

2022



## JUNIOR COMPETITION HANDBOOK

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# ADMINISTRATION SECTION

## Important Dates for 2022

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<b>Team Entry Open:</b>	Monday	8 <sup>th</sup> April 2022
<b>Team Entry Close:</b>	Friday	15 <sup>th</sup> April 2022 by 5pm
<b>Competition Start:</b>	Wednesday Friday	11 <sup>th</sup> May 2022 13 <sup>th</sup> May 2022
<b>Competition Break:</b>	24 <sup>th</sup> June 11 <sup>th</sup> -24 <sup>th</sup> July	Matariki Day (School Holidays)
<b>Competition Finishes:</b>	Wednesday Friday	24 <sup>th</sup> August 2022 26 <sup>th</sup> August 2022

## Contacts

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### Otago Hockey Association (OHA)

P.O Box 5098  
Otago 9054  
Ph: 03 474 9201  
Fax: 034749204

### Physical Location:

McMillan Hockey Centre  
65 Harbour Terrace  
Dunedin  
Otago

### Board:

Chairwoman- Kate Wilson  
President- John Daniel  
Secretary- Carolyn Parker  
Treasurer- Anika Brown  
Shirley Gillett  
Karl Thom  
Brenton Rooney  
Tania Cassidy  
Ben Sinnamon

### Staff:

General Manager:	Andy McLean
Office Administrator:	Carolyn Parker
Competitions Manager:	Bonnie Gradwell
Pathway Manager:	Hymie Gill
Community Hockey Lead:	Jolene Casey

- **Bonnie Gradwell** manages the Small Sticks Competition and can be contacted using the above phone or by email [competitions@oha.org.nz](mailto:competitions@oha.org.nz) for enquiries regarding competitions, draws, results etc.
- **Carolyn Parker** manages the invoices for affiliation fees and game turf fees and can be contacted using the above phone or by email [admin@oha.org.nz](mailto:admin@oha.org.nz) for enquiries in regard to finance.

### School Contacts

A register will be established for the current season's contacts. This database is used for ALL communications to Schools by OHA. Please advise the OHA Office immediately should any of these details change.

The rules noted in the **Otago Hockey Association Club Competitions Handbook** apply to all Primary, Intermediate, Secondary and Club Grade Competitions.

This Handbook provides any exceptions to the Club Competitions Handbook for OHA Small Sticks competitions.

# Introduction to Junior Hockey

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Otago Hockey's aim is for all children involved in Junior Hockey to develop **their individual and team skills**, share the **enjoyment** of taking part in a team game and build a lifelong **enthusiasm for Hockey**.

Based on Hockey New Zealand's national participation programme Small Sticks, the aim is to attract children aged 5-13 years into hockey and foster a lifelong love of the sport through a games-based approach focused on skill development. Small Sticks provides progressive stages for children new to hockey and lets them play a modified game at a level commensurate with their ability, with correct equipment and in the appropriate game format.

Success in Junior Hockey should be measured in three ways – (1) the improvement in players' individual and team skills, (2) the building of the players self-esteem and (3) the outcome of the games.

Wanting to win and learning how to win are important aspects of the development of Junior Hockey players but these aspects must be kept in perspective and not allowed to take precedence over the building of the skill and self-esteem of the players.

**Young players will get the most out of their Junior Hockey if a balance of these objectives is achieved by:**

- Regarding competition as another part of training
- Extra players being played as rolling substitutes not as reserves, giving all players equal game time – irrespective of the closeness of the game.
- All players being played in several positions over the season to develop their versatility (this is particularly important in Fun Sticks, Mini Sticks and Kiwi Sticks).
- Using tactics which develop players' individual and team skills as well as maximizing the prospect of winning.
- Striving to win but not looking to win at any price.
- Recognising each player's achievements, in their own terms, irrespective of the outcome of the game.

# Otago Hockey- Quick Reference

## SMALL STICKS (JUNIOR) COMPETITION 2022

GRADE	Mini Sticks	Kiwi Sticks
<b>Year Level</b>	Year 3 & 4	Year 5 & 6
<b>Time</b>	Wednesday 3.40 – 5.55pm McMillan Hockey Centre	Wednesday 3.40 – 5.55pm McMillan Hockey Centre Otago Community Trust Kings Turf
<b>Weeks</b>	14 weeks	14 weeks
<b>Game Duration</b>	20 minutes Training followed by a 20-minute game. of 2 halves	20min halves
<b>Division</b>	Singular	Multiple
<b>Size</b>	6 a side	6 a side
<b>Field Size</b>	¼ Turf	depending on Entries
<b>Grade</b>	Open	Open
<b>Number of Teams</b>	Dependent on entries, multiple divisions	Dependent on entries, multiple divisions
<b>Re-grading</b>	Not required	As required
<b>Points</b>	Not tallied	Not tallied
<b>Outcome</b>	No winner	No Winner
<b>Cost</b>	\$422.60 per team (Includes \$2.60 Community Hockey Levy and \$10.50 TRL both per player capped at 6 players – see below)	\$466.60 per team (Including \$2.60 Community Hockey Levy and \$10.50 TRL both per player capped at 6 players – see below)

<b>GRADE</b>	<b>Kwik Sticks</b>
<b>Year Level</b>	<b>Year 7 &amp; 8 6 A-side</b>
<b>Time</b>	Friday 4.00 – 7.30pm McMillan Hockey Centre Otago Community Trust Kings Turf
<b>Weeks</b>	13 weeks
<b>Game Duration</b>	22 Min Halves
<b>Division</b>	Multiple- Boys, Girls, Mixed
<b>Size</b>	6 a side
<b>Field Size</b>	Half Turf
<b>Grade</b>	Open
<b>Number of Teams</b>	Dependent on entries, multiple divisions
<b>Re-grading</b>	As required
<b>Points</b>	Points taken for grading purposes only. Points tables not released Results will be released on the OHA website
<b>Outcome</b>	No winner.
<b>Cost</b>	\$778.10 per team (Includes \$2.60 Community Hockey Levy and \$10.50 TRL both per player capped at 6 players – see below)



## Divisions & Grades

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Junior Hockey is for players of primary and intermediate school age in three competitions:

**Competition Commences:** Mini/ Kiwi Sticks 11<sup>th</sup> May.  
Kwik Sticks 13<sup>th</sup> May

**No Play Dates:** 24<sup>th</sup> June Matariki Day  
11<sup>th</sup> -24<sup>th</sup> July (School Holidays)

**Final Week of Play:** Mini/ Kiwi Sticks 24<sup>th</sup> August  
Kwik Sticks 26<sup>th</sup> August.

Intermediate Grades	Entry Guidelines
Kwik Sticks	Y7/8 – All Levels

Primary Grades	Entry Guidelines
Kiwi Sticks	Y5/6 – All Levels
Mini Sticks	Y3/4 – All Levels

## Draw

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- Draws will be published on the OHA website [www.oha.org.nz](http://www.oha.org.nz)- menu- PlayHQ fixtures. These will be updated as game times for upcoming weeks are finalized.
- The draw is compiled before the round begins, so it is important that requests concerning unavailability and particular times to play are received before each round is started. Please advise the Competitions Manager, Bonnie Gradwell ([competitions@oha.org.nz](mailto:competitions@oha.org.nz)) as soon as possible.

## Defaults

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- If a match is defaulted, the defaulting team is deemed to have lost the match 3-0.
- The team being defaulted to and the OHA office must be notified of the default at the earliest possible time, and no later than midday on the day of play. Notification of defaults by email alone is not sufficient. The manager/coach of the team being defaulted to must be contacted by the defaulting team/school by telephone to ensure the message is received.

## Cancellations

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- OHA rarely cancels games; however, this may occur due to equipment failure, extreme weather conditions or other unforeseen circumstances. Hockey will not be cancelled unless turfs are unplayable.
- All cancellations will be posted on the OHA website and Facebook page by 2pm on the day of the game.
- In these circumstances Otago Hockey will try to reschedule the matches to another available date and time. Where this is not practical (i.e., time restraints or similar) then the cancelled match will be deemed a draw.

## Scorecards

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- Game sheets will be provided by Otago Hockey Association for the Kwik sticks games only.
- Umpires for each match will be in charge of collection, completion and the return of the game sheet to the lounge upstairs at the turf.
- Where games are not held at McMillan Hockey Centre, scores must be emailed to [competitions@oha.org.nz](mailto:competitions@oha.org.nz)
- Scorecards for Kwik Sticks will be located upstairs in the lounge (Upstairs) at the McMillan Hockey centre and in the centre dugout at the Kings Turf.
- Team lists must be fully completed on scorecards for Kwik Sticks.

### Results

- Results for Mini Sticks will not be recorded.
- Results for Kiwi Sticks will not be recorded.
- Results for Kwik Sticks will be recorded each week and put on the OHA website for viewing.

## Team Registrations and Fees

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### **Mini Sticks**

The fees for the year 3&4 6-a-side will be \$422.60 for the season, there will be no weekly entrance fee. This amount includes Hockey NZ affiliation fees and two one-off compulsory fees – the Community Hockey Fee of \$2.60 per player and the Turf Replacement Levy of \$10.50 per player (see below).

Teams must have a manager present on the sideline to supervise substitutions and someone willing to umpire.

### **Kiwi Sticks**

The fees for the year 5&6 6-a-side will be \$466.60 for the season, there will be no weekly entrance fee. This amount includes Hockey NZ affiliation fees and two one-off compulsory fees – the Community Hockey Fee of \$2.60 per player and the Turf Replacement Levy of \$10.50 per player (see below)

Teams must have a manager present on the sideline to supervise substitutions and someone willing to umpire if required.

Very able year 3 or 4 players are permitted to play in the Kiwi Sticks competition. **These exceptions must be applied for to Otago Hockey Association prior to the games being played.**

### **Kwik Sticks**

The fees for 6-a-side will be \$778.10 and players will not be required to pay each week on entry. Included in this amount are Hockey NZ affiliation fees and two one-off compulsory fees – the Community Hockey Fee of \$2.60 per player and the Turf Replacement Levy of \$10.50 per player (see below)

Players must be registered to play in this grade. The competition manager will be in touch once registrations close to collect team name lists for the scorecards.

Teams must have a manager present on the sideline to supervise substitutions and someone willing to umpire if required.

## **Fee Explanations**

### ***Turf Replacement Levy:***

This levy will be invoiced out at \$10.50 incl. GST per player registered to play Small Sticks hockey with the registration fee.

Upon payment, OHA will separate out the levy from the other fees and hold it in a separate bank account with the sole purpose of replacing and upgrading facilities at the Alexander McMillan Centre and the Otago Community Trust Kings Turf.

### ***Community Hockey Levy:***

This levy will be invoiced out at \$2.60 incl. GST per player registered to play Small Sticks hockey with the registration fee.

The Community Hockey levy will be used to assist in the development of players, coaches and umpires through the programmes administered by the OHA. This levy replaces the Southern Levy and acknowledges the change in structure which now sees increased human resource cost for these programmes sitting with Otago Hockey.

## **Playing gear/ Uniforms**

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Correct school/ team uniform is to be worn for all games. Players cannot play unless wearing protective gear (mouth guard and shin pads). No hard-peaked cap to be worn during games.

Shin pads and mouthguards are compulsory for every field player participating in the competition. There will be no exceptions made for this rule.

Participation in hockey is something we see as very important, but second to player safety.

Soft soled footwear must be worn while participating in all competitions (gumboots are not recommended). Studded shoes and rugby/football boots are not permitted on the artificial turfs and any player wearing these will not be able to play.

Goalies must have a full kit.

## **First Aid Kit**

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Each team must supply their own first aid kit and instant ice pack so minor injuries can be dealt with quickly by the team manager on the sideline. If a major injury is suspected the bar staff should be contacted and the necessary arrangements will be made. Ice is available from the freezer in the foyer.

## **Prizegiving**

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After feedback from previous junior delegates meetings, it was decided that the Otago Hockey Association will continue to send the template for the Most Valuable and Most Improved players, as well as a participation certificate will be sent out to the schools. This allows certificates to be given out at school assemblies or in a manner that fits within individual school philosophies.

## **Queries**

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First contact your school coach or manager.

Further queries from coaches or managers should be sent via your school coordinator to the Otago Hockey Office at [competitions@oha.org.nz](mailto:competitions@oha.org.nz).

## TURF RULES

- 1 **Spectators are to keep off the turfs at all times – outside the fence.**
- 2 Enter and exit turf by gates only. Do not climb the fence.
- 3 Change into clean footwear before stepping onto the turf.
- 4 Do not leave gear on the sidelines.
- 5 Dug outs are for players and team officials only.
- 6 No warm-ups on turf while games are in progress.  
No hitting balls against the hoarding fence or around buildings.
- 7 Teams shall leave the artificial surface through gateways, promptly, at the conclusion of their match or practice.
- 8 It is the responsibility of the team coaches and managers to ensure that all care is taken to stem the flow of blood from any injury onto the turf or other players. Use blood bins provided in technical dugout. Injured players must not be removed from the playing area until bleeding has been stopped and covered.
- 9 **Approved playing gear only to be worn:**  
Clean rubber soled shoes to be used.  
Sticks to have no sharp protrusions.  
Goal keeping pads to be clean.  
Goal keeping buckles to be taped at all times.  
No sharp objects to be carried or worn on the turf.
- 10 Balls hit over the fence during match play are not to be retrieved by players. An outside runner should retrieve the ball.
- 11 **No chewing gum** or food inside the hoarding fence.
- 12 Please use rubbish bins supplied.
- 13 No play or practice outside allocated times.
- 14 No dogs inside McMillan Hockey Centre.
- 15 **No Alcohol** is to be brought into McMillan Hockey Centre.
- 16 No spitting on the turf
- 17 Do not move goals incorrectly.
- 18 Do not interfere with turf watering system.
- 19 Please abide by each individual venue's rules

**All Venues are Smoke and Vape Free**

## Mini Sticks – Year 3 & 4 Six-A-Side

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**Team:** 6 -10 members

**Field Size:** Quarter field

**Goal Size:** 2 meters wide

**Duration:** 45-minute time slot – 20 minutes training and 20 minutes game time

### Game Development and Skills

- Concepts of attacking, defending and basic rules are introduced.
- Auto Pass: No
- Penalty Corners: No
- Goals: Modified or cones
- Balls: Modified (light balls)

### Rules:

- Safety Rules: only play with flat side of the stick, ball must stay on the ground, no “raised sticks”, no hacking on the stick, no tackling from the left (if this causes a dangerous situation), no physical contact with the opponent.
- Game starts with a push forward or back. Each team must be behind the centreline for 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.
- Free hit and sideline hit in everybody must be 5 metres away.
- There are no penalty corners, or penalty strokes in Mini Sticks.
- Instead of penalty corner, take a free hit on the 10-metre line (everybody 5 metres away and no direct shot on goal allowed).
- There are no long corners.
- A goal is scored when the ball is pushed into the goal from inside the 10-metre zone.
- No own goals – ball must touch an attacker’s stick inside the 10-metre zone.

### Game time:

Children at this age still find it difficult to concentrate for a vast period of time. However, this is the ideal learning age, with their physique and co-ordination being perfectly suited to learn a wide range of new techniques. In games of 6v6, children are now asked to use their teammates, rather than playing alone. The use of space on the playing field should be introduced, avoiding all players swarming around the ball! Rotate your players, so that they all get a sense of attacking and defending.



## Kiwi Sticks – Year 5 & 6 Six-A-Side

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**Team:** 6-10 members

**Field Size:** Quarter field

**Goal Size:** 2 meters wide

**Duration:** 45-minute time slot – 2 x 18-minute halves

### Skills and Small Games:

- Team dynamics, decision making and defensive and attacking concepts.
- Balls: Standard
- Goals: Standard, modified or cones
- Auto Pass: Yes
- Penalty Corners: NO

### Rules:

- Safety Rules: only play with flat side of the stick, no “raised sticks”, no hacking on the stick, no tackling from the left (if this causes a dangerous situation), no physical contact with the opponent.
- 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. See Umpiring – Advantage.
- If the ball crosses the baseline off of the attacking team, the defensive team restarts play with the ball at the top of the circle in line of where it crossed the baseline.
- Free hit and sideline hit in: only the opponent needs to be 5 metres away.
- A goal is scored when the ball is pushed into the goal from inside the circle or inside the 10-metre zone.
- There are no long corners.
- Lifted Ball – Only permitted as a **controlled** low lift over an opponent’s stick, provided this is not dangerous. This also applies to shots at goal.

### Game time:

The children in this age category have good coordination skills and are usually willing to learn. Technical skills should be more advanced than in the younger age group. Expand on what has already been learnt. Player positions should still be rotated, with players being taught the roles of each position. Retaining possession should be encouraged, utilising the width of the field. Individuals understand the concept of achieving an individual goal for the game.



# Kwik Sticks - Year 7 & 8 Six-A-Side Half Field

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**Team:** 6-10 members  
**Field Size:** Half Field  
**Goal Size:** Standard Hockey Goal (3.66 meters wide)

**Duration:** 50-minute time slot

## Skills and Small Games

- Team dynamics: decision making, defensive and attacking concepts.
- Introduction to a faster paced half field six-a-side, positional understanding, and concepts of space.
- Specialist skills/strategies
- Goals: Standard
- Balls: Standard
- Auto Pass: Yes
- Goal Keepers: Optional
- Penalty Corners: Yes
- Strokes: No

## Rules:

- Standard FIH Rules of Hockey





# 6 a side Rules Summary

One **umpire** controls the game

### Ball over back line

If the ball is deliberately played over the backline by a defender a penalty corner should be awarded.

In all other cases, if the ball goes over the base line the game restarts with a 16 metre hit at the top of the circle

There are no long corners

### Free Hit

A player can choose to pass to a team-mate, or 'auto pass' to themselves.

A free hit given within 5 metres of the attacking circle the free hit needs to be taken back 5 metres from the circle

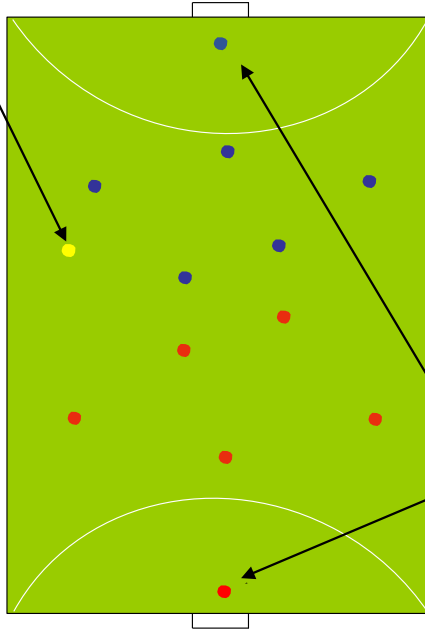
When a free hit is awarded in the attacking half, the ball must not be played into the circle until the ball is carried 5 metres or touched by a defending players' stick.

### Most common fouls

Use of the feet or the rounded 'back' side of the stick

Stick tackling or obstruction using the stick or body

Dangerous play through use of the body or lifting the ball (the ball can be lifted as long as it is not dangerous)



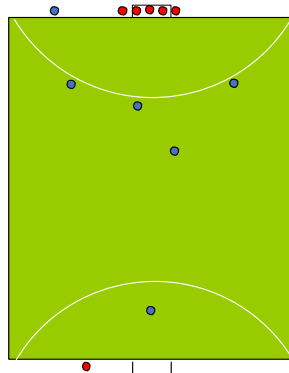
A game of 6 a side hockey is 2 halves of 20 mins, with 5 minutes between each of the halves.

6 a side is played with 5 field players and a goalkeeper, or 6 field players

**Substitutions** are unlimited and take place at any time in the team's defensive half

The **goalkeeper** must always wear their helmet and may use feet and body anywhere in their circle

A **goal** can be scored from anywhere in the attacking circle, but it must be touched by an attackers' stick in the circle



### Penalty Corners

A penalty corner is awarded for a foul by a defender in their circle or when a defender plays the ball deliberately over the back line.

The defending team will have 5 players (including) in the defensive penalty corner.

The 6<sup>th</sup> defender stands on the opposite baseline until the ball is injected.



# COMPETITION SECTION

## Junior Competition Turfs

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Turf Name	Address
McMillan Hockey Turf	65 Harbour Terrace, North Dunedin
Otago Community Trust Kings Turf	270 Bayview Road, South Dunedin

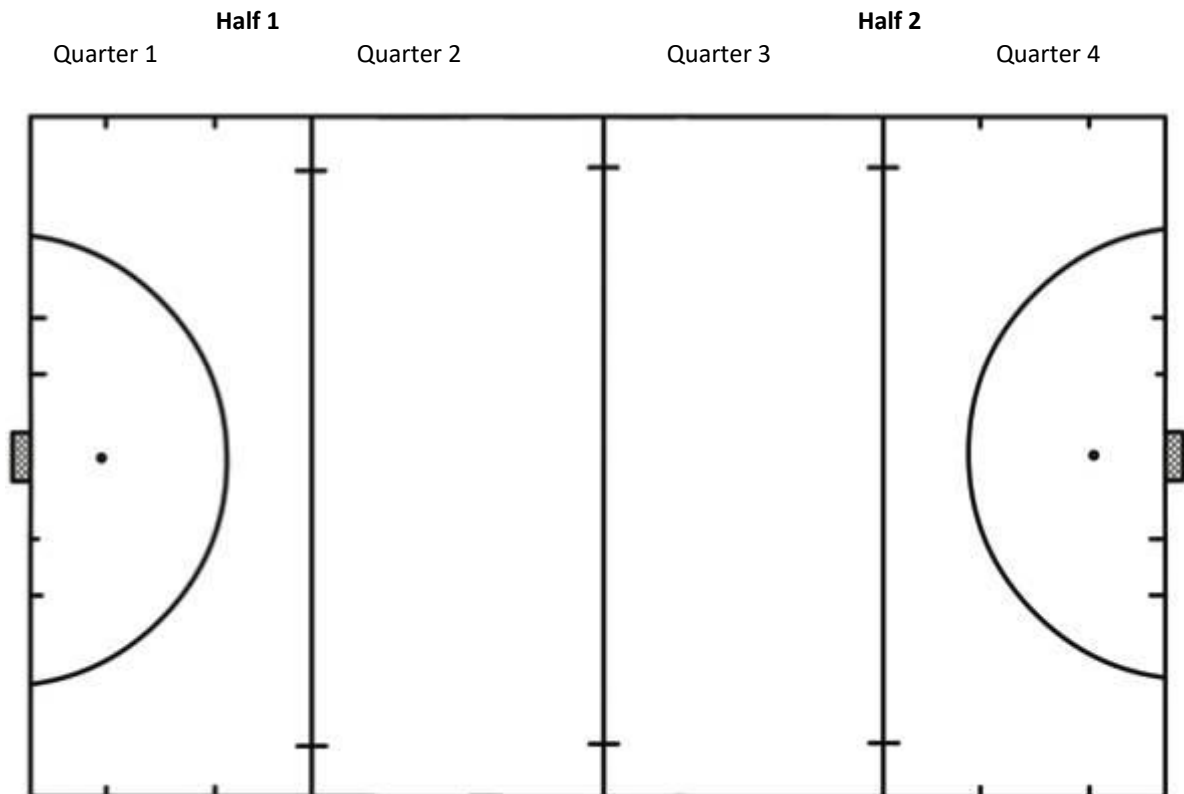
If required, Otago Hockey may use other facilities/turfs around Dunedin. Teams will be informed if this is to happen.

## Turf Division for Games

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For Divisions which use less than a full turf, the portion of the turf allocated to each game is shown in the drawing below:

The portions are “numbered” in numerical order starting from the North end of the turf going left to right.



## Game Duration

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During the winter, the McMillan Hockey Centre turfs are used from 3.40pm through to 10.00pm. It is important that games are started and finished on time.

The time slot for each Junior Hockey game: Mini and Kiwi sticks is **45 minutes**, and Kwik Sticks is **50 minutes**.

### **THIS MUST BE STRICTLY ADHERED TO.**

The Kwik Sticks 50-minute time allocation should be broken down as follow:  
should be used as follows:

<b>3 Minutes -</b>	To get on the turf and get started (no warmup time)
<b>20 Minutes -</b>	First
<b>5 Minutes (up to) -</b>	Half time
<b>20 Minutes -</b>	Second half
<b>2 Minutes -</b>	To get off the turf.



*If there are delays in getting the game started or at half time the playing time must be **SHORTENED** accordingly. Note: Turfs will be watered before the commencement of competitions and will not be watered before each game or at half time unless OHA staff deem it completely necessary.*

Teams must be coached to run to their “huddle” on the sideline immediately **after** the final whistle goes and complete their cheers and handshakes promptly.

**ALL GAMES MUST FINISH SO THAT ALL PLAYERS ARE CLEAR OF THE TURF BY THE STIPULATED TIME- NO EXCEPTIONS!!**

## Substitutions

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All player substitutions should be done at the sides of a quarter field.

Substitutions must be made at the halfway line and players are not permitted to warm up on the side of the turf- This must be done behind the fence. When not warming up, substitutes must be set back from the game and not in the path of umpires who are tracking up and down the turf.

## Spectators

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All spectators must remain outside the turf area. Spectators should be supportive and positive towards all players, umpires, and coaches. **Abuse of umpires, players, or coaches will not be tolerated and will be dealt with as per the Association Code of Conduct.**

## Umpiring

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KWIK STICKS (year 7&8):

Each team entered in the Kwik Sticks (year 7&8) Competition **MUST** have an umpire associated with the team. **Where umpires are not allocated on the draw it is the responsibility of each team to provide an umpire for their game.**

We aim to provide Junior umpires opportunities to umpire in the Kwik Sticks matches where possible as part of a development pathway. Umpire training will be available at the start of the season with some supervision available through the season.

**Teams that fail to carry out their scheduled umpire duty will incur a fine of \$50 plus they may forfeit their game played.**

All casual umpires on a Friday are entitled to one \$6.50 Bar tab upstairs per day which must be used on the day.

Umpires who sign up to our umpire development programme via our website <https://oha.org.nz/get-involved/umpire-hockey/> can take advantage of our Hockey dollars programme as below:

### Hockey Dollars Programme

For accredited umpires who do Year 7 & 8 games the hockey dollars can be used on the following

- OHA Accounts – tournament or high-performance costs
- OHA Bar Tabs
- Go Hockey Vouchers
- New World Vouchers
- OHA Restaurant/Bar Sponsor vouchers – Restaurant/Bar

Hockey Dollars can be redeemed or applied to OHA accounts twice a year. The first date being **31 May** and the second and final date the **24<sup>th</sup> of August**.

Competition	Accredited	Casual
Club (Saturday & Sunday)	\$12 per game	\$10 per game
Secondary School	\$10 per game	\$6.50 (Bar tab only)
Year 7 & 8 Friday Nights	\$8 per game (2 umpires for 11-a-side and 1 umpire for 6-a-side)	\$6.50 (Bar tab only)
Primary	6.50 (Bar tab only)	\$6.50 (Bar tab only)

MINI (year 3 &4) and KIWI STICKS (year 5&6):

Umpires are compulsory for games in the Mini Sticks and Kiwi Sticks Divisions, however if you are fortunate enough to receive an umpire in a Mini or Kiwi Sticks game then it is more than likely these people are learning to umpire. Please be supportive and know that they are trying their best. All umpires in these grades can claim a \$6.50 bar tab in the lounge upstairs.

## Umpiring Courses

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Check the Otago Hockey Association website or our Facebook page for course dates and venues or contact the Otago Hockey office on 03 474 9201 or email [coach@oha.org.nz](mailto:coach@oha.org.nz). Courses are held pre-season and mid-season.

Hockey rule books are available on the Otago Hockey Association and Hockey New Zealand Websites.

## Coaching Courses

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Check the Otago Hockey Website [www.oha.org.nz](http://www.oha.org.nz) for course dates or contact our Pathway Manager, Hymie Gill at the Otago Hockey office on [hockey@oha.org.nz](mailto:hockey@oha.org.nz).

Courses are normally held pre-season and mid-season.

# Code of Conduct

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## **For Coaches, Managers, Parents & Supporters**

- Insist that children play within the rules.
- Respect and acknowledge children's efforts, regardless of whether they have won or lost.
- Encourage children in their efforts and skill development in hockey.
- Be a positive role model. Never shout at or ridicule players or officials. Any inappropriate sideline behaviour will result in action being taken by the OHA in line with our Association Code of Conduct.
- Support and applaud the efforts of children in both teams.
- Respect the decisions of officials and coaches.
- Show appreciation to people who volunteer their time to the game of hockey.
- Ensure children understand their responsibility to the team. For example, to attend training regularly and to inform coaches in advance if they cannot attend training or a game.
- Make an effort to understand the rules of hockey.
- Ensure the correct use of safety equipment, particularly mouth guard and shin pads.
- Treat children as children and not little adults.
- Remember that children play Junior Hockey primarily for their benefit rather than yours.
- Consider that the primary purpose of junior hockey is about learning and lifting skills, not competition.

## **For Player's**

- Play to the best of your ability.
- Recognise the efforts of your teammates and opponents.
- Remember to thank your coach, umpires, the opposition, and supporters.
- Learn the rules of hockey and play by the rules.
- Respect and accept the decisions of umpires and coaches.