

Hockey

Handbook



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WELCOME

Hockey Victoria is committed to providing safe, welcoming and inclusive environments across its 165 hockey clubs and associations.

Hockey has a proud history of being a participation sport for boys, girls, men and women. We also have a strong history at Olympic and Commonwealth Games resulting in a sport for all Victorians and more importantly a family game.

Our range of inclusion programs implemented by our dedicated team of staff has ensured that the proud history can continue and that the family game becomes accessible to more Victorians. Targeted initiatives in the development of improved participation experiences for young children, masters athletes, girls, women, CALD communities and people with a disability are all key components of what Hockey Victoria and its clubs offer.

The handbook provides a detailed overview of everything families and prospective participants need to know about hockey and how to get involved. From learning the basic rules of the game through to the range of program offerings for participants at all levels to engage and participate, this booklet will provide you with the information you require to join our hockey family.

As CEO I am extremely proud of the work we do to ensure that our sport is safe, welcoming and inclusive and I am personally committed to seeing more of our clubs take on initiatives to further engage with the local community and become more community relevant.

I want to thank all of our clubs and the thousands of volunteers across the network that work tirelessly to ensure hockey is delivered in the most appropriate environment for new and existing participants.

I am looking forward to seeing you actively participating in the sport of hockey.

ANDREW SKILLERN

CEO – Hockey Victoria

Hockey in Victoria

Hockey Victoria (HV) is the governing body for the sport of hockey in the State of Victoria. HV and its affiliated associations and clubs provide a range of opportunities for people to become involved in hockey at all levels.

Hockey Victoria is committed to being a safe, welcoming and inclusive community sport of choice for all Victorians.

Hockey Victoria's Values:

A word cloud graphic with the words 'collaboration', 'respect', 'innovation', 'excellence', 'inclusion', 'leadership', and 'responsibility' arranged in a cluster. The word 'excellence' is the largest and most prominent, followed by 'inclusion'. Other words are smaller and arranged around it.

collaboration
respect innovation
excellence inclusion
leadership responsibility

Hockey

Why is hockey a great sport for children to become involved in?

- Both boys and girls can play.
- Hockey is a sport where children make friends for life.
- Hockey is a sport for all family members.

The sport is open to all ages, multi-cultural groups, all abilities.

- Hockey is a team sport that can assist in the development of a child's team work and leadership skills, as well as confidence and self-esteem.
- Hockey enables children to develop spatial awareness.
- Hockey provides social and competitive pathways.
- Hockey facilitates hand-eye coordination skills.
- Hockey is a sport for life.



Schools Hockey Program

Hockey Victoria conducts school clinics through its road show program. Hockey Victoria sends qualified coaches out to schools to run clinics for primary school aged students, providing schools with an opportunity to expose students to a new sport.



All-Abilities Schools Hockey Program

Hockey Victoria conducts modified programs for students with special needs attending both primary and secondary schools.

HOOKIN2HOCKEY

Hookin2Hockey is a 4-10 week program designed for 5-10 year olds. The program is designed to be a fun introduction to hockey and a great starting point to lead into club based competition pathways.

Intraclub Competition

The intraclub competition is a modified version of hockey. It is a small sided competition and acts as a good stepping stone from Hookin2Hockey into the underage competition. The rules of intraclub competition are the same as the 11-a-side game however some rules are relaxed to allow the participants to learn and the game to flow.

Winter Underage Competition

Hockey Victoria's metropolitan competition has age groups for under 10s, 12s, 14s, 16s and U18s. There are mixed options and Girls only options available to participants. The winter season runs over 14

rounds from April to September (excluding school holidays).

Regional associations run slightly different age groups depending on numbers however the season still runs from April to September



Indoor Hockey

Indoor hockey is a 6 a side competition played from October through to January across Victoria at indoor venues.

Summer Hockey

Summer hockey provides a range of options for playing hockey in what was traditionally the off season for hockey. Summer hockey is a program run at many different clubs in a variety of different formats. Hockey Victoria also offers some summer competitions including social mixed, men's, women's and masters.







Pathways in Hockey

Club/Association Hockey

Competitions are broken down into age groups and are also graded to ensure children are playing against children of similar abilities. Children will usually play one game a week and train once a week.

Zone/regional representation Hockey

Talented hockey players may be selected in one zone representative team that competes against other zones at the Junior State Championships (JSC). This event caters for U13 to U17 age groups for both boys and girls.

A similar event is run during November each year. It is called the Zone Challenge. This event caters for U12 to U16 aged players both male and female and is run across regional and metropolitan Victoria.

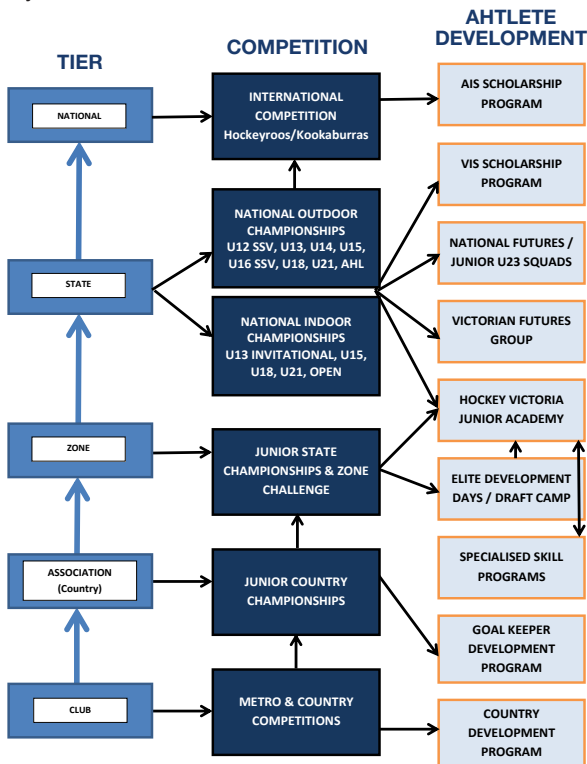
State Hockey

Each year Hockey Australia releases a calendar of events that enable Victoria's most talented juniors to play in a National Championship. All athletes chosen to represent Victoria go through a thorough selection process.



Pathways in Hockey

The following chart illustrates the pathway that a player may take in hockey to become an elite athlete.



Hockey for All – Social inclusion programs

Social Inclusion is about providing opportunities for people of all abilities to feel valued and have the opportunity to participate fully in society.

Hockey Victoria has developed a number of programs designed to meet the needs of people with a disability. Programs such as “All Abilities Hookin2hockey” have been modified, allowing individuals to learn, develop and practice new hockey skills in a safe and supporting environment.



Codes of Behaviour

Hockey Victoria has developed codes of behaviour to guide the behaviour of all people involved in the sport and ensure that Hockey remains a safe, inclusive and enjoyable activity.



PLAYERS

Code of Behaviour

- Play by the rules.
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials, sledging other players or deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Work equally hard for yourself and/or your team. Your team's performance will benefit and so will you.
- Be a good sport. Applaud all good plays whether they are made by your own team or the opposition.
- Show respect to and acknowledge opponents and officials (e.g. shake hands before and after the game, thanks umpire etc.).
- Treat all participants as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, team-mates and opponents. Without them, there would be no competition.
- Participate for your own enjoyment and benefit, not just to please your parents and coaches.
- Respect the rights, dignity and worth of all involved in hockey regardless of their age, gender, sexual orientation, ability, race, culture or religion.

PARENTS

Code of Behaviour

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on your child's efforts and performance rather than whether they win or lose.
- Encourage children to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performance and skillful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of all involved in hockey regardless of their age, gender, sexual orientation, ability, race, culture or religion.

Please Remember

- 1. THESE ARE KIDS**
- 2. THIS IS A GAME**
- 3. THE COACHES ARE
VOLUNTEERS**
- 4. THE UMPIRES ARE HUMAN**
- 5. WE ARE NOT PLAYING
FOR SHEEP STATIONS**



For more information head to
www.hockeyvictoria.org.au

COACHES

Code of Behaviour

- Remember that young people participate for pleasure, and winning is only part of the fun.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Be reasonable in your demands on players' time, energy and enthusiasm.
- Operate within the rules and spirit of hockey and teach your players to do the same.
- Ensure that the time players spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
- Avoid overplaying the talented players; the 'just average' need and deserve equal time.
- Help each person (player, official etc.) reach their potential - respect the talent, developmental stage and goals of each person and compliment and encourage with positive and supportive feedback.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.

- Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage players to do the same.
- Show concern and caution towards sick and injured players. Follow the advice of a physician when determining whether an injured player is ready to recommence training or competition.
- Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
- Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.
- Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance will exist) with people under the age of 18 years.
- Respect the rights, dignity and worth of all involved in hockey regardless of their age, gender, sexual orientation, ability, race, culture or religion.

ADMINISTRATORS

Code of Behaviour

- Act honestly, in good faith and in the best interests of the sport as a whole.
- Ensure that any information acquired or advantage gained from the position is not used improperly.
- Conduct your responsibilities with due care, competence and diligence.
- Do not allow prejudice, conflict of interest or bias to affect your objectivity.
- Involve young people in planning, leadership, evaluation and decision-making related to the activity.
- Give all young people equal opportunities to participate.
- Create pathways for young people to participate in sport, not just as a player but as a coach, referee, administrator, etc.
- Ensure that rules, equipment, length of games and training schedules are modified to suit the age, ability and maturity level of young players.
- Provide quality supervision and instruction for junior players.
- Remember that young people participate for their enjoyment and benefit. Do not over emphasis awards.

- Help coaches and officials highlight appropriate behavior and skill development, and help improve the standards of coaching and officiating.
- Ensure that everyone involved in junior sport emphasizes fair play, rather than winning at all costs.
- Give a code of behavior sheet to spectators, officials, parents, coaches, players and the media, and encourage them to follow it.
- Remember, you set an example. Your behavior and comments should be positive and supportive.
- Support implementation of the National Junior Sport Policy.
- Make it clear that abusing young people in any way is unacceptable and will result in disciplinary action.
- Respect the rights, dignity and worth of all involved in hockey regardless of their age, gender, sexual orientation, ability, race, culture or religion.

OFFICIALS

Code of Behaviour

- Place the safety and welfare of the participants above all else.
- Be consistent and impartial when making decisions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Modify rules and regulations to match the skill levels and needs of young people.
- Compliment and encourage all participants.
- Be consistent, objective and courteous when making decisions.
- Emphasise the spirit of the game rather than the errors.
- Encourage and promote rule changes that will make participation more enjoyable.
- Be a good sport yourself. Actions speak louder than words.
- Keep up to date with the latest trends in officiating and the principles of growth and development of young people.
- Remember, you set an example.
Your behavior and comments should be positive and supportive.
- Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance will exist) with people under the age of 18 years.
- Respect the rights, dignity and worth of all involved in hockey regardless of their age, gender, sexual orientation, ability, race, culture or religion.

MEDIA

Code of Behaviour

- Provide coverage of young people's competitive and non-competitive sport as well as reporting adult sport.
- Be aware of the differences among adult sport, professional sport and modified sports programs for young people.
- Do not highlight isolated incidents of inappropriate sporting behavior.
- Focus on a young player's fair play and honest effort.
- Do not place unfair expectations on young people. They are not miniature professionals.
- Describe and report on the problems of young people participating in organised sport.
- Focus on the abilities and not the disabilities of young people.
- Avoid reinforcing stereotypical views on the involvement of boys and girls in particular sports.
- Give equal time and space to reporting boys and girls sports.
- Familiarise yourself with the National Junior Sport Policy.
- Respect the rights, dignity and worth of all involved in hockey regardless of their age, gender, sexual orientation, ability, race, culture or religion.

SPECTATORS

Code of Behaviour

- Remember that young people participate in sport for their enjoyment and benefit, not yours.
- Applaud good performances and efforts from all individuals and teams. Congratulate all participants on their performance, regardless of the game's outcome.
- Respect the decisions of officials and teach young people to do the same.
- Never ridicule or scold a young player for making a mistake. Positive comments are motivational.
- Condemn the use of violence in any form, whether it is by spectators, coaches, officials or players.
- Show respect for your team's opponents. Without them, there would be no game.
- Encourage players to follow the rules and the officials' decisions.
- Do not use foul language, sledge or harass players, coaches, officials or other spectators.
- Respect the rights, dignity and worth of all involved in hockey regardless of their age, gender, sexual orientation, ability, race, culture or religion.

Safe & Welcoming Environment

Injury Prevention

Hockey is a very active sport that requires moderate amount of energy. Some injuries can be prevented with stretching exercises before and after physical activity, appropriate diet and hydration:

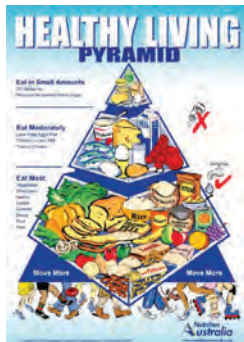
- Begin exercise well hydrated and fuelled up.
- Always warm up and cool down after exercise.
- Ensure the body is replenished with fluid during and after exercise
- Always wear a mouth guard and shin pads

Healthy Eating

Healthy eating is vital for you and your child's health. The Australian healthy food guidelines are simple to follow:

- Eat plenty of fruit, vegetables, bread and grains and drink plenty of water.
- Eat moderate amounts of animal-based foods such as dairy products, lean meat, poultry, fish and eggs.
- Try to eat minimal amounts of fats, oils and sugar.

Hockey Victoria encourages healthy eating amongst all its members. For further information, contact your GP or a local dietician or nutritionist.



Responsible Drinking

Alcohol and sport don't mix! The consumption of alcohol dehydrates the body and impairs vision, restricts body function and impact on recovery. This all results in reduced performance.

Hockey Victoria recommends that parents who choose to consume alcohol do so in a responsible manner and abide by the law.

Smoking

The goals of sport are fitness, fun, teamwork, community connectedness and participation, discipline and excellence. Smoking and its health effects are contrary to these goals, Hockey Victoria therefore encourages people not to smoke.

From April 2014, the amended Tobacco Act 1987 (Vic) bans smoking

- Within 10 meters of a sporting venue that is an outdoor public place during an organised underage sporting event
- During training or practice sessions to prepare for an organised underage sporting event, and breaks or intervals during the course of the event, training session or practice session
- Outdoor dining and drinking areas that is within 10 meters of an outdoor public sporting venue

Sun Smart

As hockey is mostly an outdoor sport, Hockey Victoria encourages all participants to be sun smart. Participants are encouraged to wear appropriate clothing and apply sunscreen while playing.

Member Protection Information Officers (MPIO)

Hockey Victoria encourages all clubs to have a trained (MPIO) who members can go to with their concerns regarding discrimination and harassment. The MPIO is responsible for providing information about a person's rights, responsibilities and options to an individual making a complaint or raising a concern.



Get Involved

Opportunities for Parents

There are a large number of ways parents of young people can get involved in the sport of hockey.

Playing

Hockey is a sport for people of all ages and abilities. Most clubs/associations run competitions for adults. Why not get a group of friends together or other parents together and start a team! This is an excellent way to stay involved in your kids sport, get fit and have fun all at the same time.

Coaching

Coaching is an excellent way to get involved in hockey and you don't need to have previously played the sport. Local clubs/associations and Hockey Victoria conduct regular coaching courses to teach people how to coach. Coaching can be a very rewarding way to get involved in your child's hockey and help the local club/association.

Umpiring

Hockey Victoria and club/associations regularly conduct umpiring courses. Umpiring is a great way to get involved and make a contribution to hockey. Umpires receive match payments and it's also a great way to become active and integrated into a club/association. Without umpires there is no hockey match!

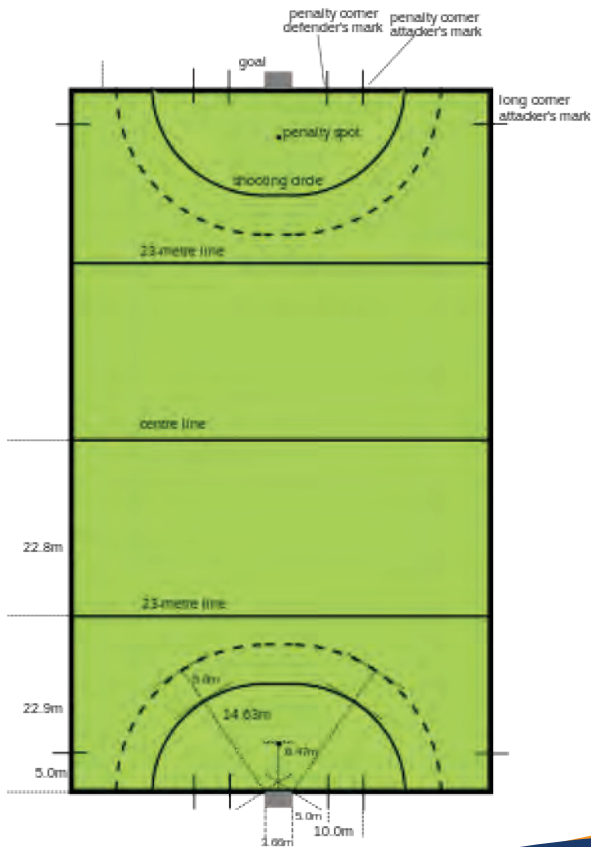
Volunteering

Clubs are always looking for people to volunteer in a broad range of roles, assisting at events, serving on committees, canteen rosters. If you are interested in becoming more involved approach your local club/association to determine how your skills and interest can best be utilized. "Together we achieve more."

Five Key Facts about Hockey

- 1. The ball can only be hit with the flat side of the stick.**
- 2. The ball cannot be stopped or played with the feet, except by the Goal keeper.**
- 3. There are no Left Handed Hockey Sticks.**
- 4. There is no off side rule in Hockey.**
- 5. Sticks cannot be lifted above the shoulder.**

Hockey Field



Glossary of Hockey Terms

Free Hit - A penalty awarded only when a player or team has been disadvantaged by an opponent breaking the rules.

Penalty Corner/ Short Corner - A penalty awarded to the attacking team for an offence inside the defensive team's 23 meter area. The penalty is taken by placing the ball on the back-line, on the second small marker away from the goal. Attacker pushes the ball towards the top of the circle, where other attackers are spread out. The ball must go outside the circle before a shot at goal can be taken. The defensive team is only allowed five players including the GK behind the goal line to defend the corner. They run out to try to prevent the goal being scored. All other players of the defensive team must be behind the half way line.

Long Corner - A colloquial term used to describe the re-start to play after the ball is played, unintentionally by a defender or deflected by a goalkeeper, over the back-line and no goal is scored. It is taken from a mark five meters from the corner of the field on the side-line nearest to where the ball crossed the back-line. Procedures for taking a free hit apply. Also known as a corner hit.

Penalty Stroke - A penalty awarded to an attacker to be taken from the penalty spot, with only the goalkeeper allowed to defend it.

Shoot-out - One on one competition with the goal keeper. The ball is placed in the centre of the 23m line. The attacker starts with the ball and has 8 seconds to score against the goal keeper who starts on the

goal line. A series of shoot outs can be used at the end of a drawn final to decide a winner.

Umpire – an official who makes sure that the rules of the game are followed.

15 meter hit or 16 or 16 yard hit: A restart of play when the ball travels over the back-line after last being played by an attacker and is taken from a point up to 14.63 meters (15 meters) from, and in line with, where it crossed the back-line. Procedures for taking a free-hit apply.

Goalkeeper - One of the participants of each team who wears protective equipment comprised of at least headgear and who thereby has the privileges of a goalkeeper. Also known as a goalie or keeper.

Green card - A coloured card signifying the umpire is warning a player about a specific offence committed. Green cards are usually triangular shaped.

Yellow card - A coloured card signifying the umpire has temporarily suspended an offending player from a match for a minimum of five minutes. Yellow cards are usually rectangular shaped.

Pitch - Common description use for a hockey field.

Push - To move the ball along the ground by using a pushing movement if the stick. Both the head of the stick and the ball are usually in contact with the ground during the pushing movement.

Slap/Slap hit - Striking the ball using a sweeping motion of the stick towards the ball, often with the stick head in contact with the ground during the back swing and the follow through.

Trap - The action of a player gaining control of a moving ball with the stick. Also known as a stop.

Hit - Striking the ball using a swinging movement of the stick towards the ball.

Dribble - The movement of a player while controlling the ball with the stick.

Tackle - An action to stop an opponent retaining position on the ball.

Flick - Pushing the ball so it is raised off the ground.

Drag flick - Usually a more powerful variation of a normal flick made distinct by the slinging motion of the flick.

Tomahawk - The colloquial name given to a low reverse-stick shot at goal using the edge of the stick nearest to the inside of the head.

Goal shooting area - Goals can only be scored if the ball is touched by an attacked within the attacking circle.

Further Information

For further information on the sport of hockey in Victoria please visit the Hockey Victoria website or contact Hockey Victoria.

Hockey Victoria

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**Access
for All Abilities**



www.hockeyvictoria.org.au