finals, in the case of injury, will be at the discretion of the Technical Bench (Tech Bench) Supervisor, and on advice from the Umpires.
3. **Umpires are required to ensure that all injured players leave the field as quickly as possible (see Rule 2.11)**
4. If a match needs to be stopped for any reason due to unforeseen weather conditions or deterioration in the condition of the playing surface, the match officials will wait and see if conditions clear and the ground becomes playable thereby enabling the fixture to be completed. In this situation any time lost is to be deducted from the time originally allocated to the match, thereby enabling the ensuing matches to be completed as scheduled. **If 15 continuous minutes of allotted match time is lost, excluding any scheduled break times, and the match cannot be continued, the Tech Bench Supervisor, in conjunction with the Umpires allocated to that scheduled fixture will decide the result of the match based upon the following:**
 - a) if the teams have completed a minimum of at least 50% of the match time originally allotted to the fixture then the match will be declared complete and scores will stand as they were at the time of the interruption.
 - b) if less than 50% of the match time originally allotted to the fixture has been played, then the match will be determined to be abandoned (see Rule 2.4.2)
5. If the match can be continued, any player suspensions in place at the time of stoppage will continue.

2.4 Rescheduled Matches

1. Abandoned matches must be rescheduled and played **within four (4) weeks** of the cancelled/abandoned game and before the completion of season's fixtures. The Competitions Coordinator will reschedule the game giving each team at least one (1) week's notice. If the date supplied cannot be agreed upon within the time frame, the game will be declared a nil all draw with both teams awarded one (1) point and zero (0) goals.
2. Match reschedules will not be considered after ratified fixtures have been published for the season, with the exception of abandoned matches as above, and fixture matches during state titles due to representative absences (see Rule 2.5).

2.5 Fixture Matches during Representative Hockey

Where a team has five (5) or more regular team players away for official representative duties – player, Umpire, Coach or Manager – for GCHA or higher representative duties for hockey, they may request reschedule of the relevant match. Regular team players will be defined as those who have played at least 50% of all possible matches for that team, since having played their first match in this team.

1. **Reschedules will only be considered for a club that does not have a team in the next lowest division.**
2. Any such requests must be lodged with the GCHA Administrator and Competitions Coordinator at least fourteen (14) days prior to the scheduled match date.
3. The Competitions Coordinator will provide a reasonable date and time to reschedule the match to be played within four (4) weeks before or after the original scheduled date.
4. Match time and date must be confirmed by both teams no less than seven (7) days prior to the original rescheduled match date.
5. Should either team not be able to commit to the rescheduled date and time, the game will be declared a nil all draw with both teams awarded one (1) point and zero (0) goals.

2.6 Determination of Late Starting Fixture Match

If after a period of **ten (10) minutes** a team does not take the field, forfeiture will be awarded to the team ready to play (see Rule 2.7.2.a) ii).

2.7 Forfeiture of Matches

1. **Any club receiving forfeiture shall be credited with three points and shall be treated as having scored six (6) goals to nil (0).**
2. A forfeit shall be awarded when:
 - a) One team fails to appear at the time set down for play or within the specified match start time frame (see Rule 2.6). For a forfeit to be awarded on match day, it is required that:
 - i the team ready to play takes the field; and
 - ii a match card is completed and lodged with the Tech Bench Facilitator on the day.
 - b) One (1) team advises in advance of a forfeit. In this case, the team being awarded the game does not have to take the field, however a game card may be completed in full and lodged with GCHA within three (3) days of the scheduled fixture.
3. Should a team forfeit a fixture match, the Club concerned shall be liable for payment of their opponent's turf fees in addition to their own (double turf fees).
4. Failure of a team to appear and not having the courtesy to provide at least 24 hours' notice of forfeit to GCHA and the opposition will result in a \$200 fine in addition to double match fees.

2.8 Withdrawal of a Team Mid-Season

In the event of a Club withdrawing a team during the season, for all complete competition rounds, their competition points and goals for, and against, will stand. All points associated with all scheduled matches for that team will be negated. The club withdrawing their team shall be liable for any costs, in connection with, registration of that team with GCHA and Hockey Queensland.

2.9 Coaching from the Back Line & Dugouts

1. Coaching from the back line by any team personnel is prohibited for all Competitions to avoid possible player conflict and ensure fair conduct of play.
2. Only those players named on the game card (or injured team players) are allowed in the dugout i.e., up to sixteen (16) players; plus, three (3) officials.
3. Coaches will be allowed on the field in the Under 12 Mixed competition **for the first four competition rounds** to assist with positional play and skill correction. Coaches must take care not to intrude on the flow of the game or to overwhelm players when on the field.
4. **Coaches will be allowed on the field all year for Junior Development.**

2.10 Goalkeepers

Each Senior team shall have a Goalkeeper or 11 field players as per FIH Rules. (Effective from 1 January 2019)

Goalkeepers must wear a coloured shirt or garment which is *different in colour from that of both teams*. Goalkeepers must wear this shirt or garment over any upper body protection. Elbow protection does not need to be covered by the shirt or garment.

Goalkeepers must wear protective equipment comprising of at least; headgear, leg guards and kickers except that the headgear and any hand protectors may be removed when taking a penalty stroke.

The following are permitted for use only by Goalkeepers: body, upper arm, elbow, forearm, hand, thigh and knee protectors, leg guards and kickers.

All junior teams (U12, U14 & Opens) must play with a fully protected Goalkeeper. Failure to adhere to the Goalkeeper requirement for junior grades will result in a forfeit as per Rule 2.7.

2.11 Injuries

- a) There will be **no time-out** for injury in any game, except for Rule 2.3.2.
- b) Injured players should be taken from the field as soon as safely possible for treatment. To ensure minimum stoppage time during matches, if the Sports Trainer or any team official is required to enter the pitch at the Umpires discretion to assist an injured player, the player who is injured **must** leave the field for a minimum of two (2) minutes and may be replaced.
- c) In the event of an injured player who is unable to move, the **advice of First Aid personnel will be followed**, including calling for an ambulance, and/or immobilising the player on the field, if necessary. In respect of injury to a **Goalkeeper** up to two (2) minutes will be allowed for injury treatment on the pitch.
- d) All head and face injuries **must be assessed** by the First Aid personnel on duty.

2.12 Blood Protocol

1. Open Cuts

As Hockey is a contact or collision sport, this is an area of principal concern to the GCHA given that the skin can be broken very easily by contact with players and facilities or equipment. **Prior to commencement of play all open wounds or grazes must be covered.** All open cuts and abrasions sustained during a match shall be reported to the Technical Bench and treated immediately to preclude any type of blood contamination.

2. Players

a) Cease Participation

If a bleeding wound occurs, the player shall cease participation in a match and be removed from the field, treated until the bleeding has stopped and the wound is both cleaned with antiseptic and covered. Once the wound is cleaned and covered the player may return to the field.

b) Treatment

If an open skin lesion is noticed by Umpires or Tech Bench Officials, the player shall cease participation immediately and be removed from the field to have it cleaned with antiseptic and covered before returning to play

c) Uncontrollable Bleeding

If bleeding cannot be controlled and the wound securely covered, the player shall not continue in the game and should be referred to a medical facility for urgent assessment.

3. Contaminated Articles

All clothing, equipment and surfaces contaminated by blood shall be regarded as contaminated and treated accordingly.

4. Umpires Responsibilities

a) Players Ordered from Field

Should a player not take remedial action as outlined, Umpires are empowered to order the player from the field to receive the required treatment.

b) Refusal by Player

Any player who refuses to obey an Umpire's instruction to leave the field of play for treatment shall be suspended for the remainder of the game and may be charged by the Judiciary Committee with misconduct and dealt with under the Rules.

2.13 Concussion Protocol

Any player with suspected concussion should be REMOVED FROM PLAY, medically assessed and monitored for deterioration. No player diagnosed with concussion will be allowed to be returned to play on the day of injury and is to be replaced. If a player is suspected of having concussion and medical personnel are not immediately available, the player should be referred to a medical facility for urgent assessment. This must be noted on the Match Report.

Concussion will be deemed as any of the following:

- A player is exhibiting 2 or more observable signs and/or symptoms as per the Concussion Recognition Tool (Appendix B - CRT5) or Sports Concussion Assessment Tool (SCAT5)
- Any red flags e.g., Loss of consciousness, Ambulance called (as defined in Appendix B)

If a player refuses to undertake a concussion assessment then Rule 2.12.4 a) applies

Return to Play After Concussion Diagnosis.

1. Any medically diagnosed concussion will require a mandatory 1-week medical suspension from playing for adults over 18 years of age and 2 weeks minimum for juniors under 18 years of age. The player must be asymptomatic and must have a written clearance from their General Practitioner (GP) prior to return to play.
2. The Australian Sports Commission "Return to Sport Protocols" are recommended for all players returning from concussion.
3. Two concussions in the same season will require a mandatory 3-week medical suspension plus GP follow up prior to returning to play. It is recommended that these players complete a SCAT 5 (or current protocol) assessment and must provide written clearance from their GP prior to returning to play.
4. **Players need to provide GCHA with a clearance letter from their GP or give the GP clearance letter to the First Aid personnel on duty on the day of the match prior to returning to play following any concussion diagnosis.**

3. Team Registration

1. No Club shall be permitted to have two teams in the same division if they do not have a team in the next higher Division.
2. Any team that plays unregistered players will be penalised. Penalty = loss of three (3) points to the offending team. Each team shall be entitled to name a designated Goalkeeper.
3. A player may only play for one team in a division or age group. Any breach of this Rule carries a penalty of loss of three (3) points to the secondary team.
4. Team lists are to be received by the GCHA Administrator no later than midday on the Friday prior to the commencement of the fourth round of fixtures
5. A minimum of 11 players listed for **Division 1** teams,
Plus, Clubs that have **Division 1,2, & 3, minimum of 11 players listed in all grades**
Plus, Clubs with **Division 1-4, minimum of 11 players listed in all grades.**
6. All players must be team listed.

3.1 Player Registration

1. No player, either senior or junior, shall play **more than three (3) matches** in one (1) weekend e.g., one match Saturday, two (2) matches Sunday; or a junior playing one match Friday, two matches Sunday; etc. Masters matches are exempt from this Rule. Rescheduled matches do not contribute to the number of matches played in a weekend. A penalty of minus three (-3) premiership points will be applied to the team for which the fourth match was played.
2. No player may participate in any match unless such player is registered with GCHA before the start of the fixture match.
3. No National Open, U23, U21, or Hockey One/National League (or equivalent) players may play below Division 1. This Rule will not apply to Australian Masters players.
4. No Under 18 QLD Representative player may play in the lowest Association senior grade.
5. Should a player miss four (4) **possible** matches in succession in their registered team listed division then that player will be automatically de-registered from that division and will need to be replaced if this results in their team having insufficient players listed. (see Rule 3.0.5).
6. Upon application, exemption will be granted for any weeks that players miss due to governing body sanctioned hockey representative duties – evidence to be provided to GCHA.
7. Upon application, if a player sustains an injury during a match and a medical certificate is provided to GCHA, a two (2) week extension may be granted before they must be deregistered.
8. At all times, the Competitions Coordinator shall administer de-registrations and/or re-registrations including players coming back after a lengthy period of injury.

3.2 Player Pool

The GCHA may consider a relaxation relevant By Laws under Section 3, to allow a Junior player to play into an age group or division with another club to accommodate their developmental needs yet retain their originating club linkages. If a player's club:

- a) only has Senior teams; or
- b) only has Junior teams; or
- c) does not have a team in an appropriate higher division to provide challenge for the player's development.

The Club may submit a Junior Player Pool form, signed by both clubs involved to receive special consideration under this bylaw.

All Player Pool forms must be authorised by the Competitions Coordinator or delegate before the player takes field.

3.3 Playing in a Lower/Higher Division

1. A player can play an unlimited number of games in the next immediate higher division for their club through the season, however, should the player play three (3) consecutive matches in the next immediate division and does not take the field in the team they are listed in, the player will be regraded into that Division.
2. If a player plays above their next immediate division at any time during the season, then after the fourth (4th) occurrence, the player will be immediately team listed in the next division above where they are currently registered. In the situation where there is lesser number of game fixtures in the lower division (due to byes/forfeits), the following concession will be permitted.
Players who are playing above their next immediate division will only be allowed to play additional games in the higher division up to the difference in the number of games between the divisions. At the end of the last round of fixtures players must not exceed more than the allowed additional games in the higher division. If this occurs, they will be ineligible to play finals in the lower division.
Example 1: If there is a 15-game competition in Division 3 and a 20-game competition in Division 1, a player may play only five (5) additional games above what they have legitimately played in Division 3 (i.e., If they play 11 games in Division 3 the maximum that can be played in Division 1 is 16 games. (Note: This will have a flow on effect to the lower grade listed elevens (11's))
3. At the end of the last round of fixtures, players must not exceed more than the allowed games in the higher division. If this occurs, they will be ineligible to play Finals in the lower division.
4. **No player shall play more than three matches in any one weekend (see Rule 3.1.1).**
5. A designated Goalkeeper shall be permitted to play down into any division as a field player (Rule 3.1.1 applies).
6. A field player shall be permitted to play down into any division as a Goalkeeper (Rule 3.1.1 applies). No player can play in a team lower than where they are team listed. Penalty of 3 points will apply.
7. A Junior player may not play below his/her eligible age group.
8. A player's first game after at least three (3) weeks off with injury or illness may be in a team one (1) division lower than where they are team listed without penalty. A letter of notification with a medical certificate attached must be received by the Competitions Coordinator prior to the player taking the field in the lower division, or Rule 3.3.6 will apply.
9. After seeking written dispensation from GCHA, a player may be downgraded from a team list for disciplinary or poor performance reasons by their club to a grade or division lower than where they were originally team listed, they will then automatically be deregistered from their primary team list and team listed to that lower grade or division. In the event of this occurrence that player must play a minimum of three (3) games in that team before he/she can be allowed to play in the original higher team. Should this situation occur the downgraded player must be replaced in the primary team listing by another player not originally team listed in the higher grade.

3.4 De-Registration of Players

De-registration of players from higher to lower divisions will not be accepted after the commencement of the final five (5) fixture rounds for the season (whereby one (1) week equals one (1) fixture round (see Rule 2.2.2).

4 Requirements for Team Sheets and Result Slips

Premiership Point Scoring for Fixture Matches

During the fixture competitions for all divisions Premiership points will be awarded as follows

WIN	Three (3) points
DRAW	One (1) point per team
LOSS	Nil (0) points
BYE	Nil (0) points
WIN ON FORFEIT	Three (3) points and six (6) goals to nil (0) to the team gaining the forfeit
LOSS ON FORFEIT	Nil (0) Points

Match Records and Team Sheet

1. GCHA provided Match Records must be presented to the Umpire/Technical Bench, at the commencement of a fixture match. Team sheets must be correctly completed as follows:
 - Surname first, followed by full Given Name.
 - Each player's individual shirt number must appear on the team card.
 - **Team lists must be entered into Altius (where applicable)**
2. Temporary suspensions (yellow cards) must be accurately recorded on the team sheets in all divisions, including the reason for the penalty.
3. **Each Club is to provide a technical person for all games where Altius is used to record all match details. Goals, cards, player numbers and any other match details are to be recorded.**

4.1 Checking and Signing Summary.

1. It is the responsibility of each of the **Managers (or team Tech Bench personnel)** of the opposing teams to cross check that the details of the match have been correctly recorded on both teams' sheets and update Altius to show the result as Official in the system at the conclusion of the match. Once satisfied each Manager is to sign in the spaces provided on both teams' sheets.
2. The **match Umpires** are also required to check that the details of the match have been correctly recorded on both teams' sheets. Once the Umpires are satisfied with the details, they will each legibly record their name and signature in the spaces provided. These details will be used as the basis for the payment of Umpires.
3. Once completed and signed it is an offence for any further alterations to be made to the match sheets or the Altius record without the official authorisation of the GCHA.
4. GCHA reserve their right to move to a digital platform that will record all of the above fields alleviating the need for paperwork

4.2 Permitted Number of Players

No player may take to the field until their name has been entered into the Match Record. Players may be listed on the team sheet at any time during the match up to a maximum of sixteen (16) players. **No team shall take the field with less than seven (7) players.**

Additionally, no club is permitted to have more than twenty (20) personnel (up to 16 players and up to 4 team officials) accessing their bench or dugout during the course of the game.

5 Premiership Final Series

5.1 Premiership Ladder Placing

Format for calculation of points tables for each competition will be as follows:

1. Local Competitions including only GCHA Registered Teams

After completion of all competition (fixture) matches, team placing on the premiership ladder shall be determined for each division. Premiership points awarded throughout the season are totalled and the premiership ladder is arranged in descending order, i.e., the team with the most premiership points appears at the top of the premiership ladder.

If Teams are equal on points the method for deciding upon positions of teams after completion of the fixture matches shall be as follows:

1. Goal Difference: goals "for" minus goals "against"; if a tie still exists.
2. Highest number of goals scored in the rounds.

5.2 Players Eligibility for Finals

A player must have played **five (5) fixture matches** for a team to be eligible to play Finals in that team. In addition, a player must have played **five (5) matches** for any subsequent higher division team to be eligible to play Finals in that team.

5.3 Minor Premiership

On completion of the premiership rounds the team leading the premiership ladder shall be declared the Minor Premiers.

5.4 Finals Playoff Procedures

Ten (10) Teams or Less

For a division comprised of ten (10) teams or less the Finals series fixtures shall be contested by the teams finishing 1st, 2nd, 3rd & 4th on the premiership ladder as detailed below, unless the GCHA determines otherwise for the benefit of a Competition.

Other play-off procedures may be considered by the GCHA from time to time.

Semi Finals

Major Semi-Final **1st vs 2nd**

Minor Semi-Final **3rd vs 4th**

Winner of the Major Semi-Final will play in the Grand Final.

Loser of the Major Semi-Final will play in the Preliminary Final

Winner of the Minor Semi-Final will play in the Preliminary Final.

Loser of the Minor Semi-Final is eliminated from the Final Series.

Preliminary Final

Loser of the Major Semi-Final game plays the winner of the Minor Semi-Final game.

Winner of the Preliminary Final will play in the Grand Final.

Loser of the Preliminary Final is eliminated from the Final Series.

Grand Final

Winner of the Major Semi-Final plays the winner of the Preliminary Final.

Three (3) Teams or Less

For a division comprised of three (3) teams or less the Finals series shall be contested by all teams with a major Semi-Final played the week before the Grand Final as follows:

Major Semi Final 2nd vs 3rd

Winner of the Major Semi Final to play in the Grand Final
Loser is eliminated from the Finals Series

Grand Final
1st position plays the Winner of the Major Semi Final

5.4.1 Determination of an Outright Winner

- 5.4.2 When the scores are equal at the conclusion of normal playing time, an outright winner shall be determined by a penalty shootout for Seniors, Opens, and Under 14's by way of shootout. This is for all Semi-Finals, Preliminary Finals and Grand Finals.
- 5.4.3 For Under 12s, should the scores be drawn at full time in any Final then Rule 5.5 golden goal applies. Should the scores remain level at the conclusion of extra time golden goal then the higher team will go through.
- 5.4.4 In Junior Divisions Under 12's Grand Final if still drawn after Extra Time, the Premiership is shared. There will NOT be a Shoot Out Competition in these divisions.

5.5 Extra Time – “Golden Goal”

- 5.5.1 At the conclusion of normal time there will be a two (2) minute rest.
- 5.5.2 Extra Time is two (2) x seven and a half (7½) minutes with a two (2) minute break i.e., after first 7 ½ minutes, teams will change ends after a two (2) minute break. If still drawn, the team with the higher placing will go through to the next Final.
- 5.5.3 Golden Goal in extra time. If a team scores during extra time, they will be declared the winner and the match will conclude.

5.6 Shoot Out Competition

- 5.6.1 In a shoot-out competition, **five players** from each team take a one-on-one shoot-out alternately against a defender from the other team. The one-on-one shoot-out competition will be played as per the Rules detailed in the Hockey Queensland Operations Manual.
- 5.6.2 Respective Team Managers nominate five (5) players to take and one (1) player to defend the shoot-outs from those eligible to play in the match, except as excluded below. A player nominated to defend the shoot-outs can also be nominated to take a shoot-out. No substitutions/replacements are permitted during the shoot-out competition, other than as specified below.
- 5.6.3 A player has been excluded permanently (red card) during the match, cannot take part in that shoot-out competition. A player who has been warned (green card) or temporarily suspended (yellow card) may take part in the shoot-out competition even if the period of their suspension has not been completed at the end of the match.
- 5.6.4 A coin is tossed; the team which wins the toss has the choice to take or defend the first shoot-out.
- 5.6.5 Five (5) players from each team take a shoot-out alternately against the Goalkeeper/defending player of the other team in the sequence nominated on the Shoot- out Competition form, making a total of ten (10) shoot-outs (five per each team).
- 5.6.6 **Taking a shoot-out:**
 - (i) The Goalkeeper/defending player starts on or behind the goal-line between the goal posts.
 - (ii) The ball is placed on the nearest twenty-three (23) metre line opposite the centre of the goal.
 - (iii) An attacker stands outside the twenty-three (23) metre line area near the ball.
 - (iv) The Umpire blows the whistle to signal the start of the shoot-out; the attacker and the Goalkeeper/defending player may then move in any direction.

5.6.7 The shoot-out is completed when:

- (i) Eight (8) seconds has elapsed since the starting signal.
- (ii) A goal is scored.
- (iii) The attacker commits an offence.
- (iv) the Goalkeeper/defending player commits an unintentional offence inside or outside the circle in which case the shoot-out is re-taken by the same player against the same Goalkeeper/defending player.
- (v) The Goalkeeper/defending player commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken.
- (vi) The ball goes out of play over the backline or side-line; this includes the Goalkeeper/defending player intentionally playing the ball over the backline.

5.6.8 If a penalty stroke is awarded as specified above, it can be taken and defended by any eligible player on the match sheet.

5.6.9 The team scoring the most goals is the winner and the competition ceases once an outright winner is determined.

5.6.10 If an equal number of goals are scored after each team has taken five (5) shoot-outs.

- (i) A second series of five (5) shoot-outs is taken with the same players, subject to the conditions specified in this section.
- (ii) The sequence in which the attackers take the shoot-outs need not be the same as in the first series.
- (iii) The team whose player took the first shoot-out in a series defends the first shoot-out of the next series.
- (iv) when one (1) team has scored or been awarded one (1) more goal than the opposing team after each team has taken the same number of shoot-outs, not necessarily being all five (5) shoot-outs, that team is the winner.

5.6.11 If an equal number of goals are scored after a second series of five (5) shoot-outs, additional series of shoot-outs are taken with the same players subject to the conditions specified in the Hockey Queensland Operations Manual Shoot-out section.

5.6.12 The sequence in which the attackers take the shoot-outs need not be the same.

6 Wet Weather Procedures

All draw changes for Junior competition due to wet weather will be placed on the GCHA Website no later than **1pm Friday** and advised to the Junior competition representative as nominated by each Club. Decisions about Saturday morning hockey will be deferred until 7pm Friday night and advised to club designated Junior competition representatives.

7 Conduct of Members

Refer to the following Codes of Conduct found on the GCHA website

www.goldcoasthockey.com/policies--forms.html

1. Spectator Code of Conduct
2. Parent/Guardian Code of Conduct
3. Coach Code of Conduct
4. Player Code of Conduct
5. Umpires Code of Conduct & Responsibilities

8 Dress Code & playing equipment

1. Shirt numbers are to be displayed on the back of playing club shirts.
2. Numbers must be a minimum of 10 cm in height, with preferred size for Seniors being 15 cm. No two (2) players in the same team shall wear the same number.
3. Half field mixed junior development participants will not be required to have numbered shirts.
4. Uniforms are to be standard throughout each Club, as per GCHA Uniform Register, except when an additional strip has been nominated and approved by GCHA. Players wearing an incorrect team uniform will not be allowed to take the field. New players will be given one (1) fixture round grace to wear colours acceptable by teams & Umpires.

5. **Ladies will be allowed to play in shorts of the same colour** as the club/team's registered uniform skirt.
6. **GCHA** strongly recommends as a duty of care that all senior players wear shin pads & mouthguards.
7. It is a **MANDATORY** requirement that all junior GCHA players wear shinpads and it is strongly recommended that mouthguards be worn.

9 Fees

1. To be determined by GCHA.
2. Refunds - Any registered player may be eligible for a refund upon request to GCHA by their affiliated Club, however any refund will be at the discretion of the GCHA.

Juniors

10 Match scheduling & scoring

1. Scores will not be kept in Junior Development mixed competition.
2. Winning scores in **Under 12s** will be limited to a six (6) point goal difference "encouragement" Rule. Goals will be recorded, until one team is winning by a goal difference of six (6) points at which time, the only goals that are recorded are those that keep the winning margin by six (6) points or less. Coaches and Managers are encouraged to change players and review positions to provide opportunities and encouragement for the losing team, and further develop skills, passing and positional play for the winning team.

10.1 Banned Play – Drag Flicks, "Tomahawk" & Use of Stick Above Shoulders

1. **The Drag Flick and "tomahawk" method of striking the ball is allowed in all GCHA divisions exclusive of Under 12 & Junior Development.** The tomahawk is defined as "a backhand hit with a wind up, using the edge of the stick". A back-stick sweep, where the stick slides across the ground to strike the ball, is a skill that will be allowable in all age groups.
2. It is strongly recommended that all clubs provide facemasks for all age groups Under 12 and up for defenders to wear in penalty corners. It is strongly recommended that all juniors defending the goal in penalty corners wear a face mask.
3. **Playing the ball above head height is allowed in all GCHA divisions exclusive of Under 12 and Junior Development.**

10.2 Registered Juniors Playing Seniors

1. A junior may be named in one (1) junior team and one (1) senior team.
2. A junior player playing in Junior Competition can only play a maximum of three (3) games per weekend of competition, which will consist of: -
 - ii. Two (2) games in Junior competition and one (1) game in Senior or
 - iii. One (1) game in Junior competition and two (2) games in Senior
3. A junior may play three (3) Junior games per weekend of competition if they are not playing seniors.

10.3 Mixed Gender Policy

Junior Development and Under 12 competitions will be mixed gender. In the Under 12 mixed competition, the **intention** is that numbers of each gender will be evenly balanced with no more than five (5) boys playing on the field at any one time (not including the Goalkeeper who may be either gender). In circumstances where a mixed team has uneven numbers of either gender it is understood that players will be rotated to allow all boys and girls fair time on field whilst aiming to adhere as closely as possible to the above gender guidelines. Adherence to this Rule will be monitored by GCHA based on the needs of all teams and players. If necessary, requests for changes will be made to the club/s involved.

Under 14s and Opens will be single gender as per Hockey Queensland policy.

10.4 Age Eligibility

For grades where age eligibility is considered players must be under the maximum age as at 1 January.

Born Between:	Eligible to play:
1 January 2009 and later	Gold Coast Under 12s Mixed
1 January 2007 2008	Gold Coast Under 14s
1 January 2004 2005 2006	Gold Coast Open Juniors

Open Juniors born in 2004 must be attending school at the commencement of the season. Trade Schools are classified as school for the purpose of this regulation.

10.5 Half Field Mixed Participation Competition

In keeping with the Hockey Australia Junior Hockey Policy, the **Gold Coast Rookies** Half field competition is a “participation based” competition which will include short skill development sessions for warm up. The intention of this competition is to be skill and participation based, and therefore the intended age in this competition is to be children **born 1 January 2011 and later** and beginner players who would not cope in full field Under 12s hockey.

Half field players are not required to have shirt numbers.

A fully kitted Goalkeeper is not mandatory in this competition; however, Goalkeeper kits should be available to teams and players encouraged to try out this specialist position. This may be with kickers only, or with a full kit, depending on the individual or items available.

1. Scores will not be kept for matches.
2. Where one team is short of players on a given day, they are allowed to use players from other teams/clubs. All games go ahead, no matter what the team numbers are.
3. All players to play the whole game. Preferred maximum per team 9 players.
4. No substitutes to be made during the match as all players play the whole game.
5. Coaches are permitted on the field.
6. Penalty corners may be played by mutual agreement between teams; however, this is not encouraged as part of game play in the first half of the season.

Umpiring

11.1 Green & Yellow Card Rule – A Player Penalty System

1. **In addition to all Senior Competitions this Rule also incorporates the junior competition with points accumulated in any of these competitions being cumulative and reciprocal.**
2. GCHA implement a points system for green and yellow cards whereby each green card given is worth zero (0) points, and each yellow card given is worth five (5) points. All yellow cards issued in a match must be accurately recorded on the team sheets in the Yellow Card column beside the relevant player, including the number of minutes of the suspension.
3. When a player has accumulated **fifteen (15) points**, they will be automatically suspended for one (1) competition round. The player cannot play in fixtures in any division until the suspension has been completed. In the event of a bye occurring in that competition round, then the suspension will transfer to the following round. At completion of the suspension, the fifteen (15) point accumulation will be deducted from any points recorded, and the balance will remain against the player's name.
4. Accumulated points will carry over at the start of the Final series and therefore, any suspensions due at the end of fixture rounds will apply.

11.2 Permanent Suspensions – Red Card

A **Red Card** issued to any one (1) player in any one (1) match will result in an automatic suspension from play for the balance of the game and for the balance of the fixture round in which the card is issued as well as a minimum automatic suspension of one (1) fixture round in the next scheduled fixture round as defined in Rule 2.2.2. A red card shall be referred to the Judiciary Committee in accordance with GCHA By-Laws **and the player cannot take the field prior to appearing before the Judiciary.**

11.3 Umpires

1. GCHA Umpiring Committee will be responsible for all umpiring appointments for GCHA sanctioned competition matches in 2021.
2. Umpires appointed to GCHA sanctioned matches will be remunerated.
3. Umpires will be expected to look professional. It is mandatory that Umpires wear “hi-vis” shirts that are not branded as part of their professionalism.
Shoes, Black Slacks, Skirt or Shorts, and Black Socks Are Expected.
4. No individual Umpire will be allowed to adjudicate more than two (2) games per day or a maximum of four (4) games on the weekend (Friday to Sunday, Junior and Senior games combined).
5. If an Umpire needs to break the above Rule due to **extenuating circumstances**, any additional umpiring appointments need to be ratified through the relevant GCHA Umpiring Committee members.
6. Any individual Umpire that breaks Rule 11.2.3 without the approval of the GCHA Umpiring Committee will not be paid for subsequent matches.

12. Premiership & Player Penalty Points

1. Premiership Match Points as per Rule 4:

Win	3 points
Draw	1 point
Loss	0 points
Bye	0 points
Win on forfeit	3 points, and 6 goals awarded
2. Team Penalties 3 competition points where applied.
3. Player penalty points:

GREEN CARD	0 points*
YELLOW CARD	5 points*
RED CARD	Automatic suspension for the remainder of the match and then one (1) fixtured competition round as defined by Rule 2.2.2. The player cannot play in any fixtures in any division (see Rule 2.1.1 for division structure) until the suspension has been completed. In the event of a bye occurring in that competition round, then the suspension will transfer to the following fixtured round. The suspension may be increased if additional sanctions are applied through the outcome of a judicial process. This is in addition to automatic suspension for the balance of the game and remainder of the fixture round in which the suspension was incurred.

**An accumulation of 15 points will result in one (1) round’s suspension, which will reduce penalty points accumulated as per Rule 11.1.3.*

Appendix A: Judicial Guidelines

Purpose

The purpose of this guideline is to assist the Administrators and Judicial Committees to determine appropriate penalties where Suspension Offences occur. This is intended as a guideline only and the decision on penalties **will remain at the discretion of the Judicial Committee at all times.**

Updated penalty regarding the bushman's nose blowing or spitting (COVID-19) mitigating any risk.

For repeated offences in a game by the same player;

First Offence **Green Card (2 mins),**

Second Offence **Yellow Card (10mins)**

Third Offence **Extended Yellow Card (15 mins)**

JG1. PENALTY POINT ACCUMULATION SYSTEM

GCHA has adopted a point accumulation system based on the awarding of coloured cards. Depending on the card issued, and the number of points accumulated, an automatic penalty may be imposed, or a further penalty or suspension may result depending on the decision of the Judicial Committee.

The issuing of a card carries points, which can be awarded by Umpires to any Participant associated with the team during a match (**which is defined as the period covering on-field warm up prior to the start of a match until 30 minutes after the match has ended**).

Note: if an Umpire does not have access to the appropriate coloured card, then verbally stating the nature of the card and the associated suspension is to be considered as a valid mode of delivery of both the card and associated suspension.

Each card will carry penalty points as follows:

Green	0 Points.
Yellow	<u>5 points</u>
Red	Automatic suspension for the remainder of the match and then one (1) fixtured competition round as defined by Rule 2.2.2. The player cannot play in any fixtures in any division (see Rule 2.1.1 for division structure) until the suspension has been completed. In the event of a bye occurring in that competition round, then the suspension will transfer to the following fixtured round. The suspension may be increased if additional sanctions are applied through the outcome of a judicial process. This is in addition to automatic suspension for the balance of the game and remainder of the fixture round in which the suspension was incurred.

Where a red card has been awarded to a Participant, the Judicial Committee may decide a further hearing is required and, if so, the offender is required to attend a hearing. **The Judicial Committee may impose whatever penalty or suspension they consider appropriate, in addition to the automatic suspension of one fixtured round.**

In the case of a card being awarded to the wrong player, or any other situation where the Judicial Committee concludes that a gross error or an injustice has occurred, the Judicial Committee may - after consultation - exercise discretionary power to retract the card and make the appropriate adjustments to the documentation and accumulated point's total.

JG2. LEVEL 1 SUSPENSION OFFENCE:

The penalty for a Level 1 Suspension Offence may be a suspension of the Participant for a minimum of one fixtured round to a maximum of three fixtured rounds.

For the purposes of the Code of Conduct "*Level 1 Suspension Offence*" means:

- a) Verbal abuse or hostility towards any other Participant, person or any other member of the public.
- b) Spitting at another player, participant or spectator.
- c) Disputing/protesting, reacting in a provocative or disapproving manner in an inappropriate way toward any decision made by an Umpire or official.
- d) Charging or advancing towards an Umpire or technical official in an aggressive manner.
- e) Excessive appealing of an Umpire's decision.
- f) Throwing a stick or ball at, or near, a player, Umpire, or official, in an inappropriate and/or dangerous manner.
- g) Lazy or 'bad' tackle that strikes the stick of the opponent in such a way that it is deemed a breach by the Umpire. This equates to repeat offences.
- h) Inappropriate physical contact between players, in the course of play, including barging, pushing or striking.
- i) Using rude or abusive language, or gestures that are considered to be obscene, offensive, or insulting.
- j) Minor sexual harassment, sexual inferences or undertones.
- k) Racial comments, inferences or undertones.
- l) Abuse of hockey equipment or clothing, venue equipment or fixtures and fittings.
- m) Team Managers and/or team personnel not taking control of the conduct of their team bench, dugout area, coaching boxes, video towers and other areas specified by the technical staff to ensure their team and spectator behaviour is appropriate.
- n) Making public statements that are not fair, constructive or reasonable and involve a personal attack on another player, Umpire, appointed official or administrator.
- o) Engaging in social media activities that are not deemed constructive and/or are offensive, demeaning or intending to belittle Participants, or other members of the hockey community.

Table 1 summarises a range of Level 1 Suspension Offences and gives guidance about the number of fixtured rounds that an offender should be stood-down for. Additional considerations should include attitude of the offender, degree of remorse and degree of harm inflicted.

Table 1.

Breach or Misconduct	Length of Suspension		
	<i>1 fixtured round</i>	<i>2 fixtured rounds</i>	<i>3 fixtured rounds</i>
Verbal abuse, protesting, charging/advancing, appealing, stick throwing, rude language and gestures, bad tackles, harassment, equipment abuse, unsporting behaviour	Provoked Without intention to cause harm Evidence of 'mischievous' rather than cruel or nasty	Unprovoked Without responsibility and with no care about impact on other people	Intentional with malice Intended to cause harm, be hurtful or offensive Coming from a distance repeating words and gestures
Spitting (spittle does not connect with target person)	With no intent to spit on another person	Careless and irresponsible	With intent to spit on another person, but unsuccessful
Inappropriate conduct with regard to Manager's responsibilities, public statements and social media activities and postings	'Honest' mistake No harm intended Evidence of naivety or lack of understanding	Without responsibility and with no care about impact on other people	Malicious negligence and unwilling to accept responsibility Intention to be hurtful or demeaning

JG3. LEVEL 2 SUSPENSION OFFENCE:

The penalty for a Level 2 Suspension Offence may be suspension of the Participant for a minimum of three fixtured rounds to a maximum of eight fixtured rounds.

For the purposes of the Code of Conduct “*Level 2 Suspension Offence*” means:

- a) Threat of assault on an Umpire or official.
- b) Spitting on another player, Participant or spectator.
- c) Striking and/or physical assault, without injury, of another player, Umpire, official or spectator.
- d) Persistent and deliberate breach of the Rules of Hockey (generally considered dangerous and intimidating) following a warning from an Umpire.
- e) Using language or gestures which seriously offends, insults, intimidates, threatens, disparages or vilifies another person on the basis of that person’s race, religion, gender, colour, descent or national or ethnic origin.
- f) Sexual harassment, racial abuse or verbal attacks
- g) Participating in, or any involvement with any form of betting or gaming activities, including online betting or gaming activities, related to the event in which they are Participants.
- h) Recurrent breaches of Level 1 Suspension Offence.

Table 2 summarises a range of Level 2 Suspension Offences and gives guidance about the number of fixtured rounds an offender should stand-down for. Additional considerations should include attitude of the offender, degree of remorse and degree of harm inflicted.

Table 2.

Breach or Misconduct	Length of Suspension		
	3 - 4 fixtured rounds	5 - 6 fixtured rounds	7 - 8 fixtured rounds
Threatening, dangerous or intimidating behaviour	Provoked Related to a close contest between opposition players and the ball. Excessive, relentless	Unprovoked Coming from a distance to incite violence Actions result in escalation of incident	Intentional with malice Actions start a brawl or nasty, objectionable scene
Spitting (spittle connects with target person or other persons)	Evidence of frustration or provocation	Unprovoked Malicious	Combined with nasty, hateful, spiteful or repulsive language or gestures
Striking, physical assault (without injury)	Evidence of frustration or provocation	Unprovoked Strike to mid/lower body region such as stomach or legs	Deliberate with intent to harm. Strike to the head region with stick or fist
Foul language, gestures, sexual harassment and racial abuse	Distasteful or unsavoury	Nasty, mean, spiteful or vindictive	Intended to be hurtful or offensive Inciting violence
Inappropriate conduct with regard to betting and/or gaming	‘Honest’ mistake Evidence of naivety or lack of understanding	Deliberate act Irresponsible and negligent	Involved in organised money making activities

JG4. LEVEL 3 SUSPENSION OFFENCE:

The penalty for a Level 3 Suspension Offence may be suspension of the Participant for a minimum of eight fixtured rounds to a maximum of twenty fixtured rounds.

For the purposes of the Code of Conduct “*Level 3 Suspension Offence*” means:

- a) Any act of violence on or off the field of play during the match.
- b) Physical assault causing bodily injury to another player, Umpire, official or spectator.
- c) Match fixing involvement or activities
- d) Recurrent breaches of Level 2 Suspension Offences.

Table 3 summarises a range of Level 3 Suspension Offences and gives guidance about the number of fixtured rounds an offender should stand-down for. Additional considerations should include attitude of the offender, degree of remorse and degree of harm inflicted.

Table 3.

Breach or Misconduct	Length of Suspension		
	<i>8 - 11 fixtured rounds</i>	<i>12 - 16 fixtured rounds</i>	<i>17 - 20 fixtured rounds</i>
Act of violence	Provoked, triggered by on-field incident Actions result in escalation of incident	Unprovoked Actions start a brawl or nasty, objectionable scene	Intentional with malice. Hostile, brutal, vicious, inhumane Incident off field or after being shown a red card
Striking, physical assault (causing injury)	Evidence of frustration or provocation	Unprovoked Strike to mid/lower body region such as stomach or legs	Deliberate with intent to harm. Strike to the head region with stick or fist
Match fixing involvement or activities	Evidence of naivety or provocation or pressure to partake	Choices made to partake without pressuring others to also partake	Involved in organised cartel with intent to influence and/or pressure others to partake

JG5. SERIOUS SUSPENSION OFFENCE:

In the case of serious, highly dangerous, and/or life-threatening offences (“*Serious Suspension Offence*”) more than a maximum of a twenty-fixtured round suspension may be justified. In these cases, the Judicial Committee should consult with the GCHA. In the case of repeat offenders being found guilty of a Level 3 Suspension Offence, a one year through to a life ban may be appropriate.

FOOTNOTE:

For the purposes of clarity any suspension issued either by Red Card and/or by order of the Judicial Committee after appropriate review is defined as meaning the remainder of the fixtured round in which the card is issued and the entirety of the next fixtured round irrespective of division, grade or age group. The player cannot play in any fixtures in any division (see Rule 2.1.1 for division structure) until the suspension has been completed. A fixtured round for the purpose of suspension is defined as being any match in any division, grade or age group that is played between 9.00am Wednesday and 12.01am Tuesday of the relevant fixtured round in question as per Rule 2.2.2. This also applies to any rescheduled or postponed fixtures where appropriate as defined by the GCHA competitions committee.

CONCUSSION RECOGNITION TOOL 5[®]

To help identify concussion in children, adolescents and adults



FIFA[®]



FEI

Supported by

RECOGNISE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

STEP 1: RED FLAGS – CALL AN AMBULANCE

If there is concern after an injury including whether ANY of the following signs are observed or complaints are reported then the player should be safely and immediately removed from play/game/activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/numbing in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.
- Assessment for a spinal cord injury is critical.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Balance, gait difficulties, motor incoordination, stumbling, slow laboured movements
- Blank or vacant look
- Facial injury after head trauma

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STEP 3: SYMPTOMS

- Headache
- Blurred vision
- More emotional
- Difficulty concentrating
- "Pressure in head"
- Sensitivity to light
- More irritable
- Balance problems
- Sensitivity to noise
- Sadness
- Difficulty remembering
- Nausea or vomiting
- Fatigue or low energy
- Nervous or anxious
- Feeling slowed down
- Drowsiness
- "Don't feel right"
- Neck Pain
- Feeling like "in a fog"
- Dizziness

STEP 4: MEMORY ASSESSMENT

(IN ATHLETES OLDER THAN 12 YEARS)

- Failure to answer any of these questions (modified appropriately for each sport) correctly may suggest a concussion:
- "What venue are we at today?"
 - "Which half is it now?"
 - "Who scored last in this game?"
 - "What team did you play last week/game?"
 - "Did your team win the last game?"

Athletes with suspected concussion should:

- Not be left alone initially (at least for the first 1-2 hours).
- Not drink alcohol.
- Not use recreational/ prescription drugs.
- Not be sent home by themselves. They need to be with a responsible adult.
- Not drive a motor vehicle until cleared to do so by a healthcare professional.

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ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE

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