

Lower Great Southern Hockey Association Bylaws

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LGSHA Rules

A Authority

The Lower Great Southern Hockey Association (LGSHA) Rules should be read in conjunction with the LGSHA Constitution, Hockey WA Affiliation Rules and FIH Rules of Hockey. The FIH Rules of Hockey are an important source of information regarding how matches should be conducted. However, where the LGSHA Rules differ from the FIH Rules of Hockey, then the LGSHA Rules will apply.

B Purpose

The LGSHA Rules are intended to:

- (a) encourage the largest amount of participation at all levels of our sport;
- (b) create an atmosphere of sportsmanship, equality and fair play; and
- (c) penalise Clubs who seek to gain an unfair advantage.

C Special Rules

All Special Rules are attached at the end of this document as appendices. The Rules contained within the body of the LGSHA Rules apply to all Clubs and Teams, regardless of their position within the Competition structure.

D Penalty Provision

Where there is a prescribed financial penalty for a breach of any of these Rules, the Rule will be designated in these Rules as a Penalty. The amount of the penalty is set out in the Hockey WA Affiliation Rules or applicable By Laws.

E Definitions

The defined terms used in these Rules are set out in Appendix A.

Where these Rules incorporate any rule taken from the FIH Rules of Hockey, Hockey WA Codes of Behaviour or Hockey WA Affiliation Rules or By Laws, these Rules are taken to incorporate any updates or changes. If these rules are silent on any matter, then Hockey WA rules and regulations apply. Hockey WA officials should be consulted to ensure correct application.

1. Competition structure

(a) The LGSHA is to be divided in descending order as follows:

Women's A Division
Men's A Division
Women's B Division
Men's B Division
The Junior Divisions will be approved each year by the LGSHA Board, upon the recommendation of the Junior Development Committee. The Junior Development Committee consists of one delegate from each club/school that has junior teams in that competition year, the LGSHA Development Officer and the LGSHA Development Director. Junior divisions should be created to have a minimum of 4 teams, and preference is given to gender specific grades.

(b) LGSHA may create additional divisional grades as required.

(c) The minimum number of rounds for each division as follows, unless otherwise determined by LGSHA:

Number of Teams	Rounds
Even	Fifteen (15)
Odd	Eighteen (18)

d) Senior Grades must have 4 teams for the division to go ahead. Exception for this rule must be applied for and approved by the LGSHA board prior to each season starting.

2. Conduct of matches

As described in the Constitution, 3.8 (g), the regulations governing match play are as follows;

2.1 Match conditions

Subject to the Special Rules set out in Appendix B, matches will be conducted as follows:

(a) All matches must be played on the date and time and at the ground nominated, unless determined by LGSHA by way of approval

(b) A match will consist of:

Four (4) periods of play	Timing of play	Intervals of play immediately preceding the nominated period of play	Other match conditions
First Quarter	Seventeen (17) minutes	First Interval will be two (2) minutes	No end swap, same team passes back on recommencement Teams must remain on the pitch during the interval
Second Quarter	Seventeen (17) minutes	Half time interval will be five (5) minutes	Teams must swap ends after half-time, other Team passes back on recommencement

Third Quarter	Seventeen (17) minutes	Third Interval will be two (2) minutes	No end swap, same team passes back on recommencement Teams must remain on the pitch during the interval
Fourth quarter	Seventeen (17) minutes	Fourth interval will be the end of the match	

(c) A maximum period of ten (10) minutes may be added for delays or interruptions but the match must conclude at a time which is the earlier of:

(i) Five (5) minutes before the scheduled commencement of the next match scheduled to take place on the same field; or

(ii) eighty-five (85) minutes after the commencement of play.

(d) Each Team must provide at least one (1) white hockey ball of standard requirements in serviceable condition, to the satisfaction of the umpires. A coloured ball may be used by the agreement of both Teams and both umpires.

2.2 Team conditions

Subject to any Special Rules set out in Appendix B – Special Rules, the Team conditions will be as follows:

(a) Teams can comprise of up to sixteen (16) Players. A maximum of eleven (11) Players are allowed to play at one time. Players may be interchanged at any time except during penalty corners.

Each Team must play with either:

(i) a goalkeeper wearing a different colour shirt to both team and opposition, and full protective equipment comprising of at least Protective Headgear, leg guards and kickers; or

(ii) 11 field players;

Any Team wanting to change between these options must make a substitution at a break in play when their team is in possession.

(b) No Team is permitted to commence play with less than seven (7) Players.

(c) A Team with less than eleven (11) Players may add extra players during the progress of a match until the full complement of eleven (11) Players is reached.

(d) No field player has goalkeeping privileges or may wear a different shirt. A Goalie's Helmet must not be worn by field players. Face masks are permitted when defending a penalty corner.

2.3 Uniforms

Subject to any Special Rules set out in Appendix B –Special Rules, the Uniform Rules are as follows:

- a) As per the LGSHA Constitution, 3.8 (f), clubs must register their colours and uniform with the LGSHA. Approval shall be sought from the committee prior to changing colours or uniform style in writing to the LGSHA Secretary.
- b) Game Day

Where both teams have similar playing uniforms	If the playing uniforms of both Teams in a match are so similar that it may lead to a possible confusion, the second named Team must wear an alternate contrasting uniform (shirt and socks).
Skins and undergarments	Must be neutral coloured or one of the colours of the team uniform. Where a clash occurs, and is considered an issue by the opposing team, they shall be removed or covered as appropriate.
Goalkeepers	Must wear an over shirt that is of a colour contrasting to the shirt colour of both Teams.
Recording a breach of these Rules	Should be noted on the card and referred to the LGSHA.
Behaviour of Players or officials when in uniform	When in uniform, a Player must not behave on any occasion in a manner which reflects discredit to LGSHA. A breach of this Rule may result in expulsion of the Player(s) or Club concerned from LGSHA. All players and officials should refer to the LGSHA Code of Conduct for guidance on behaviour expectations.

2.4 Ground conditions

- (a) If the weather or ground conditions are unsatisfactory, or there are any other extraordinary circumstances, a match may be postponed if both umpires agree. In the case of junior umpires, the ground controller will have the final call.
- (b) Where a match is postponed the following conditions will apply:

Situation prior to postponement	Outcome
The match had not started or was abandoned up to and including the half time break	Match will be replayed in full
The match was abandoned during the third quarter or after	The match will be considered complete, no postponement or replay

(c) Any match needing to be replayed or completed will be carried out at a time and venue determined by the teams and approved by LGSHA. If the teams cannot make an agreement LGSHA will have the final say.

(d) A postponed or replayed match will be deemed to have been played on the date originally fixtured. Games must be played within 2 weeks of the original playing date.

(e) If during the course of a match a Team declines to continue the match or to take it up where it left off, or if at any time during a match the number of its players on the field is fewer than seven (7), this Team will be deemed to have lost the match. The opposing Team will be deemed to have won with the score standing at the time or by a score of five (5) goals to nil (0), whichever is the greater.

2.5 Blood rule

(a) If a Player is bleeding, they must immediately leave the field to receive treatment (substitution may be made).

(b) If the bleeding Player does not leave the field voluntarily or when asked, the umpire may suspend them for misconduct. (Yellow Card)

(c) The Player may return to the field once the bleeding has been controlled, the wound covered, and any blood contaminated clothing changed. Coaches/Managers need to have spare shirts available for Players.

3. Forfeits and Withdrawals

3.1 Forfeits

Subject to any Special Rules set out in Appendix B –Special Rules, the forfeit Rules are as follows:

(a) If a Team does not have at least seven (7) Players on the field at any time then it forfeits the match.

(b) If a Team does not take the field within ten (10) minutes of the nominated starting time, it forfeits the game.

(c) If a Team forfeits a match, this will be recorded as having lost the game nil (0) goals to five (5), and the opposing Team is credited with three (3) premiership points.

(d) A Team must not forfeit three (3) or more matches in a season without dispensation. Should the 3-match rule be breached, the team will be suspended for the remainder of the season.

(e) A Team intending to forfeit without attending the venue must notify the LGSHA Secretary, the venue, the umpires or Club responsible for umpiring and phone contacts of the opposing Club, by midday on the last business day prior to the fixture.

(ii) Should a Team forfeit a match, without complying with this sub-rule (e), it will be responsible for all associated costs including administrative, ground hire and umpiring charges. This will be determined by the LGSHA in consultation with relevant parties.

(iii) The penalty for failure to comply with this sub-rule (e) will not apply if a Team attempts to field a side but finds, on arrival at the ground, that they do not have the required minimum number of Players present.

3.2 Withdrawals

(a) When a Team withdraws after the commencement of the Winter Season all points, and goals scored in matches involving that Team prior to its withdrawal are cancelled.

(b) All divisions must have a minimum of 4 teams for the competition season. Where a Club wishes to withdraw a team due to lack of numbers, midway through the season, it must withdraw the lowest grade in which it is represented, to ensure higher grade divisions are maintained.

Junior teams are exempt from this rule.

4. Officiating

4.1 Technical Officials

(a) LGSHA may appoint Technical Officers to control matches in any grade. The function and powers of Technical Officers are as determined by LGSHA.

(b) The captain or manager of each Team, as appropriate, must accurately complete the line-up sheet clearly indicating the starting eleven (11) and return it to the Ground Controller at least fifteen (15) minutes before the scheduled start time of the match.

(d) The Technical Officer will allow up to a maximum of four (4) non-playing persons on a Team bench during a game including the coach, assistant coach, manager and any medical staff, plus up to five (5) reserve Players.

(e) The Technical Officer can require any person on a Team bench who engages in loud or offensive behaviour to withdraw from the playing arena, in addition to any consequence referred to in Rule 5(c) below.

4.2 Umpiring

Subject to any Special Rules set out in Appendix B –Special Rules, the umpiring Rules are as follows:

(a) LGSHA will allocate each grade umpiring duties throughout the year. The Ground Controller will ensure an accurate record of umpire attendance is recorded on the scorecard.

(b) Where the allocated umpire(s) fails to arrive by the scheduled starting time a replacement umpire(s) must be sourced by the competing Teams.

(c) Failure of the allocated umpire(s) to attend the match does not give cause to request re-fixturing of the match. For the team that was allocated to umpire, this is must be noted on the card.

(d) If the allocated umpire(s) arrive after the commencement of the match, they may take the place of the replacement umpire(s) by agreement of both Teams.

(e) Failure to umpire rostered games will result in a loss of 1 points and a \$100 penalty for the team that missed the roster. Missed duties will be cross-referenced and validated with the Ground Controller.

5. Misconduct and Disciplinary Action

(a) All Clubs, Players and Team officials must comply with LGSHA Codes of Conduct. Any Club, Player or Team official considered by LGSHA to be in breach of any of the Codes of Conduct may be fined or suspended or otherwise penalised as decided by the LGSHA Committee. The LGSHA may choose to elect a sub-committee to hear any matter as required and make recommendation on action to be taken.

See LGSHA Constitution 6.1, for further clarity on Disciplinary action as required.

(b) In the event of excessive harassment of an umpire by coaches, Club officials or supporters, the umpire (or Technical Officer where applicable) has the power to stop the match, call both captains and ascertain whether the offending person(s) is a coach, Club official or supporter. In the case of Junior Umpires, a technical official shall respond to the harassment on behalf of the umpires.

(c) The procedure and consequences of harassment are as follows:

Offender engaged in harassment	Procedure and consequence
Coach or Club Official	Captains are called over and warned of coach or club officials' behaviour. If behaviour is not rectified, Captain will be sent off under the card system. It is at the discretion of the umpire as to which card penalty will apply. The offender's name and Club should be written on the match report and the relevant captain asked to warn the offender that if the harassment persists, the game may be suspended, and allocation of points will be decided by the Disputes Committee.
Supporter	The offender must be ignored, and the game continued. LGSHA may notify the Club after the game and require the Club to take action to address supporter behaviour.

(d) A Player may be further reported outside of the card system by the umpire, ground controller or opposing Team captain if they:

- (ii) used insulting or abusive language before, during or after the match;
- (iii) performed a deliberate act contrary to fair play;
- (iv) caused interference or attempted to cause interference with the control exercised by an umpire during a match; or
- (v) acted in a manner likely to bring discredit on the game of hockey.

All reports should be listed on the match card, and where appropriate emailed to the Secretary.

The Grounds Controller will ensure that the card is completed appropriately and notify the association via phone call to the Competitions Director.

(e) A Player who is reported may be referred by LGSHA to the Disputes Committee for consideration of disciplinary action. The Disputes Committee may choose to enact a Tribunal where the act is deemed serious.

5.1 Misconduct cards

A breach of the FIH Rules of Hockey may be dealt with in one of the following ways:

Action	Misconduct Card	Duration of suspension for offending player	Imposition on offending team
Verbal Warning	None	No suspension	The team does not play with any less players
Warning/Temporary Suspension	Green Card	Two (2) minutes	The team plays with one (1) less player
Temporary Suspension	Yellow Card	A minimum of five (5) minutes	The Team plays with one less player
Permanent Suspension	Red Card	The remainder of the match, the next following fixture week for which they are available, and they may face a tribunal where the tribunal will decide if further penalties will occur.	The team plays with one (1) less player for the remainder of the match.

(a) Misconduct cards cannot be contested after the fixture match except in the case of mistaken identity. A Player seeking to complain about mistaken identity in relation to a misconduct card may lodge a protest with LGSHA who will refer the matter to the Disputes Committee.

(b) For further explanation of green, yellow and red cards and the procedure refer to APPENDIX C at the end of this document.

5.2 Suspensions

(a) LGSHA will notify Clubs whose players are suspended, either through accrual of yellow cards or as a direct result of a red card, with a minimum twenty-four (24) hours' notice prior to the next fixtured match.

(b) For the avoidance of doubt, a Player will be available for a game unless the Player is serving one of the following:

Misconduct Card	Rule (also refer to Appendix C?)
Yellow Card	When a Player accumulates three (3) yellow cards in any and all grades during the Competition season, a one (1) Fixture Week suspension from all grades will take effect upon notification by LGSHA
Yellow Card	For every additional two (2) yellow cards a player receives in any grades during the Competition season, a two (2) Fixture Week suspension from all grades will take effect upon notification by LGSHA
Yellow Card	When a Player accumulates two (2) yellow cards in any grade during a Finals series, a one (1) Fixture Week suspension will take effect in the next following Fixture Week for all grades for which they are available
Red Card	The Player will be suspended for the next following Fixture Week for all grades for which they are available

6. Player qualification

Subject to any special rules set out in Appendix B – Special Rules, the player qualification rules are as follows;

a) Players shall be registered to the relevant club, on the relevant online platform, before commencing to play. Any team playing an unregistered person shall be deemed to have played an ineligible player.

b) Where competitions are provided for each gender, no player shall play in a team of the opposite gender, except for junior competition where mixed teams may play as directed by the association. Dispensation should be applied for when a junior player wishes to play in a grade of the opposite gender. i.e female or male goalie playing in opposite competition.

c) A player may play in their own grade and a higher grade within the same round.

Subject to “CORE PLAYER” Policy being in place, No player shall be qualified to play in a lower grade after they have taken part in six (7) matches in a higher grade except in special cases where permission is given by the Committee. A dispensation must be requested.

Exceptions – An A Grade goalie, may play on the field in B Grade without dispensation. They cannot play as a goalie in the B Grade competition. A B Grade Goalie can also play on the field in the A Grade without dispensation.

In the case of Juniors playing in the senior competition, then the senior competition rules apply.

d) A club with two (2) or more teams in the one grade must register these as teams one (1) and two (2) stating players for each team. Each team shall be treated as separate entities within that grade.

e) Senior players cannot, without dispensation, play for an alternative club in a different grade.

6.1 Finals qualification

- a) To play in a Final, a player must have played at least four (4) games for the team that they wish to play for prior to finals.
- b) Players not meeting the criteria in a may request permission to play from LGSHA by way of dispensation. Only in circumstances when it is proven to the satisfaction of LGSHA that an unfair advantage is not the objective of the club, may a dispensation be granted.
- c) For the purposes of this rule, if a Player's name is written on the match card, and a "tick" is played next to their name, they shall be regarded as having played.
- d) Juniors playing in senior competitions are considered seniors for the purposes of finals qualification.

In the event of an ineligible player playing in a Finals fixture, the outcome will be forfeiture of the fixture in which the breach occurred.

7. Match reporting

Subject to any Special Rules set out in Appendix B – Special Rules, the match reporting Rules are as follows.

(b) Each match report (card) must record:

- (i) the result of the match played;
- (ii) a list of Players (both surname and first names) in the Team completing the match report;
- (iii) details of misconduct cards received by individual Players;
- (iv) details of goal scorers;
- (v) details of Player roles (Goalkeepers = GK, Permit Players = P. Multiple codes may be entered);
- (vi) names and Club (if applicable) of umpires who officiated; and
- (vii) all injuries or incidents that have occurred during the match.

(c) In the event of a forfeit, no scores should be entered for either Team. Only the result should be entered. Team lists should be entered for both Teams that reflect the Players available for the match. Only players previously registered with the current team to be automatically ticked off the score card. No additional or "fill-in" player can be added.

(d) The result of the match must be entered on the Online Portal by the first named Team in the fixture by 1.00pm on the first day after the fixture is played. Once the first named Team has entered the result and their Team details, they must 'Save' and then 'Submit' this information.

(e) Specified Team match details must be entered on the Online Portal by the respective Teams by 1.00pm on the first day after the fixture is played.

(f) Specified Team match details on the Online Portal include:

- (i) Player names (first name and surname);
- (ii) misconduct cards received by individual Players;

(iii) goal scorers

(iv) Player roles (goalkeepers 'GK', Permit 'P' players) are to be marked in the position column;

(v) umpire's names; and

(vi) all injuries or incidents that have occurred during the match.

(g) It is the responsibility of each Team to ensure that their opposing Team's details have been entered correctly on the Online Portal. Once each Team 'Submit' the information, the opposing Team will have the opportunity to 'Confirm' or 'Dispute' that information.

(h) The original match report card must be retained by the Ground Controller and given to the LGSHA Records Keeper for processing.

7.1 Protests

(a) If a Team disputes the match reporting information entered in the Online Portal, as set out in Rule 7, a protest must be made in writing and submitted to the LGSHA Secretary within seven (7) days of the match.

(b) Any protest relating to the last two (2) rounds of the Qualifying Season and Finals matches must be lodged within two (2) business days of the match.

(c) The details of the imposition of any penalty will be forwarded by LGSHA Secretary in writing to the Club(s) involved. If a Club wishes to protest against the imposition of any such penalty, then a protest is to be made in writing and submitted to the LGSHA Secretary within seven (7) days.

(d) Should an error on the Online Portal not be protested or otherwise corrected within two (2) weeks of the date of publication, the Online Portal will be deemed to be correct.

8. Ineligible players

(a) A Player is an ineligible player if:

(i) they do not meet the player qualification Rules set out in Rule 5. (Suspended)

(b) Ineligible players will be determined by the LGSHA Records Keeper and submitted in writing to LGSHA Secretary within seven (7) days of the match. The relevant club will be notified. Any protest relating to ineligible players must be submitted to the LGSHA Secretary within 2 business days of notification.

(c) A protest relating to the last two (2) rounds of the Qualifying Season and Finals matches must be lodged within two (2) business days of the match.

(e) If LGSHA believes that there is good cause for doing so, then it may investigate any match at their discretion through random audits, regardless of receipt of a protest.

(f) Should a Team be found to have played an ineligible player, the consequence will be forfeiture of the match. The Team that has not offended will be awarded the three (3) premiership points and the score of the match will reflect a three (3) goals to nil (0) result in favour of the non-offending Team, unless the original score-line reflects a greater goal difference in favour of the non-offending Team, in which case this score will be kept.

(g) Should the opposing Team also have fielded an ineligible player, then neither Team will receive any points, and nil (0) goals will be recorded against both Teams.

(h) In the event of the false recording of a Player name on a match report the offending Team forfeits the fixture.

(i) A Player who plays under a false name and the person whose name that Player plays under will be deemed not to have played in the game for the purposes of qualifying for Finals under Rule 6.

(j) If a Team plays an ineligible player or records a false Player name on the match report in a Final, it loses the Final.

(k) Should the opposing Team also have fielded an ineligible player in a Final, then neither team will win the Final, and nil (0) goals will be recorded against both Teams. In this instance, how the result impacts other Finals within that division will be decided by LGSHA.

9. Premiership table

(a) Teams will be awarded three (3) premiership points for a win, one (1) premiership point for a draw and nil (0) premiership points for a loss.

(b) The Team finishing first at the completion of the Qualifying Season in each grade is the Season Premier (or a name to be determined by LGSHA) for that grade.

(c) Where two (2) or more Teams have played in an equal number of fixtures and have an equal number of premiership points, their relative positions on the premiership table will be decided:

(i) firstly, on goal difference. Goal difference is determined by subtracting the goals scored against a Team from the goals scored by it (e.g. 40 goals scored by the Team and 20 goals conceded by the Team, gives a goal difference of +20);

(ii) then if still equal, by the greatest number of goals scored for;

(iii) then if still equal, on the number of matches won;

(iv) then if still equal, by the highest total of goals scored when the Teams played each other during the Qualifying Season;

(v) then if still equal, by the tossing of a coin.

(d) Where two (2) or more Teams have played an unequal number of matches at the end of the Qualifying Season and have an equal number of premiership points, their relative positions on the premiership table will be decided on:

(i) firstly, percentages. A Team percentage is arrived at by dividing the points scored by the possible points and multiplying the result by a hundred (e.g. matches played 10 = possible points 30, points scored = 15. Percentage $15/30 \times 100 = 50\%$);

(ii) then if still equal, by following the steps outlined above in sub-rule (c).

(e) Clubs querying or wishing to correct the premiership table must do so in writing to LGSHA. Changes will not be made without confirmation from Clubs directly affected by the correction.

(f) Should an error on the premiership table not be queried or otherwise corrected within two (2) weeks of the date of publication of that premiership table, the premiership table will be deemed to be correct.

10. Finals

10.1 Format for Finals

Subject to any Special Rules set out in Appendix B – Special Rules, the format for Finals will be as follows:

Five team or above competitions

(a) The top four (4) Teams on the premiership table at the completion of the Qualifying Season will play in the final series.

(b) The final series will comprise of:

Five or more team competitions

Final	Explanation	Result
First Semi-final	The third and fourth placed teams on the premiership table play each other	The losing team is eliminated from the finals. The winning team will play the losing team of the second semi-final in the preliminary final.
Second Semi-final	The first and second placed teams on the premiership table play each other	The losing team will play the winning team of the first semi-final in the preliminary final. The winning team will play the winning team of the preliminary final in the Grand Final.
Preliminary Final	The winning team of the first semi-final and the losing team of the second semi-final play each other	The losing team is eliminated from the finals. The winning team moves into the Grand Final to play the winner of the second semi-final.
Grand Final	The winning team of the second semi-final and the winning team of the preliminary final play each other	The winning team is the season winner for that grade.

Four team competitions

Final	Explanation	Result
Semi-final	The first and second placed teams on the premiership table play each other. The fourth placed team is automatically eliminated.	The losing team will play the third placed team in the preliminary final. The winning team advances to the Grand Final.
Preliminary Final	The winning team of the semi-final and the third placed team of the season play each other	The losing team is eliminated from the finals. The winning team moves into the Grand Final to play the winner of the semi-final.
Grand Final	The winning team of the semi-final and the winning team of the preliminary final play each other	The winning team is the season winner for that grade.

10.2 Tie breakers

Subject to any Special Rules set out in Appendix B, the format for Tie breakers will be as follows:

- (a) If the score in a Finals game is level at the end of normal time then, after a five (5) minute rest period, Two (2) periods of up to five (5) minutes of extra time will be played, in between which Teams must change ends without a rest period.
- (b) The first Team to score a goal in extra time is the winner of the game.
- (c) In the event that the score is still level at the end of the two (2) periods of extra time then a penalty stroke competition as outlined in the Hockey Australia Tournament Regulations will be played to establish the winner of the match for B, U18 and 7/8/9 grades. In the event that the score is still level at the end of the two (2) periods of extra time in A Grade then they will play a Penalty Shoot out.
- (d) In a penalty stroke competition, five (5) Players from each Team will take a penalty stroke alternatively. In a One-on-one shoot out,
- (e) Permanently suspended (red card) Players are ineligible to take part in a penalty stroke competition.
- (f) The umpires, after consultation with the Team captains and Technical Officer if present, will choose the goal to be used and will toss a coin with the captains, the winner having the choice to take or defend the first penalty stroke.
- (g) One of a team's nominated goalkeeper/s must defend for their Team unless unable to do so, in which case another Player may replace them. This Player must wear approved goal keeping equipment, including Protective Headgear.
- (h) Once each Team has taken five (5) penalty strokes, the Team with the highest number of goals is the winner of the game.
- (i) In the event of an equal number of goals having been awarded to each Team during the first penalty stroke competition, a second penalty stroke competition will occur as follows:
 - (i) the same Players as featured in the first penalty stroke competition will take part;
 - (ii) it will feature 'sudden death', which means that the winning Team will be the first Team to have scored one (1) more goal than the opposing Team after an equal number of penalty strokes has been taken by each Team;
 - (iii) the sequence of Players taking penalty strokes does not need to be the same as in the first penalty stroke competition and the Team captain has freedom of choice at the time of each penalty stroke as to which of the nominated Players will take it;
 - (iv) all five (5) nominated Players must take a penalty stroke before any of them are eligible to take a further one;
 - (v) the Team which defended the first penalty stroke of the first competition must not defend the first penalty stroke of this second competition.

11. Situations not covered by these Rules

(a) LGSHA must consider the intent and purpose of these Rules so that they may be intelligently applied to any given situation.

(b) The LGSHA will as per the constitution, 8.8, align with the policies and by-laws of Hockey WA. Any situation not provided for explicitly in these Rules will be referred to Hockey WA for consideration and determination.

12. Seeking an unfair advantage

(a) Clubs or Teams who deliberately seek to gain an unfair advantage will be subject to a penalty.

(b) For example, Clubs or Teams that collude or conspire to predetermine the results of any match will be deemed to be seeking an unfair advantage.

13. Fines table

Where any Rule confers discretion on LGSHA to determine a fine, LGSHA will be guided by the following fines table:

Level of Breach	Example	Maximum Fine
Minor Breach	Procedural Breach only	As prescribed by Hockey WA
Medium Breach	Has the potential to operate to the detriment of another club	As prescribed by Hockey WA
Serious Breach	Wilfully attempting to gain advantage, to the detriment of another club or team	As prescribed by Hockey WA

14. Committee

As per Part 4 of the LGSHA Constitution, the Committee shall at all times, in good faith act in the best interests of the Association and for a proper purpose.

- a) Appointed committee members (LGSHA Constitution Clause 4.5 (1)) may be elected by the LGSHA board at any time required via a motion at a meeting of the board. It shall be noted the reasons for their appointment in the minutes of any such meeting.
- b) Any committee member having any material personal interest in a matter being considered at a committee meeting must disclose at the beginning of the meeting, or as soon as they become aware of the personal interest or conflict. See LGSHA Constitution Clause 4.11 (3) for further guidance on decisions to be made.
- c) General Committee member duties are described in the Position Descriptions of each relevant Director. They shall be reviewed annually to ensure that they maintain relevance and alignment to the LGSHA Strategic Plan and directives. The position descriptions shall be made available on the association website, or in hard copy if requested by any member.
- d) Subcommittees shall be formed as per LGSHA Constitution Clause 5.9. At the time of forming any sub-committee the LGSHA will provide guidance as to the functions it requires that sub-committee to complete. No sub-committee may act without the approval of the LGSHA Committee.
 - a. Delegates are considered members of the sub-committee representatives. This sub-committee is for the purpose of providing the board feedback. This sub-committee has no powers, no voting or motions are able to be passed. Delegates shall, in good faith, provide feedback to the board

as is requested. The board on receiving this feedback will take it into consideration when conducting the business of the association.

15. Members

Part 3, Clause 3.6 of the LGSHA Constitution, details the classes of membership of the Lower Great Southern Hockey Association.

- a) Community Members include community supporters and are defined by the LGSHA as individuals being directly linked to a playing member, specifically a parent, spouse (including de-facto) or child of a senior member who is not a playing member. Community Members are also non-playing coaches and team managers. All non-playing board members are also required to register as a community member in the relevant online system for registration of members.
- b) Life members are defined by the LGSHA Constitution clause 3.6 (2) d. The criteria for life membership are as follows;
 - i) The nominee is to have rendered outstanding service to the LGSHA since its inception in 1990;
 - ii) Recommendations must be in writing detailing the years of service, position(s) held and any other contributions to hockey within the Lower Great Southern region;
 - iii) Must be signed by the proposer and seconder;
 - iv) Should be received by the LGSHA Secretary fourteen days (14) days prior to the AGM.

At the AGM a Life Member shall be elected by a three quarters majority of ordinary members present.

Appendix A: Defined terms

Association, LGSHA, all refer to the name of the Lower Great Southern Hockey Association Incorporated and its Staff, Board and Committees.

Club means any Club or Association, or any other group within Australia or overseas controlling the playing of field hockey, according to the Rules of FIH.

Committee refers to a Committee that is set up by LGSHA to carry out delegated functions or powers of LGSHA.

Competition, grades means the divisions controlled by LGSHA.

Core Player is a Player who has met the criteria in Appendix B – Special Rules for divisions.

Eligibility Period means Fixtured Weeks for all Divisions.

FIH refers to the International Hockey Federation.

Final refers to any of the series of matches played at the end of the Qualifying Season to determine the Premier.

Fixture Week refers to a period during which a set of fixtures for that Competition takes place, as set out in LGSHA's season calendar.

Members are the Clubs affiliated with LGSHA.

Official Activity refers to championship fixtures and all commitments associated with them, and rest periods for athletes sanctioned by the governing bodies responsible for those athletes.

Online Portal refers to the online competitions, fixtures and results portal used by LGSHA and Hockey WA.

Penalty means a Rule which if breached could result in the imposition of a financial penalty (usually a fine or points deduction)

Player refers to any player regardless of their position, includes field players and goalkeepers.

Protective Headgear refers to a full goalkeeping helmet, not just a facemask.

Qualifying Season is the round matches played prior to the Finals series.

Regular Grade is the grade in which a player has played most of their matches in the current season at that point in time up to and including the last qualifying round. Where a player has played an equal number of matches in more than one grade, his/her Regular Grade will be the higher of those grades.

Rule or Rules means these LGSHA Rules.

Rules of Hockey means current edition of the FIH Rules of Hockey.

Season Premier refers to the Team in each grade that finishes on top of the premiership table at the end of the Qualifying Season.

Senior Competition refers to the Men's and Women's A and B Grades.

Special Rules refer to the Rules set out in Appendix B and are special to a particular grade or grades.

Team means a number of players registered with a Club and designated by that Club to represent it in a scheduled match in the Competition.

Technical Officers may be appointed by LGSHA to any match and have the functions and powers as outlined in the Hockey Australia Australian Championship Operations Manager.

Winter Season means a Winter Season Competition run by LGSHA, including junior Competitions, the first day of which will be the date of the first match of the Competition and the last day of which will be the date of the grand final match of the Competition for that season.

Appendix B: Special Rules for divisions

Junior Divisions

Middle Primary (3/4)

10 minute intervals

Mouth guards and Shin Pads are compulsory

No mouth guard/no shin pads = no play

1. Goal Keepers

- a. Each team must play with a Goal Keeper wearing full protective gear, comprising of at minimum – helmet, leg guards, Kickers and a shirt different to both teams playing.

2. Number of players

- a. Maximum number of players on the field must not exceed 8
- b. Must have a goal keeper with full protective gear (No Goalie = No Game)
- c. Minimum 5 players (less than 5 including GK is a forfeit)

3. Penalty Corners (PC)

- a. Defending team must retreat back to the top of their attacking circle (suggestion – half way line)
- b. Play the PC out after the siren for half and full time.
- c. No penalty strokes

4. Coaches

- a. Only one coach allowed on the field in the first half of the season. In the second half of the season, sideline only. Not allowed in the circle at any time.
- b. On penalty corners coaches must not stand behind their defending goals

5. Dangerous Play

- a. No Goal can be scored above the height of the backboard, unless deflected off a defender
- b. Raised ball in general play allowed up to shin guard height only. Use discretion if no player in danger of dangerous ball.
- c. No Dangerous sticks above shoulder height. If another player from either team is within playing distance, then this is considered dangerous
- d. No tomahawks. Gentle bunting action is allowed.
- e. Tackling from behind is to be strongly discouraged
- f. No sliding tackles allowed

6. Free Hits around and into the circle

- a. No direct free hit into the circle. Must touch another stick before entering the circle. The ball must go back 3m from the circle.

7. Other

- a. Players are not sent back to the centre line for breaks on a PC.
- b. Players do not leave the field for a green card warning.

Upper Primary (5/6)

12 minute intervals

Mouth guards and Shin Pads are compulsory

No mouth guard/no shin pads = no play

1. Goal Keepers

- a. Each team must play with a Goal Keeper wearing full protective gear, comprising of at minimum – helmet, leg guards, Kickers and a shirt different to both teams.

2. Dangerous Play

- a. Raised ball, including deflections in general play that is within playing distance of another player is considered dangerous.
- b. Any raised ball above knee height, regardless “if safe”, is penalised to encourage good hitting technique.
- c. No Dangerous sticks above shoulder height. If another player from either team is within playing distance then this is considered dangerous.
- d. A player may be penalised for causing dangerous play for tackling from “the wrong side.”
- e. No tomahawks. Gentle bunting action is allowed.
- f. Tackling from behind, chop tackles and general bad tackling is to be strongly discouraged
- g. No sliding tackles allowed. Automatic free hit to opposition.
- h. No overheads
- i. Shots on goals must be really safe for everyone!

3. Penalty Corners (PC)

- a. Defending team must retreat back to the half way line.
- b. Play the PC out after the siren for half and full time.
- c. Penalty strokes may be awarded.

4. Coaches

- a. Sideline only.
- b. On penalty corners coaches must not stand behind their defending goals
- c. Only 1 coach allowed on the sideline and subs must be in their allocated area.

5. Other

- a. Players are not sent back to the centre line for breaks on a PC.
- b. Players do not leave the field for a green card warning.

High School (7 – 12)

14 min intervals

Mouth guards and Shin Pads are compulsory

No mouth guard/no shin pads = no play

1. Goal Keepers

- a. Each team must play with a Goal Keeper wearing full protective gear, comprising of at minimum – helmet, leg guards and Kickers and shirt different to both teams.

2. Dangerous Play

- a. Raised ball – considered dangerous when legitimate evasive action is taken. This includes within the circle and shots on goal. Exception only if field players take a position within the goal (such as behind the goalie)
- b. Raised Stick

- i. If danger is from a player lifting of a stick then a free hit shall be awarded to the opposition.
- ii. If the danger is from a opposition player entering the contest/tackle, then a free hit shall be awarded to the team in possession.
- c. Tomahawks – play is considered dangerous when lifting of the stick in the follow through or lifting of the ball in the hit/pass causes evasive action by players.
- d. Tackling from behind, chop tackles and general bad tackling is to be strongly discouraged
- e. Sliding tackles are considered dangerous and a free hit shall be awarded to the player in possession. If there is any contact with the player in possession, a yellow card will be awarded as the penalty.

3. Other

- a. Players are sent back to the centre line for breaks on a PC.
- b. Overheads are allowed.
- c. Players are required to leave the field for any penalty (card) suspensions.

Senior Divisions

CORE PLAYER

Aim - To simplify player movement between A and B grade divisions, whilst preventing teams trying to gain an unfair advantage by playing top players in B Grade.

Rules

- The association will agree with the senior teams each year the number of “CORE” players required. Each A grade team to nominate to the Association the number of core players called for prior to the season starting. These lists will be distributed amongst B Grade.
- A meeting will convene on or around the third (3) playing date with representatives of each of the senior teams to agree on the nominated players by each team. The records keeper will be consulted to review the votes received in the previous year, and in the current year.
- Core players can only play A-grade for the duration of the season.
- All other players can move freely between A and B grade without any restrictions on the number of games played.
- During finals, players who have played across multiple divisions are eligible to play finals for B-grade only if the majority of their games have been played for B-grade; all players who have played across multiple divisions are eligible to play finals for A-grade.
- If a CORE player should become injured or ineligible to play or leaves the competition, the relevant team should review the Core Player list in consultation with the association. The association reserves the right to investigate Core Player absences.
- If an A Grade goalkeeper is nominated in the CORE, they can play on the field in B Grade without requiring a dispensation.

Appendix C: Green, yellow and red misconduct cards

(a) Further explanation of the Rules and procedure attached to a green card is as follows:

The offending player is temporarily suspended for two (2) minutes.

The offending player must leave the field immediately and the suspension commences when the player is seated in a place designated by the umpires, Technical Officer or ground controller. The umpire will immediately restart the game and if the offending player interferes with play whilst leaving the field, the umpire will further penalise the player in accordance with the Rules of Hockey.

(b) Further explanation of the Rules and procedure attached to a yellow card is as follows:

The offending player is temporarily suspended for a minimum of five (5) minutes.

The timing of yellow card suspensions is determined by the umpire that issued the card. The offending player must leave the field immediately and the suspension commences when the player is seated in a place designated by the umpires, Technical Officer or ground controller. The umpire will immediately restart the match and if the offending player interferes with play whilst leaving the field, the umpire will further penalise the player in accordance with the Rules of Hockey.

If a player receives a second yellow card (for the same offence) in the same game, the player is not permitted to take any further part in the game.

When a player accumulates three (3) yellow cards in any LGSHA grade during the Competition season, a one (1) Fixture Week suspension from all LGSHA grades will take effect upon notification by LGSHA.

For every additional two (2) yellow cards a player receives in any LGSHA grade during the Competition season, a one (1) week suspension from all LGSHA grades will take effect upon notification by LGSHA.

All yellow cards will be removed from a player's record at the end of the Qualifying Season. When a player accumulates two (2) yellow cards in any LGSHA grade during finals series, a one (1) Fixture Week suspension will take effect upon notification by LGSHA.

(c) Further explanation of the Rules and procedure attached to a red card is as follows:

The offending player is suspended for the remainder of the match.

They are also suspended for the next following Fixture Week for which they are available, and they may face a tribunal where the tribunal will decide if further penalty/penalties are to be incurred. The offending player must leave the field of play for the remainder of the match.

Should the umpire consider it necessary, they may require the offending player to leave altogether the venue where the match is being played. The umpire who issued the red card must submit a report on the incident to the LGSHA within 72 hours of the offence occurring.

The player who has received the red card, has the right to appeal the one match suspension, provided it is received by the secretary within 48 hours of the game taking place. The appeal should be in detail and will be reviewed by the Disputes Committee.

APPENDIX D: Shoot-out Competition

In a shoot-out competition, five players from each team take a one-on-one shoot-out alternately against a defender from the other team as set out in this Regulation. The shoot-out competition comprises all series of shoot-outs required to determine a result.

The following sets out both the playing Rules and the procedures to be followed.

1. If the shoot-out competition takes place after the end of a match, the first shoot-out should take place within five (5) minutes of the end of regulation playing time.
2. The respective Team Managers provide five players to take and one player to defend the shoot-outs from those on the Match Report except as excluded below. A player nominated to defend the shootouts can also be nominated to take a shoot-out. No substitutions / replacements are permitted during the shoot-out competition other than as specified below.
3. A player who is still serving a disciplinary suspension by the Tournament Director at the time the shoot-out competition takes place or has been excluded permanently (red card) during the match which leads to the shoot-out competition, cannot take part in that shoot-out competition. A player who has been warned (green card) or temporarily suspended (yellow card) may take part in the shout-out competition even if the period of their suspension has not been completed at the end of the match.
4. The Tournament Director will specify the method of timing shoot-outs taking account of the facilities available and the need to control time accurately.
5. The Tournament Director will specify the goal to be used.
6. A coin is tossed; the team which wins the toss has the choice to take or defend the first shoot-out.
7. All persons listed on the Match Report other than any player who has been excluded permanently (red card) during the match which leads to the shoot-out competition are permitted to enter the field of play outside the 23m area used for the shoot-out but must be at least 10 metres from the spot where the ball is placed at the start of the shoot-out.
8. The goalkeeper / defending player of the team taking a shoot-out shall wait on the back-line outside the circle.
9. A player taking or defending a shoot-out may enter the 23m area for that purpose.
10. Players taking a shoot-out and also defending the shoot-outs taken by opponents are allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put back on their protective equipment.
11. Five players from each team take a shoot-out alternately against the goalkeeper / defending player of the other team making a total of 10 shoot-outs.
12. Taking a shoot-out:
 - a. the goalkeeper / defending player starts on or behind the goal-line between the goal posts;
 - b. the ball is placed on the nearest 23m line opposite the centre of the goal;
 - c. an attacker stands outside the 23m area near the ball;
 - d. the Umpire blows the whistle to start time;
 - e. an official at the technical table starts the clock;
 - f. the attacker and the goalkeeper / defending player may then move in any direction;
 - g. the shoot-out is completed when:
 - i. 8 seconds has elapsed since the starting signal;
 - ii. a goal is scored;
 - iii. the attacker commits an offence;
 - iv. the goalkeeper / defending player commits an unintentional offence inside or outside the circle in which case the shoot-out is re-taken by the same player against the same goalkeeper/defending player;
 - v. the goalkeeper / defending player commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken;
 - vi. the ball goes out of play over the back-line or side-line; this includes the goalkeeper / defending player intentionally playing the ball over the back-line.

- 13.** If a penalty stroke is awarded as specified above, it can be taken and defended by any eligible player on the Match Report subject to the provisions of Articles 17, 18 and 19 of this Appendix.
- 14.** The team scoring the most goals (or ahead by more goals than the other team has untaken shoot-outs available) is the winner.
- 15.** A player may be suspended by a yellow or red card but not by a green card during the shoot-out competition.
- 16.** If during a shoot-out competition (including during any penalty stroke which is awarded) a player is suspended by a yellow or red card:
- a.** that player takes no further part in that shoot-out competition and, unless a goalkeeper / defending player, cannot be replaced;
 - b.** the replacement for a suspended goalkeeper / defending player can only come from the five players of that team nominated to take part in the shoot-out competition:
 - i.** the replacement goalkeeper / defending player is allowed reasonable time to put on protective equipment similar to that which the goalkeeper/defending player they are replacing was wearing;
 - ii.** for taking their own shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
 - c.** any shoot-out due to be taken by a suspended player is forfeited; any goals scored by this player before being suspended count as a goal.
- 17.** If during a shoot-out competition, a defending goalkeeper / defending player is incapacitated:
- a.** that goalkeeper / defending player may be replaced by another player from among the players listed on the Match Report for that particular match, except as excluded in this Appendix or unless suspended by an Umpire during the shoot-out competition;
 - b.** the replacement goalkeeper:
 - i.** is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper / defending player was wearing;
 - ii.** if this replacement is also nominated to take a shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
- 18.** If during a shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player from among the players listed on the Match Report for that particular match, except as excluded above or unless suspended by an Umpire during the shoot-out competition.
- 19.** If an equal number of goals are scored after each team has taken five shoot-outs:
- a.** a second series of five shoot-outs is taken with the same players, subject to the conditions specified in this Appendix;
 - b.** the sequence in which the attackers take the shoot-outs need not be the same as in the first series;
 - c.** the team whose player took the first shoot-out in a series defends the first shoot-out of the next series;
 - d.** when one team has scored or been awarded one more goal than the opposing team after each team has taken the same number of shoot-outs, not necessarily being all five shoot-outs, that team is the winner.
- 20.** If an equal number of goals are scored after a second series of five shoot-outs, additional series of shoot-outs are taken with the same player's subject to the conditions specified in this Appendix:
- a.** the sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;
 - b.** the team which starts each shoot-out series alternates for each series.

Unless varied by this Appendix or Appendix 1, the Rules of Hockey apply during a shoot-out.

SHOOT-OUT COMPETITION				
Pool	Date	Time	Venue	Pitch

Team:

Team:

	Shirt N°	Result
1.		
2.		
3.		
4.		
5.		

X = scored
O = not scored

	Shirt N°	Result
1.		
2.		
3.		
4.		
5.		

X = scored
O = not scored

Listed players approved

Team Manager: Team Manager.

Sudden Death"

May exceed 10 shoot-outs

	Shirt N°	Result
1.		
2.		
3.		
4.		
5.		

X = scored
O = not scored

	Shirt N°	Result
1.		
2.		
3.		
4.		
5.		

X = scored
O = not scored

1.		
2.		
3.		
4.		
5.		

1.		
2.		
3.		
4.		
5.		

FINAL RESULT:

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Umpire: Umpire:

Team Manager: Team Manager

Technical Officer:

Remarks: