



GOLD COAST HOCKEY ASSOCIATION INC

LOCAL RULES

2023

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 will 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.

1.1 Communication with the GCHA Office

GCHA Admin emails are responded to between the hours of 9am and 1pm Monday to Friday. Office time outside these hours is allocated to other tasks. Emails received outside these hours will be actioned on the next business day.

Requests for information such as fixture/training times should be addressed to the individual's Club Secretary and not directly to the GCHA Office. Should your call not be answered when telephoning the GCHA Office, please leave a message. Include your name, contact number and the nature of your enquiry. Staff will endeavour to attend to these as soon as practical.

Alternate methods of communicating with the GCHA Office are:

Mail: Gold Coast Hockey Association Inc, PO Box 174, SOUTHPORT, QLD, 4215

Email: admin@goldcoasthockey.com

Further information such as fixtures, results, progressive points tables, venue locations, Club contacts, etc, can also be found via the Internet via several methods:

GCHA Website at: www.goldcoasthockey.com;

Altius: <https://gcha.altiusrt.com/>

Facebook: @gchockey; or

Twitter using: @gchockey.

Courtesy in Communications: Most people who are involved with Hockey do so for the love of the sport. Most are volunteers with the best interests of the game at heart. While there will be disagreements from time to time and occasional mistakes made, it is not deliberate and it is not personal. Think first before communicating - abusive verbal or written attacks are not acceptable and will not be tolerated.

REMEMBER – THESE PEOPLE ARE VOLUNTEERS AND HAVE LIVES OUTSIDE OF HOCKEY.

2. Local Rules

2.1 Competition Structure

The GCHA competitions are structured as follows:

Senior Divisions

Divisions 1, 2, 3 Male

Divisions 1, 2, 3, 4 Female

Masters Male & Female or Mixed Gender

As recommended by the Competitions Committee

Junior Divisions

Junior Development	Hookin2Hockey (1/4 field), (Mixed Gender)
	Hookin2Hockey (1/2 field) (Mixed Gender)
U12	Hybrid (Male, Female, and Mixed Gender)
U14	Male & Female
Open (see 10.4)	Male & Female
As recommended by the Competitions Committee	

- 2.1.1 The above divisions will all operate as separate competitions under the control of the GCHA.
- 2.1.2 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.
- 2.1.3 Senior fixtures will be scheduled as full competition rounds (i.e., each team will play opposition teams the same number of times). Junior competitions will not necessarily be in full rounds as GCHA board believes it is more important to deliver maximum possible rounds (value for money). Where full rounds are not conducted for a junior competition, the draw shall be randomly set at the start of the competition and for all intents and purposes, just repeat through the initial draw match allocations until the number of competition weeks has been achieved.

2.2 Match Template, Rounds, Durations and Starting Times

- 2.2.1 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.
- 2.2.2 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.
- 2.2.3 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. Masters' matches should consist of two twenty-five (2 x 25) minute halves with a five (5) minute half time break. Or alternatively 4 x 12-minute quarters with a five (5) minute break at half time and a one (1) minute quarter time break, if agreed to by both teams and the Umpires.
 - c. Junior matches (U12 to Opens) should consist of 4 x 14-minute quarters with a five (5) minute break at half time and a two (2) minute quarter time break.
 - d. Junior matches modified should consist of two twenty (2 x 20) minute halves with a five (5) minute half time break.
- 2.2.4 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.
- 2.2.5 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. A coin toss will take place before the game begins to decide who starts with the ball and the direction each team will attack.

2.3 Time Keeping for Matches

- 2.3.1 Official match time is the advertised match start time as per the fixture draw. The timeclock for each match will be started at the advertised official match time.
- 2.3.2 Time out during fixture matches will not be permitted.
- 2.3.2.1 Time out during Senior Finals, in the case of serious injury, will be at the discretion of the Technical Bench Supervisor, and on advice from the Umpires.
- 2.3.2.2 Time out during Junior Finals, in the case of serious injury, will be at the discretion of the Technical Bench Supervisor.
- 2.3.3 **If a round match needs to be stopped for a serious injury and the game has not reached the required 50% of playing time, the game can be resumed up to 15 minutes after the completion of the game time. The game time played is to reach the 50% time only.** (See 0.2.3.4 **Error! Reference source not found.** This additional time is only allowed in the case of serious injury; which is viewed as a low percentage occurrence event. This is to avoid rescheduling of the game and to have the least amount of impact on ensuing match schedules.
- 2.3.4 If a match needs to be stopped for any reason or unable to be started at the scheduled time 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 at that time, the Technical Bench Supervisor, in conjunction with the Umpires allocated to that scheduled fixture, and facility management, will decide if further wait time shall be allocated to allow the possibility of meeting the minimum requirement for a match, whether the game meets the minimum requirement and can be completed, or will be determined as abandoned. The requirement for a match is determined by 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 are.
 - 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 2.4.1).

2.4 Rescheduled Matches

- 2.4.1 Abandoned matches must be rescheduled and played **within four (4) weeks** of the cancelled/abandoned game and before the completion of season's fixtures. GCHA will request both clubs agree on a day and time for the rescheduled match with at least one (1) week's' notice. If a date cannot be agreed upon within the time frame, GCHA will nominate the first Monday night available for the game to be played. If a team does not attend, it will be deemed a forfeit by the unattended team.
- 2.4.2 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

- 2.5.1 Where a team has five (5) or more regular team players away for official representative duties for GCHA or higher representative duties for hockey, they may request reschedule of the relevant match. **Reschedules will only be considered for a club that does not have a team in the next lowest division. No other request for reschedule will be considered.**

2.5.2 Requests for a rescheduled match based on representative duties, will not be accepted if the request is not placed in writing to the Competitions Coordinator the Friday before 5pm the round prior to the scheduled game time affected. All rescheduled matches will play as outlined in 2.4.1.

2.6 Determination of Late Starting Fixture Match

If after a period of **ten (10) minutes** from the scheduled starting time, 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

2.7.1 **Any club receiving forfeiture shall be credited with three points and shall be treated as having scored six (6) goals to nil (0).**

2.7.2 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 Technical Bench Supervisor 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. The game card must be completed prior to the commencement of the scheduled game time.
- c) Failure to provide a fully protected Goalkeeper in Junior games (see 2.10.4 and 2.10.3.a)2.10.3a

2.7.3 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**).

2.7.4 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 Turf 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.

2.9 Coaching from the Back Line & Dugouts

2.9.1 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.

2.9.2 Only those active players named on the game card are allowed in the dugout. This is up to sixteen (16) players, plus four (4) officials, including the team's technical official.

2.9.3 From 2023 onwards Coaches will be allowed on the field in the Under 12 competition **for the first three weeks of 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.

2.9.4 **Coaches will be allowed on the field all year for Junior Development.**

2.10 Goalkeepers

- 2.10.1 **Each Senior team shall have a Goalkeeper or 11 field players as per FIH Rules.**
- 2.10.2 **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.
- 2.10.3 **Goalkeepers must wear protective equipment comprising of at least;** headgear, leg guards and kickers. As per FIH rules when a Goalkeeper is taking a penalty stroke as a striker, the headgear and any hand protectors may be removed, all other protective equipment is to remain in place.
 - a. The following are permitted for use only by Goalkeepers: body, upper arm, elbow, forearm, hand, and thigh protectors, leg guards and kickers.
- 2.10.4 **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

- 2.11.1 There will be **no time-out** for injury in any game, except for Rule 2.3.2.
- 2.11.2 Injured players should be taken from the field as soon as safely possible for treatment. To ensure minimum stoppage time during matches, if the First Aid Officer 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.
- 2.11.3 In the event of an injured player who is unable to move, the **advice of First Aid Officer 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.
- 2.11.4 All head and face injuries **must be assessed** as soon as practical by the First Aid personnel on duty.

2.12 Blood Protocol

2.12.1 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 Supervisor and treated immediately to preclude any type of blood contamination.

2.12.2 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 or wound 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.

2.12.3 Contaminated Articles

All clothing, equipment and surfaces contaminated by blood shall be regarded as contaminated and treated accordingly. Before such a player returns to the field of play the Manager must ensure that all wounds are covered, that all clothing is free of blood and that the player is inspected by the Technical Bench Supervisor on duty before retaking the field.

2.12.4 Umpires Responsibilities - 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.

2.13 Concussion Protocol

GCHA has adopted the Hockey Australia Concussion Policy (2022). See Appendix 2.

3. Team Registration

- 3.0.5 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.
- 3.0.6 Any team that plays unregistered players will be penalised. Penalty = loss of three (3) points to the offending team.
- 3.0.7 Each team shall name a designated Goalkeeper.
- 3.0.8 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.
- 3.0.9 Team lists are to be received by the GCHA Administrator no later than midday on the Friday prior to the commencement of the first round of fixtures.
- 3.0.10 A minimum of 9 players listed for **Division 1** teams,
Plus, Clubs with Men's **Division 2 and 3, minimum of 11 players listed in all grades.**
Plus, Clubs with Women's **Division 2, 3 and 4, minimum of 11 players listed in all grades.**
- 3.0.11 All players must be team listed.

3.1 Player Registration

- 3.1.1. No player, either senior or junior, shall play **more than three (3) GCHA 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.
- 3.1.2. No player may participate in any match unless such player is registered with GCHA before the start of the fixture match.
- 3.1.3. No National Open, U23, U21, Country or Hockey One/National League (or equivalent) players may play below Division 1. This Rule will not apply to Australian Masters players.
 - 3.1.3.1 This rule differs for goal keepers. i.e., If selected as a Goal keeper for Australia, they can only play Goal Keeper in Division 1. They are permitted to play in a lower division as a field player.
 - 3.1.3.2 This rule applies to the subsequent GCHA season after selection.
- 3.1.4 No Under 18 QLD Representative players may play below Division 2. No Under 15 QLD Representative players may play in the lowest senior division.
 - 3.1.4.1 This rule applies to the subsequent GCHA season after selection.

- 3.1.5 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).
 - 3.1.5.1 Higher Representative duties are excluded from possible matches.
- 3.1.6 Upon application and subject to determination by the GCHA board, exemption will be granted for any weeks that players miss due to governing body sanctioned hockey representative duties – evidence to be provided to GCHA.
- 3.1.7 Upon application and subject to determination by the GCHA board, if a player sustains an injury and a medical certificate is provided to GCHA, a two (2) week extension may be granted before they must be deregistered.
- 3.1.8 At all times, the GCHA representative shall administer de-registrations and/or re-registrations including players coming back after a lengthy period of injury.
- 3.1.9 A player who is of age and eligible to play in the under 12's competition, is ineligible to play in the senior competition.

3.2 Player Pool

The GCHA may consider a relaxation of the 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 rule.

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

- 3.3.1 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) matches in the next immediate division and does not take the field in the same round (bye rounds excluded in the 3 matches), in the team they are listed in, the player will be regraded into the next higher Division.
- 3.3.2 If a player plays 2 divisions above their registered division at any time during the season; - after the 4th game, the player will be immediately team listed in the division above where they are currently registered.
- 3.3.3 **No player shall play more than three matches in any one weekend (see Rule 3.1.1).**
- 3.3.4 A designated Goalkeeper shall be permitted to play down into any division as a field player (Rule 3.1.1 applies).
- 3.3.5 A field player shall be permitted to play down into any division as a Goalkeeper (Rule 3.1.1 applies).
- 3.3.6 A registered and active goal keeper may play in 2 divisions; when one of these divisions is as a registered goal keeper for their team and the other is as a field player. A player may only play for one team in a division or age group.
- 3.3.7 No player can play in a team lower than where they are team listed other than for the purposes of Rule 3.3.4 or 3.3.5. Penalty of 3 points will apply.

- 3.3.8 A Junior player may not play below his/her eligible age group. This rule is at the discretion of the GCHA board. The development level of the player will be taken into consideration.
- 3.3.9 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.
- 3.3.10 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.
- Downgrading may only occur AFTER written dispensation has been received from GCHA.
 - A written request for dispensation must be received by the GCHA allowing at least one full business day for assessment. The submission must state the reason for the request.
 - GCHA will decide if the request is approved or rejected in writing and the decision will not take effect until a written determination is received by the club.
 - The player downgraded will be required to stay in the lower division for a minimum of 3 rounds before they can play into the higher division again.
 - As part of the downgrading process, if the player is team listed, they must be replaced by another player – name to be included in the request. See rule 3.0.10.

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 (on even rounds)
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 and six (6) goals to nil (0) loss against the forfeiting team

Match Records and Team Sheet

- 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)**
- Temporary suspensions (green and yellow cards) must be accurately recorded on the team sheets in all divisions, including the reason for the penalty.
- 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.

- 4.1.1 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.
- 4.1.2 The **match Umpires** are also required to check that the details of the match have been correctly recorded on both teams' sheets. The Match Umpires must then confer and select 3 players to be awarded Best and Fairest votes on a 3,2,1 basis. (Rule 13.2). 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.
- 4.1.3 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.
- 4.1.4 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

- 4.2.1 No player may take to the field until their name has been entered into the Match Record.
- 4.2.2 Players may take the field at any point during the game but must be on the card prior to the half time break commencing.
- 4.2.3 No team shall take the field with less than seven (7) players.

5 Premiership Final Series

5.1 Premiership Ladder Placing

- 5.1.1 Format for calculation of points tables for each competition will be as follows:
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.
- 5.1.2 If Teams are equal on points the method for deciding upon positions of teams after completion of the fixture matches shall be as follows:
 - 5.1.1.1 Goal Difference: goals "for" minus goals "against"; if a tie still exists.
 - 5.1.1.2 Highest number of goals scored in the rounds.

5.2 Players Eligibility for Finals

A player must have played a minimum of **4 games for their registered team and five (5) fixtured competition rounds for their club** to be eligible to play Finals for that club. Any player who is team listed may not play finals in a division lower than where they are team listed (exempt rule 3.3.5 & 3.3.6). Players team listed in a lower division are eligible to play finals in a higher division.

5.3 Minor Premierships

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 team's finishing 1st, 2nd, 3rd & 4th on the premierships 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.

Major Semi Final

1st v 2nd

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

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

Preliminary Final

3rd v Loser of the Major Semi-Final.

Grand Final

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

5.4.1 Determination of an Outright Winner

5.4.1.1 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. This is for all Semi-Finals, Preliminary Finals and Grand Finals.

5.4.1.2 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.

5.4.1.3 In Junior Division Under 12's Grand Final if still drawn after Extra Time, the Premiership is shared. There will NOT be a Shoot Out Competition in this division.

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 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:**
 - a. The Goalkeeper/defending player starts on or behind the goal-line between the goal posts.
 - b. The ball is placed on the nearest twenty-three (23) metre line opposite the centre of the goal.
 - c. An attacker stands outside the twenty-three (23) metre line area near the ball.
 - d. 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:**
 - a. Eight (8) seconds has elapsed since the starting signal.
 - b. A goal is scored.
 - c. The attacker commits an offence.
 - d. 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.
 - e. The Goalkeeper/defending player commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken.
 - f. 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.
- A second series of five (5) shoot-outs is taken with the same players, subject to the conditions specified in this section.
 - The sequence in which the attackers take the shoot-outs need not be the same as in the first series.
 - The team whose player took the first shoot-out in a series defends the first shoot-out of the next series.
 - 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

- 6.1 All draw changes for Junior competition due to wet weather will be placed on ALTIURST as soon as possible and advised to the club secretary. Decisions about Saturday morning hockey will be deferred until 7pm Friday night and advised to the club secretary.
- 6.2 All senior games will be decided upon by a game-by-game basis. With the final decision to be made by GCHA Board and the Management Group. See rule 2.3.4.
- 6.3 Cancellation of ALL games by the GCHA Board will only occur in extreme weather conditions where there is NO possibility of play commencing.

7 Conduct of Members

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

<https://www.goldcoasthockey.com/competition>

- Spectator Code of Behaviour
- Parent/Guardian Code of Behaviour
- Coach Code of Behaviour
- Player Code of Behaviour
- Umpires Code of Conduct & Responsibilities

8 Dress Code & playing equipment

- 8.1 Shirt numbers are to be displayed on the back of playing club shirts.
- 8.2 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. **No senior player may take the field WITHOUT a numbered shirt.**
- 8.3 Half field mixed junior development participants will not be required to have numbered shirts.
- 8.4 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.
- 8.5 Ladies will be allowed to play in either shorts or skirts of the club/team registered uniform.
- 8.6 It is a **MANDATORY** requirement that all senior and junior GCHA players wear shinpads and it is strongly recommended that mouthguards be worn.
- Failure to wear shinpads will require a waiver form to be signed and returned to both your club and the GCHA board.
- 8.7 Face masks are **Highly Recommended** to be worn in all junior games during the defending of a penalty corner.

9 Fees

9.1 To be determined by GCHA.

Juniors

10 Match scheduling & scoring

- a. Scores will not be kept in Hookin2Hockey competition.
- b. 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

- a. **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.
- b. 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.
- c. **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

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

10.3 Mixed Gender Policy

Junior Development Competition will be mixed gender. For 2023 the Under 12 Competition will be a Hybrid competition with teams being either Mixed or single gender. In the Under 12 Hybrid competition there is no restriction on the gender mix of boys or girls playing on the field at any one time however it is expected that coaches and managers will still continue to apply the principles of fair play to player rotations to make sure that all players on the team get fair game time regardless of gender.

Under 14s and Opens competitions 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:
Under the age as of 31 st December the previous year.	Gold Coast Under 12s Hybrid/Mixed
Under the age as of 31 st December the previous year.	Gold Coast Under 14s
Under the age of 18years as of the 31 st of December in the previous year	Gold Coast Open Juniors

10.5 Gold Coast Representative Guidelines

To be eligible for selection in GCHA Representative teams' players must:

- a. Be primary registered with a GCHA affiliated club.
- b. Not be playing in another association junior competition.
- c. Play regularly in the GCHA junior and or senior competition.

There may be extenuating circumstances that prohibit athletes competing in the GCHA Junior Competition.

- (i) Athletes being restricted from playing juniors due to QAS requirements.

In this and any other unforeseen cases, a written application must be addressed to GCHA RCD seeking dispensation, clearly stating the reason the athlete cannot or has not met the selection criteria and why they should be allowed to be considered eligible for GCHA selection.

These eligibility requirements are intended to retain all athletes in the GCHA junior competition with a view to keeping our competition strong, whilst promoting and providing pathways for all athletes through the GCHA representative programs and linking into all relevant high-performance programs associated with hockey QLD.

10.6 Half Field Mixed Participation Competition

In keeping with the Hockey Australia Junior Hockey Policy, the **Gold Coast Hookin2Hockey** 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 **aged 10 years and under**, 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.

- a. Scores will not be kept for matches.
- b. 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.
- c. All players to play the whole game. Preferred maximum per team 9 players.
- d. No substitutes to be made during the match as all players play the whole game.
- e. Coaches are permitted on the field.
- f. 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.

11. Umpiring

11.1 Green & Yellow Card Rule – A Player Penalty System

- 11.1.1 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.
- 11.1.2 GCHA implement a points system for green and yellow cards whereby each green card given is worth two (2) points, each yellow card given is worth five (5) points, and each 10 Minute Yellow Card (or extended or upgraded or second Yellow Card) given is worth eight (8) 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.
- 11.1.3 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.
- 11.1.4 Accumulated points will not carry over at the start of the Final series.
- 11.1.5 Any suspensions due at the end of fixture rounds will apply into the final's series.

11.2 Permanent Suspensions – Red Card

- 11.2.1 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 fixtured competition 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.
- 11.2.2 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.**
- 11.2.3 All parties involved in the red card issued, are required to present their written reports within 7 days of the game.
- 11.2.4 Additional evidence may be requested at the discretion of the Judiciary Chair.
- 11.2.5 Judicial Hearings will take place on the Monday night, with a minimum of 7 days from the red card given.

11.3 Umpires

- 11.3.1 GCHA Umpiring Committee will be responsible for all umpiring appointments for GCHA sanctioned competition matches.
- 11.3.2 Umpires appointed to GCHA sanctioned matches will be remunerated.
- 11.3.3 Umpires will be expected to look professional. It is mandatory that Umpires wear the Gold Coast Hockey umpire shirt, as part of their professionalism.
Shoes, Black Slacks, Skirt or Shorts, and Black Socks Are Expected.
- 11.3.4 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).
 - a. If an Umpire needs to break the above Rule due to **extenuating circumstances**, any additional umpiring appointments need to be ratified through the GCHA Board of Directors.
 - b. Any individual Umpire that breaks Rule 11.3.4 without the approval of the GCHA Board of Directors will not be paid for subsequent matches.

12. Premiership & Player Penalty Points

12.1 Premiership Match Points as per Rule 4.

12.2 Player penalty points:

- a. GREEN CARD 2 points
- b. YELLOW CARD 5 points*
- c. SECOND YELLOW CARD 8 points* (also known as EXTENDED or UPGRADED YELLOW)
- d. RED CARD Automatic suspension for the remainder of the match and the fixtured round in which the RED card was received 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.*

Any person receiving a red card shall stay on the bench for remainder of the game. This is dependent on the incident that has occurred, and is at the discretion of the Technical Officer Supervisor and/or GCHA Board member.

Suspended players may not participate or be on the team benches during the GCHA sanctioned competition.

13. Gold Coast Hockey – Best and Fairest Awards

Women Division 1-4

Men Division 1-3

- 13.1 Best and Fairest awards shall be awarded annually to the “Best and Fairest Player” in all Senior Divisions. This will be awarded in each division to a player who is team listed in that division and who has gained the most points as allocated by the umpires in fixtures throughout the regular season (finals are excluded from consideration).
- 13.2 Immediately following the conclusion of each fixtured match, allocated umpires will confer and select 3 players to be awarded Best and Fairest votes on a 3,2,1 basis.
- 13.3 Votes are to be recorded on the Match Card and handed to the GCHA Duty Manager.
- 13.4 The GCHA Duty Manager shall be responsible for monitoring the collection, recording the points, and shall keep such records confidential.
- 13.5 Points are not transferable between divisions.
- 13.6 Players receiving a YELLOW CARD are ineligible to receive votes in the fixtured match in which the card was received.
- 13.7 Players receiving a RED CARD are ineligible for this award in any division.

14. GCHA Judicial Guidelines

Judicial Guidelines for the determination of penalties as a result of a RED card being awarded during a match can be found on the GCHA website.

Appendix 1. Definitions

Abandoned game – Game incomplete as determined by the match officials due to weather event or serious injury preventing a minimum of 50% of game to be completed.

Cancelled Game - A game cancelled by GCHA prior to the commencement of the game.

Designated Goal Keeper – Must play in their registered team as a goal keeper.

Fixtured Competition Round – Designated full round by GCHA.

Fully Protected Goal Keeper – Headgear, Leg guards, Kickers, Chest plate and gloves.

Game Stoppage – Clock continues to run although game play has ceased.

Higher Representative Duties – Qld State School Queensland and National Championships. All Hockey Queensland State, National and International events. Dates are inclusive of representative duty.

Published – Sent to club secretaries and posted on the GCHA website.

Regular Team Player – Played a minimum of 50% of the games available for that team.

Representative Duties – Player, Umpire, Coach, Manager, Technical Officer for GCHA or Higher Representative Duties for hockey.

Serious Injury – One in with a player is deemed to require stabilisation in place on the field until such time as an attending ambulance officer can assess.

Technical Bench Supervisor – GCHA allocated Duty Supervisor.

Time Out – Stopped clock due to serious injury during finals only.

Appendix 2. Concussion Policy

As per Hockey Australia Concussion Policy:

1. Introduction

1.1. Hockey Australia (HA) is the peak body responsible for developing and promoting hockey in Australia. In Australia, hockey programs, events and activities are implemented and conducted by a number of different hockey organisations across the country. Accordingly, Hockey Australia has developed this policy to apply to each of the following Australian Hockey Organisations (AHO):

- a. Hockey Australia;
- b. Member Associations, being those governing bodies of hockey in each Australian State and Territory known as Hockey ACT, Hockey NSW, Hockey NT, Hockey Queensland, Hockey SA, Hockey Tasmania, Hockey Victoria and Hockey WA that have adopted this policy;
- c. Regional Associations, being those regional or metropolitan Hockey associations which are members of, or affiliated to, a Member Association that have adopted this policy; and
- d. Affiliated Clubs, being those Hockey clubs that are a member of or affiliated to a Regional Association and/or Member Association that have adopted this policy.

1.2. The AHOs endorse the 2017 Berlin Consensus Statement on Concussion in Sport and support and promote the International Hockey Federation (FIH) and Australian Institute of Sport (AIS) Position Statements on Concussion in Sport. It is the aim for this policy to be consistent with the Consensus and Position Statements to the fullest extent practicable.

1.3. This policy sets out the guiding principles and provides general advice regarding concussion management in hockey in Australia.

2. Player and Participant Welfare

In considering the management of hockey-related concussion, each AHO is committed to protecting the health and welfare of hockey players and participants at all levels.

3. What is Concussion?

3.1. Concussion is caused by trauma to the brain, which can be either direct or indirect (e.g., whiplash injury). When the forces transmitted to the brain are high enough, they can injure or 'stun' the nerves and affect how the brain functions.

3.2. Concussion is characterised by a range of observable clues and signs (e.g., lying motionless on the ground, blank or vacant look, balance difficulties or motor incoordination) or symptoms reported by the player (e.g., headache, blurred vision, dizziness, nausea, balance problems, fatigue and feeling 'not quite right').

3.3. Other common features of concussion include confusion, memory loss and reduced ability to think clearly and process information. It is important to understand that a player does not have to lose consciousness to have a concussion.

3.4. The effects of concussion evolve or change over time. Whilst in most cases, symptoms improve, in some cases, effects can worsen in the few hours after the initial injury. It is important that a player suspected of sustaining a concussion be monitored for worsening effects and be assessed by a medical professional as soon as possible after the injury.

3.5. The risk of complications is thought to increase when a player returns to sport before being fully recovered. This is why it is important to recognise a concussion and ensure the player only returns when they have fully recovered.

4. Management Guidelines for Suspected Concussions

4.1. Concussion Management

The most important steps in the early management of concussion include:

- Recognising the injury may be a concussion or suspected concussion;
- Removing the player from play or training; and
- Referring the player to a medical professional.

4.2. Recognise

a. Recognising concussion is critical to correctly managing and preventing any short or long-term injury or damage.

b. There are some visible clues, signs and symptoms associated with a suspected concussion, including:

Loss of consciousness or responsiveness	Laying motionless/slow to get up
Unsteady on feet, balance problems and poor coordination	Facial or head injury
Dazed, blank or vacant look	Confusion or impaired memory
Player does not seem like their normal self	Seizure or convulsion
Vomiting	Difficulty answering questions

NOTE: Loss of consciousness, confusion and memory disturbance are all classic features of concussion. The problem with relying on these features to identify a suspected concussion is that they are not present in every case.

c. Symptoms reported by the player that should raise suspicion of concussion include:

Headache	Nausea or feel like vomiting
Blurred vision	Balance problems or dizziness
Feeling “dinged” or “dazed”	“Don’t feel right” or slower than usual
Sensitivity to light or noise	More emotional or irritable than usual
Sadness	Nervous/anxious
Neck pain	Feeling like in a fog
Difficulty concentrating or other memory difficulties	

4.3. Remove

a. Any player with a concussion or suspected concussion is to be removed from play, training or other related activity immediately if safe to do so.

b. When responding to a player, the basic principles of first aid should be adhered to (Danger, Response, Send for help, Airway, Breathing, CPR and Defibrillation).

c. Structural head injuries may present mimicking a concussion. The signs and symptoms of a structural head injury will usually persist or deteriorate over time, e.g., persistent or worsening headache, increased drowsiness, persistent vomiting, increasing confusion and seizures. In these instances, unless a qualified health professional is on site, do not attempt to treat or move the player - call an ambulance immediately and await its arrival.

d. A neck injury should be suspected if there is any loss of consciousness. If a neck or spine injury is suspected, the player should not be moved (other than where airway support is required or by a qualified health professional trained in immobilisation techniques), and any protective equipment such as a helmet or face mask should not be removed unless trained to do so. If no qualified health professional is on site, do not attempt to move the player – call an ambulance and await its arrival.

e. Club and State hockey training and matches may not have a dedicated medical professional available at the venue. In the absence of assessment and clearance by a qualified medical professional, any player with a concussion or suspected concussion must not return to play, training or activity on the same day. If in doubt, sit them out!

f. In all hockey matches at which no dedicated medical professional acting in a match-day medical role is available at the venue:

i. The welfare of each player is the responsibility of their club/team through their nominated representative (who may be a coach, manager, captain or official).

ii. If, following a head impact or collision, a player is observed with any visible sign or symptom of concussion (refer to clause 4.1 for a detailed list of concussion signs and symptoms), play must be stopped.

iii. It is not the responsibility of the match officials involved with the match to assess players for any injury.

iv. The nominated club/team representative or, in the absence of the nominated club/team representative, the team coach or captain, must ensure the player showing any visible sign or symptom of concussion is removed from the field before play may recommence. Under no circumstances should the removed player be allowed to resume their participation in the match (unless a medical professional acting in a dedicated match-day role assesses and clears the player of concussion).

4.4. Refer

a. Any player with a suspected concussion should be referred to a medical professional as soon as possible after the injury for assessment. Ideally, this medical professional should have experience in the diagnosis and management of sports concussion.

b. Assessment may occur at the playing or training venue (if a medical professional is present), local general practice or hospital emergency room/department.

c. It is useful to have a list of local doctors and emergency departments near the venue at which each match or training session is taking place. This resource can be confirmed by the relevant club or venue operator at the start of each season.

d. Any concussion that occurs at a training or match venue must be reported by the relevant individual's nominated club/team representative using the online HA concussion reporting form, and sent by email to Hockey Australia at concussion@hockey.org.au.

4.5. Additional High-Performance Considerations

a. At all HA-sanctioned events (including Hockey One League, matches involving Australian national teams, national championships) at which a dedicated match day medical professional is present, that medical professional may conduct an assessment of a player suspected of having a concussion using tools such as the Sport Concussion Assessment Tool – 5th edition. Assessment should take place in a distraction-free environment, such as the change rooms. If there is any doubt about whether the player is concussed, that player should not be allowed to return to hockey activity that day.

b. In conducting a concussion assessment, the medical professional may refer to any online neurocognitive testing the player has undertaken (such as a Cognigram and annual SCAT 5 assessments). Assessment results will be used as a baseline for players returning to play post-concussive episode/injury. If baseline testing has been undertaken, this must return to baseline before a player can return to play

5. Return to Play Protocol

5.1. Players returning to play should follow a stepped program with stages of progression. This program should be based on the advice of a medical professional and consider the following steps for a return to play:

- a. Rest;
- b. Recovery – symptom-limited activity; and
- c. Graded loaded program with monitoring.

5.2. A player must have a medical certificate from a medical professional clearing them to resume full training and to play in matches.

5.3. The table in Schedule 1 outlines the minimum process to follow in returning to play following a concussion. However, a more conservative approach is strongly recommended to allow a longer period of time for recovery where there is a lack of baseline testing and the absence of regular contact between players and a medical professional limits the ability to assess recovery following concussion.

5.4. If symptoms return at any phase/step, the player should return to the previous stage until all symptoms have been resolved.

5.5. Adult players over the age of 18 who do not consult with and receive clearance from a medical practitioner following the onset of their concussion symptoms cannot resume full training and playing in matches until at least 14 days from the date of the suspected concussion.

5.6. Players under 18 years of age cannot return to full training or playing in matches until:

- a. At least 14 days from the resolution of all symptoms and the player has received medical clearance; or
- b. Medically cleared by a specialist concussion doctor (neurologist, neurosurgeon or sport and exercise physician).

6. Return to Play Considerations

6.1. Children and Adolescents Children and adolescents may be more susceptible to concussion and take longer to recover. A more conservative approach to concussion management should be taken with those aged under 18 years. Return to learn should take priority over a return to sport. School programs may need to be modified to include more regular breaks, rests and increased time to complete tasks.

6.2. Multiple Concussions Current research and data indicate some correlation between a history of multiple concussions and cognitive deficits post sport and later on in life. However, the full impacts are still largely unknown. Therefore, a conservative approach for players with a history of multiple concussions should be adopted. Before recommencing any physical activities, players having a history of multiple concussions should receive a medical clearance.

6.3. Difficult Concussions If a concussion continues more than three weeks with persistent symptoms, the player should be medically referred to a neurologist, neurosurgeon or other specialist who is experienced in the management of concussion. The player may be referred for a full neuropsychological assessment and may require a standard MRI to exclude structural brain damage. Other investigations may be undertaken as determined by the specialist examination.

7. Protective Equipment

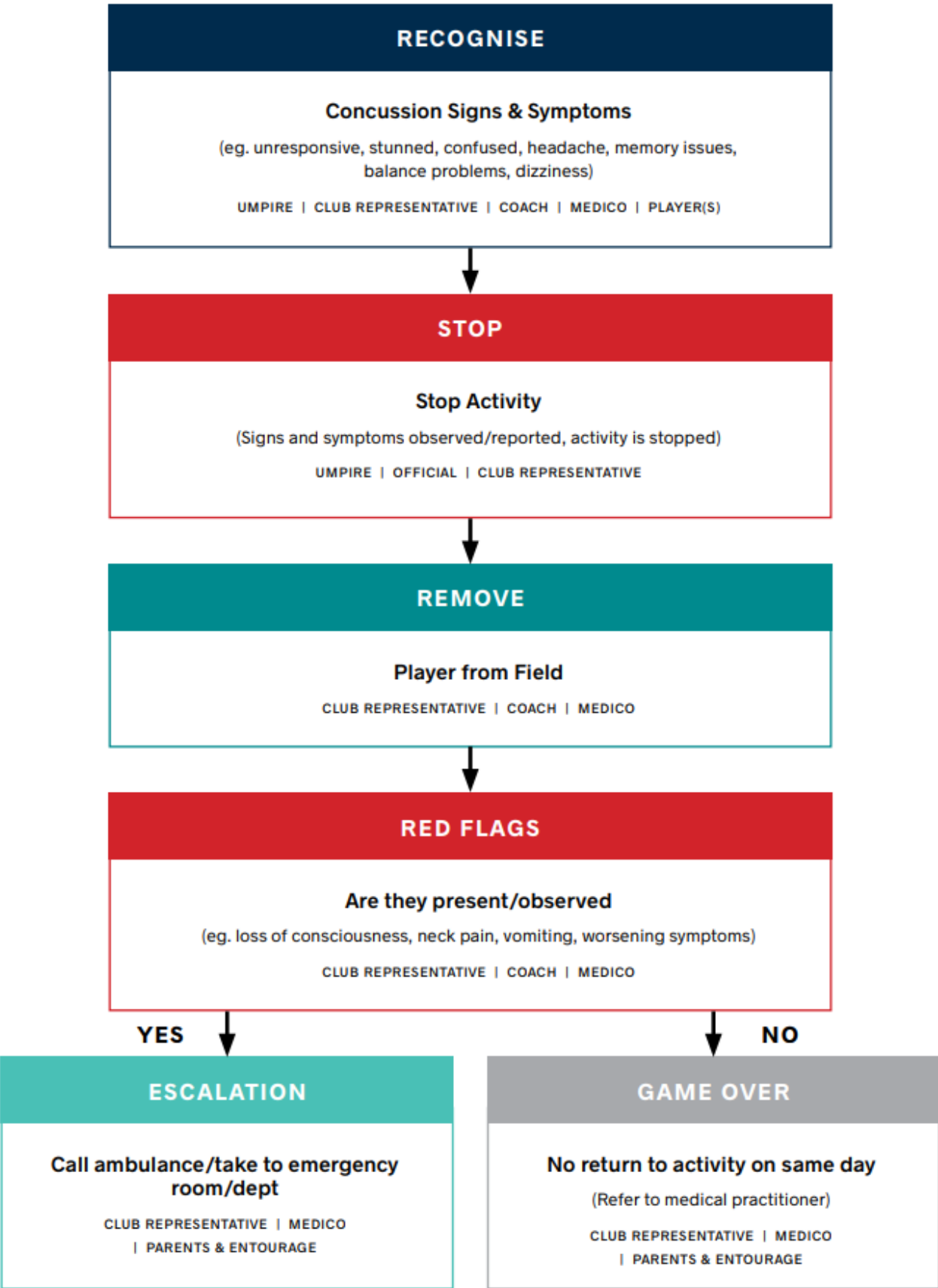
There is no definitive research to suggest that protective equipment such as helmets and face masks prevent concussions.

However, protective equipment such as helmets, face masks, and mouthguards play an important role in preventing head injuries such as skull and facial fractures, lacerations, dental injuries, and trauma. AHOs recommend the use of face masks and other equipment in training and matches in accordance with the requirements of local and FIH rules.

Schedule 1: Return to Play Protocol Phases

PHASE	GOALS & AIMS	PREREQUISITE(S) FOR NEXT PHASE/STEP
REST		
Rest	Physical and mental rest, allowing the brain time to recover	<ul style="list-style-type: none"> • Complete physical and mental rest within the first 24-48 hours of concussion • Children and adolescents may require additional time • Consideration should be given to receiving clearance from a medical professional before progressing
RECOVERY		
Return to non-sport activities	Minimum of 1-2 days of normal activities	<ul style="list-style-type: none"> • Asymptomatic in resting state or with non-sport activity for at least two days • Return to school/university/work • Medical clearance to progress to next phase/step
GRADUAL RETURN - INDIVIDUAL ACTIVITIES		
Light-moderate aerobic exercise	Undertaking light-moderate aerobic exercises such as walking, jogging and stationary cycle	<ul style="list-style-type: none"> • Remains completely asymptomatic
Sport-specific exercise	Increase aerobic exercise intensity and duration.	<ul style="list-style-type: none"> • Remains completely asymptomatic • Return to the previous, asymptomatic stage/step if symptoms recur • Medical clearance to progress to next phase/step
GRADUAL RETURN - TEAM ACTIVITIES		
Non-contact training drills and activities	Return to team training and progression to more complex training drills with contact restrictions (e.g. passing drills within 3v2, 4v3 or small-sided games and activities)	<ul style="list-style-type: none"> • Remains completely asymptomatic • Medical clearance to progress to next phase/step
Full contact training and activities	Full team training with no restrictions	<ul style="list-style-type: none"> • Remains completely asymptomatic • Player is confident in returning to play/competition
RETURN TO PLAY		
Full return to play/competition	No playing restrictions	

Schedule 2: Concussion Injury Management Workflow



Appendix 3. Code of Conduct Guidelines

1. GCHA expects appropriate behaviour from players, Club officials and spectators, when either participating in the GCHA competitions, at training or hockey events or when representing GCHA, as a player, official or spectator.
 - a. GCHA Players Code of Behaviour
 - b. GCHA Spectator Code of Behaviour
 - c. GCHA Umpire Code of Conduct
 - d. GCHA Parent/Guardian Code of Behaviour
 - e. GCHA Coaches Code of Behaviour

2. Consequences of Breach of Code of Conduct/ Code of Behaviour:

In the event of a breach of the Code of Conduct, the following shall occur:

 - a. The matter shall be reported to the GCHA Board, in writing, by an affiliated club, or Match Official.
 - b. The GCHA Board shall contact the club secretary the complaint refers to and they must investigate and advise the outcome and what remedial action, if any, they have taken as determined by their investigation.
 - c. If, the result of the (2) b. is not satisfactory, then the GCHA Board shall hear the case and make a recommendation. This recommendation could include actions, if any are to be taken, including whether the matter should be referred to the judiciary committee.

3. Judicial Hearing for Breach of Code of Conduct.

If the charged Person is guilty, the Judiciary Panel is to be guided by the following:

 - a. Code of Conduct Minor breach of any code of conduct: 2 - 4 weeks
 - b. Code of Conduct Serious breach of any code of conduct: Up to 1 year
 - c. Re-Offend - Where a person is found guilty of the same offence within a 12-month period: At least double the penalty

4. Should the Judiciary Panel determine that some other penalty is appropriate outside the prescribed penalty ranges in 3. then the reasons for this must be documented by the judiciary panel by way of written reasons.

5. The penalty is served by way of suspension from participation in or association with GCHA fixtured competition rounds and must be served in full. If there are insufficient fixture rounds remaining in the season at the time the penalty is incurred, the period of suspension continues into the following fixture season. NOTE: THIS INCLUDES NON-PLAYER PARTICIPATION