

Welcome to Sharks Hockey Club



Member Information Booklet 2010 Season

www.sharkshockey.com.au

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Welcome

Thank you for choosing to play with Sharks Hockey Club this season.

Sharks Hockey is a young and developing Club that prides itself on being competitive, yet with a focus on the social rewards of hockey.

In our ten years as a Club, we have had successes as premiers in our Junior, Men's and Women's teams and many more teams have enjoyed the more social aspects of the season.

We are committed to developing a Club in which all members can participate and enjoy the benefits of hockey and we welcome both new and experienced players.

I hope that you enjoy this season with us. Should you have any problems or concerns related to Club matters, please do not hesitate to contact myself, any of the Committee members or team officials.

Catherine Whitehead
Club President

Committee Members

President Catherine Whitehead

Secretary Jodi Miller

Treasurer Tania Hayes

Women's Convenor Kate Watt

Junior's Convenor Sue Woodger

Fundraising Convenor TBA

Social Convenor TBA

Umpires Convenor TBA

Web Page Administrator Jodi Miller

Uniform Officer TBA

All written enquiries should be directed to the Secretary at:
1/51 Caronia Avenue, Cronulla NSW 2230

Email enquiries can be forwarded to Sharks Hockey at:
hockeysharks@gmail.com

New faces are always welcome and any assistance is gratefully received. If you are interested in assisting the Committee, or becoming a Committee member, please speak with any of the above members of the Committee.

Club Etiquette

1. Fair play and sportsmanship is the standard.
2. The umpires have a hard job. Do not make it harder. If you need to make a point to the umpire, in all circumstances we request that you do it via your Captain.
3. Participation makes the Club. Assist the Club where you can.
4. Clubs cannot run without funding. Please assist by supporting the fundraising activities of the Club.
5. All players are entitled to a fair go on the field – regardless of ability. Support and encourage your teammates.
6. Support your team officials by responding to requests of information, payment of fees and RSVPs promptly.
7. If you cannot make a match, let your Coach, Team Manager or Captain know.
8. Arrive at the field 30 minutes before your scheduled start. Sign the game card as soon as you get there to assist your captain.
9. Assist your goalie in getting ready for the match.
10. We are a social club. Please make an effort to interact with club members. Take the opportunity to mix with your team and other members of or Sharks Club at both informal and organized events.

Fees

Each seasonal competition will incur fees for each member, which will be determined before competition commences by the club's officers. Members are required to pay their fees in full before the competition starts. Un-financial players will not be registered and therefore will not be able to take the field.

Fees consist of:

- Insurance
- Field fees
- Field training costs
- Association registration
- Umpiring
- Presentation night levy

Fees can be paid by direct deposit to:

St George Bank

Account Name: Sharks Hockey Club

BSB: 112-879

Account No: 056423900

Please use your surname as the reference to enable accurate recording of the transaction.

Alternatively, payment may be handed to your Team Manager in an envelope with your name, the amount enclosed and the reason for the payment, clearly marked on the front.

Player Development

The Club is willing to support members who wish to progress grades and will try to maximize opportunities for development where possible.

Also, the Club is very interested in fostering players who wish to develop umpiring skills and will provide support in this regard. All players are encouraged to sit the theory exam conducted by the Association.

Competition and Teams

- All teams involved in competitions shall play by the rules directed by SSWHA, SHA or NSW Hockey.
- Team entries will be selected and organized by the Committee. Teams will be confirmed and overseen by the President.
- Non financial members are not allowed to participate in any competition until such time their fees are paid.
- Senior games are two 35 minute halves with a 5 minute break between.
- Women's and junior's games are played at Jenola Park, Cnr Kingsway and Gannons Road, Woollooware or at Sylvania Hockey Park, Sylvania Road North (nearest cross road is Garnet Road), Sylvania. Games may on occasion also be played at the Kyeemagh RSL Club, Tancred Avenue, Kyeemagh.

- Men's games are played at a variety of venues across Sydney.
- When arriving for your game (30 minutes before starting time) sign your name and shirt number on the match card. The Captain will need to give this completed match card to the Umpires at the start of the game.
- Rule books are available from the Sutherland Hockey Association at a minimal cost.
- Shin pads and mouth guard are compulsory for both training and games.
- No jewellery is to be worn during games.
- In the case of wet weather, games on the grass fields may be cancelled. Assume your game is on, pending contact from your Coach / Manager.

Awards and Presentations

A number of awards are presented within the Club at the end of season presentation. These awards and the method of their selection are as follows:

Club Awards

- **Club Person of the Year** - nominated and voted by the Committee.
- **Junior Club Person of the Year** – nominated and voted by the Committee.

Men's Women's and Junior 4 Competitions

- **Best and Fairest** – voted by the team at the completion of each game and decided by end of year tally
- **Team Player** – voted by the team following the final game of the season
- **Player Development / Most Improved** – voted by the team following the final game of the season.

** All Minkey players will be recognized **

Uniform

The uniform for Sharks hockey consists of:

- Team shirt (available via the Uniform Officer).
- Women: Black pleated netball or box-pleat hockey style skirt. Black sports pants/shorts are permitted under skirts; however they must not be shown below the hem of the skirt.
- Men: Black shorts
- Sharks ARL socks (black with one aqua blue stripe). These can be purchased from Lowes stores or Good Buddy Sports, Taren Point.

Sponsors

Thank you to our sponsors:

- Sharks International Rugby League Club



- Taren Point Hotel



Field Layout and Positions

This information is provided for new and returning players. The diagram below is the basic field placement for the on-field team. The descriptions following provide a general guide to the roles of each of the playing positions and an indication of the area of the field usually covered by each position. Diagrams are provided courtesy of Hockey Australia.

Playing System (5-3-2-1):

Playing Positions:

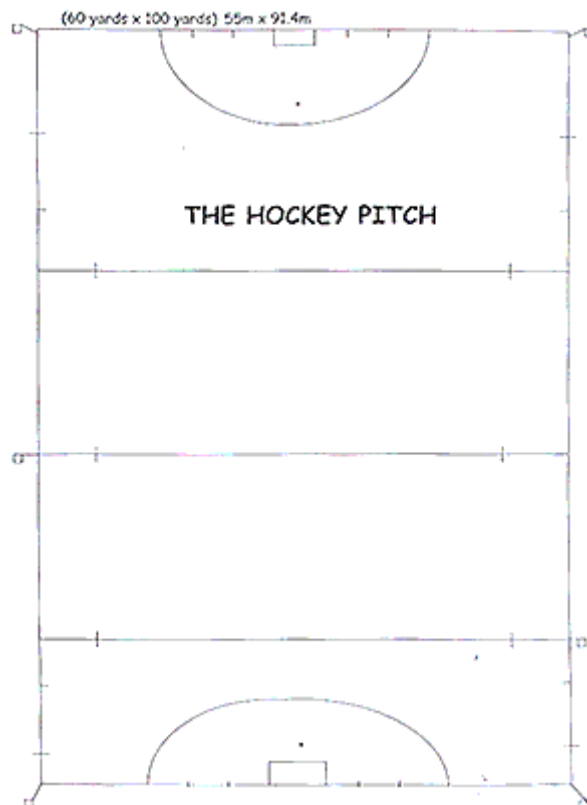
The Basic Rules For New Players:

The following information is designed to help you to learn and understand the basic rules of hockey.

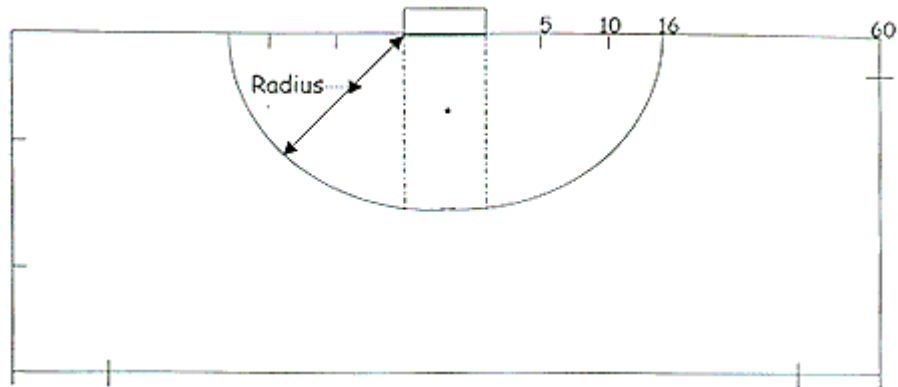
The rules that you will learn apply to all levels of 11-a-side hockey. To know the rules is to know the game and that makes playing and umpiring more enjoyable.

We hope that this knowledge will stimulate your interest in hockey and maybe it will motivate you into having a go at some hockey umpiring as well.

The Hockey Pitch:



The Shooting Circle:



To score a goal the ball must be in the shooting circle. The circle lines count as part of the circle! The radius of the circle measures 14.63 metres (16 yards) from the goal-post.

The goal is 3.66m (4 yards) wide and 2.14m (7 feet) high.

The front of the goal-posts must be touching the outer edge of the back-line. All lines are 75mm (3 inches) wide and are part of the field of play.

The boards inside the goal are made of wood and are 460mm (18 inches) high.

The penalty spot is 150mm (6 inches) in diameter and is marked 6.40m (7 yards) in front of the centre of each goal.

The penalty corners are taken 9.10m (10 yards) from the goal-posts on the back-line.

The Duration of the Game:

2 x 35 minutes halves. 5 minutes at half-time (minimum) plus time-outs for penalty-strokes and injuries.

How many players in a team:

The game is played between 2 teams of not more than 16 players each. Not more than 11 players from each team shall be on the field at the same time. Each team must have a goalkeeper on the field throughout the game.

Substitutions:

Each team can substitute up to five players at any time throughout the game. All substitutions take place at the half-way line, from one side of the pitch only. No player can enter the field until the player to be replaced has left the field.

When a goal-keeper is to be substituted the umpires must stop-time. When field players are substituted time is not stopped.

The Players:

Each team will normally divide its players into 3 groups. These are known as the defence, the midfield, and the attack. Obviously all players attack and defend, but you would soon get tired if you tried to do everything, and that is why there may be specialist positions for players. For example:

Attack	Left (striker)	Centre (striker)	Right (striker)
	Left inside		Right inside
Midfield		Centre half (midfielder)	
	Left half (midfielder)		Right half (midfielder)
Defence	Left full back (back)		Right full back (back)
		Goal Keeper	

The Umpires:

There are 2 umpires in each game of hockey. Together they are responsible for all the field. The 2 umpires work together, to form the 3rd team on the field. They are responsible for penalising fouls and maintaining safety and control. The umpires need to co-operate and communicate with skill and judgement. Umpires need to stay calm and concentrate at all times.

Whistling:

An umpire needs to blow the whistle firmly and loudly.

Signaling:

An umpire needs to signal clearly and positively.

Starting the game:

A centre pass is used to start the game. It is also used to re-start the game after a goal has been scored and after half time. The teams change ends at half time. If the 'blue team' starts the game then the 'red team' shall start it after half time.



Scoring a goal:

A goal is scored when the ball has completely crossed the goal line. It must have been touched by an attacker's stick inside the shooting circle. When a goal is scored, the umpire shall blow the whistle and turn and point both arms towards the centre of the field.

Penalties:

These are awarded following unintentional or intentional fouls. The umpire is responsible for recognising the foul and then applying the appropriate penalty.

If the foul was unintentional, the umpire shall award a free-hit (unless it was by a defender in the circle, in which case the umpire shall award a penalty corner).

If the foul was intentional the umpire may first warn the guilty player/s and then award the free hit (unless it was by a defender in the 22.90m (25 yard) area in which case the umpire shall award a penalty corner).

For an intentional foul by a defender in the circle that prevents a goal from being scored, the umpire shall award a penalty stroke.

Infringements - What you cannot do!

Back-sticks:

You cannot play the ball with the back of the stick

Feet:

You cannot deliberately stop or play at the ball with your body, leg, foot, arm, hand, etc.

Obstruction:

You cannot stand still and shield the ball when an opponent is attempting to tackle you. You must either pass the ball or move away in any direction (except bodily into the opponent).

Rough play:

You cannot push or trip or interfere with an opponent in any way.

Stick-tackling:

You cannot hit, hold or hook an opponent's stick with your stick.

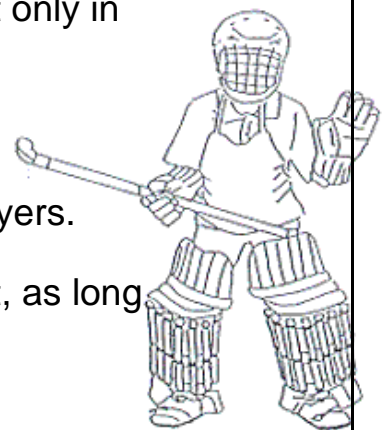
Dangerous play:

You cannot play the ball in a dangerous manner towards another player. You cannot play the ball with your stick held above your shoulder.

Special Rules for the Goal Keeper

Goalkeepers are allowed to do each of the following (but only in their own circle).

1. Stop the ball with a hand or any part of the body.
2. Kick the ball as long as it's not dangerous to other players.
3. Stop the ball with the stick held above shoulder height, as long as it's not dangerous to other players.
4. Play the ball outside the circle with the stick only.



Ball out of play:

Over the side-line:

A hit-in shall be awarded. The ball shall be played along the ground, from the spot where it went out, and all opponents shall be at least 5 metres from the ball.

Over the back-line - (by an attacker):

A hit-out shall be awarded to the defenders. The ball shall be played along the ground on a spot opposite where the ball crossed the back-line up to 14.63m (16 yards) into the pitch. (Level with the top of the circle). All opponents shall be at least 5 metres from the ball.

Over the back-line - (by a defender):

If the defender accidentally hits or deflects the ball over their own back-line from anywhere on the field, a corner shall be awarded. The ball shall be played along the ground, on the sideline, from a spot 5 metres from the corner flag. All opponents shall be at least 5 metres away. **Note:** This applies only when the ball has unintentionally been put over the back-line by a defender.

When it has been intentionally put over the back-line by a defender anywhere on the field, the umpire shall award a penalty corner.

Penalty Corner:

A penalty corner is awarded when a defender unintentionally commits a foul in the circle or intentionally hits the ball over the back-line from anywhere in the field. Remember also that a penalty corner can be awarded for any intentional foul by a defender in the 22.90m (25 yard) area.

Interested in finding out more about Hockey?

There is plenty of information available on the internet. We recommend the following websites that are excellent sources of the following information, learn the rules, find out news and information from our local Association, see what our State and National teams are up, and see what is happening in the world of hockey:

Sutherland Shire Women's Hockey Association:

www.sswha.org.au

NSW Hockey:

www.hockeynsw.com.au

Hockey Australia:

www.hockey.org.au

World Hockey:

www.worldhockey.org

Notes