



# **2025 Whangarei JMC Hockey Guidelines**

# WHANGAREI JMC HOCKEY GUIDELINES 2025 (DRAFT)

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# WHANGAREI JMC HOCKEY GUIDELINES 2025 (DRAFT)

## 1. Playing Season

- 1.1. Hockey will start on the first Thursday, Friday, and Saturday of the second school term and run until week 8 of the term. There will be a 3-week break and hockey will resume on the first Thursday, Friday and Saturday of the third school term and finish week 10 of the third school term.
- 1.2. Start date: Kwik Sticks 1<sup>st</sup> & 2<sup>nd</sup> May 2025  
Kiwi Sticks 3<sup>rd</sup> May 2025  
Mini Sticks & Mini Sticks Development 3<sup>rd</sup> May 2025  
Fun Sticks Whangarei 2<sup>nd</sup> & 3<sup>rd</sup> May 2025  
Bay of Islands 2025 (tbc)
- 1.3. Last day prior to Term 2 holidays: 27<sup>th</sup> June 2025  
(end of week 9)  
Holidays No play
- 1.4. Re-start Term 3 All grades including Fun Sticks 17<sup>th</sup>, 18<sup>th</sup> & 19<sup>th</sup> July
- 1.5. Last competition day:  
Kwik Sticks 18<sup>th</sup> & 19<sup>th</sup> September 2025  
Kiwi Sticks 13<sup>th</sup> September 2025  
Mini Sticks & Mini Sticks Development 13<sup>th</sup> September 2025  
Fun Sticks Whangarei 12<sup>th</sup> & 13<sup>th</sup> September 2025  
Bay of Islands TBC
- 1.6. Final Prize giving day:  
Kwik Sticks 19<sup>th</sup> September 2025

## 2. JMC Meetings

- 2.1. The AGM will be held on the 2nd Tuesday of the 3rd month. The next AGM date will be 11<sup>th</sup> March 2024 at the Whangarei ITM Hockey Centre.
- 2.2. Monthly meetings will be held on the second Tuesday of the Month.
- 2.3. Clubs should have 1 official delegate but are encouraged to have 2 delegates at the meetings. Other observers are welcome to speak but they cannot put forward motions or vote.
- 2.4. A quorum of the JMC shall be 50% of the number of clubs of the JMC.

### Appointment of Officers

Chairperson Amy Jones

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Deputy Chairperson	Erica Phillips
Secretary	Rachel Burgin
Deputy Secretary	Bronwyn Bayne
Cancellation Steward	Hockey Northland
Draw Steward	Hockey Northland
HN Admin	Courtney Phillips
JMC Observer (CCE)	Amy Jones

### Grading Committees

Kwik Sticks	Rachael Burgin and Aaron Bradley
Kiwi Sticks	Sandra Field and Erica Phillips

### Inter-Association Committees

Years 5 & 6 – Sandra Field, Anna Alexander, and (TBC)

Years 7 & 8 – Hockey Northland

**Prizegiving Event Committee** TBC

**Twilight Convener** Hockey Northland

**Disputes (Dispensation) Committee** Amy Jones, Rachael Burgin, Erica Phillips, and Hockey Northland

### 3. Team Entry and Registration

- 3.1. Teams must be entered with the draw steward **3 WEEKS (due 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> April 2025)** before the proposed start date.
- 3.2. Registration process must be completed prior to the start of the JMC hockey season electronically via PlayHQ.
  - 3.2.1. For the 2025 Kwik and Kiwi JMC teams must register a minimum of 7 players per team via PlayHQ before the seasons start date
  - 3.2.2. Teams forfeit and do not get match points until the registration process has taken place.

**Clubs need to take a responsible attitude when deciding into which grades, they will enter their teams, teams could play practice matches against other clubs to gauge their own team's level.**

### 4. Fees

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- 4.1. Fees are set each year at the Northland Hockey SGM and have been sent to the clubs.
- 4.2. Clubs are reminded that registration fees and game fees are payable by the 31<sup>st</sup> of May 2025 (100%).
- All Open grades affiliation and match fees will be invoiced as soon as possible after teams and draw are finalised. The payment date will be the 30<sup>th</sup> of April 2025 of the year of invoice for affiliation and match fees.
  - All Collegiate grades affiliation and match fees will be invoiced as soon as possible after teams and draw are finalised. The payment date will be the 31<sup>st</sup> of May 2025 of the year of invoice for affiliation and match fees.
  - All JMC grades affiliation and match fees will be invoiced as soon as possible after teams and draw are finalised. The payment date will be the 31<sup>st</sup> of May 2025 of the year of invoice for affiliation and match fees.
  - All practice fees will be charged monthly and are payable by the 20<sup>th</sup> of the following month.
  - That 2% per month interest will be charged on any outstanding balances after the above payment dates unless prior arrangement is made with the CEO. Such requests will be made in writing, and the CEO will respond in writing setting out the terms arranged.
  - Failure to fulfil any arrangements made with the CEO will result in the 2% per month interest being charged to the club.
- 4.3. Once teams have been registered any late withdrawals are subject to the HNZ portion of the fees.
- 4.4. There is a set fee of \$20 for the Fun Sticks Programme. An invoice will be sent to the email provided in the online registration form. Participants can also be registered on the day for statistical purposes only.

### 5. Small Sticks Grades

- 5.1. Whangarei JMC Hockey offers competitions in the following grades:

Grade	Year
Kwik Sticks Girls and Boys (A Grade)	7 & 8
Kiwi Sticks (C Grade)	5 & 6
Mini Sticks (D Grade)	3 & 4
Mini Sticks Development (E grade)	2 & 3
Fun Sticks (Novices)	0 – 2

Clubs should encourage new players particularly Years 1 & 2 to attend at least one season of Fun Sticks before they play in the Mini Sticks Development grade.

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- 5.2 For the 2025 season clubs must register players in teams that meet the age guidelines in section 5.1.
- 5.3 For the 2025 season and onward, club delegates will need to request for dispensation through the online Google Form to be submitted to the JMC Grading Committee, if the request falls outside the guidelines stated in 5.1 and 5.2.

2025 JMC Dispensation Request Form Link:

<https://forms.gle/R4VQQLysK9gzCgY87>



### **6. Good Sports**

- 6.1. Good Sports sessions will be run early at the start of the JMC season.
- 6.2. Each team will be invoiced a \$50 Good Sports fee, that upon full completion by a team representative (Coach, Manager, Parent) will be credited back to the team.
- 6.3. Any Teams who do not send a representative will result in a \$50 fee.
- 6.4. Coaches and managers of all JMC teams will be required to complete the Hockey New Zealand National Coaching Ticket prior to the start of the Term 2 season.

### **7. Fun Sticks Hockey**

- 7.1. Is played throughout the JMC season with the same breaks as the other competitions.
- 7.2. This is for Years 0, 1, and 2 (4-6 Years Old) and is a basic introduction to the game.
- 7.3. Meet on the Junior Turf at the Whangarei ITM Hockey Centre at 4pm on Friday afternoons, or, 9am on Saturday mornings.
- 7.4. Bay of Islands Fun Sticks will be held at New World BOI Hockey Turf, Lindvart Park, Kaikohe. Contact for BOI is Alicia Craig - Email: [BOI Hockey  
boihockeyassociation@gmail.com](mailto:BOI.Hockey@boihockeyassociation@gmail.com)
- 7.5. Coaching, sticks, and balls are supplied.

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- 7.6. There is a set fee of \$20 for the Fun Sticks programme. An invoice will be sent to the email provided in the online registration form.

### **8. Grading Committee**

- 8.1. Is to be appointed prior to the start of the season.
- 8.2. Grading committee comprises of (as above 2.3) & a HN staff member.
- 8.3. Where necessary the Grading committee will recommend a re-grade for teams to the grade that is appropriate for them.
- 8.3.1. Where a team requests or is requested a regrade then that team shall carry over no points from their games completed in their previous grade.
- 8.4. Grading committee will also recommend that a player change grade if the committee feels it is in the best interests of the player and Hockey.

### **9. Disputes Committee**

- 9.1. Is to be appointed prior to the start of the season.
- 9.2. The Disputes committee will elect a Chairman/Spokesperson that will action all final decision communications.
- 9.3. Any disputes/issues arising during the season will be referred to the Disputes Committee for action via the JMC Secretary.
- 9.4. In the first instance the Disputes Committee will adjudicate disputes/issues during the season and a majority decision is sufficient to act upon, if a majority decision can't be made on the dispute, then it will be referred to the full JMC Committee at which time a majority vote will decide the outcome.
- 9.5. Any member of the Disputes Committee will declare any conflict of interest pertaining to a particular matter, and that committee member may be excused from the decision-making process.

**All matters attended to by the Disputes Committee will be reported on at the next JMC meeting.**

### **10. Draw**

- 10.1 Managers and coaches need to regularly check website as changes sometimes need to be made.



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- 10.2 The draw will be displayed at the Whangarei ITM Hockey Centre on the Tunnel notice board and Office window facing car park.
- 10.3 The draw will also be on the Hockey Northland website [www.northlandhockey.org.nz](http://www.northlandhockey.org.nz). In the event of a difference between the draws displayed (web, tunnel, and office window) the website will be taken as the correct draw.

### 11. Defaults

- 11.1 As soon as you know your team will be defaulting you must advise the draw steward, cancellation person, the other teams coach and the umpires. Contact details of such can be obtained from the Office when notifying the draw steward.
- 11.2 Defaults must be notified to the appropriate people by 8.00 pm on the day preceding the game.

### 12. Cancellations

- 12.1. 2025 Cancellation Convenor is Hockey Northland 09 437 3830. This phone number is for advising of defaults only.
- 12.2. All cancellations will be notified by email, Facebook, website, and phone bulletin. Hockey Northland as a general rule will not cancel any games or days unless extreme weather is forecast or occurring, subsequently any cancellations will be in the control of the umpires and the teams that play.

### 13. Club Colours/Uniforms

- 13.1 Club colours must be registered with the Hockey Northland Office via email/electronically, not physical samples.
- 13.2 For change of uniform or a new Team, colour photographs and written description must accompany registration forms.
- 13.3 The JMC Committee and CEO must approve changes or new colours.
- 13.4 It is not advisable to purchase new or change uniforms until you have checked with the gear register held by the Chief Executive Officer at Hockey Northland office.

### 14. Umpires

- 14.1 **It is the responsibility of every team to provide an umpire.**
- 14.2 Wherever possible the Northland Umpires (juniors) will have umpires allocated on games held at the Whangarei ITM Hockey Centre.

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- 14.3 Coaches should encourage others to umpire where there are no appointed umpires rather than themselves, as a last resort coaches may have to umpire.
- 14.4 No abuse of Umpires will be tolerated (refer Fair play).
- 14.5 Umpiring Coaching courses are run during the playing season for those that wish to upskill.
- 14.6 Rules can be located in each dugout.

### **15. Whangarei ITM Hockey Centre**

- 15.1 This facility is a valuable asset owned by all hockey members. Please treat it with respect
- 15.2 Attention is drawn to the rules (listed below) for the Whangarei ITM Hockey Centre.
- 15.3 In particular, all turf games will run to time. This means that if you start late, for whatever reason, then you will not have the full game time, your game **MUST** finish allowing the following game to start on time.

### **16. Whangarei ITM Hockey Centre Rules**

- 16.1 Entrance and exit to the Northland Hockey Centre is via gateways or through Hockey Pavilion only.
- 16.2 Entrance and exit to turfs via the dugout gateways only or from the JMC practice pitch on Grandstand turf. Do not jump over or sit on the hoarding fence.
- 16.3 The dugout is for the players and team officials only – **no spectators or children are permitted in the dugout, team management to encourage non-official people to view games from elsewhere.** Use the dugout for storage of gear, bags etc. No gear allowed on the side-line.
- 16.4 Substitutes and team officials should remain in dugout unless a substitution is being made.
- 16.5 No warming up on turf while game(s) in progress.
- 16.6 All gates to the turf must be closed during play.
- 16.7 Hockey Northland staff will water prior to the start of play.

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- 16.8 Abusive or foul language will not be tolerated and may result in expulsion from the Complex.
- 16.9 Spectators must remain behind the hoarding fence.
- 16.10 Please use rubbish bins and recycling bins provided in dugouts. This includes drink bottles.
- 16.11 Lost property will be hung on the rack inside the tunnel. Please only take what is yours.
- 16.12 No food/drink on turfs and in indoor training centre. This includes chewing gum, oranges, and juice (exception water).
- 16.13 All footwear must be clean. Players that have warmed up on the grass will need to clean their footwear prior to entering the turf. Scrubbing brushes are located by the taps near the entrance of the dugouts. No sharp footwear on surface.
- 16.14 Only players involved in current game may practice at half time.
- 16.15 Damage caused to Hockey Northland facilities or individual's property will be the responsibility of the transgressor to make good repairs.
- 16.16 The NZHF 'blood policy' applies. For injuries which involve blood: the player(s) must leave the field and have the wound covered. Any blood on the turf surface must be cleaned off (alcohol solution and cloth available at the canteen, bar, office, turf shop, umpires' room) and the player must change any article of uniform which is blood stained before recommencing playing.
- 16.17 Hockey Northland Complex is completely Smoke free – This includes vaping and E-Cigarettes.
- 16.18 No skateboards, bikes, roller blades or scooters to be used in the Complex.
- 16.19 No hockey/rugby/soccer balls etc. to be used on concrete or asphalt area.
- 16.20 No animals (dogs, sheep etc.) allowed in the Complex.
- 16.21 Please ensure that if you are the last to leave the Complex then you need to make the facility secure. This includes turning off changing room lights, turf lights, dugout lights and locking changing rooms and main gate.

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- 16.22 Teams must book training times with the Hockey Northland office to use the indoor training centre or turfs.
- 16.23 Bookings with office required for use of upstairs facility. Teams/groups are instructed to lock up after they leave if they are the last to use it.
- 16.24 Parents will be held accountable for their children's actions that result in damage to the facility.
- 16.25 Unauthorised removal of Hockey Northland property will be deemed as theft.
- 16.26 Unauthorised use of facilities will result in charges to group or individuals at double the current club rate.
- 16.27 All association patrons shall have a responsible attitude while using the lounge.
- 16.28 Where a junior (JMC) team is using the lounge, an adult will be required to oversee those junior players.
- 16.29 A reasonable standard of dress is required in the lounge – we insist that footwear is clean and the wearing of playing gear is discouraged.
- 16.30 Spillage of food/drink – please ask at the bar for something to clear up any spillage. Use rubbish bins provided.
- 16.31 Vinyl covered or plastic chairs only to be used on balcony. Chairs are to be returned to lounge when finished.
- 16.32 No alcohol is to be brought into the Complex - No exceptions.
- 16.33 No drinking of alcohol in the car park.
- 16.34 All alcohol is to be purchased from the bar.
- 16.35 Bar manager is responsible for appropriate standard of patron's behaviour in lounge while operating the bar. Inappropriate behaviour including swearing or abusive language will result in you being asked to leave the premises.
- 16.36 Please tidy up after yourselves by placing rubbish in containers provided and returning glasses etc. to the bar.

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- 16.37 Please report to the bar any damaged items that you notice.
- 16.38 Match officials, Staff and Association officials will ensure that rules above are adhered to.
- 16.39 Where conflict arises, please discuss issue in a rational manner with staff and if not fully satisfied contact Tama Jones (Chief Executive Officer) or the Hockey Northland office.

### **17. Fundraising**

- 17.1. Increase in player levies of \$3.00 per player in JMC Competition will cover costs for JMC finals & activities (passed JMC Meeting 12<sup>th</sup> October 2010)

### **18. Sponsorship**

- 18.1. Please ensure that we don't compromise Hockey Northland sponsorship by approaching prospective sponsors without first contacting the HN Office.

### **19. Injuries**

- 19.1. Absolutely no player may take the field with an open cut or graze, and no blood on clothing. Ref 14.16
- 19.2. Hockey Northland views head injuries as potentially very serious and requests that Clubs, team coaches, managers and game officials closely monitor any player/umpire that sustains a head injury during a match or any other time. Head injuries can cause serious long-term issues and common sense should prevail. Any player that has a suspected concussion must provide a medical clearance to the Hockey Northland CEO ([admin@northlandhockey.org.nz](mailto:admin@northlandhockey.org.nz)) prior to playing again.

### **PLEASE refer to Appendix 1- Hockey New Zealand Concussion Awareness Policy**

- 19.3 We need common sense when players are obviously injured, they should be removed from the field immediately except in the situation where moving the injured player may cause more permanent injury.

### **20. Competition Rules**

- 20.1. Strictly 'NO MOUTH GUARDS NO PLAY!'
- 20.2. All Small Sticks grades will be played on a round robin basis. When necessary, grades will be divided into pools of evenly numbered teams. These pools will be graded from the strongest downwards and we will endeavour to have these pools evenly matched. Where possible all small sticks grades will be played on the turf.

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- 20.3. Grading games may be played up to a maximum of 4 weeks or there could be 2 or 3 grading games on the first day (or two) of competition. The JMC grading committee will determine the appropriate format for grading teams into a pool within a competition.
- 20.4. Where a competition plays a full round, then is split into two or more pools. The points accumulated in the grading round shall be carried through only from games involving teams from the pool you are placed into, where possible there will be an even number of teams in each grade.
- 20.5. While we recommend that there be a minimum of two completed rounds, we realise that this may not be possible in some seasons. Teams will be informed prior to the competition starting (by the draw steward) what rounds count to finding a competition winner and what are non-competition. If more than 2 rounds are to be played the number of rounds will be indicated by the Draw Steward.
- 20.6. When the number of teams in each competition is known, and if non-competitive games are to be held, the draw steward will endeavour to balance these at the start and end of the season, and ensure teams are advised of which games are non-competitive.
- 20.7. Points will be kept in all grades (Mini Sticks & Mini Sticks Development grades scores will be used by the Grading Committee when looking at a team re-grade)
- 20.8. Points will be awarded:  
3pts for a win,  
1pts for a draw,  
0pts for a loss  
0pts for default/forfeit loss  
3pts for default/forfeit win
- 20.9. The coach/manager of the winning team is responsible for the return of the game result card; if the result is a draw, then both coaches are responsible. The results must be returned by the next competition day at the latest, or the points will be forfeited. The draw steward is under no obligation to pursue or receive any results not returned as above. Results of non-competition games are required for grading. Results shall be updated weekly and displayed on the Website.
- 20.10. When a team does not field a goalkeeper that team shall have no goalkeeping privileges when defending a Penalty Corner.

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- 20.11. Mini Sticks & Mini Sticks Development grade score cards are available from the receptable situated at the tunnel entrance facing Educare Turf. Kwik Sticks & Kiwi Sticks grades game sheets can be located on the clipboard in the middle section in the dugout of that turf.
- 20.12. Kwik Sticks, & Kiwi Sticks grades will have competition winners. If a round is not completed fully the points of that round will not count.
- 20.13. If two or more teams finish on equal points those teams shall share the title.
- 20.14. The Kwik Sticks competition shall have only 1 team per club in a pool.
- 20.14.1. The exception to rule 20.14 is when a club enters a Boys team a Girls and or a mixed team. In this case the teams may be graded into the same pool, only boys may play in the Boys team and only girls may play in the Girls team (including any player that fills in from a lower grade).
- 20.14.2. Where a club feels they may end up with multiple teams in a grade and outside of rule 20.14.1 then a written application requesting dispensation must be made at the earliest time possible to the JMC Committee (please note the intent of this rule is to stop the potential for clubs/individuals to actively recruit all the good players from other clubs).
- 20.15. The Kwik Sticks grades will be played on Thursdays and Fridays from 4pm-6pm. Consideration will be given to boy's teams playing as many of their games as possible on a Friday, we however do not rule out the possibility of boy's teams having to play on Thursdays.
- 20.15.1. At times the above competitions may be required to play occasionally on Saturdays.
- 20.15.2. Kiwi Sticks grades will play on Saturdays.
- 20.15.3. Mini Sticks & Mini Sticks Development grades will play on Saturdays.
- 20.16. All turfs to be treated equally.
- 20.17. Wherever they can Hockey Northland will endeavour to play on satellite turfs around the district. Any club wishing to play home games need to advise Hockey Northland office of this intention when entering teams along with any costs that will be incurred. Where satellite turfs are used for Whangarei JMC games and there is a cost to use the turf, there will be an administration fee charged (game fee less 25% to be passed onto the satellite turf).

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- 20.18. Consideration will be given to traveling teams when the draw is formulated (Bream Bay, Maungaturoto, Hikurangi, Mid Northern, Maungakarama, TAS, & BOI).
- 20.19. Where one club fields two teams in the same pool and/or grade they will be looked upon as 2 separate identities. There will be no interchanging of players between teams in the same pool and/or grade. If you do use players from a team in the same pool and/or grade (it doesn't matter where they play) then you will forfeit the match. Where a grade is divided into pools- each pool is deemed to be a separate competition.
- 20.20. Teams that are short are allowed to bring players up from a lower pool/division. Note: where schools/ clubs are short of adequate player numbers then they should liaise with other clubs/Northland Hockey to ensure these children play hockey.
- 20.21. Players may play only 3 competition games or part thereof up a pool. 4th game up player stays up. If a situation arises outside of this guideline, then a written dispensation request (with full details, but not a book) needs to be submitted to the JMC disputes committee.
- 20.22. Players can only be registered in one club. Where a team plays a player that does not have dispensation or is not registered, they will forfeit any matches played and the opposing team will be deemed the winner by a margin of 5-0. Any exceptions to this will require a dispensation **from the JMC Disputes committee**.

### 21. Hockey Northland Board Policy on Player Eligibility

- 21.1. Year 7&8 JMC players wishing to play in the collegiate competition will need to submit a dispensation request. Such requests for dispensation will be considered for approval after the first eight (8) weeks of the collegiate competition. Teams should play the year 9 to 13 players in the first instance and use the year 7&8 players as substitutes and fill-ins.
- 21.2. Written application for dispensation will need to be submitted to the JMC Committee and Club Council Executive for approval. Names, ages, school year, team list of players in team that player is applying to move to and reason for request must be included. Failure to include all relevant information shall result in the dispensation request being declined.
- 21.3. If either JMC or CCE decline dispensation, then the player/s concerned will not be allowed to play in collegiate hockey.

### 22. Players Transferring



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- 22.2 Players wishing to transfer clubs mid-season may do so through PlayHQ. This must be approved by both clubs and the Hockey Northland Office prior to playing for the new club. Clubs cannot withhold signatures unreasonably. The player can begin the process by using the new teams' registration link.
- 22.2 Players wishing to transfer clubs' pre-season may do so but will have to complete the appropriate transfer process via PlayHQ prior to playing for new club. Clubs cannot withhold signatures/permission unreasonably.

### 23. Game length, field sizes & Game Times

#### 23.1 Kwik Sticks

Kwik Sticks grade is 6 aside (7 if Goalie is used) on half a field and will be using the boards provided on Educare Turf & Currie Electrical Turf if required. This competition will be divided into a tiered pool system based on the grading rounds results (best teams in top pool). Game times will be 55mins (25 mins per half and 5 mins for halftime).

In Term 3, Kwik Sticks Division 1 and Division 2 will not require wooden boards for the external sideline, with the middle boards to remain. Kwik Sticks Division 3 and lower will continue to use wooden boards for both sidelines in Term 3.

**Teams are asked to hold after match and after practice meetings off the turf as there will normally be other games and practices due to start.**

**Teams who are scheduled for the first game of the afternoon are responsible for the setup of the wooden boards on Educare Turf & Currie Electrical Turf.**

**Teams who are scheduled for the final game of the afternoon are also responsible for the disassembly of the wooden boards on Educare Turf & Currie Electrical Turf.**

#### 23.2 Kiwi Sticks Grade

6 a side plus 1 goalie played across and on ½ of a full field with boarded side-lines, full goals and circles marked. If there are no circles, free hits are taken on the 15-metre line. Turf games are 20 minutes each way no halftime (unless you wish to use some of your game time). It is far easier to have two umpires officiating than just one.

All teams must strictly adhere to allocated times as no over runs are allowed. **Teams are asked to hold after match and after practice meetings off the turf as there will normally be other games and practices due to start.**

**Teams who are scheduled for the first game of the morning are responsible for the setup of the wooden boards on Educare Turf & Currie Electrical Turf.**

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**Teams who are scheduled for the final game of the day are also responsible for the disassembly of the wooden boards on Educare Turf & Currie Electrical Turf.**

### 23.3 Mini Sticks & Mini Sticks Development Grades

6 a side played across and on ¼ of a full field or on the junior turf situated past the Grandstand. **Scoring zone is 10m out from back line. If using cones as the goal, make sure they are at least 4 paces wide.** Turf games are 14min each way no halftime (unless you wish to use some of your game time).

All teams must strictly adhere to allocated times as no over runs are allowed.

**Teams are asked to hold after match and after practice meetings off the turf as there will normally be other games and practices due to start.**

## 24. Substitutes

- 24.1 Players may be substituted as many times as you like during the game.
- 24.2 Umpires do not stop the game for substitutions.
- 24.3 It is not in the team's best interest to have large numbers of reserves as individual playing time is reduced per game.
- 24.4 Where you have substitutes, try to be fair, and give players equal playing time where possible.
- 24.5 Substitutions shall be made on the halfway line.

## 25. Other Competitions

### 25.1. McKendry (boys) and Shepherd (girls) Trophy

25.1.1 **McKendry trophy** (boys) will be played in the 2nd school term.

25.1.2 **Shepherd trophy** (girls) will be played in the 2<sup>nd</sup> school term.

25.1.3 Only 8 Teams maximum should play in these Competitions with Kwik Sticks grade teams having preference along with Bay of Islands. Where more Kwik Sticks Development grade teams enter than positions available there will be a ballot system used.

25.1.4 Where teams are mixed and play in regular competitions those teams are able to enter the McKendry Trophy.

## WHANGAREI JMC HOCKEY GUIDELINES 2025 (DRAFT)

- 25.1.5 In the event that there are not enough teams to play a viable competition in either grade Hockey Northland will combine the two competitions. Teams will be advised that the competition has been combined. Where the tournaments are combined there will be a maximum of 16 teams for the tournament.
- 25.1.5.1. Where the competitions are combined the highest placed girls', team shall be deemed the winner of the Shepherd trophy.
  - 25.1.5.2. Where the competitions are combined the highest placed boys/mixed team shall be deemed the winner of the McKendry Trophy.
  - 25.1.5.3. Where a competition has only 1 entry that team after competing in the combined competition will be deemed the winner of their competition.
- 25.1.6 If those clubs are not entered, then the players from that club may play for another club during these competitions.
- 25.1.7 The draw will be done by Hockey Northland draw steward.
- 25.1.8 Teams entering will be required to play all allocated games.
- 25.1.9 Teams will be required to pay for any Turf charges that apply on a pro rata basis.
- 25.1.10 Turf has already been booked. Dates for 2025 are Sunday 22<sup>nd</sup> June.
- 25.1.11 The winning club from the previous year shall be responsible for organizing the current year's competition. We require an early indication of teams wishing to enter this competition Consideration will be given to traveling teams when the draw is formulated (Maungaturoto, Bay of Islands).
- 25.1.12 2025 Organizing clubs.
- |                         |                                  |
|-------------------------|----------------------------------|
| McKendry Trophy (boys)  | - Kamo Intermediate School Boys  |
| Shepherd Trophy (girls) | - Kamo Intermediate School Girls |

### 25.2. Inter-Association Games

- 25.2.1. Inter association will be played in the second or third school term.

## **WHANGAREI JMC HOCKEY GUIDELINES 2025 (DRAFT)**

- 25.2.2. These competitions will be six aside plus a goalkeeper.
- 25.2.3. Year 5 & 6 games will alternate hosting responsibilities between Whangarei and Bay of Islands on Sunday (September 14)
- 25.2.4. In 2025 Years 7 & 8 will participate in the Northland Under 13 Festival Day which will replace the Inter-Association games.
- 25.2.5. Whangarei will enter 4 x Year 5 & 6 boy's teams and 4 x Year 5 & 6 girl's teams. This may increase due to the number of nominated players in a Year group at the decision of a HN Representative and notification to the JMC Committee.
- 25.2.6. Points will be awarded as follow:
  - Win = 3 points
  - Draw = 1 point
  - Loss = 0 points
- 25.2.7. If two or more teams finish on equal points those teams shall share the title.
- 25.2.8. Consideration will be given to traveling teams when the draw is formulated (Bay of Islands).
- 25.2.9. Turf is already booked for the dates above.
- 25.2.10. 2025 Inter-Association Committee to be nominated at the AGM.

### **25.3. Twilight Hockey**

- 25.3.1. Organised by Hockey Northland

## **26. Fair Play Players**

- 26.1 Play by the rules.
- 26.2 Never argue with an official.
- 26.3 Work hard and always does my best.
- 26.4 Turn up to practice.
- 26.5 Appreciate good play.

## **WHANGAREI JMC HOCKEY GUIDELINES 2025 (DRAFT)**

- 26.6 Remember to thank my coach, the officials, the opposition, and supporters.
- 26.7 Help others in my team when I can.
- 26.8 Avoid putting people down or bullying them.
- 26.9 Give it heaps but do not get ugly.

### **27. Fair Play Supporters**

- 27.1 Respect that people are involved in sport mostly for fun and enjoyment.
- 27.2 Support good play and applaud good performance from all competitors.
- 27.3 Attempt to understand the rules of the game.
- 27.4 Learn the difference between supportive comments and abusive ones.
- 27.5 Accept the decisions of officials and coaches.
- 27.6 Display self-control on the side-line. Always be positive. Never shout at or ridicule players.
- 27.7 Show appreciation to people who volunteer their time to make sport happen.
- 27.8 Remember that we are all capable of making mistakes.
- 27.9 JMC recommends that team supporters don't stand behind the goal in grass games as this can be rather off putting.
- 27.10 Coaches should speak to their supporters who harass coaches, players and umpires, especially junior umpires.
- 27.11 Give it heaps but do not get ugly.

### **28. Officials Fair Play**

- 28.1 Control the game in a fair and positive manner.
- 28.2 Be consistent and fair in my decisions.
- 28.3 Modify the approach to suit the participants' level of ability.
- 28.4 Help the players understand the rules by explaining decisions where appropriate.

## **WHANGAREI JMC HOCKEY GUIDELINES 2025 (DRAFT)**

- 28.5 Do what I can to make sure that everyone enjoys the game including myself.
- 28.6 Be helpful when umpiring with a younger person. Let them blow it as they see it. Let them have the freedom.
- 28.7 Encourage Fair play and do not tolerate foul play of any kind-always be firm and friendly.
- 28.8 Give it heaps but do not get ugly.

### **29. Coaches Fair Play**

- 29.1 Set personal behaviour standards for myself and those I coach to follow.
- 29.2 Give each player the same amount of time.
- 29.3 Provide every player with the same opportunities to play the game.
- 29.4 Never argue with the referee, encourage cheating or make excuses for losing.
- 29.5 Always be positive. Never shout at or ridicule players
- 29.6 Treat players the same regardless of whether we have won or lost.
- 29.7 Encourage respect for the opposition and officials.
- 29.8 Keep winning in perspective with personal challenge and enjoyment.
- 29.9 Give it heaps but do not get ugly.

### **30. Summary**

- 30.1. This document should be looked upon as a working document. It has plenty of detail in it explaining what goes on in JMC and what needs to happen. There may well be changes required to this document as the season progresses. As you can see there are many jobs most of, which are small. We need people to fill these positions.

**The Whangarei Clubs, run the WHANGAREI JMC, so we all need to be responsible to ensure a successful Hockey year.**

### **31. Recommended Policy Changes during 2024 to be looked at for 2025 season.**

- 31.1. The JMC Guidelines will be reviewed at the October/November meeting.

## **WHANGAREI JMC HOCKEY GUIDELINES 2025 (DRAFT)**

The Chairman, Secretary and HN Office will look at the amendments and present them at the 2<sup>nd</sup> meeting of the New Year (AGM) for ratification.

**No further changes will be made to the JMC guidelines after this meeting.**

### **32. SMALL STICKS**

- 32.1. Small Sticks is Hockey New Zealand's nationally branded junior programme, designed to attract children, aged 4–13, into hockey and foster a lifelong love of the sport. Small Sticks allows children to play hockey at a level equal to their ability, with the correct equipment and in the appropriate game format. Hockey Northland adopted this programme in its entirety in 2013.

### **33. Spectators**

- 33.1. If Spectators are to be on the surrounds of the playing surface, they should position themselves on the sides of the fields, not behind the goal lines. No Spectator should be on the field of play when the game is in progress. The only exception will be on the turf side of the junior turf during Min Sticks Development games.
- 33.2. No spectators are to be in the dugouts. The dugouts are for players, coaches, and managers only while game is in progress.
- 33.3. Expectations are, spectators will respect all players, umpires & officials and conduct themselves in a manner that reflects hockey as a family sport.

## **WHANGAREI JMC HOCKEY GUIDELINES 2025 (DRAFT)**

### **Fun Sticks - Years 1 and 2**

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The Fun Sticks Hockey Programme is for players in school Year 1 and new to hockey Year 2 (Year 2 players may play in Mini Sticks Development as well).

**Aim:** To introduce players, parents, and future coaches to the basics of hockey.

Each session will be split into two parts.

- Part One: Emphasis on basic skill learning: Fundamental movement skills, passing and coordination.
- Part Two: Mini Games, 3-4 aside rotationally based.

**DURATION:** 1 hour

There is a set fee of \$20 for the Fun Sticks programme. An invoice will be sent to the email address provided in the online registration form. There is no requirement to attend every session.

### **Mini Sticks Development - Year 2 & 3**

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This grade is for children in Year 2, it is an introductory grade that familiarises children with hockey.

NB: This is not for children in Year 1 or Year 2 that have never played hockey before, those children are recommended to attend Fun Sticks.

#### **SIX A SIDE**

**TEAM:** 6-8 members

**FIELD SIZE:** 22m x 27m approx. (1/8 field or Junior Turf by Grandstand, boards can be used for the side of the fields)

#### **INCLUDES**

- Goals: Modified (pop up or if cones use the seams of the turf to measure approx. 2 paces)
- Balls: Modified (light balls). Teams will supply. These can purchase from any hockey retailer
- Auto Pass: No
- Goalkeeper: No
- Penalty Corners: No

**DURATION:** 30 minutes time slot, 25minutes game time (coaches can agree whether to have a half time or to play full 25min).

**COACHES:** Coaches are to stand on the St Frances side of the Junior Turf with their Substitute players.

**SPECTATORS:** Spectators are to stand between the Junior Turf and Eve's Turf or on the outside of the turf barrier fence.



## WHANGAREI JMC HOCKEY GUIDELINES 2025 (DRAFT)

### RULES:

- Safety Rules: only play with flat side of the stick, ball must stay on the ground, no "raised sticks" (in a dangerous manner), no hacking on the stick, no tackling from the left (if this causes a dangerous situation), no physical contact with opponent.
- Players may push or dribble the ball.
- No use of the leading edge of the stick (reverse).
- The game starts with a push forward or back. Each team must be behind the centre line at the start whistle.
- No obstruction.
- The ball cannot be deliberately stopped with the foot or kicked. However, when the ball merely touches the foot, play should continue "play on".
- As the season progresses the players should now know the ball is not allowed to touch the foot, after the first 1/3rd of the season the "play on" rule stops. Coaches need to teach their players to keep their feet out of the way.
- Free hit and side-line hit everybody must be 5m away.
- There are no penalty corners, or penalty strokes in this module.
- Instead of a penalty corner, take a free hit outside the circle or the edge of the scoring zone (approx. 7m) if no circle is marked (no direct shots into the circle allowed).
- Long corner is 2m from corner on the sideline (everybody must be 5m away).
- If the attacker commits an offence within the circle or within the scoring zone (approx. 7 metre) if no circle is marked, the ball goes over the back line off them (attackers) the defender is to take a free hit in line with the top of the circle or the edge of the scoring zone (approx. 7m).
- If a defender commits an offence in the circle or the scoring zone (approx. 7m) if no circle is marked, the attackers are to take a free pass back outside the circle or the edge of the scoring zone (approx. 7m) in line with where the offence occurred.
- A goal is scored when the ball is played within the circle or inside the scoring zone (approx. 7m) if no circle is marked by an attacker and does not travel outside the circle or scoring zone (approx. 7m) before passing completely over the goal-line and between the cones. If the ball hits the cones on the way through it is not counted as a goal, a free hit is given for the defending team, level with circle edge or scoring zone (approx. 10m) if no circle is marked.

## WHANGAREI JMC HOCKEY GUIDELINES 2025 (DRAFT)

### Mini Sticks - Year 3 & 4

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This is the next step up for children school years 3 and 4.

#### SIX A SIDE

TEAM: 8-10 members

FIELD SIZE: 25m x 55m approx. (1/4 Field)

#### INCLUDES

- Goals: Modified (cones, use the seams of the turf to measure the width, approx. 4 paces)
- Balls: Standard
- Auto Pass: No
- Goalkeeper: No
- Penalty Corners: No.

DURATION: 30 minutes time slot, 25minutes game time (coaches can agree whether to have a half time or to play full 25min).

COACHES: Two outer 1/4 Field Coaches are to stand on the sides of the field with their substitute players, (in the goals where applicable). Two Inner 1/4 Field Coaches stand at the baseline of the field either side of the goal not directly behind it.

SPECTATORS: Spectators are to remain outside the Turf hoarding fence and out of the Dugouts, these are for Players, Coaches and Umpires use only.

#### RULES

- Safety Rules: only play with flat side of the stick, ball must stay on the ground, no "raised sticks" (in a dangerous manner), no hacking on the stick, no tackling from the left (if this causes a dangerous situation), no physical contact with opponent, no raised ball.
- Players can hit or push the ball.
- No use of the leading edge of the stick (reverse). The game starts with a push forward or back. Each team must be behind the centre line at the start whistle.
- No obstruction.
- The ball cannot be deliberately stopped with the foot or kicked. However, when the ball merely touches the foot, play should continue, "play on".

## **WHANGAREI JMC HOCKEY GUIDELINES 2025 (DRAFT)**

- As the season progresses the players should now know the ball is not allowed to touch the foot, after the first 1/3rd of the season the “play on” rule stops. Coaches need to teach their players to keep their feet out of the way.
- Free hit and side-line hit everybody must be 5m away.
- There are no penalty corners, or penalty strokes in this module.
- Instead of a penalty corner, the free hit is taken outside the circle or the edge of the scoring zone (approx. 10m) if no circle is marked, (in line where the circle edge meets the sideline) everybody must be 5m away and no direct shot on goal allowed.
- Long corner at 5m from corner on the sideline (everybody 5m away and no direct shot on goal allowed).
- If the attacker commits an offence within the circle or within the scoring zone (approx. 10m) if no circle is marked or the ball goes over the back line off them (attackers) the defender is to take a free hit in line with the top of the circle or scoring zone (approx. 10m).
- If a defender commits an offence in the circle or within the scoring zone (approx. 10m) if no circle is marked, the attackers are to take a free pass back outside the circle or the edge of the scoring zone (approx. 10m) in line with where the offence occurred.
- A goal is scored when the ball is played within the circle or scoring zone (approx. 10m) if no circle is marked, by an attacker and does not travel outside the zone before passing completely over the goal line and between the cones. If the ball hits the cones on the way through it is not counted as a goal, a free hit is given for the defending team, level with circle edge or scoring zone (approx. 10m) if no circle is marked.

## WHANGAREI JMC HOCKEY GUIDELINES 2025 (DRAFT)

### Kiwi Sticks - Year 5 & 6

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This is for children school year 5 and 6.

#### **6 ASIDE PLUS GOALIE**

TEAM: 8 – 10 members

FIELD SIZE: 45m x 55m approx. (1/2 Field, boards can be used for side of fields)

#### **INCLUDES**

- Goals: Standard
- Balls: Standard
- Boards: To divide the field in two
- Auto Pass: Yes
- Goalkeeper: Optional. If a goalkeeper is used, then you may have 7 players on the field in total. If no goalkeeper, then only 6 players may take the field.
- Penalty Corners: Yes
- Umpires: Minimum of 1 required, but it is recommended that two take the field (one from each team). Normally provided by Junior Umpires.

**DURATION:** 45 minutes time slot, 20-minute halves (half time 5 minutes, swap sides).

**COACHES:** Coaches are to stand on the sides of the field with their substitute players. Do not stand behind the back line or goals.

**SPECTATORS:** Spectators are to remain outside the Turf Hoarding fence and out of the Dugouts, these are for Players, Coaches and Umpires use only.

#### **RULES:**

- Safety Rules: only play with flat side of the stick, ball must not be raised in a dangerous manner, no "raised sticks" (in a dangerous manner), no hacking on the stick and no physical contact with opponent.
- Players can hit or push the ball.
- Players can use the leading edge in a controlled sweeping motion, where the stick is in contact with the ground at all times. (Ideally hands apart)
- The game starts with a push forward or back. Each team must be behind the centre line at the start whistle.
- No obstruction.

## **WHANGAREI JMC HOCKEY GUIDELINES 2025 (DRAFT)**

- The ball cannot be deliberately stopped with the foot or kicked.
- Free hit & sideline hit in only the opponent needs to be 5 metres away.
- Penalty corners are played, with 5 defenders behind goal line and remaining defending field players in opposition circle or, if there are no circles, free hit on the edge of the scoring zone (approx. 15m) (everybody 5m away and no direct shot on goal allowed).
- Teams may inject the ball in for a penalty corner 10m either side of the goal on the base line.
- In a Penalty Corner all attacking players are allowed to participate in the attacking corner
- Any long corner is to be taken 4m from the top of the circle in line with where it went out across the baseline. Everybody must be 5 metres away and no direct shot on goal allowed.
- Free hits from outside the circle: the ball must not be played into the circle until it has travelled at least 4 metres.
- If the attacker commits an offence within the circle or within the scoring zone (approx. 15m) if no circles are marked or the ball goes over the back line off them; the defender is to take a free hit in line with the top of the circle or the edge of the scoring zone (approx. 15m).
- A goal is scored when the ball is played within the circle or the scoring zone (approx. 15m) if no circle is marked by an attacker and does not travel outside the circle before passing completely over the goal-line and under the cross bar.
- Penalty stroke at 6.4 metres from goal (standard distance).
- If goalkeepers are used, they must be wearing protective gear listed below 1-5:
  1. Helmet, throat protector and mouth guard
  2. Groin protector
  3. Kickers
  4. Leg guards
  5. Gloves

Hockey Northland also Recommend Goal keepers to wear:

6. Goalkeeper Pants
7. Chest Protector
8. Arm Guards

All this equipment must fit appropriately to lessen the chance of injury.

## WHANGAREI JMC HOCKEY GUIDELINES 2025 (DRAFT)

### Kwik Sticks - Year 7 & 8

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#### 6 ASIDE PLUS GOALIE

TEAM: 8 – 10 members

FIELD SIZE: 45m x 55m approx. (1/2 Field, boards can be used for side of fields)

#### INCLUDES

- Goals: Standard
- Balls: Standard
- Boards: To divide the field in two
- Auto Pass: Yes
- Goalkeeper: Optional. If a goalkeeper is used, then you may have 7 players on the field in total. If no goalkeeper, then only 6 players may take the field.
- Penalty Corners: Yes
- Umpires: Minimum of 1 required, but it is recommended that two take the field (one from each team). Normally provided by Junior Umpires.

DURATION: 55 Minute time slot, 25-minute halves (half time 2.5 minutes, swap sides).

COACHES: Coaches are to stand in the corners of the field with their substitute players. Substitutions will be made from here, See diagram below. Do not stand behind the back line or goals.

Halfway line

(Example of where teams are to stand,)

SPECTATORS: Spectators are to remain outside the Turf Hoarding fence and out of the Dug Outs, these are for Players, Coaches and Umpires use only.

#### RULES:

- Safety Rules: only play with flat side of the stick, ball must not be raised in a dangerous manner, no "raised sticks" (in a dangerous manner), no hacking on the stick and no physical contact with opponent.
- Players can hit or push the ball.
- Players can use the leading edge in a controlled sweeping motion, where the stick is in contact with the ground at all times. (Ideally hands apart)
- The game starts with a push forward or back. Each team must be behind the centre line at the start whistle.
- No obstruction.
- The ball cannot be deliberately stopped with the foot or kicked.

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- Free hit & sideline hit in only the opponent needs to be 5 metres away.
- Penalty corners are played, with 5 defenders behind goal line and remaining defending field players in opposition circle or, if there are no circles, free hit on the edge of the scoring zone (approx. 15m) (everybody 5m away and no direct shot on goal allowed).
- Teams may inject the ball in for a penalty corner 10m either side of the goal on the base line
- In a Penalty Corner all attacking players are allowed to participate in the attacking corner
- Any long corner is to be taken 4m from the top of the circle in line with where it went out across the baseline
- Free hits from outside the circle: the ball must not be played into the circle until it has travelled at least 4 metres.
- When the ball last touches a defender and goes over the back line a long corner shall be awarded. Any long corner is to be taken 5 metres from corner on the sideline (everybody 5 metres away and no direct shot on goal allowed).
- If the attacker commits an offence within the circle or within the scoring zone (approx. 15m) if no circles are marked or the ball goes over the back line off them; the defender is to take a free hit in line with the top of the circle or the edge of the scoring zone (approximately 15m).
- A goal is scored when the ball is played within the circle or the scoring zone (approximately 15m) if no circle is marked by an attacker and does not travel outside the circle before passing completely over the goal-line and under the cross bar.
- Penalty stroke at 6.4 metres from goal (standard distance).
- If goalkeepers are used, they must be wearing protective gear listed below 1-5:
  1. Helmet, throat protector and mouth guard
  2. Groin protector
  3. Kickers
  4. Leg guards
  5. Gloves

Hockey Northland also Recommend Goal keepers to wear:

6. Goalkeeper Pants
7. Chest Protector
8. Arm Guards

All this equipment must fit appropriately to lessen the chance of injury.

# WHANGAREI JMC HOCKEY GUIDELINES 2025 (DRAFT)

## APPENDIX 1 - HNZ Concussion Policy

### BACKGROUND

The purpose of this document is to provide:

1. an increased awareness of concussion in of those involved in hockey – players, officials, supporters and their families
2. guidance on the identification and management of concussion to those involved in hockey in New Zealand.

This summary is prepared specifically for the New Zealand hockey public and is not a medical document. It incorporates the best practice guidelines developed at the 5th International Conference in Concussion in Sport held in Berlin in 2016. Refer Appendix 1.

This guideline primarily pertains to adults and whilst the principals of the document may be applied to children and adolescents, we would advise that all hockey players of this age group with suspected concussion be assessed by a medical professional.

Concussion (and hockey player welfare in general) is everyone's responsibility. Players, parents, coaches and officials need to act in the best interest of hockey player safety and welfare by taking responsibility for the **recognition, removal** and **referral** of hockey player to a medical doctor. They should then ensure that concussion is appropriately managed as per these guidelines.

It is acknowledged that concussion is not well understood, and more research is required to identify both the short- and long-term consequences of this brain injury. This policy is based on the current best practice guidelines and will be reviewed every 4 years in line with international consensus statements.

### Guideline Summary:

- **Recognise and Remove.** If concussion is suspected, remove the player from activity immediately and refer for assessment by the on-site event designated First Aider and seek an urgent assessment by a medical doctor
- Concussions often occur without loss of consciousness ('knocked out')
- Extra caution is required for child and adolescent athletes
- It may take several hours (or even days) post injury for some or all of the symptoms of concussion to emerge
- Non-medical personnel have an important role to play in recognising the signs and symptoms of concussion
- Concussion can present in a similar manner to other catastrophic conditions with delayed onset of symptoms



## WHANGAREI JMC HOCKEY GUIDELINES 2025 (DRAFT)

### PURPOSE

- A medical doctor must provide assessment and diagnosis of concussion because diagnosis may be difficult and relies on clinical judgement
- No hockey player should return to sport/activity on the day of a suspected or confirmed concussive injury.
- The effects of concussion can interfere with the player's ability to learn in the classroom or to function well at work. Return to school/work may need to be graduated and demands altered to reflect level of function, guided by a medical practitioner experienced in this area. Return to school/work and social activities should be achieved before return to hockey.

The purpose of this Hockey Concussion Awareness Policy is to:

- a) Increase awareness of concussion within the hockey community and its supporters
- b) Provide guiding principles and general advice regarding the management of concussion in competitions; and
- c) Mandate the process by which a hockey player may continue to participate or return to hockey, following involvement in an incident which requires assessment as to whether a suspected concussion has occurred.

Hockey has adopted the Consensus Statement on Concussion in Sport: The 5<sup>th</sup> International Conference on Concussion in Sport, held in Berlin, November 2016. Refer Appendix 1.

*"With respect to the assessment of concussion, the advice contained within this Concussion Policy is of a general nature only. Individual treatment will depend on the facts and circumstances specific to each individual case. This Concussion Policy is not intended as a standard of care and should not be interpreted as such."*

This Concussion Policy will be reviewed annually by Hockey NZ and will be modified according to the development of new knowledge.

### POLICY

#### **The Hockey NZ Concussion Awareness Policy**

The Hockey NZ Concussion & Awareness Policy:

- a) Applies to; Clubs, Hockey players and Officials.
- b) Applies to all Events.
- c) Forms part of the Hockey NZ statutes to which all competition participants are bound.
- d) Does not limit or restrict the application of Hockey NZ Statutes and, in particular, the code of conduct for behaviour or conduct of a club, player or official; and

## WHANGAREI JMC HOCKEY GUIDELINES 2025 (DRAFT)

- e) May be supplemented or varied from time to time by Hockey NZ.
- f)

Hockey players should be educated on the signs and symptoms of concussion and encouraged to be honest with medical staff and report any new symptoms as they develop.

### Definition

Concussion is a brain injury and is defined as “*a traumatic brain injury induced by biomechanical forces either directly or indirectly upon the head*”.

*(McCrory P, Meeuwisse WH, Dvorak J, et al. Consensus statement on concussion in sport: the 5th International Conference on Concussion in Sport, Berlin, November 2016).*

More simply, a concussion may be defined as a transient alteration in the mental state of the player that may, or may not, result in a loss of consciousness.

There are several features that are important to highlight. These are:

- a) A concussion is not always caused by a blow to the head. It may be caused by a direct blow to the head, face, neck, or elsewhere on the body with an ‘impulsive’ force transmitted to the head.
- b) A player does not need to be knocked out to have sustained a concussion. Only approximately 10% of concussions present with a loss of consciousness.
- c) A concussion typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously.
- d) Concussion can be difficult to diagnose. Whenever a player has an injury to the head and becomes confused or acts abnormally or they lose consciousness, even for a few seconds, they have been concussed.

### SIGNS OF CONCUSSION

#### Recognise, Remove & Refer

When a concussion, or possible concussion, occurs it is important to take action and to get help. The most important steps in the early identification of concussion are to recognise a possible injury and remove the participant from the sport/activity.

Non-medical personnel have an important role in observing possible concussion and its effects (e.g. behaviour/symptoms) and should take responsibility for removing the injured athlete from the sport/activity.

#### Immediate Visual Indicators of Concussion Include:

- a) Loss of consciousness or responsiveness.
- b) Lying motionless on the ground/slow to get up.
- c) A dazed, stunned, blank or vacant expression.

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- d) Appears confused or disorientated
- e) Appearing unsteady on feet, balance problems or falling over.
- f) Grabbing or clutching of the head; or
- g) Impact seizure or convulsion.

### **Concussion Can Include One or More of the Following Symptoms:**

- a) Symptoms; Headache, dizziness, 'feeling in a fog'.
- b) Behavioural changes; Inappropriate emotions, irritability, feeling nervous or anxious.
- c) Cognitive impairment; Slowed reaction times, confusion/disorientation - not aware of location or event, poor attention and concentration, loss of memory for events up to and/or after the concussion.
- d) Balance problems including dizziness, lightheadedness or vertigo
- e) Blurred or double vision

The Pocket Concussion Recognition Tool or the ACC SportSmart Concussion Card may be used to help identify a suspected concussion. These tools are for non-medical personnel to assist with recognition of a suspected concussion and should not be used to 'clear' people to return to playing that day. Refer Appendix 2

### **The Unconscious Athlete**

If the player is injured and / or unconscious apply first aid principles.

- DRSABC (Danger, Response, Send for Help, Airway, Breathing, Circulation).
- Treat all unconscious players as though they have a spinal injury
- An unconscious player must ONLY be moved by personnel trained in spinal immobilisation techniques.
- If the goalkeeper is unconscious do not remove their helmet until trained personnel are present, unless their breathing is compromised.
- Urgent hospital care is necessary if there is concern regarding the risk of structural head or neck injury – call 111.

### **Immediate Referral (Red Flags)**

A player with any of the following should be referred to hospital URGENTLY.

- Loss of consciousness or seizures
- Persistent confusion
- Double vision
- Deterioration after being injured – increased drowsiness, headache or vomiting
- Report of neck pain or spinal cord symptoms – numbness, tingling, muscle weakness.
- Child
- Personal medical history of bleeding disorder / clotting disorder
- Personal history of regular medication use that could result in prolonged bleeding (e.g. Warfarin, Aspirin)

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If at any time, there is any doubt the player should be referred to hospital for an immediate assessment.

All other players who have been withdrawn from competition due to a suspected concussion are advised to seek medical review by a qualified medical practitioner as soon as possible to confirm diagnosis.

### **Remove From Further Competition**

***A hockey player should never return to competing on the day of a suspected or confirmed concussive injury.***

A player with a suspected or confirmed concussion should be immediately removed from training or an event and should not be returned to activity until they are assessed by a qualified medical doctor.

Players with a suspected concussion should not be left alone, should not drive a motor vehicle and should not consume alcohol. The player **MUST** also be in the care of a responsible person who is aware of the concussion.

Only qualified medical practitioners (doctors) should diagnose whether a concussion has occurred or provide advice as to whether the player can return to training or playing hockey. All players should be referred for a medical assessment.

It is suggested that all clubs/events have a list of local medical doctors, concussion clinics and emergency departments close to where the event is being held.

A pre-activity checklist of the appropriate services could include:

- Local doctors or medical centre.
- Local hospital emergency department.
- Ambulance services (111)

### **Medical Assessment**

Any hockey player who is suspected of having sustained a concussion should be reviewed by the designated on-site First Aider at the event initially. The player will then be referred for immediate medical review (as per the Red Flags above) or have an assessment from a medical doctor post-event

A qualified medical practitioner should:

- a) Diagnose whether a concussion has occurred – based on clinical judgement.
- b) Evaluate the injured player for concussion using SCAT5 (or SCAT5 Child for those under the age of 12 years) or similar tool.

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- c) Advise the player as to medical management.
- d) Advise the player as to when it is appropriate to begin a Graduated Return to Hockey Program (refer Appendix 1 of this Concussion Policy for Graduated Return to Hockey Guidelines).
- e) Clear the player to return to play following the Graduated Return to Hockey Program, as detailed in this Concussion Policy.

Hockey endorses the Sport Concussion Assessment Tool version 5 (SCAT5) and the Child-SCAT5 as a validated means of assessing concussion by a medical doctor. Refer Appendix 4.

We recommend Hockey players, coaches and officials become familiar with the symptoms evaluated in SCAT5.

The SCAT5 is NOT to be used for diagnosis of concussion alone. It provides a standardised assessment to aid diagnosis by a medical doctor.

### Recovery

The majority (80-90%) of concussions resolve in a short (7-10 day) period. Some players will have more long-lasting symptoms. The recovery frame may be longer in children and adolescents. As a result, the return to playing process should be more conservative for children and adolescents. It should be stressed that there is no arbitrary time for recovery and that decisions regarding a return to training and playing need to be individualised.

Prior to embarking on a return to play programme, a player must have no symptoms at rest and must have had a clearance from a medical doctor.

It is suggested that any player who has sustained multiple concussions, or who has symptoms which persist for more than two weeks for adults and adolescents (>12yrs age) and more than four weeks for children (<12yrs age), have a review from a clinician with expertise in managing sports-related concussion (for example a Sport and Exercise Medicine Physician, Neurologist, or Neurosurgeon) before returning to Hockey

### Return to Hockey

Following clearance from a qualified medical practitioner, the player should commence and progress through a **Graduated Return To Hockey Program (Appendix 5)**.

In all cases, the Graduated Return To Hockey Program provides for a minimum of 6 days before the player can play hockey at a competitive level. **Advance to the next stage no more quickly than every 24 hours and only if symptoms of concussion are not reproduced with each level of**

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increasing activity.

**The following points are important considerations:**

- If concussion symptoms return at any stage of the player's return to playing/competing, the player must inform the managing medical professional of their symptoms and rest a minimum of 24 hours before resuming the level of activity where symptoms recurred.
- Return to activity should be particularly cautious where children and adolescents are concerned.
- The safety of the player is the priority and must NOT be compromised.
- The decision regarding return to school/work and clearance to return to restricted activity should always be made by a medical doctor.
- The decision regarding the timing of return to sport/activity should always be made by a medical doctor.

In some cases, symptoms may be prolonged or graded activity may not be tolerated. If recovery is prolonged, evaluation by a concussion specialist or clinic may be warranted to determine if there are other aspects of the concussion that could respond to rehabilitation.

***Clearance by a medical doctor is required before return to Hockey.***

### **Enforcement**

These guidelines reflect best practice in the management of concussion in a Hockey sports context. It is everyone's responsibility to ensure that they are applied. Hockey players, coaches, officials and clubs are encouraged to promote these guidelines and to ensure that they are applied appropriately.

### **Legal Disclaimer**

The information presented is of a general nature and is not a substitute for professional, medical or legal advice. Hockey NZ and its Federations, Clubs and their employees, agents and other associates (including players and officials) disclaim all liability or responsibility for any actions undertaken by any person on reliance on any information provided herein.

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## **Appendices**

The following resources provide useful further information regarding sports concussion. It is suggested that they are used and referred to.

## Appendix One

### Consensus Statement on Concussion in Sport:

The 5th International Conference on Concussion in Sport held in Berlin, November 2016 (McCrory et al), found here: <http://bjsm.bmj.com/content/51/11/838>

## Appendix Two

1. The Pocket Concussion Recognition Tool (CRT):  
<http://bjsm.bmj.com/content/51/11/872>
2. The ACC SportSmart Concussion Wallet Card:  
<https://accsportsmart.co.nz/assets/Uploads/files/Sportsmart-Concussion-card.pdf>

## Appendix Three

Sport Concussion in New Zealand. ACC National Guidelines, found here:  
[http://www.acc.co.nz/PRD\\_EXT\\_CSMP/groups/external\\_communications/documents/reference\\_tools/wpc136118.pdf](http://www.acc.co.nz/PRD_EXT_CSMP/groups/external_communications/documents/reference_tools/wpc136118.pdf)

## Appendix Four

1. SCAT 5 – Sport Concussion Assessment Tool – 5th Edition, found here:  
<http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097506SCAT5.full.pdf>
2. Child-SCAT5- Sport Concussion Assessment Tool (for children ages 5-12 years), found here: <http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097492childscat5.full.pdf>

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### Appendix Five

Return to Hockey Stage	Functional Exercise at each stage of rehabilitation	Objective
<b>No activity</b>	Physical and cognitive rest	Recovery
<b>Light aerobic exercise</b>	Walking, swimming or stationary cycling keeping intensity 70% of maximum predicted heart rate. No resistance (weights) training. Light individual drills with gentle change of direction	Increase heart rate
<b>Hockey specific exercise</b>	Running, aerobic exercise with stick and ball, cone work, shooting in the circle unopposed	Add movement
<b>Low impact training drills</b>	Low risk interactive drills preferably under parental or coach supervision, Goalkeeper to use helmet and defend lower shots and there should be no lifted balls at the keeper.	Heart rate, movement, co-ordination and concentration load
<b>Higher impact training drills</b>	Higher risk plays, preferably under parental or coach supervision, increasingly interactive drills and introduce small games. Increase duration & intensity of play in a stepwise manner during this period.  Goalkeeper Helmet use compulsory  Movement, coordination, and concentration drills with more difficult tasks.	Restore player confidence.
<b>Normal pre-injury Hockey</b>	Return to Hockey events	Full return to Hockey



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## APPENDIX 2 - Inter Association Tournament ORGANISING

### YEAR 7 & 8

**DATE: TBC**

**BACKGROUND:** This 1-day tournament is a competition between Whangarei Association (8 teams) and Bay of Islands (2 team) The Whangarei teams are to be made up of players who are in Year 7 or Year 8 and did not play Hatch or Collier A in the previous year. This tournament is played as separate Boys and Girls teams.

#### **ORGANISING CLUB TASKS:**

- Co-ordinate with the Junior Umpire Mentor and/or organise umpires for the day.
- Seek and organize coaches for the 8 Whangarei teams (4 x Boys, 4 x Girls)
- Invite a Northland Representative (i.e., Senior NHL Player, NHA Board Member etc.) to present the trophies on completion of the day.
- Co-ordinate a shared afternoon tea. Communicate with coaches (and their players) the requirements for this.
- Co-ordinate with Hockey Northland re Canteen opening, make lounge available for teams to have lunch etc. and clean up at end of day.
- Organize a results board to be displayed throughout the day and update results as each game is completed. (Hockey Northland will have a printout of draw and a results form to use.)
- Keep games to time. Use of hooter from Hockey Northland.
- Send results and overview of the day and any photos to Hockey Northland Office.

#### **TROPHIES**

1. Endeavour Cup – Girls Winner
2. Manaia Cup – Boys Winner

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### Inter Association Tournament ORGANISING

#### YEAR 5 & 6

**DATE:** TBC

**BACKGROUND:** This 1-day tournament is a competition between Whangarei Association (8 teams) and Bay of Islands (2 team) The Whangarei teams are to be made up of players who are in Year 5 or Year 6 (Kiwi Sticks). This tournament is played as separate Boys and Girls teams.

#### ORGANISING CLUB TASKS:

- Co-ordinate with the Junior Umpire Mentor and/or organise umpires for the day.
- Seek and organize coaches for the 8 Whangarei teams (4 x Boys, 4 x Girls)
- Invite a Northland Representative (i.e., Senior NHC Player, NHA Board Member etc.) to present the trophies on completion of the day.
- Co-ordinate a shared afternoon tea. Communicate with coaches (and their players) the requirements for this.
- Invite Christine Cook to be involved with the presentation of the Kim Cook Trophy.
- Invite a **member of the Finlayson family** to be involved with the presentation of the Danielle Finlayson Memorial Trophy.
- Co-ordinate with Hockey Northland re Canteen opening, make lounge available for teams to have lunch etc. and clean up at end of day.
- Organize a results board to be displayed throughout the day and update results as each game is completed. (Hockey Northland will have a printout of draw and results form to use.)
- Keep games to time. Use of hooter from Hockey Northland.
- Send results and overview of the day and any photos to Hockey Northland Office.

#### TROPHIES

1. Karamea Trophy – Girls Winner
2. Munro Cup – Boys Winner
3. Danielle Finlayson Memorial Trophy – Most outstanding Girl
4. Kim Cook Trophy – Boy showing effort and determination