



This is to be read in conjunction with the [Return to Play information](#) provided within this document.

1. See General Regulations Governing Sporting Competitions.
Note:
 - The Tomahawk stroke is permitted in Girls Firsts Hockey only.
 - The Stick above the Shoulder rule is permitted in Girls Firsts Hockey only.
 - Long corners are taken 23m line opposite where the ball crossed the backline
 - A free hit where infringements occur within 5m of the circle.
2. A team may consist of 16 players provided that only 11 players are on the field at any one time. The five interchange players may be used at any time during the match, provided the player(s) seeks the umpire's permission and is brought onto the ground in accordance with existing rules, i.e., at a break in play excepting Penalty Corners and Strokes, i.e., delete Rule 1(b) and first half of 1(c).
3. **FIH rule 1.4.1 regarding green cards (automatic 2 minute suspension) shall only apply to the AGSV/APS Firsts competition.**
4.
 - a. Starting time of play and grounds are by mutual arrangement of the schools concerned.
 - b. No Firsts match should commence before 8.30am.
 - c. Games must start on time or be shortened to allow the following games to begin as scheduled.
 - d. 1st XI umpires will be appointed by the APS Sport office. **The fee for First APS Hockey Umpires is \$60.00 per umpire per match.**
 - e. For all matches other than the 1st XI, umpires are to be provided by the home school.
5. **Firsts games are to consist of 4 x 17 minute quarters with intervals of 3 minutes for quarter time, 5minutes for half time and 3 minutes for three quarter time. Below Firsts games 4 x 12 min quarters, with intervals of 3 minutes for quarter time, 5minutes for half time and 3 minutes for three quarter time.**
6. Unplayable grounds - 1st XI only: In the case of unplayable grounds the game may be re-scheduled at another venue on the day of the fixture or during the week prior to the fixture by arrangement of the Schools and with the approval of both Heads. If the game is called off on the day of the fixture the game is cancelled and the points shared.
7. The home team will forward the result sheet, which include the score and best players to the APS Sport Office each Monday morning.
8. A 1st XI player who commences a first game on the interchange bench may play in the seconds or their age group team on the same weekend.
9. Numbers: the 1st XI squad only may wear numbers to assist umpires. This is not obligatory.
10. Tracksuit pants or slacks may not be worn during play. Players are strongly advised to wear shin pads and mouthguards. Goalkeepers are strongly advised to wear full protective equipment - helmet, mask, chest plate, pads, kickers, gloves. **It is highly recommended that all defensive players wear a mask when starting inside the D/ Circle during a penalty corner.**

11. Uniforms: If there is a clash of colours in the strip, particularly socks, the away team will wear white socks.
12. It is customary for the competing teams to clap each other onto the ground and to shake hands before the captains toss for choice of ends; and at the conclusion of the game for each captain to call for three cheers for the other team and for the umpire (or referee).
13. Spectators should be kept back from the playing area to keep them out of the way of players and umpires. Where possible, this is to be done by a rope or other demarcation. This may also help to reduce unwanted spectator involvement.
14. Morning tea for the 1st XI teams will be provided by the home school.
15. **Redraws where required - Refer to General Reg 17 for method of calculation.**
16. **Premiership**
The Premiership will be decided on points: win, 3; draw, 1; loss, 0. Should any two or more teams be equal on points and have played one another, the team winning that contest will take precedence. Otherwise the teams shall be declared equal.

RETURN TO PLAY- HOCKEY

Coronavirus (COVID-19)

<p>Wash your hands frequently and thoroughly, for at least 20 seconds. Use alcohol-based hand sanitiser if soap and water aren't available.</p>	<p>Don't compete if..... you or any member of your household is experiencing any COVID-19 symptoms, been in contact with any confirmed or suspected COVID-19 cases. If you are feeling sick or have symptoms of COVID-19, do not attend.</p>	<p>Physical Distancing Masks must be worn when physical distancing is unable to be maintained or as per current government guidelines.</p>
<p>Clean and disinfect Hand hygiene at the entry and exits of field and clean all personal equipment post training</p>	<p>Equipment It is advisable to clean and disinfect hockey balls and cones/markers following use and prior to being used again for another session.</p>	<p>People should use own equipment where possible and minimise sharing of equipment. If equipment is shared, it should be cleaned and sterilised before and after each use. This also applies to faceshields and Goalkeeping kit.</p>

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