



SEHA JUNIOR COMPETITION RULES

Introduction

These SEHA Junior Competition Rules (the “Rules”) should be read and understood in their entirety as various cross references apply. They have been established so that there is fair and quality competition between clubs and teams based on the ability and standard of the players. Junior Convenors should ensure all coaches and managers have a copy of, and understand the application of, these Rules. Any queries should be directed to the respective club Junior Convenors, in the first instance, or otherwise the SEHA Junior Competition Committee.

The SEHA Junior Competition has been established for teams from SEHA clubs. The SEHA Junior Competition Committee will also consider applications from non-SEHA clubs to enter teams into the competition.

The SEHA Junior Competition Committee will review these Rules from time to time and approve any necessary amendments for the benefit of the competition.

The SEHA Junior Competition Committee may consider and provide specific exemptions from the application of these Rules from time to time for the benefit of the competition.

The SEHA Junior Competition Committee seek the co-operation of all clubs in adherence to these Rules to ensure a fair and enjoyable competition for all players, coaches, managers, umpires, parents and supporters. Any breach of these Rules will result in the loss of competition points and/or fines for the team that committed the breach as determined by the SEHA Junior Competition Committee.

All SEHA Junior Competition games are played under FIH rules, as adopted by Hockey Australia, Hockey NSW and the Association.

Definitions

The Association or SEHA – means Sydney East Hockey Association.

Committee – means the SEHA Junior Competition Committee, which is comprised of members representing the participating clubs in the SEHA Junior Competition. The Committee shall decide the necessary roles and responsibilities to enable the Committee to function, such as but not limited to Chairperson, Secretary, Treasurer, Fixtures Officer, Records Officer and Umpire Coordinator.

Division – means A or B Division (or any other Division determined by the Committee); it refers to grading within an age group only and not to an age group.

Age Group – means the age groups designated by SEHA (eg. Under 8, Under 10, Under 12, Under 14, Under 16 and Under 18).

Metro – means the Sydney Under 14 & Under 16 Metro competitions.

Games – competition games that are part of the official SEHA draw where points are usually awarded.

Trial Games – are games played for grading or practice purposes, outside of the official draw, where points are not usually awarded.

Rules of the SEHA Junior Competition

1. Teams

- 1.1. Teams must be affiliated with, and sanctioned by a Club (or Clubs); or other such body, recognised by SEHA or other Association, or by Hockey NSW.
- 1.2. Teams will be nominated, by the entering Club(s), to a designated grade. The club's grade nomination is not final. Teams will be graded during trial games, or other approved means and may be re-graded as appropriate during the competition.
- 1.3. Teams will consist of a minimum and maximum number of registered players, depending on their age group or Division.
- 1.4. No team can comprise more than the approved maximum number of registered players without the approval of the SEHA Junior Competition Committee following receipt of a written request.
 - 1.4.1. Under 8 teams may play on either a quarter or half field (to be determined by the Committee at the start of each competition) and shall consist of a minimum of 4 players and a maximum of 12 players for quarter field games, or a minimum of 5 players and a maximum of 13 players for half field games. There can be no more than 7 players on the field at any one time, of which one may be a fully kitted goal keeper (optional).
 - 1.4.2. Under 10 teams playing on a half field (and any other teams in a Division in an older age group also playing on a half field) shall consist of a minimum of 5 players and a maximum of 13 players. There can be no more than 8 players on the field at any one time, of which one must be a fully kitted goal keeper (see 3.2.2).
 - 1.4.3. Under 12, 14, 16 and 18 teams playing on a full field shall consist of a minimum of 7 players and a maximum of 16 players. There can be no more than 11 players on the field at any one time, of which one must be a fully kitted goal keeper (see 3.2.2).
 - 1.4.4. Any team which has approval from the Committee to register more than the maximum number of players in a team, may only play the maximum number of players in any game as identified in rules 1.4.1, 1.4.2, or 1.4.3 above. The match card is to only list the names of the players in attendance for that game.
- 1.5. Where a team is required to field a fully kitted goal keeper in accordance with rules 1.4.2 and 1.4.3 for a game, and does not do so for the full duration of the game, this will result in a forfeit (5-0) being awarded to the other team.

- 1.6. Registration of players to specific teams is to be submitted to the Records Officer before Round four (4) of the competition commences. Failure to submit final team lists prior to the commencement of Round four (4) may result in the relevant teams not earning any competition points until final team lists are received by the Records Officer.
- 1.7. All players must play in their Club playing uniform that is recognised by their Association, except where two teams from the same club are playing against each other or as otherwise approved by the Committee.

2. Eligibility/Registration – Players

- 2.1. All players must be duly registered with the Club or team for which they play.
- 2.2. No player can play for more than one club entered in the SEHA Junior Competition.
- 2.3. Players should generally play in the age group appropriate to their age. The age of a player is determined by their age at 1 January of the relevant year of the competition.
 - 2.3.1. If deemed appropriate (by a club), a player may register to play in a team which is one age group higher than the age group appropriate to their age.
 - 2.3.2. No player may play up more than one such age group without the consent of the Committee. A club may apply for an exemption using the Age Eligibility Waiver form.
- 2.4. In accordance with rule 1.6, from Round 4 of the competition players cannot register or play in another team within the same Division, or a lower Division in that age group.
- 2.5. In accordance with rule 1.6, from Round 4 of the competition any changes to players in a team may only occur with the approval of the SEHA Junior Competition Committee following receipt of a written request.
- 2.6. In accordance with rule 1.6, from Round 4 of the competition, once a player has played three (3) or more games in a higher Division, that player can no longer play in the lower Division. For the purposes of the SEHA Junior Competition and players filling in the Metro competition, the U14 and U16 Metro teams are considered as 'A' Division teams and the SEHA Junior Competition U14 and U16 teams are considered as 'B' Division teams.
- 2.7. A breach of Rule 2 will result in the loss of competition points for the relevant team.
- 2.8. Any over-aged players are to be approved by the SEHA Junior Competition Committee following receipt of a written request. Over-aged players must play in the club's highest graded team in that age group. No team may have more than three (3) over-age players.
- 2.9. Teams may only borrow players registered with another team in the SEHA Junior Competition in the circumstances stated in Appendix A to these Rules.

3. Playing conditions

- 3.1. Half field games – coaches are allowed on the field of play for the first six (6) games of the competition. This recognizes that many players in these teams are new to hockey and will benefit from the coach's directions in regard to positional play. Coaches must not exert influence over umpires or obstruct the passage of play.
- 3.2. Duty of Care:
 - 3.2.1. No junior player shall take the playing field in a SEHA Junior competition or trial game unless they are wearing shin pads and mouth guard.
 - 3.2.2. Goal keepers and substitute goal keepers shall wear at all times during a game in which they participate, protective equipment, including leg guards and kickers, groin and chest protectors, hand protectors, a face mask and helmet or a helmet incorporating fixed full-face protection.
 - 3.2.3. If, following a head impact or collision, a player is observed with any visible sign or symptom of concussion, play must be stopped. The player should be removed from the field before play may recommence. Under no circumstances should the removed player be allowed to resume their participation in the game. Such an incident is to be noted on the match card and the relevant team manager is to complete and submit an Incident Report to the Committee.
 - 3.2.4. Where a material incident occurs, including a serious injury, then this is to be noted on the match card and the relevant team manager is to complete and submit an Incident Report to the Committee.
- 3.3. The Tomahawk shot will be permitted in all full field games, but not half field games.
- 3.4. A player attempting to play the ball with their stick above their shoulder will be permitted in all full field games. For half field games, no raised balls are permitted above shin pad height, including while shooting at goal.
- 3.5. Umpire Cards:
 - 3.5.1. Green cards will be a 2 minute suspension for full field games; and may be used as a warning for half field games.
 - 3.5.2. For full field games, Yellow cards will be a 5 minute suspension. A 10 minute suspension may be issued for repeat offences, or serious breaches of the rules of Hockey.
 - 3.5.3. For full field games, Red cards will be an automatic suspension for the remainder of the game. The suspended player must not remain in the playing area (side-line or dug-outs etc).
 - 3.5.4. Red cards will automatically be referred to the SEHA Judiciary. Repeated Yellow cards may also be referred to the Judiciary.

- 3.6. Mercy Rule – In the event that a score reaches a difference of eight (8) goals during a game, the leading team will drop-off two (2) players and the team will continue playing in such drop-off conditions whilst ever there is a score differential of 8 or 9 goals during the game. Should the score reach a difference of ten (10) goals, the leading team will drop-off a further two (2) players (one (1) player for half field games) and the team will continue playing in such drop-off conditions whilst ever there is a score differential of 10 or more goals during the game.

The drop-off of players should not exceed the number required to field the minimum number of players as required in Rule 1.4. Coaches of both teams should also use their discretion and judgment in managing the fairness of the game.

4. Games

- 4.1. Games (including Finals), with the possible exception of U18s, should be umpired by junior umpires wherever possible, as a means of developing club umpires for Association and higher appointments.
- 4.2. Games will be played in the following formats:
- 4.2.1. U8s – normally played on a quarter or half field, in two 20 minute halves, with a 5 minute half time break. Teams change ends at half time. U8s are to use the 'Joey' ball when playing on Turf. U8s may play on grass when required (in which case a normal hockey ball may be used). The Committee may modify these rules for U8s during a competition to assist enjoyment or development of the players.
- 4.2.2. Half field games (except U8s) – played in two 25 minute halves, with a 4 minute half time break. Teams change ends at half time.
- (i) For U10 games, the 'Joey' ball is used when playing on Turf and games may be played on grass when required (in which case a normal hockey ball may be used).
- (ii) For U12 games played on half field, a normal hockey ball is to be used and games will be played on Turf.
- 4.2.3. Full field games – are played on Turf only. Games are to be played in quarters as follows:
- (i) 14 minutes playing time each quarter, with 2 minute quarter & three-quarter time breaks and a 5 minute half time break.
- (ii) Teams are to change ends and hit-off at half time only. There are no time outs.
- 4.3. Points – except for U8s which is non-competitive, points for games shall be awarded as follows:
- Win – 3 points;
Draw – 1 point;
Loss – 0 points.

- 4.4. Washed-out/Abandoned games:
- 4.4.1. In the event a game is unable to start due to the condition of the field, teams will make their best efforts to play the game within four (4) weeks, otherwise the score will be recorded as a 0-0 draw. Match cards listing the players available for that game must be submitted and the game will count for Finals eligibility.
 - 4.4.2. Any game that reaches half time without interruption, or a total of 50% of the allocated game time, will be deemed as a valid game. If the game is abandoned prior, Rule 4.4.1 will apply.
- 4.5. Forfeit – a forfeit will occur if a team is unable to field a team with the minimum number of players, as outlined in Rule 1.4, one of whom must be a fully kitted goalkeeper (except U8s), within 10 minutes of the scheduled game start time. The result will be a 0-5 loss to the forfeiting team and both teams must complete and submit match cards indicating this result.
- 4.6. Match Cards – All Match cards are to be submitted to the SEHA Junior Competition Records Officer (or the secretary where there is no records officer appointed) by midnight of the Monday following the game. Match cards must be scanned and submitted as specified by the Records Officer. Late submission of match cards or online results will result in a fine of \$25 issued to the Club. Unpaid fines render the team unqualified for the finals series.
- 4.7. Clubs hosting SEHA Junior Competition games should provide a suitably recognised ground convener to:
- a. Ensure all games complete at the designated time;
 - b. Ensure that ice and/or cold packs are readily available in the event of injury; and
 - c. Ensure that all spectators and players respect umpire decisions and abide by the SEHA and the club's code of conduct.

5. General

- 5.1. Players, officials and spectators must at all times abide by the relevant codes of behaviour, as published by Hockey NSW and endorsed by SEHA. These can be found on the SEHA and Hockey NSW websites.
- 5.2. Only the players involved in the game in progress, team coaches and managers are permitted to be in, or in vicinity of, the dug-outs during a game. As a general rule, spectators should not be on the dug-out side of the field.
- 5.3. Umpires will control the games and have the authority to penalise teams, including penalising the Captain of a team with any of a green, yellow or red card for poor off-field behaviour of coaches, managers or spectators, where deemed appropriate.

- 5.4. All team coaches and managers must have a current Working With Children Check. While there is no requirement to register this with SEHA, clubs should provide a statement to the effect that they are compliant, and maintain that compliance throughout the season.
- 5.5. Team managers are responsible for the behaviour of players and coaches in the dug-outs.
- 5.6. Team coaches, managers and officials should be familiar with, and abide by, the various guidelines and policies (Heat, Chill, Hail, Lightning, Alcohol, Air Quality, etc), which can be found on the SEHA, Hockey NSW, and Hockey Australia websites.
- 5.7. Clubs and venues should enforce a no alcohol policy during all SEHA Junior Competition games, as described in the Hockey NSW Member Protection Policy.
- 5.8. Clubs and venues should enforce a smoke free environment during all SEHA Junior Competition games, as described in the Hockey NSW Member Protection Policy.

6. Qualification for Finals

- 6.1. To be eligible to play in the Finals series:
 - 6.1.1. Players registered in a team must have played 3 of the last 5 games with that team; and
 - 6.1.2. Have played a majority of games with that team over the season (50% or more); this allows for injured or sick players in the period leading up to the Finals.
- 6.2. Having qualified to play in a team in a younger age group (see criteria in rules 6.1.1 and 6.1.2), a player can only be eligible to play for a team in an older age group that is at an equal to or higher Division. Eg. where there are separate Divisions in an age group, U12A can fill-in to play U14A; or an U12B can play U14B or U14A.
- 6.3. Having qualified to play in a team in a younger age group (see criteria in rules 6.1.1 and 6.1.2), a player can only be eligible to play for a team in an older age group of a lower Division if the club involved only has a team in the lower Division in the higher age group. Furthermore, the player concerned will only qualify if they are not currently a SEHA or other association representative player or have been selected to play in a representative team in the current season. Eg. U12A Division non-representative player can play U14B if that club has only fielded an U14B Division team in that age group in that season. This player should be noted as such on the match card.

7. Finals series

7.1. **Semi Finals and Preliminary Finals** – A full game is played under the normal rules. At the end of full time if there is a draw, there is no extra time.

7.1.1 If the result is a draw at the end of full time, the team that was higher on the Points table at the end of the pre-finals competition games, will proceed.

7.1.2 If points were equal, then the team with the superior goal difference will proceed.

7.1.3 If equal on goal difference, then the team with the highest number of goals for will proceed.

7.2. **Grand Finals** – A full game is played under the normal rules. At the end of full time if there is a draw, then extra time is played as follows:

7.2.1 The players have a 3 minute break after full time, before commencing extra time.

7.2.2 Play recommences with two lots of 6 minutes extra time, golden goal. For the first 6 minutes of extra time, 2 players will drop-off in each team (ie. 9 players for full field games and 6 players for half field games).

7.2.3 At the end of the first 6 minutes of extra time, if the result is still a draw, there is an immediate change of ends and a further 6 minutes of golden goal extra time, with each team dropping-off another 2 players (ie. 7 players each for full field games) but only 1 player for half field games (ie. 5 players each on the field).

7.2.4 At the end of the second period of extra time, if the result is still a draw, then for half field games, teams will be declared joint premiers, and full field grand finals will be decided by a penalty shootout.

7.2.5 The penalty shootout will be undertaken as 1 v 1 attacks starting from the 23 metre line, with each attack being a maximum of 8 seconds and to be made by a different field player. The goal used is selected by the umpires. Teams will take turns at attacking, with the team going first being determined by the umpire's coin toss. The team with the most goals after both teams have completed 5 attacks will be the winner.

7.2.6 If scores are even after both teams have had 5 attacks, the attacks will continue using the same players in the same rotation order until a team has a higher number of goals after both teams have had the same number of attacks – the team with the higher number of goals will be declared the winner.

7.2.7 Other rules of the penalty shootout:

- a. There are no restrictions on the types of strokes the attacker may use to score and a goal is scored in the usual way.
- b. If the attacker commits an offence, the ball travels outside the field of play, or 8 seconds elapse before the ball crosses the goal line, a goal is not awarded.
- c. If the goalkeeper unintentionally fouls the attacker then the penalty shootout is re-taken; in the event the foul was intentional, a penalty stroke is awarded. However note that unlike the normal rules of hockey, it is not an offence for a goalkeeper to deliberately play the ball over the backline in a penalty shootout.
- d. A player suspended by a red card during the normal playing time or during extra time is not eligible to participate in a penalty shootout.

7.2.8 Any matters not covered above during either extra time or the penalty shootout will be determined by the umpires.

Appendix A – Borrowing Players

	U8	10A	10B	12A	12B	U14 Metro	14A	14B	U16 Metro	16A	16B	U18
Borrow from an A Division team in the lower age group	-	Y*	Y*	Y*	Y*	Y	Y*	N	Y	Y*	N	Y*
Borrow from a B Division team in the lower age group	-	Y*	Y*	Y*	Y*	Y	Y*	Y*	Y	N	Y*	Y*
Borrow from an A Division team in own age group	-	-	N	-	N	Y	-	N	Y	-	N	-
Borrow from a B Division team in own age group	-	Y*	-	Y*	-	Y	Y*	-	Y	Y*	-	-
Borrow from the Under 14 Metro team	-	-	-	-	-	-	N	N	Y	N	N	N

**May only borrow a player if the borrowed player would make a maximum of 9 players for half field games or 12 players for full field games.*

First 3 Rounds:

To assist Clubs clarify and finalise team lists, and to be undertaken within the spirit of the competition, during the first 3 Rounds of the competition only, players may transfer between A Division and B Division teams within an age group. Clubs must submit final team lists to the Records Officer prior to Round 4 of the competition commencing.

From Round 4:

Generally, teams may borrow players as many times as necessary from lower Division teams (ie. an A Division team borrowing a player from a B Division team) and teams in the immediately lower age group (eg. an Under 14 team borrowing a player from an Under 12 team), subject to the following rules:

- for SEHA competition games, a team may only borrow a player if the additional player makes a maximum of 9 players being available for half field games or a maximum of 12 players being available for full field games;
- an Under 14B or 16B team cannot borrow a player from an Under 12A or 14A team, respectively, unless they are borrowing the Under 12A or 14A goal keeper, respectively, who will be playing as a field player;
- not counting the first 3 rounds, where a B Division player has played 3 or more games in A Division in their own age group, then that player will be re-graded to A Division and can no longer play in B Division;
- teams cannot borrow a player who can play in two age groups lower, regardless of whether that player is registered to play in the immediately lower age group (eg. an under 10 aged player who plays in the Under 12 competition each week cannot fill in for an Under 14 team); and
- refer below for specific rules covering the borrowing of goal keepers.

Goal Keepers:

As long as a team has a maximum of 9 players (half field) or 12 players (full field) available for a game following any borrowing of players:

- a half field goal keeper may fill-in for any team as a GK or a field player in the higher age group;
- a full field goal keeper playing in A Division:
 - may fill-in for an A Division team in the higher age group as a GK or a field player;
 - may fill-in for a B Division team in the higher age group as a field player; and
 - may fill-in for a B Division team in their own age group as a field player, but will be re-graded as a B Division field player in their own age group if they fill-in for 3 games in B Division.
- a full field goal keeper playing in B Division:
 - may fill-in for any team in the higher age group as a GK or a field player; and
 - may fill-in for an A Division team in their own age group as a GK or a field player, but will be re-graded as an A Division player if they fill-in for 3 games in A Division.