



SCIH COMPETITION RULES & REQUIREMENTS

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1 Objective & Values

Objective:

To provide opportunities for all players, umpires, administrators and officials to reach their potential in the sport of indoor hockey; and

To achieve growth in participation in the sport of indoor hockey on the Sunshine Coast.

Core Values

Sunshine Coast Indoor Hockey (SCIH) is built on three core values:

Healthy competition on the playing court; and

Active co-operation off the playing court; and

Mutual respect at all times.

2 Sunshine Coast Indoor Structure

1. Sunshine Coast Indoor Hockey (SCIH) is a sub-committee of Sunshine Coast Hockey Association (SCHA). The SCIH Committee is governed by SCHA and will comprise a minimum of four (4) members.

2. Any conflict with SCHA articles of association &/or bylaws with these Competition Rules and Requirements - SCHA has precedent. Any areas that SCIH competition rules are silent then SCHA / Hockey Queensland rules apply.

3. The final structure of the competitions will be determined by the SCIH committee based upon the team nominations and grading process.

4. The SCIH Committee reserves the right to grade teams or individual players into any division where it benefits the competition and also has the right to refuse the registration &/or nomination of any team or individual player.

5. SCIH Committee &/or the on-site Venue Supervisor has the authority and right to 'eject' or refuse entry to any person (player, official, spectator or parent) from SCIH playing venue. These actions would be taken whereby the person/s have failed to comply with SCIH Officials directions, venue hire conditions, breaching the Code of Conduct or been issued a Red Card.

3 Local Rules

The SCIH Committee has discretionary powers over these Competition Rules and Requirements with respect to interpretation and application. This document replaces any previous versions of the Competition Rules and Requirements and will remain current until replaced with a newer version.

All those who 'participate' in indoor hockey under SCIH management are bound by the published Hockey Australia 'Member Protection Policy' and relevant Code of Conduct. This covers all players, match officials, parents and spectators.

3.1 Local Competition Rules

These local rules shall prevail over any other rules. The order for applying rules is as follows:

1. Local Rules;
2. Rules of Indoor Hockey (FIH publication).

3.2 Durations and Starting Time.

Match Durations are as follows:

- a. Junior matches should consist of 20 minute halves with a 5 minute half time break with the exception of grading games. Grading game timings can vary from competition timings.
- b. Senior matches should consist of 20 minute halves with a 5 minute half time break. with the exception of grading games. Grading game timings can vary from competition timings.

3.3 Time Keeping for Matches

1. Central Timing will be enforced during all matches played at all venues where available.
2. Where matches are timed by technical officers or by means other than the umpires, the matches will be started and re-started by the umpires but the match will end on the siren at the end of the required period of time except in the case of extension of time to allow for the completion of a penalty corner or penalty stroke in which case the match will end on the umpires' whistle.
3. Time off for play related events (e.g. cards, strokes, lost ball) during fixture matches will not be permitted. Time off may be permitted during the Finals series except where such matches are played as regular fixtures.
4. Match time may be lost for various reasons such as serious injury, weather (excessive water on the surface making the playing surface unplayable, electrical storm) or power failure when lighting is in use.
5. In the cases of injuries to players, Umpires are required to ensure that all injured players leave the field as quickly as possible. Where players incur a serious injury and cannot be removed from the field for a period greater than ten (10) minutes then the match shall be abandoned unless otherwise agreed by the team captains. Every reasonable effort must be made to complete the match at its scheduled time.
6. When weather conditions or other events cause the playing surface or venue to be unplayable as determined by the Venue Supervisor or by the team captains and umpires and more than ten (10) minutes of playing time is lost then the match shall be abandoned, unless otherwise agreed by the team captains. Every reasonable effort must be made to complete the match at its scheduled time.
7. Determining match completion:
 - a. A match is deemed to have been completed if less than 10 minutes of playing time is lost.
 - b. A match is deemed to have been abandoned if more than 10 minutes of playing time is lost.
 - c. Time lost due to late commencement of a match is not included in time lost.
8. A fixture match is deemed to be a postponed (unplayed) match if less than 10 minutes of the match has been played.
9. Where practicable the SCIH Committee may reschedule abandoned and postponed matches. Rule 10.1.2 applies in managing postponed and abandoned matches

3.4 Team Points Scoring for Fixture Matches

During the fixture competitions for all divisions the following points will apply:

three (3) points will be awarded for a win;

one (1) point will be awarded for a draw;

three (3) points will be awarded for a bye; and

three (3) points and six (6) goals to nil (0) will be awarded for a forfeit.

3.5 Late Starting of Fixture Matches

3.5.1. Determination of Late Starting Fixture Matches – Indoor Surfaces

All indoor matches must start on time in accordance with the times set down in the fixtures. The decision of the Umpires &/or Venue Supervisor shall be final as to whether any team is late.

3.5.2. Penalty for Late Starting of Fixture Matches

Unless good and sufficient reason for the delay can be shown to the SCIH Committee or Venue Supervisor then the team prepared to play will be awarded the match as a forfeit win.

3.5.3. Determination of Playing Time Late Starting Fixture Matches

When a fixture match starts late, play shall commence on the umpires whistle and continue up to the scheduled half time break. The second half shall commence at the scheduled time and the match shall conclude at the scheduled time in accordance with Competition Rule 3.3.

3.6 Permitted Number of Players

1. Should any team be found guilty of taking the court with more players than allowed in any match the following penalties shall be applied:-

Penalty Corner is to be awarded and Yellow Card issued to the Captain

In excess of twelve (12) players or substituting a suspended player - game loss as forfeit

2. If a team is short for a fixture game, players from a lower division team can be obtained for that game, however you must have a minimum of four (4) players from your own team. Players may also be 'borrowed' from teams within the same division, but this requires agreement from both teams prior to the fixture game and noted on the Match Sheet. Teams are not able to 'borrow' players that would give their team more players than the opposition team. Borrowing players from a higher division is not permitted, only exception considered is goal keepers – SCIH / Venue Supervisor approval is required prior to the game. Breaches will be treated as a forfeit.

3.7 Forfeiture of Matches

1. Any team receiving forfeiture shall be credited with three (3) points and shall be treated as having scored six (6) goals to nil (0). Any team giving forfeiture will be treated as having lost the match six (6) goals to nil (0). In the event of two opposing teams giving forfeiture, the point's score by each team shall be nil (0) and the goals scored shall be nil (0).

2. For the purpose of these rules, a forfeit shall be deemed to have arisen when one team, on the day of play, either fails to appear at the time set down for play, and without notification that such team intends to forfeit, or appears at the playing ground with 2 players less than the required numbers (refer 3.6.4) for that Division. In such case the opposed team, before being credited, is to take the field and to comply in all respects with the requirements of these rules as fully as if the opposing team had appeared, PROVIDED HOWEVER that such team shall not be required, when having taken the court, to take any further part in this match.

3.8 Withdrawal of a Team Mid-Season

1. In the event of a team withdrawing during the season, then all future games scheduled for that team shall be deemed forfeit loss unless a new draw is made.

2. Where a team is withdrawn after the start of fixtures, the withdrawing team will be liable for any costs in connection with the registration of such team.

3.9 Umpires

1. The Umpires' Coordinator or Competition Coordinator will appoint umpires to officiate at fixtures. Where the Coordinator has designated teams to provide umpires it is the team's responsibility to ensure that capable umpires attend to control the relevant match. A team whose member is unable to carry out the assigned umpiring duties shall be guilty of an infringement of the rules and the relevant team shall receive an automatic fine equal to double the umpire payment amount. Where one team has supplied an umpire for another team, the team that completed the umpiring duty may be awarded an umpiring payment amount upon application to the SCIH Committee.

2. If named official umpire does not show up to perform the umpiring the teams are responsible for the umpiring duty. If only one named umpire is in attendance, the responsibility for the umpiring lies with the team named in the corresponding position, i.e. if the first named umpire does not show up the first named team must cover the umpiring responsibility. Failure to supply an umpire incurs a \$20 fine per match of non supplied umpire. This fine will be the responsibility of the team.

3.10 Coaches, Team Managers and Spectators

1. Coaches, Team Managers and spectators are prohibited from the back-line for all games / competitions. Penalties will be invoked for breaches of this rule.

2. Coaches who assist their team on the sideline shall adhere to the following conditions:

i. The coach shall not umpire at the same time

ii. Where a coach shows dissent towards an umpiring decision, they may be ordered to the side-line for the remainder of the game by the umpires.

3.11 Player Substitutions

1. All player substitutions must be effected from the halfway line during the match unless otherwise authorised by the match officials. Breaches of this rule may be penalised via Green Card or Penalty Corner
2. If a team is short for a fixture match, substitutions can be sought from lower division teams – refer 3.6.2 above
3. A player is only eligible to play up as a substitute player a maximum of four (4) times without having to be re-registered in that team. Any breach will result in game loss as forfeit.

3.12 Player safety equipment

Players are responsible to ensure the necessary safety equipment is worn – refer table below. Mouth and shin guards are mandatory for all junior and under 18 year old players.

Personal Equipment	Players < 18 yrs old	Players 18+ yrs old
Mouth Guards	Mandatory	Recommended
Shin Guards	Mandatory	Recommended
Indoor Hockey glove	Highly recommended	Recommended
Face Masks (on PCD's)	Highly recommended	Recommended

3.13 Head Injuries

1. Where a player has been knocked unconscious ('knocked out') or on the advice of the First Aid Officer that a player has a serious head injury related to potential concussion or exposure to serious injury that should preclude continued participation in the match the injured player:
 - a. Must take no further part in the match in which he was injured, and;
 - b. Must not take part in any other hockey match on that day, and;
 - c. Must produce a medical certificate from a doctor that clears the player to resume playing.
2. Where a player refuses to leave the court for any of the aforementioned instances the umpires or the relevant officials must order the said player from the field and not resume the match until this has occurred. Where a player continues to refuse to leave the court or continues to disrupt any match the said player will be cited for misconduct via Red Card.
3. With regard to 3.12.1.c above (mandatory medical certificate) the player's team co-ordinator / contact must forward such certificate to the SCIH Competition Coordinator or SCHA Office for sighting by SCIH Committee before the player can resume playing in SCIH competitions.

3.14 Goalkeepers

All junior teams must have a goalkeeper wearing a different colour shirt and full protective equipment comprising at least headgear, leg guards and kickers as defined in FIH rule 2.2.

Only teams in senior competitions are permitted to field a 'player with goalkeeping privileges' or only 'field players' as defined in FIH rule 2.2. However this is purely a personal choice by the individuals as the 'duty of care' rests clearly upon them not the Association.

Despite the FIH Rule of Indoor Hockey allowing non goalkeepers to play, Hockey Australia and Hockey Queensland view remains unchanged as follows:

“Goalkeeping: That the recommendation as follows from Hockey Australia be adopted by Hockey Queensland. **Hockey Australia recommends to all state and regional associations that the change to the FIH rules is not adopted for competitions below national championship level – thereby meaning that teams DO have a goal keeper at all times (open fully protected or minimum of a helmet) for a game to be played.**”

3.15 Personal Penalties – Player Penalty System

1. SCIH Committee has a points system for yellow cards where by each minute that a player is suspended during a match they accumulate one (1) point. All yellow cards issued are to be recorded on the Match Sheets in the Yellow Card column beside the relevant player.
2. When a player has accumulated eight (8) points, or more, within a six-week period (matches in which a player has actually played), a player shall be automatically suspended for one (1) fixture round (excludes BYE). Once a suspension has been served, the player may resume playing with a “clean slate”. Failure to serve such suspension may mean that further penalties will be imposed by the SCIH Committee &/or SCHA Judiciary.
3. This rule applies to all Senior and Junior Competitions with points accumulated in either competition being cumulative and reciprocal.

3.16 Permanent Suspensions (Red cards).

1. These are reported to the Venue Supervisor via completed Match Sheet and if applicable supporting Incident Report. Venue Supervisor is responsible to liaise with SCIH Competition Coordinator &/or SCIH Committee to report any Red Card incidents.
2. Venue Supervisor has discretion to 'eject' anyone issued a Red Card from the playing venue
3. SCIH Committee will assess the Red Card incident and determine if the matter is referred to judiciary via SCHA General Secretary. The player/s and official/s involved will be required to attend a judiciary hearing at the SCHA Office if so called by the SCHA General Secretary.
4. Any player issued a Red Card is unable to participate in any SCIH fixture / event until advised by SCIH of the suspension outcome.

4 Registrations

4.1 General

1. Players can only be registered in one (1) team per competition , SCIH may consider exceptions but generally these will be limited to goal keepers only. NB. Junior players 14 years and over can be registered in both a senior and junior team as these are different competitions
2. Any State Open and Under 21 indoor representation players and those in the Australian Indoor Squads or field hockey High Performance programs can only play Division One (1) competition. SCIH reserves the right to exclude high performance players from the Junior competition.
3. Any player who plays more than four (4) games during the season in a higher division within the same competition will be deemed to be re-registered in that higher division. Goal keepers can be exempt from this ruling with SCIH Committee approval.
4. The SCIH Committee reserves the right to accept or refuse the registration &/or nomination of any team or individual player. Teams will be assessed on 'ability' based rather than 'age' basis for grading purposes.

4.2 Team Registrations

1. Team Co-ordinator / Manager or contact must nominate a team and players for registration with SCIH competition by submitting a completed Team Nomination Form before the published closing date. Nomination Form and details will be available from SCIH website.
2. The SCIH Committee or delegated representatives will assess the Team Nominations and will use results from previous competitions, details contained in the nomination form, any grading games and any other viable means to assist the grading process.
3. Once the nominated team has been graded and accepted by SCIH, every individual player and official (i.e. coach, manager) in that team is deemed to have accepted the Code of Behaviour Code and thus eligible to participate in the SCIH competition.

4.3 Age Eligibility

1. All SCIH junior teams are to comprise players who are at least ten (10) years old and under seventeen (17) years of age as at the 1 August 2019
2. To be eligible to play in the Senior competition a player must be a minimum of 14 years old at 1/8/19.
3. It is the responsibility of team co-ordinators / contacts and parents/guardians to determine if it is appropriate and safe for the individual players to play in the nominated / graded division.
4. All juniors playing into a senior team will need to submit a signed Parent Consent Form (available on the website) to Sunshine Coast Indoor Hockey Secretary prior to playing any Senior match.

4.4 Player Registrations

1. All players must be registered and financial with Hockey Queensland for indoor hockey.
2. Any new players to a team must be accepted by SCIH following submission of an updated Team Nomination Form at least 24 hours before the fixture game and comply with Registrations rules. Breach of these rules will incur a point penalty to the offending team.

4.5 Player List for Matches

1. Before the commencement of any match, the team Captain or representative must complete team listing on the Match Sheet. No match can proceed until the umpires or technical bench receives such team lists.
2. Should any team fail to submit such a list to the umpires or technical bench, the same shall be recorded and such team shall be liable to loss of points at concurrence of the sub-committee (in case of repeat offenders)

4.6 Players' Eligibility for Finals

1. A player must have played one half of the season competition games for their registered team in order to be eligible for finals. Grading games do not count towards finals eligibility.
2. The SCIH Committee may consider special cases in relation to the eligibility of players to play in semi-finals and finals of any division. The team requesting special consideration of the eligibility of the player must provide substantial reasons and supporting information / evidence.

4.7 Registered Juniors Playing Seniors

1. A player registered in a junior team may play in senior games (subject to 4.3 above) in any senior division but the letters “(JNR)” must appear beside the players name on the Match Sheet.

4.8 Playing in a Lower Division / Competition

No player may play in a Competition/Division lower than that in which that player is registered. Any breach will incur the following Penalties – game played to be judged loss on forfeit & individual player awarded a 10 minute Yellow Card. The SCIH Committee can consider individual situations upon written request, with goal keepers generally given special consideration.

5 Control of Matches

1. SCIH will endeavour to appoint Technical Bench Officers wherever possible, if not the Venue Supervisor or other representative will be responsible. The relevant duties are as follows:
 - a. Organise the conduct of matches on behalf of the SCIH to ensure that matches are conducted in accordance with Competition Rules & Requirements;
 - b. Complete the Technical Bench Officers' role in accordance with the “Procedures and Guidelines for Technical Officials”.
2. Each team playing may provide one person to assist either the Technical Bench Officer/s or the SCIH representative through keeping a record of the goals scored via the match Sheet.

6 Match Sheets

1. Match Sheet must be presented to the Umpire/Technical Bench, prior to a fixture match and completed correctly as follows:

- a. Surname first, followed by Given Name;
- b. Registered Junior players playing in all senior matches must have the letters 'JNR' in brackets entered beside their name;
- c. Team Captains must have the letter 'C' in brackets inserted beside their name
- d. Any “fill-in” players must be recorded with ‘SUB’ in brackets inserted beside their name

2. Match Sheets are a single sheet that is to remain behind after the fixture and a record of goals scored and any Cards issued during the match.

3. In order to receive prescribed payment for the umpiring of a match, Official Umpires must sign the sheet after the game to confirm result. Failure to comply may lead to non-payment.

4. It is the responsibility of each team to check that the details of the match have been correctly recorded, once satisfied a representative from each team is to sign the Match Sheet.

5. The Match Umpires are also required to check that the details of the match have been correctly recorded, once satisfied the umpires are to sign the Match Sheet. These details will be used as the basis for the payment of umpires.

6. Once completed and signed it is an offence for any further alterations to be made to the sheets.

7. The completed and signed Match Sheets are then the responsibility of the Venue Supervisor who returns them to the SCIH Competition Coordinator as soon as possible to enable updating and publishing of SCIH Fixture Results and Ladder.

7 Premiership Final Series

7.1 Determining Premiership Ladder Positions

After completion of all competition (fixture) matches, team placing on the ladder shall be determined for each division. Competition points awarded throughout the season are totalled and the ladder is arranged in descending order, i.e. the team with the most points appears at the top of the ladder. In the event of equal points, the team with the greater goal difference shall be placed higher on the ladder.

7.2 Finals Play-off Procedures – As this is being run as a social competition in 2019~2020 finals may not be played due to time restrictions on the booked venue. If finals proceed, the following rules will apply

After determination of the positions within ladders the play offs shall be as follows:

Semi Final 1 Position 1 vs Position 4

Semi Final 2 Position 2 vs Position 3

Grand Final

Winner of 1/4 vs Winner of 2/3

7.3 Determination of an Outright Winner – Finals Series

1. When the scores are equal at the conclusion of normal playing time in semi- finals the team which finished higher on the ladder at the completion of fixture rounds shall be declared the winner.
2. When the scores are equal at the conclusion of normal playing time in Final's, five (5) minutes extra time each way shall be played. If a goal is scored during this time then the game shall cease (golden goal rule), but if scores still remain level, then:
 - a) For Senior divisions, a shoot-out competition applies
 - b) For Junior divisions J1-J4 a shoot-out competition applies
 - c) For Junior divisions J5-J7, the premiership is shared (team higher on ladder will receive Winners medal with other team receiving Runner Up medal)

7.4 Extra-Time Rules

1. At the conclusion of normal time there will be two (2) minutes rest during which time the umpires will toss a coin with the captains. The winner will have the choice of ends or possession of the ball to re-start the match. The extension of time will consist of two periods of five (5) minutes, at the end of the period the teams must change ends without a rest period.
2. Golden goal - the extra-time shall cease, however, once a team has scored or been awarded a goal. That team will be the winner of the match.
3. Normal interchange rules will apply during extra time.

7.5 Shoot-Out Competition

In a shoot-out competition, three (3) players from each team take a one-on-one shoot-out alternately against a goal keeper 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. Respective team managers nominate three players to take and one (1) player to take the shootout from those eligible to play in the match as listed on the Team Sheet for the finals series match except as excluded below.
2. The above procedures must be carried out promptly so the first shoot-out of the competition can take place as soon as practicable, preferably within five (5) minutes of the completion of the extra time of the match.
3. A player who 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 shoot-out stroke competition even if the period of their suspension has not been completed at the end of the match.
4. The Technical Officer appointed for the match will specify the goal box to be used.
5. A coin is tossed; the team which wins the toss has the choice to take or defend the first shootout.

6. Only those players participating in the shoot-out are allowed to enter the court of play during the shoot-out competition but at the direction of the Technical Officer.

7. The goalkeeper/defending player of the team taking part in the shoot-out may be on the back-line outside the circle.

8. Players taking a shoot-out and also defending the shoot-out 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.

9. Three players from each team take a shoot-out alternately against the goalkeeper/defending player of the other team in the sequence nominated, making a total of six shoot-outs.

10. 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 half way centre point;

(c) Umpire checks with both defender and attacker;

(d) The umpire blows the whistle;

(e) The shoot-out is completed when:

i. A goal is scored or awarded;

ii. The ball lodges in the goal keeper's equipment, is caught by the goal keeper or player with goal keeping privileges or goes outside the circle;

iii. Shoot-out time (ie. 6 seconds) has expired.

11. The team scoring the most goals (or ahead by more goals than the other team has untaken shoot-out available) is the winner.

12. A player may be suspended by a yellow or red card but not by a green card during the shoot-out competition.

13. If during a shoot-out competition a player (either an attacker or a goalkeeper/defending 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 three (3) 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 his/her 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 counts as no goal; the shoot-outs taken by this player and scored before being suspended count as a goal.

14. 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 team sheet for that match, except as excluded in this rule 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 his/her shoot-out and subsequently to put it on again.

15. If an equal number of goals are scored after each team has taken three (3) shoot-outs

(a) Sudden death shoot-outs is taken with the same players, subject to the conditions specified in this section;

(b) The sequence in which the attackers take the shoot-out 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 (1) team has scored or been awarded one (1) more goal than the opposing team after each team has taken the same number of shoot-outs, that team is the winner.

16. Unless varied by this rule (Shoot-out Competition), the Rules of Hockey apply during a shoot-out.

8 Communications

8.1 Postponement of Matches

1. SCIH reserves the right to postpone fixtures due to extreme weather conditions such as storms and flood. Contact is to be made with SCIH Competition Coordinator or venue supervisor. Website will be updated as soon as practical.

2. In the event of the court being unexpectedly unavailable (University needs) or determined unfit for play (light failure or water on court) the matches will be postponed to a future date to be arranged by the SCIH Committee.

3. If fixtures cannot be rescheduled they will be treated as NIL-NIL draws.

4. Determining the suitability of court for play shall be decided by the following personnel:-

☐ Venue supervisor; or ☐ Competition Coordinator; or ☐ SCIH Committee member

8.2 Communication with the SCIH

1. The preferred method of communication with the SCIH is by email: info@scih.org.au The emergency contact number for SCIH is 0417 770 455.

2. Further information such as fixtures, results, point's tables, venue locations etc, will be found via SCIH website www.scih.org.au which is maintained by the SCIH Competition Co-ordinator.

8.3 Courtesy in Communications

1. Most people, who are involved with Hockey are volunteers and do so for the love of the sport. While there will be disagreements between people from time to time and the occasional mistake made, generally everyone is well intentioned. Most people accept constructive criticism; however abusive verbal attacks are not acceptable, either on or off the field. Think before you let fly!

2. Most players and administrators alike are employed in full-time or part-time employment. Many employers do not take kindly to continual interruptions of an employee. Limit calls to members' work places as much as possible. Where a person has indicated that they do not wish to be contacted at work, by telephone, fax and/or email, then please comply.

8.4 Player Insurance Claims

1. Should it be necessary for you to lodge a claim for injury, please contact the insurer (JLT Sports Cover, Australia) by telephoning 1300 130 373 or by email to jlt sport@jlta.com.au to request the appropriate (hockey) form. Alternatively the (hockey) claim form may be downloaded from the JLT Sports Cover Australia website: hockey.jlt sport.com.au. Links to this form and other important information can also be found on the SCHA website (www.SCHA.org.au). Do not ring the SCHA Office! Player Insurance is arranged by Hockey Queensland, telephone: 3399 6577.

2. To be eligible to claim all injuries must be notified to a SCIH official at the time of injury and a Notification of injury form must be submitted to SCIH within 7 days of the injury.