



REGULATIONS

UPDATED JULY 2023



CONTENTS

REGULATIONS

1	Rules of the Competition	3
2	Event Officials	3
3	Team Entry	4
4	Eligibility Criteria	4
5	Competition Briefings & Communication	5
6	Composition of a Team	5
7	Team Clothing and Colours	6
8	Equipment	7
9	Match Time Management	7
10	Substitution of Players	8
11	Admission to the Field of Play	8
12	Interruptions of a Match	9
13	Medical Data	9
14	Match Report Forms	10
15	Disqualification, Failure to Play or Forfeit	10
16	Code of Conduct	10
17	Protests	11
18	Appeal & Tribunal Panel	11
19	Appeals	12
20	Anti-Doping	13
21	Unforeseen Events	13
22	Integrity Education	14

APPENDICES

Appendix 1: Schedule of Variations to the Rules of Hockey Applicable to Hockey One	15
Appendix 2: Points System	17
Appendix 3: Finals Series	19
Appendix 4: Shoot-Out Competition	20
Appendix 5: Late Athlete Replacement	22
Appendix 6: Domestic Import Process, Selection Timelines & Pick Up Roster Process	23
Appendix 7: Hockey One League Codes of Conduct & Guidelines of Offences And Penalties	25
Appendix 8: Guidelines to Competition Directors on process for hearing and determining any reported offence	28
Incident Report Form	29

ATTACHMENTS

E	Team Registrations Forms
F	Player Clearance Forms
N	Medical Forms

DEFINITIONS

In these Regulations Definitions are as follows:

FIH means International Hockey Federation

H1 means Hockey One

Host Team/host venue

MA means Member Associations

1 RULES OF THE COMPETITION

- 1.1 These Regulations apply to the Hockey One League (H1), which includes the Home and Away Rounds, and Finals Series.
- 1.2 The competition shall be conducted in accordance with the FIH Rules of Hockey, in force on the first playing day of the competition except as varied by *Appendix 1* of these Regulations.
- 1.3 H1, in consultation with the Teams will formulate and publish the Match Schedule for the competition. H1 reserve the right to amend this schedule as a result of any circumstances that may arise, including making the final decision in relation to the schedule and locations of the Finals Series.
- 1.4 The Hockey One Code of Conduct will apply to all Team players, officials, administrative staff, H1 Umpires & H1 Officials. Appendix 7-8 outlines the Hockey One Code of Conduct and how they apply to the H1 League.

2 EVENT OFFICIALS

- 2.1 H1, in consultation with the HA Officiating Appointment Panel and Hosts, appoint officials to the H1 matches.
 - 2.1.1 Across the entire competition, the HA Officiating Appointment Panel will appoint at least one Competition Director and at least one Umpire Manager.
 - 2.1.1.1 The Competition Director(s) and Umpire Manager(s) may not be in attendance for all round matches but will be available via phone and video (remote communication tools) prior to and during the home and away rounds of the competition.
 - 2.1.1.2 One Competition Director and one Umpire Manager will be in attendance for the Finals Series at a minimum.
 - 2.1.1.3 All communication regarding officiating should come through the H1 Operations Manager in the first instance.
 - 2.1.2 For round matches the following will be allocated as a minimum:
 - 2.1.2.1 1 x Technical Match Official; 2 x Technical Judges
 - 2.1.2.2 1 x Umpire Manager / Coach
 - 2.1.2.3 4 x Umpires (2 x women's match and 2 x men's match)
 - 2.1.3 For the Finals Series, the following will be allocated:
 - 2.1.3.1 1 x Competition Director
 - 2.1.3.2 A sufficient number of Technical Match Officials/Technical Judges for eight (8) matches
 - 2.1.3.3 1 x Umpire Manager
 - 2.1.3.4 A sufficient number of Female and Male Umpires for eight (8) matches
- 2.2 The Competition Director(s) and Umpire Manager(s) will be responsible for the appointment of the Umpires, Technical Officers and Judges for each match from among the persons appointed by the H1 to officiate in the Hockey One League. Officials may officiate across both genders.
- 2.3 All appointed officials must agree to the HA Code of Conduct and H1 Code of Conduct on of their appointment prior to the first round of competition, by responding accordingly in the CoC section of the Officials appointment response Jotform.
- 2.4 The Competition Director ensures that all participants abide by these Regulations, the Code of Conduct and the Media Policy, and has authority to act in accordance with the Code.

3 TEAM ENTRY

- 3.1 Teams will be required to submit their squad (see Regulation 6. Composition of a Team) online via the AltiusRT Competition Management System by 5:00pm (AEST/AEDT) on the first day of September.
- 3.2 Teams are required to lodge with H1 executed copies of the standard player agreement (template supplied by H1) for each player selected in their team verifying the player's agreement to be bound by and to comply with the provisions of these Regulations, Code of Conduct and Media Policy. Players will be ineligible for selection in any competition match until an executed player agreement is received by H1 for that season.
- 3.3 All players must be identified on the entry form by their respective playing number which must remain the same throughout the competition.
- 3.4 Teams will play in the uniform design approved by the Hockey One League in writing in advance of the season. Playing uniform designs are to be based on the Hockey One Uniform Guidelines.
- 3.5 Alternative playing strips are subject to H1 application and approval.
- 3.6 The Team Entry on AltiusRT must include:
 - 3.6.1 the names and dates of birth of all athletes (22 for women and 22 for men) selected to take part in the competition identified by their respective playing shirt numbers;
 - 3.6.2 the names of the support staff working with the team. e.g. Team Coach, Assistant Team Coach, Team Manager & Physiotherapist. Note: 7 support staff are made available to all travelling teams during the H&A season therefore personnel operating across both teams should be named with both teams.
- 3.7 Notification in writing of any amendments (including change to team officials) to an entry form must be submitted to H1 by the Team by 5:00pm (AEST/AEDT) one week before the first scheduled match of the competition. Amendments to the squad after this date will only be accepted upon application to H1 for a Late Athlete Replacement under exceptional circumstances (i.e. a Competition ending injury, death in the family, etc.).

4 ELIGIBILITY CRITERIA

- 4.1 To be eligible to compete in Hockey One League, athletes must satisfy one or more of the following:
 - 4.1.1 The athlete plays (ie the athlete is registered and fully financial and has played games within this jurisdiction throughout same year) and is affiliated with the MA he/she wishes to represent. (Local Club Player)
 - 4.1.2 In the event an athlete (not in the National Development Squad or National Squad) has relocated to another state or overseas for work or education purposes, then the athlete may continue to play for their state of origin. Any athlete who's state of origin and is not a National Senior Squad member (see "4.1.3. Note:")
 - 4.1.3 A National Senior Squad member - based in Perth, must continue to play for their home state of origin.
(National Squad Member - Based in Perth)
Note: Any Northern Territory athlete in the National Squad may be registered only to one of the following teams; Canberra Chill, Tassie Tigers, Adelaide Fire and Perth Thundersticks.
 - 4.1.4 An athlete relocating at the request of the National Program must continue to play for their home state of origin. (National Development Squad member - based in Perth)
- 4.2 Each State and Territory has the right to determine their own eligibility criteria for the selection of their teams over and above (but not in contradiction to) these criteria. The additional eligibility criteria (if any) of a MA must be submitted to H1 upon request.
- 4.3 International Imports. Canberra Chill, Tassie Tigers & Adelaide Fire can select up to (4) overseas athletes in each of their men's and women's squads unless Northern Territory National Senior Squad Member(s) are also registered with them as per Regulation 4.1.3, in which case the sum of Northern Territory National Senior Squad Member(s) and overseas athletes registered must be no more than four (4).
 - 4.3.1 An International athlete is defined as - An athlete who is ineligible to represent Australia in international competition under FIH rules and / or does not hold an Australian passport and / or does not meet the eligibility criteria above.

- 4.3.2 Eligible teams nominating an international import must secure a No Objection Certificate (NOC) for that athlete from their home national organising body, and lodge a copy of same with H1.
- 4.4 Domestic Imports – are available for selection under the Domestic Import Process & Pick Up Roster Guidelines outlined in Appendix 6.
- 4.4.1 A domestic import is defined as an athlete that chooses to represent a Team other than their home Team (on submission of a Domestic Import Letter of No Objection), or an athlete who is not selected by their home Team in their Final Squad pre Pick Up Players and is selected from a pick up roster to play for another team.
- 4.4.2 The Domestic Import Process is outlined in Appendix 6, and allows Teams to engage Domestic Imports in advance of the Pick Up Roster Process. All Domestic Imports must be approved by the H1 Executive Manager.
- 4.4.3 Following the selection of a Team's squad to compete in Hockey One League, each Team will compile a list of athletes (pick up roster) who were under active consideration but not ultimately selected in the final squad. These athletes must accept the terms of the Pick Up Roster process as outlined in Appendix 6. This list is likely to consist of all 'train on' squad athletes and other identified athletes satisfying eligibility criteria for that Team.
- 4.4.4 It is from these lists that a Team can select import players into their roster. The process for the pick-up roster is outlined in Appendix 6.
- 4.5 Exceptions – the H1 Board will accept permit applications for international players who have played in at least two (2) immediately preceding consecutive years in a local competition within Australia, including in the current year. Permit applications must be submitted at <https://form.jotform.com/231916235126048>

The process for an Exception will include;

- MA Board Approval (for the player to be considered for an exception and team selection)
- HA High Performance – comment / statement
- H1 Board/Management Approval

In considering the application the H1 Board will consider the competition balance and the player's playing record at AHL/H1 level previously as well as internationally.

An issued permit is valid indefinitely, and for any H1 Team when the relevant athlete relocates to another state for work or study, and has played locally in that MA in the same year. The H1L reserves the right to review and revoke permits as appropriate.

5 COMPETITION BRIEFINGS & COMMUNICATION

- 5.1 The Appointed H1 Competition Director and Umpire Manager will host a Tournament Briefing via video call at least 2 weeks before the beginning of each Hockey One Season. All Team Managers and Coaches must attend.
- 5.2 The H1 Executive Manager in conjunction with the Competition Director will communicate with the relevant stakeholders to ensure open, transparent and consistent communications as part of the H1 league.
- 5.3 Due to the structure of the competition, meetings will be coordinated online so they can be accessed remotely and in-person attendance is not required.
- 5.4 An agenda is distributed in advance of the meetings so MA's can determine the most appropriate representation from their respective teams to attend the meeting.

6 COMPOSITION OF A TEAM

- 6.1 Teams must select twenty-two (22) athletes for the duration of the competition, two (2) of whom must be designated goalkeepers, for both men's and women's squads. In the event a Team is unable to field a full team for a match due to National Squad commitments or another official High Performance event (eg Sultan of Johor Cup) the Team may apply for a Temporary Late Athlete Replacement as per Appendix 5 to ensure a full team can be filled.

- 6.2 For Rounds 1-7, teams will be required to nominate the 15 athletes that will be playing in the weekend match as follows.
- Friday Matches – Teams Nominated by 12pm (AEST/AEDT) Tuesday prior to each round.
 - Saturday/Sunday Matches – Teams Nominated by 12pm (AEST/AEDT) Wednesday prior to each round.
- This shall be done by completing the starting line-up online and marking non-playing athletes as not selected.
- 6.3 For the Finals Series, Teams will be required to nominate a squad of up to 17 athletes to the League and online to AltiusRT by 12pm (AEST/AEDT) on Tuesday following Round 7 matches This shall be done by completing the starting line-up online and marking non-playing athletes as 'not selected'.
- 6.4 No less than 60 minutes prior to the commencement of all Regular Season matches (Round 1-7), the Team Manager must complete on AltiusRT the starting line-up nominating:
- 6.4.1 the eleven players who will be on the field of play at the commencement of the match;
 - 6.4.2 up to four players who will start on the team bench;
 - 6.4.3 the captain and goalkeeper(s) for the match;
 - 6.4.4 the Team Manager for the match;
 - 6.4.5 the Coach on the team bench for the match;
 - 6.4.6 the Team Physiotherapist (if any);
 - 6.4.7 Medical Doctor (if any).
 - 6.4.8 An additional person as required (if any).
- 6.5 No less than 60 minutes prior to the commencement of all Finals Series matches (Semi-Finals, 3rd v 4th Playoff, Grand Final), the Team Manager must complete on AltiusRT the starting line-up nominating:
- 6.5.1 the eleven players who will be on the field of play at the commencement of the match;
 - 6.5.2 up to six players who will start on the team bench;
 - 6.5.3 the captain and goalkeeper(s) for the match;
 - 6.5.4 the Team Manager for the match;
 - 6.5.5 the Coach on the team bench for the match;
 - 6.5.6 the Team Physiotherapist (if any);
 - 6.5.7 Medical Doctor (if any).
 - 6.5.8 An additional person as required (if any).
- Nominations can only be made from the players and team officials whose names appear on the Team Entry Form, excluding any person who has been suspended from participating in the match by the Competition Director.
- 6.6 A nominated player from the starting line-up who becomes incapacitated during warm-up or practice may be replaced by a player whose name appears on the Team Entry Form (i.e. from the named squad of 22 athletes) up to 5 minutes prior to the scheduled starting time of the match. The Team Manager must notify the Technical Officer on duty accordingly, who will inform the Team Manager of the opposing team and the media.

7 TEAM CLOTHING AND COLOURS

- 7.1 Teams will design playing uniforms based on the designs outlined in the H1 League's Uniform Guidelines. All final uniform designs must be approved by the H1 Executive Manager before production begins.
- 7.2 Alternative playing strips can only be worn with H1 prior approval.
- 7.3 Each field player within a team can choose to wear shorts, a skort, or a skirt, as long as they are the same colour and design.

- 7.4 For clarity, all players of a team choosing to wear compression garments must be wearing compression garments of the same approved colour (i.e. all players wearing white).
- 7.5 When warming up during a match, substitutes must wear bibs or some other form of clothing in a colour different to both teams.
- 7.6 Each field player's number must:
 - 7.6.1 match the number identified on the entry form and must remain the same throughout the competition;
 - 7.6.2 appear in distinctive filled (not outlined) figure(s);
 - 7.6.3 be in a contrasting colour to the uniform colour for clear identification;
 - 7.6.4 be not less than 15cm and not more than 20cm in height on the back of the player's shirt
- 7.7 Each field player's name (or nickname - following approval by the H1 Executive Manager) must:
 - 7.7.1 appear horizontally on the back of their shirt
 - 7.7.2 be in distinctive filled (not outlined) letters not less than 5cm and not more than 10cm in height;
 - 7.7.3 be positioned above the player's number so that the number remains clearly visible.
- 7.8 All other uniform requirements are to be aligned to the H1 Branding Guidelines and H1 Uniform Guidelines.

8 EQUIPMENT

Field players must:

- 8.1.1 wear shin guards inside the socks and below the knee always during a match;
- 8.1.2 wear any protective gear (including leg protection) underneath normal playing clothing;
- 8.1.3 not wear any additional protective equipment related to 'medical reasons' or similar as specified in the Rules of Hockey unless approved by H1.
 - 8.1.3.1 Written application for additional protective equipment should be submitted to H1 along with any supporting medical certificates and advice for consideration no less than 7 days prior to the first match. Formal notification of approval or not will be provided no less than 3 days prior to the first schedule match of the event.
 - 8.1.3.2 If an injury occurs during the competition, an urgent application can be made to H1 no less than 24 hours prior to a match. Formal notification of approval or not, will be provided no less than 12 hours prior to the schedule start time of the match, time permitting.
- 8.2 A player on the field of play must not use or be equipped with any device to receive communication unless approved by H1 for the purposes of broadcast.
- 8.3 All athlete equipment must comply with the FIH regulations. The TO on duty in the Round matches & finals will have the power to request to check any equipment to ensure compliance (and may conduct random checks throughout the H1 Competition).

9 MATCH TIME MANAGEMENT

- 9.1 The Umpires start and re-start the match; they also signal to the Technical Officials on duty every time stoppage they order and the subsequent re-start.
- 9.2 Time-keeping is controlled by the Technical Officials on duty; they are responsible for signalling the end of each period. If a match, however, is prolonged at the end of a quarter to allow for the completion of a penalty corner as specified in the Rules of Hockey, the Umpires will signal the end of that period.
- 9.3 Where a player has become incapacitated and an umpire determines that medical assistance is required, time will be stopped so that the Physiotherapist, Medical Doctor, Team Medical or on-duty Medical Officer can attend to the player in line with Regulation 11.6. If time is stopped by the umpire, that player will be required to return to the team bench for a minimum of two minutes of match time.
- 9.4 For any Goalkeeper substitution, time will be stopped to ensure this can take place in a safe manner. The

reserve umpire will be responsible for communicating to the on-field umpires that one team wishes to make a substitution involving their goalkeeper and every effort must be made for this to take place as quickly as possible so not to delay the match from restarting.

10 SUBSTITUTION OF PLAYERS

- 10.1 Substitutions take place as specified in the Rules of Hockey from the players named in the Match list.
- 10.2 Substitution takes place under the supervision of a Technical Official on duty.
- 10.3 After leaving the field of play having been substituted, a player must immediately go to the team bench.
- 10.4 Team Managers are responsible for the proper application of the procedures.

11 ADMISSION TO THE FIELD OF PLAY

- 11.1 The Coach/es on the team bench may not enter the field of play during playing time under any circumstances but may do so during a shoot-out competition.
- 11.2 The Team Officials and substitute players nominated for that match must remain within the team bench during playing time, including time stoppages, unless the Technical Officer on duty or Umpire(s) direct otherwise or when implementing the substitution procedures (or due to medical treatment). The Coach nominated for the team bench must remain in an area designated by the Technical Officer on duty but need not be seated.
- 11.3 The nominated Team Manager for a match is responsible for the conduct of all persons occupying the team bench.
- 11.4 Vocal communication by team officials and/or players on the team bench must not be directed at the technical officials seated at the table, the Umpires and / or the players of the opposition.
- 11.5 If misconduct occurs after a Team Manager has been warned about acts of misconduct on their team bench, the Technical Officer on duty is empowered to order the person or persons involved to leave the team bench and remain in the team changing room for the rest of the match. After the match, the Technical Officer will report the circumstances to the Competition Director who may take further disciplinary action.
- 11.6 No incapacity treatment is permitted on the field of play unless the Physiotherapist or Team Doctor reasonably believe that a player requires urgent / lifesaving medical attention and for that reason they may enter the Field of Play without permission:
 - 11.6.1 if a team does not have such registered officials, the Umpire will authorise the on- duty Medical Officer and / or Team Manager, to enter the field of play if they reasonably believe that a player requires medical attention;
 - 11.6.2 persons authorised to enter the field of play are required to assist and remove the player concerned from the field of play as soon as it is safe to do so.
- 11.7 If any person from the team bench and/or the on-duty Medical Officer enters the field of play and tends to a player:
 - 11.7.1 that player must leave the field of play and return to the team bench area for a minimum of two minutes of match time;
 - 11.7.2 the two-minute period will be managed by the Technical Officials on duty;
 - 11.7.3 the player required to leave the field of play may be substituted in accordance with the Rules of Hockey.
- 11.8 If blood staining to the field of play occurs, cleaning must immediately take place using a Non- Acid Disinfectant Surface Cleaner which is effective against antibiotic-resistant bacteria or, if such a material is not available, an 80% alcohol solution. During this operation there must be a time stoppage of play.
- 11.9 No liquid or other refreshment may be consumed on the field of play. Any player wishing to take refreshment during a match, excluding time stoppages, must leave the Field of Play. A goalkeeper may leave and re-enter the field of play adjacent to the goal.
- 11.10 Team officials and players may leave the technical facility area surrounding the field of play during half time only with prior permission of the Technical Officer on duty.

- 11.11 Coaching and audible vocal communication may take place from the designated areas only, namely the team bench, coach's boxes / designated seats (if provided). This does not include the videographer facility overlooking the Field of Play.

12 INTERRUPTIONS OF A MATCH

H1 and its officials (including coaches and umpires) have a duty of care to ensure that players are as safe as is reasonably possible when participating in matches. In relation to weather conditions, the individuals required to determine whether a match goes ahead or is abandoned need to consider this policy before the commencement of each match.

- 12.1 If a match (during the Regular Season or Finals Series) is interrupted by the Officials (e.g. because of weather, field of play conditions, or thunderstorm with lightning), the continuation of this match is dependent upon the following factors;
- 12.1.1 A match interrupted in the first half should only be continued when the first half can be completed within 2 hours of the original match commencement time. A match interrupted at half time, or during the second half should only be continued when the second half can be completed within 2 hours of the original match commencement time.
 - 12.1.2 If the match is still in the first half and cannot be resumed, a 0-0 draw will be the result.
 - 12.1.3 If the match has progressed into half time or the second half, the score at the point that the match was abandoned will stand.
 - 12.1.4 In the event of a Finals Series match being abandoned and the result being a draw under points 12.1.2. or 12.1.3, the winner of the match will be the highest ranked team.
- 12.2 In the case of wet or dangerous weather conditions (rain, hail, lightning, thunder etc.), the following shall be adhered to;
- 12.2.1 The appointed Technical Official has the full power to delay or suspend a match should the playing conditions be such that harm to the participants is likely.
 - 12.2.2 When heavy rainfall is forecast, the Technical Official will stay at the Technical Table and be in contact with match umpires via the reserve umpire. If the Technical Officer deems the pitch unplayable, the match umpires will be contacted and instructed to stop the match. Play will recommence when the Technical Officer decides that the pitch has become playable, only if the match is able to be completed within 2 hours of the original match commencement time.
 - 12.2.3 Where lightning is present, the appointed Technical Official will continually monitor the conditions and exercise the necessary precautions, or in the event of uncertainty, apply the 30 second rule in determining if a match is to be suspended or abandoned. The 30 second rule is where there is less time than 30 seconds between a strike of lightning and thunder. A thirty-minute window is to be observed following the last occurrence of a strike outside the 30 second rule to ensure a safe environment for the return to field and resumption of play.
- 12.3 Where the temperature is 35+ degrees Celsius.
- 12.3.1 Where the temperature is forecast to reach 35+ degrees Celsius (by the Bureau of Meteorology) at any stage during a match, the appointed Technical Official and Umpires can extend the breaks between quarters one and two and quarters three and four to a duration of four minutes.
- 12.4 In the case of weather conditions that may lead to personal danger in travelling to a match, H1 will communicate closely with all stakeholders with current information. H1 will seek guidance from the host state, hotels, airline companies and the Bureau of Meteorology in determining if it is safe to travel into a region for a pending match. Decisions regarding the commencement and continuation of a match will be made in consultation with the H1 Competition Director and host state Match Day Director.

13 MEDICAL DATA

- 13.1 H1 may collect and assess injury data in the game in order to monitor injuries sustained by all players within Domestic Events. Such studies are conducted in the interest of player's health and safety.

- 13.2 Players shall participate in any H1 medical injury surveillance study conducted in connection with Domestic Events. For the avoidance of doubt any information gathered during any medical injury surveillance study shall not identify players personally and shall be used for statistical purposes only. It is the right of players not to participate in any medical injury survey should he or she not wish to do so.

14 MATCH REPORT FORMS

- 14.1 At the end of a match, a Match Report is produced at the technical table. This is a summary of the match showing the names of all players, team officials and technical officials nominated for the match and the key match statistics, including the result.
- 14.2 Within ten minutes of the end of the match, the Team Manager of each participating team must sign the Match Report.
- 14.2.1 It is the responsibility of the Team Manager to check the information recorded on the Match Report relating to their team is correct prior to signing. Corrections cannot be made after the fact.
- 14.3 The match officials must also sign the Match Report once both Team Managers have done so.
- 14.4 Once the Match Report has been signed by all team and match officials, the match can be set to official. No changes will be made after this time.
- 14.5 This process may be conducted electronically through AltiusRT.

15 DISQUALIFICATION, FAILURE TO PLAY OR FORFEIT

- 15.1 During the Competition matches:
- 15.1.1 A team either disqualified or refusing to play or failing to complete a match is deemed to have withdrawn from the competition for that season.
- 15.1.2 If a team so withdraws from the competition:
- 15.1.2.1 Any matches it has played until then, as well as all the matches it has still to play, will be recorded as a 5-0 loss;
- 15.1.2.2 That team will be disqualified and will not be ranked in the competition;
- 15.1.2.3 Statistics for the team and individual player scoring statistics will be removed for all matches in which a team has been disqualified or has failed to play.
- 15.2 Forfeit of a Match - Any team forfeiting a match shall be liable to a fine. H1 shall decide the fine amount to be imposed – taking into consideration lost income and expenses incurred by H1 and the opposing team, as a direct result of the forfeit.

16 CODE OF CONDUCT

- 16.1 The Hockey One Code of Conduct applies to all Participants including all Hockey One team members and officials, H1 Tournament Officials and host Member Association representatives and members of the organising committee, in Hockey One events.
- 16.2 Appendix 8 to these Regulations provides further information for the Competition Director(s) about the application of the H1 Code of Conduct, Appeal Process, guidelines on sanctions and the Process for hearing and determining any reported offence.
- 16.3 In deciding on the duration of any suspension, the Competition Director is limited to the remaining matches in the season but, if the Competition Director decides that the appropriate penalty may or ought to include the imposition of a suspension that affects matches or should otherwise take effect beyond the conclusion of the competition, the Competition Director must, within 3 days of the decision being published, give written notice of the decision to the H1 Executive Manager who will decide on any further period of suspension or other penalty to be imposed.
- 16.4 Suspended persons may not enter the field of play or the technical facility areas (including the team benches, coaches' boxes and video tower) until completion of the match or matches comprising the suspension.
- 16.5 Subject to Regulation 19 an individual or a team may appeal against any suspension during a season.

The appeal will be referred to an Appeal Jury.

- 16.6 Subject to Regulation 19 if an individual or a team wishes to appeal, the Team Manager(s) must give written notice to the Competition Director within sixty (60) minutes after the Competition Director's decision is published. If no appeal is lodged within this period, the decision of the Competition Director is final.
- 16.7 If an appeal is lodged, the Competition Director must immediately inform the H1 Executive Manager.

17 PROTESTS

If a team wishes to lodge a protest at the end of a match or at the end of a stand-alone shoot-out competition the Team Manager must:

- 17.1 declare the intention to do so immediately in writing directly below their signature when signing the Match Report or Shoot-out Competition form; and
- produce in addition in writing the grounds of the protest and hand that document to the Technical Officer on duty within 30 (thirty) minutes of the completion of the match or stand-alone shoot-out competition; and
- 17.2 deposit to the Host (who will then submit it to H1) five hundred dollars (\$500AUD) with the written protests to the Technical Officer on duty who will deliver this directly to the Competition Director.
- 17.3 If a protest is made, the Technical Officer on duty must immediately notify the Competition Director, who in turn must immediately notify the H1 Executive Manager.
- 17.4 Notwithstanding the provisions of this Regulation, a protest from a decision of an Umpire or Technical Official during a match or shoot-out competition may not be made to or considered by the Competition Director.
- 17.5 A team may protest to the Competition Director about any other decision of the Competition Director under this Regulation or application of these Regulations, other than Regulation 17.4. If a protest is to be made the Team Manager must:
- Produce in writing the grounds of the protest and must hand that document to the Competition Director within thirty (30) minutes of the publication or other communication on which the protest is based;
 - Deposit to the Host (who will then submit it to H1) five hundred dollars (\$500AUD) with the written notice.
- 17.6 The Competition Director must make a decision and publish it within two hours from the submission of the protest, save for protests relating to the eligibility of a player where further time is required in order to properly investigate the protest (in which case the Competition Director must make a decision and publish it as soon as reasonably possible); if possible, the Competition Director should also verbally notify the decision to the Team Manager concerned immediately after making the decision.
- 17.7 The Team Manager must arrange with the Competition Director to be available so that the Competition Director can give their decision about the protest to the Team Manager.
- 17.8 The Competition Director must notify the H1 Executive Manager of the outcome of any protest.
- 17.9 Failure to comply with any part of this Regulation will result in dismissal of the protest.
- 17.10 The deposit may be refunded in whole or part if the protest is unsuccessful, at the discretion of the H1 Executive Manager, who will consider the matter at an appropriate time after the match or event.
- 17.11 If a team involved in a protest wishes to appeal the decision of the Competition Director resulting from any protest under these Regulations, the Team Manager must give written notice to the Competition Director within sixty (60) minutes after the Competition Director's decision is published. If no such appeal is lodged, the decision of the Competition Director is final.
- 17.12 If an appeal is lodged, the Competition Director must immediately inform the H1 Executive Manager.

18 APPEAL & TRIBUNAL PANEL

- 18.1 Each team will submit a delegate for the Appeals and Tribunal Panel resulting in a pool of 8 delegates (including one delegate from HA) from which an appeals and tribunal panel can be assembled when required.

18.2 The Appeal and/or Tribunal Panel shall appoint a Chair from its members. Without limiting the duties of the Chair as set out under these Regulations, a person appointed to the position of Chair shall have the following responsibilities:

- ensure accurate records are kept of all the Appeal and Tribunal Panels proceedings and decisions;
- communicate to the Competition Director and H1 the result of the hearing;
- chair hearings of the Appeal and/or Tribunal Panel; and
- raise with any proposed Appeal and/or Tribunal Panel member any potential or possible conflict of interest which may arise from time to time.

18.3 An Appeal and/or Tribunal Panel shall consist of three persons.

19 APPEALS

19.1 An individual or a team may lodge an appeal against a decision by a Competition Director(s) following a protest.

19.2 An appeal may not be lodged for consideration by an Appeal Panel in respect of any decision of the Competition Director unless the decision appealed against is in respect of a suspension or other penalty imposed to have effect during the remainder of the Competition. Where the decision appealed against is in respect only of a period of suspension or other penalty that may take effect after the conclusion of the Competition, a written notice of the appeal must be given within 60 minutes of the Competition Director decision being published, to the H1 Executive Manager. As per regulation 17.4, a protest from a decision of an Umpire or Technical Official during a match or shoot-out competition may not be made to or considered by the Competition Director.

19.3 A deposit to the Host (who will then submit to H1) of five hundred dollars (\$500AUD) must be paid if the appeal is against the decision by a Competition Director to suspend a player, team or team officials; the deposit must accompany the written notice of appeal.

19.4 The written notice of appeal must contain a statement outlining the grounds of appeal and indicating whether the appeal is against:

- a finding;
- a penalty imposed;
- both a finding and a penalty; or
- procedural irregularities of a Competition Director hearing.

19.5 The appeal is not by way of a re-hearing of the evidence. It is limited to a review of the decision of the Competition Director to ensure compliance with these Regulations, FIH Code of Conduct, HA Code of Conduct, and principles of natural justice.

19.6 No fresh evidence shall be presented to the Appeal Panel without its approval. If approval is sought to present fresh evidence, such evidence and the reasons why it was not presented to the earlier decision-maker must also be included in the written notice of appeal. After considering the evidence and the reasons it was not presented, the Appeal Panel will determine whether to accept the fresh evidence.

19.7 The parties are entitled to make oral representations to the Appeal Panel at the hearing. The parties are not entitled to be represented by a lawyer but may have an advocate (who is not legally qualified speak on their behalf).

19.8 The Appeal Panel may conduct the hearing in such a manner and at such time and in such a way as it considers desirable and/or suitable. This may include holding the meeting electronically. The party who (or which) has lodged the appeal must be notified of the date, time and place the hearing will be conducted. If any party fails to attend the hearing, the Appeal Panel may proceed in the absence of that or any other party.

19.9 The Appeal Panel must publish a decision in writing. A copy must be provided to the Competition Director and the H1 Executive Manager and it must be published as soon as possible but not later than two hours

before the start of the first match on the next day that matches in that competition are played. If possible, the Chair of the Appeal Panel which heard the case should orally notify the decision to the relevant Team Manager or Official immediately after making the decision.

19.10 The decision of the Appeal Panel shall be based on the balance of probabilities (more likely than not).

19.11 The decision of the Appeal Panel is final and binding on all parties. There is no other right of appeal following the decision of the Appeal Panel.

19.12 An Appeal Panel has the power:

- to allow or dismiss the appeal;
- to vary the decision of the Competition Director;
- to increase, decrease, remit or otherwise vary any penalty included in the decision of the Competition Director;
- to impose such other penalty or sanction as it deems fit;
- to recommend to the H1 League that the deposit be refunded or forfeited;
- to make an order for payment of cost.

19.13 To the extent that the principles of natural justice are not included in the provisions set out in these Regulations they are expressly excluded.

20 ANTI - DOPING

20.1 All anti-doping tests will be carried out in accordance with the Hockey Australia Anti-Doping Policy and the FIH Anti-Doping Regulations in force on the first playing day of the Competition.

20.2 All matches are subject to anti-doping tests as H1, HA or Sport Integrity Australia may direct.

20.3 Team Managers will be advised about anti-doping test procedures as part of the Event Briefing.

20.4 Any player listed on the Team Entry form may be the subject of an anti-doping test after a match even if that player has not entered the Field of Play. A player may be the subject of more than one anti-doping test during a competition.

20.5 A player selected for an anti-doping test may not take a shower, bath, ice-bath or similar before providing a urine/blood sample which meets the requirements in the International Standard for Testing.

21 UNFORESEEN EVENTS

21.1 If circumstances arise which are not provided for in these Regulations, H1 in consultation with the Competition Director will determine any actions necessary.

21.2 If any team affected by a decision of the Competition Director under article 17.1 wishes to protest, it may do so following the procedures set out in Regulation 18.

22 INTEGRITY EDUCATION

Education is a key initiative to creating safe environments, protecting the health and well-being of our participants and upholding the integrity of hockey. Hockey Australia's (HA) Integrity Education Strategy outlines the mandatory and recommended education interventions for all hockey cohorts. Sport Integrity Australia (SIA) also requires education intervention for specific cohorts per the HA Anti-Doping Policy and the World Anti-Doping Code International Standard for Education (ISE).

All Hockey One Athletes and Support Personnel (which includes any coach, trainer, manager, team staff, official, sport science sport medicine personnel or any Other Person working with, treating or assisting an Athlete participating in or preparing for sports Competition) are required to complete the following mandatory education:

Athletes/Coaches/Other Supporting Personnel:

- SIA - Anti-Doping Fundamentals
- SIA - Annual Update 2023
- SIA - Competition Manipulation & Sports Betting
- SIA - Introduction to Illicit Drugs in Sport
- HA - Safe Hockey (*Annual Requirement)

Officials:

- SIA - Competition Manipulation & Sports Betting
- HA - Safe Hockey (*Annual Requirement)

Sport Integrity Australia courses are available from the Sport Integrity Australia online eLearning platform at <https://elearning.sportintegrity.gov.au>.

HA Safe Hockey courses are available from the HA's LMS platform. Participants are required to complete the course relevant to their role.

- Safe Hockey for Adult Athletes: <https://eddonline.coassemble.com/unlock/oFEllmO#>
- Safe Hockey for Rep Coach Teams: <https://eddonline.coassemble.com/unlock/Mb5e5dk>
- Safe Hockey for Umpires & Officials: <https://eddonline.coassemble.com/unlock/FGifEE6>

All Participants are required to complete all mandatory education requirements to be eligible to participate. Unless otherwise indicated, Participants are not required to complete a course if they have completed it within the previous 24 months. The HA Integrity Team will monitor compliance and report regularly to Hockey One Staff.

APPENDIX 1

SCHEDULE OF VARIATIONS TO THE RULES OF HOCKEY APPLICABLE TO HOCKEY ONE

Below is a list of Regulations which supersede the Rules of Hockey.

1. GREEN CARD – TWO MINUTE SUSPENSION

Rule 14.1.b: For any offence, the offending player may be warned and temporarily suspended for 2 minutes of playing time (indicated by a green card).

Regulation: For any offence, the offending player may be warned and temporarily suspended for 2 minutes of playing time (indicated by a green card).

- a. For the duration of each temporary suspension, the offending team plays with one fewer player.
- b. If a field player receives a green card, the time will not be stopped to issue the card.
- c. If a goalkeeper receives a green card, the Umpires stop the time and re-start it immediately after that player has left the field of play.
- d. The offending player leaves the field immediately; if he / she interferes with play on their way to the designated suspension area the Umpire may further penalise the player in accordance with the Rules of Hockey.
- e. The 2 minutes temporary suspension starts when the player is seated in the designated area.
- f. Timing of the suspension is controlled by a Technical Official on duty.
- g. The offending player is permitted to resume play when the Technical Official on duty indicates that the period of suspension has been completed. Should the offending player's temporary suspension not have concluded prior to a Penalty Corner being awarded they will not be permitted to return to the field of play until the next natural break in play.
- h. If the offending player is a goalkeeper, the Technical Official on duty notifies the Umpires when the period of suspension has been completed; the Umpires stop the time at the next stoppage of play to enable that player to resume play.

2. YELLOW CARD

Rule 14.1.c: For any offence, the offending player may be temporarily suspended for a minimum of 5 minutes of playing time (indicated by a yellow card).

Regulation: For any offence, the offending player may be temporarily suspended for a minimum of 5 minutes of playing time (indicated by a yellow card).

- a. The duration of temporary suspension is indicated to the Technical Official on duty by the Umpire who issues the yellow card.
- b. For the duration of each temporary suspension, the offending team plays with one fewer player.
- c. If a field player receives a yellow card, the time will not be stopped to issue the card.
- d. If a goalkeeper or player with goalkeeping privileges receives a yellow card, the Umpires stop the time and re-start it immediately after that player has left the field of play.
- e. The offending player leaves the field immediately; if they interfere with play on their way to the designated suspension area the Umpire may further penalise the player in accordance with the Rules of Hockey.
- f. The temporary suspension commences when the player is seated in the designated area.
- g. Timing of the suspension is controlled by a Technical Official on duty.
- h. The offending player is permitted to resume play when the Technical Official on duty indicates that the period of suspension has been completed. Should the offending player's temporary suspension not have concluded prior to a Penalty Corner being awarded they will not be permitted to return to the field of play until the next natural break in play.

- i. If the offending player is a goalkeeper or player with goalkeeping privileges, the Technical Official on duty notifies the Umpires when the period of suspension has been completed; the Umpires stop the time at the next stoppage of play to enable that player to resume play.

3. MATCH PERIODS

Rule 5.1: A match consists of four quarters of 15 minutes, an interval of 2 minutes between quarter 1 and 2 and between quarter 3 and 4 and a half-time interval of 5 minutes between quarter 2 and 3.

Regulation: Hockey One League Matches

- a. A Match consists of 4 periods of 15 minutes (no time off, unless otherwise stated in these regulations).
- b. At the end of the first and third period there shall be an interval of 2 minutes. During this interval, teams are not permitted to leave the field of play.
- c. At the end of the second period there shall be an interval of 8 minutes. During this interval Team Officials and Players may leave the technical facility area surrounding the field of play only with the prior permission of the Technical Officer on duty. Play is resumed by a centre pass which is taken by the team that did not take the centre pass for the first period.
- d. Play for the second period is resumed by a centre pass taken by the team that started the first period. Play for the fourth period is resumed by a centre pass is taken by the team that started the third period.

4. PENALTY CORNERS

Regulation: When an initial penalty corner is awarded, the timing of the match shall not be stopped. Teams should take as little time as possible to prepare for the Penalty Corner, to a maximum of 40 seconds. When teams are ready but no later than 40 seconds from the awarding of the penalty corner, the Umpire will re-start play by blowing the whistle and the ball shall be injected immediately or very shortly thereafter.

If a team is not ready the umpire is to identify and issue a personal penalty (i.e. green card) to the player who is responsible for the delay, with an increased penalty (i.e. a yellow card) for subsequent Penalty Corners also to be defended with with one fewer player. For an offence of this rule by a defending goalkeeper, the defending team defends the penalty corner with one fewer player: i.e. the corner is defended by one less player than before the incident. The defending team nominates which defender will be subject to a personal penalty.

The Reserve Umpire will be responsible for timing the 40 seconds and communicating to the on-field Umpires.

The match is prolonged at the end of each quarter to allow completion of a penalty corner. In this instance, a penalty corner is completed when:

- a a goal is scored
- b a free hit is awarded to the defending team
- c the ball travels more than 5 metres outside the circle more than once
- d the ball travels past the 25m line
- e A defensive player commits an unintentional foul (that would usually be a free hit in the 23m area) that does not result in another PC.
- f a penalty stroke is awarded

5. FIELD GOAL CONVERSION

Regulation: After a Field Goal or Penalty Stroke awarded in field play is scored, the attacking team can score an additional goal through a conversion. The conversion will be a one-on-one shootout opportunity where the attacking athlete who scored, will have the opportunity to take a shootout against the defensive goalkeeper. The conversion will occur at the same end that the goal was scored. All athletes not involved with the shootout must be situated behind halfway.

The attacker, defender and umpires involved with the shootout must be ready to commence the shootout within 40 seconds of the goal being scored, the clock will be stopped during this time. The umpires will be responsible for managing this, if either athlete (the attacker or defender) is not ready, the umpire will have the ability to issue a personal penalty (i.e. green card). If the attacker is penalised, the conversion can be reversed, if the defender is penalised the penalty can be upgraded to a stroke and a nominated defending player (on the field at the time) will receive the personal penalty.

Should the field player become incapacitated when scoring the field goal or penalty stroke awarded in field play, at the direction from the technical bench, the player may be replaced by the nominated team captain, or if the captain is a goal keeper / injured / incapacitated / serving suspension, another nominated player.

The shootout will be taking in accordance with the Article 8, 12, 13, 14, 15, 16, 17 and 18 Appendix 4 - Shootout Competition. The TO on duty will be responsible for timing and signalling the completion of the 8 seconds. One additional goal will be awarded to the attacking team for scoring the shootout.

Should a team be playing with eleven field players at any stage throughout the game and subsequently concede a field goal, they are permitted to interchange their goalkeeper back onto the field to defend the field goal conversion attempt. Every attempt must be made for this substitution to be completed within 40 seconds.

6. STICK CHANGE

Rule 9.15: Players must not change their stick between the award and completion of a penalty corner or penalty stroke unless it no longer meets the stick specifications.

Regulation: Hockey One League Matches

Players must not change their stick between the award and completion of a penalty corner, penalty stroke, or field goal conversion unless it no longer meets the stick specifications.

APPENDIX 2

POINTS SYSTEM

- All Teams (teams) will play against each other once, and the following points will be awarded for each match:
 - five points to the winner;
 - two points to each team, in the event of a draw;
 - a shoot-out competition will occur to determine the outright winner;
 - One point will be awarded to the winner of the shoot out;
 - Zero points to the loser.
 - In circumstances where a match is abandoned, such as under “12. Interruptions to a Match” and the result is deemed to be a draw, two points will be awarded to each team. There will be no fifth point awarded.”
- Teams will be ranked according to the number of points each has accumulated in the regular rounds of the Hockey One competition.

- 2.1 At the end of the regular rounds if two or more teams have the same number of points, these teams will be ranked according to their respective number of matches won.
- 2.2 If there remains equality among two or more teams, then these teams will be ranked according to their respective goal difference (which means “goals for” less “goals against”). A positive goal difference always takes precedence over a negative one.
- 2.3 If there remains equality among two or more teams, then these teams will be ranked according to their respective number of “goals for”.
- 2.4 Should there remain equality among two teams, then the result of the match played between those teams will determine the ranking of the tied teams.
- 2.5 If more than two teams are involved, then a ranking based upon the results of the matches among (only) them shall determine their respective position, based upon the points awarded in accordance with paragraph 1 of this appendix. If there remains equality, then the teams involved shall be ranked according to paragraphs 2.1, 2.2, 2.3, and 2.4 of this Appendix.
- 2.6 If there remains equality among two or more teams, then these teams will be ranked according to the number of Field Goals scored during the regular rounds.
- 2.7 Should there remain equality among two teams, then the ranking will be determined by a shoot-out competition between those teams (for details see Appendix 5 of these Regulations).
- 2.8 If more than two teams are involved, then each team will play a shoot-out competition against the other teams in the same sequence of play as the order of play in the competition, but with one round of 5 shoot-outs only to be taken compulsorily by each team.
- 2.9 A ranking will then be established based upon the results of the round of the shoot-out competition only, with the award for each play of 5 points to the team having scored the highest number of goals, 2 points to each team having scored an equal number of goals and 0 points to the team having scored the lowest number of goals.
- 2.10 If equality remains then teams having an equal number of points shall be ranked according to paragraphs 2.1, 2.2, 2.3 and 2.4 as applied to goals recorded during the shoot- out competition.
- 2.11 If an equal position of three (or more) teams remains thereafter, then the same procedure shall be repeated until the teams can be ranked. The Competition Director shall make a draw to establish each sequence of play if such further rounds of shoot-outs are required.

CLUB CUP

The Club Cup is a club based award that is awarded to the Club that ranks highest based on the aggregate scores of their Women’s and Men’s teams at the end of the Regular Season (Rounds 1 - 7). The Club Cup table stands as a separate competition to the League, and as such, the following points system is applied only to the Club Cup table, and not applied to the League Table/general team standings. The Club Cup results will have no impact on the outcome of the Hockey One League.

1. Clubs will be ranked on the Club Cup table, based on the aggregate scores of the Women’s and Men’s matches on each matchday during the Regular Season (Rounds 1 - 7).
 - 1.1. matchday results will be awarded as wins, draws, or losses, based on the aggregate score achieved by one Club against another on a single matchday.
 - 1.1.1. if a single match results in a draw, the Club that wins the shoot-out competition will receive one extra goal on their aggregate matchday goal total.
2. Points on the Club Cup table will be awarded as follows, based on the aggregate score of both matches on a single matchday
 - 2.1. five points to the winning Club;
 - 2.2. two points to each Club, in the event of a draw;
 - 2.3. Zero points to the loser.

- 2.4. In circumstances where a match is abandoned, such as under “12. Interruptions to a Match” and the result is deemed to be a draw, two points will be awarded to each team towards their Club’s total for that matchday.
3. At the end of the Regular Season (Rounds 1 - 7) Clubs will be ranked on the Club Cup table according to the number of points each club has accumulated in the regular rounds of the Hockey One Competition.
 - 3.1. If two or more clubs have the same number of points, these clubs will be ranked according to their respective number of matchdays won.
 - 2.2. If there remains equality between two or more clubs, then these clubs will be ranked according to their respective goal difference (which means “goals for” less “goals against”).
 - 2.3. If there remains equality among two or more clubs, then these teams will be ranked according to their respective number of “goals for”.
 - 2.4. Should there remain equality among two clubs, then the results of the matches played between those clubs will determine the ranking of the tied clubs.
 - 2.5. If more than two clubs are involved, then a ranking based upon the results of the matches (only) them shall determine their respective position, based upon the points awarded in accordance with aforementioned Club Cup 2, 2.1, 2.2, 2.3, & 2.4
 - 2.6. If there remains equality among two or more clubs, then these clubs will be ranked according to the number of Field Goals scored during the regular rounds.
 - 2.7. If there remains equality among two or more clubs, then these clubs will share the relevant placing on the Club Cup table.

APPENDIX 3

FINALS SERIES

1. The top four (4) ranked Men’s and Women’s teams at the conclusion of the Regular Rounds will qualify to compete in the Finals Series.
2. The qualifying teams will congregate at a common location to be determined and advised by H1 taking into account factors including staging viability, quality of facilities and infrastructure and convenience of travel and access for teams and stakeholders.
3. In each of the Men’s and Women’s competitions,
 - 3.1 the Semi Finals will be determined based on the rankings of teams from the Regular Rounds.
 - 3.1.1 The first Semi Final will be played between teams ranked 1st and 4th
 - 3.1.2 The second Semi Final will be played between teams ranked 2nd and 3rd.
 - 3.2 The winners of the Semi Finals will play in the Grand Final
 - 3.3 The losers of the Semi Finals will play in the 3rd Place Play-Off
4. H1 will determine the schedule and order of Finals Series matches, taking into account factors including commercial/broadcast preferences and player welfare.

APPENDIX 4

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 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 Appointed Technical Official will specify the method of timing shoot-outs taking account of the facilities available and the need to control time accurately.
5. The Appointed Technical Official 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 on the half-way line.
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.
21. Unless varied by this Appendix or Appendix 1, the Rules of Hockey apply during a shoot-out.

APPENDIX 5

LATE ATHLETE REPLACEMENT

Late Athlete Replacement can be accepted on limited grounds following the entries deadline only with approval from the H1 Executive Manager following the recommendation from a MA. The only grounds permitted will be medical, appeals and extenuating circumstances. In all instances, evidence and supplementary documentation will be required.

All athletes identified for late athlete replacement, must be from within the teams nominated squad of 30, must be fully-financial and registered with the State / Territory they wish to replace for, and must meet the H1 eligibility guidelines.

TEMPORARY LATE ATHLETE REPLACEMENT

Temporary Late Athlete Replacements can be accepted on limited grounds following the entries deadline only with approval from the H1 Executive Manager following the recommendation from a MA. The only grounds permitted will be the inability to field a team from within a squads 22 nominated athletes due to absences relating to National Squad commitments or another official High Performance event (eg Sultan of Johor Cup).

Temporary Late Athlete Replacements are only valid for the number of matchdays approved by the H1 Executive Manager. Once the approved matchdays have taken place, and the replaced athlete returns from High Performance duties, the approved temporary replacement expires.

All athletes identified for late athlete replacement, must be from within the teams nominated squad of 30, must be fully-financial and registered with the State / Territory they wish to replace for, and must meet the H1 eligibility guidelines.

APPENDIX 6

DOMESTIC IMPORT PROCESS

From the 1st of January to the 31st of August each year, all teams may participate in the Domestic Import Process.

Any athlete not defined as an international athlete as per regulation 4.3.1 may nominate to play in the Hockey One League for a team that they are not eligible for based on 4. Eligibility Criteria, provided that a “Letter of No Objection” is signed by the CEO of the Club that the relevant athlete is eligible for under regulation 4. Eligibility Criteria, and submitted to the Hockey One League at the following link, along with the other requested information - <https://form.jotform.com/HockeyAustralia/H1-Domestic-Import-Form>

Following the submission of the form, agreement between the nominated Hockey One Team and the Domestic Import, and final approval by The Hockey One League, the Domestic Import will immediately become available for selection by the relevant Hockey One Team, and will become ineligible for selection by any other Hockey One Team (including the team associated with their state of origin) when they are formally selected by the relevant Hockey One Team.

Domestic Import approvals are only valid for a single season.

SELECTION TIMELINES & PICK UP ROSTER PROCESS

Initial Squad:

All teams are required to nominate a squad of up to 30 men’s and women’s players to H1 by close of business on August 1st. Each Franchises final 22 must come from this list including those permitted/utilising international imports. If franchises intend to include players from a player pick up roster then those spots must be left vacant in the list of 30 with desired playing positions of those players required to fill squads. These squads should include all listed nationally identified athletes. Wider training squads may be publicly named by clubs in advance of this date, however submission of the “Initial Squad” represents the first official squad submission that is controlled by the H1 League and restricted by regulation 4. Eligibility Criteria.

Final Squads pre Pick Up Players:

All teams are required to nominate their final squads of 22 men’s and women’s players to H1 by close of business on Friday 18th August 2023. Subject to their agreement to participate in the process, the players nominated for initial squads but not selected in the final squads are automatic inclusions onto the player pick up roster where the National Program (High Performance Director or a delegate) will rank players according to ability by position. Players that do not agree to participate in the process will remain a member of their team’s squad of 30.

Pick Up Roster Process:

Following the final squad nomination deadline, the HA HP Delegate can offer suitable players agreeing to participate in the pick up roster process to teams reserving places for this purpose within one week. Franchises must contact players within 48 hours of being offered the player. If the franchise does not wish to use the allocated player, they forfeit the right to use a player from another franchise and can only utilise players from their original squad list to fill the roster. If a player rejects the opportunity they are removed from the pickup roster and cannot take any further part in the Hockey One League for that year. This is to stop coaches from pressuring those players not in the squad to reject the opportunity in hope of having them available as potential injury replacements down the track. If a player does not accept a spot on a franchises roster then the franchise can be allocated another player from the roster. Discussions will take place in the background between HP staff and franchise coaches to ensure the suitability of another allocation.

Final Squads including Pick Up Players:

All franchises requesting players from the pickup roster must submit the final 22 by close of business two weeks (14 days) after the deadline of Final Squads pre Pick Up Players with all spaces filled, unless additional time is granted by Hockey One for exceptional circumstances. For Season 3, Final Squads will be due by 5pm AEST Friday 1st September 2023.

- Once a player has been allocated to a franchise their home state does not have the ability to recall them to

their squad under any circumstance.

- A franchise can replace a player on the pickup roster that has been allocated to a different franchise so that each state has 8 additional players on the pickup roster. This roster is available for all franchises.
- In the event of injury during the competition a state can request an injury replacement during the competition. That could be any player on the pickup roster and not necessarily a player from their franchise and they can request that individual from Hockey One. Reason for this may be that NSW may have 6 players allocated to other franchises while Brisbane have had 1 and they may feel that a Brisbane player is a better option than the remaining NSW players.
- All injury replacements are direct swaps with the injured player being swapped out unable to take any further part in the competition.

ITEM	DESCRIPTION	OPENING DATE	DEADLINE DATE
Domestic Import Process	Opportunity for mutually agreed player movement across clubs.	1st January	31st August
Initial Squad	Initial Submission of 30 Athletes to H1L.	N/A	C.O.B. August 1st
Final Squads - Pre Pick Up	Either 22 athletes, or 22 athletes minus the number of projected pick up roster athletes are submitted to the league	N/A	C.O.B. August 18th
Pick Up Roster Process	Athletes not selected in their home team's squad of 22 become available for selection by other teams (provided those athletes agree to become part of the Pick Up Roster Process.	Saturday 19th August	Friday 1st September
Final Squads including Pick Up Players	Hockey One Official Squads	N/A	Friday 1st September

APPENDIX 7

HOCKEY ONE LEAGUE CODE OF CONDUCT & GUIDELINES OF OFFENCES AND PENALTIES

1. PURPOSE, SCOPE & APPLICATION

1.1 The H1 Code of Conduct aims to promote the highest standard of behaviour and conduct in the administration, coaching and playing of hockey and is an effective means to deter any Participant from conducting themselves both on and off the field-of-play in a manner that is contrary to the spirit of hockey.

1.2. All Participants are automatically bound by and required to comply with all of the provisions of the Code of Conduct. Accordingly, by their participation in the Hockey One League, such Participants shall be deemed to have agreed that it is their personal responsibility to familiarise themselves with all of the requirements of the Code of Conduct, including what conduct constitutes an offence under the Code of Conduct.

1.3. The Member Association of each participating team is responsible for informing and educating Participants about the Code of Conduct. Member Associations shall share liability with Participants should breaches of the Code of Conduct occur.

1.4. All Participants are bound by the Code of Conduct at all times and shall continue to be bound by and required to comply with the Code of Conduct throughout the season of Hockey One in which they participate. During the Hockey One Season, the Hockey One League shall have jurisdiction over all Participants under the Code of Conduct.

1.5. The Competition Director(s) has jurisdiction to deal with breaches of the Code of Conduct during the tournament (unless the Competition Director(s) is in breach, in which case, the matter will be dealt with by the Hockey One League Executive Manager). After the Hockey One Season has been completed and at all other times, any breaches of Code of Conduct shall be dealt with by the Hockey One League Executive Manager.

1.6. Further information about the Code of Conduct, appeal process, Guidelines on Sanctions and the Process for Hearing and Determining Any Reported Offence is contained in the Hockey One League Regulations.

2. CODE OF CONDUCT OFFENCES

2.1. GENERAL BEHAVIOUR

- a Participants shall comply at all times with the Hockey One League Regulations, FIH Rules of Hockey, HA Anti-Doping Policy, HA National Integrity Framework, Hockey Australia Concussion Policy, Hockey Australia Pitchesiding Policy, Hockey One League Code of Conduct, Hockey Australia Code of Conduct, and any other rules and regulations that may come into force from time to time.
- b Participants shall always use their best efforts during a Match when competing in the Hockey One League
- c Participants shall conduct themselves fairly, properly and in an acceptable manner on and off the field of play, including inside or around the hockey venue and accommodation.
- d Participants shall not act (or fail to act) in any way which may harm the interests and reputation of the Hockey One League, or bring Hockey into disrepute.

Conduct described in 2.2. to 2.4 below, if committed by a Participant during the Hockey One League, shall amount to an offence by a Participant under the Code of Conduct.

Comment: Where considered helpful, guidance notes have been provided beneath the description of a particular offence. Such notes are intended only to provide guidance as to the nature and examples of certain conduct that might be prohibited by a particular Article and should not be read as an exhaustive or limiting list of conduct prohibited by such Article.

2.2. SPECIFIC OFFENCES - LEVEL 1

The penalty for a Level 1 Offence shall be an official reprimand or a suspension of the individual for a minimum of one match with or without an official reprimand.

- a Using language or gesture(s) that is obscene, offensive or of an insulting nature.

Note: This includes: (i) excessively audible or repetitious swearing; and (ii) obscene gestures which are not directed at another person, such as swearing in frustration at one's own poor play or misfortune.

- b Showing dissent at an Umpire's decision.

Note: Dissent will include disputing / protesting, reacting in a provocative or disapproving manner in an inappropriate way towards any decision made by an Umpire or other official. This may include arguing or entering into a prolonged discussion with an Umpire or a Technical Official about the decision.

- c Charging or advancing towards an Umpire or Technical Official in an aggressive manner during a Hockey One Match Day.

- d Excessive appealing of an Umpire's, Video Umpire's or Technical Official's decision, or crowding an Umpire or Technical Official.

Note: Excessive appealing shall include repeated appealing of the same decision / appeal.

- e Throwing a stick or ball (or any other object or item of equipment) at or near another. Participant or any other person in an inappropriate and / or dangerous manner.

- f Deliberate, reckless or careless physical contact between players in the course of play.

Note: Without limitation, Participants will breach this article if they deliberately, recklessly or carelessly push, walk or run into another Participant.

- g Feigning injury and / or overreacting to alleged physical contact from another player.

Note: Without limitation, Participants will breach this article if they deliberately fake an injury in order to penalise another Participant against whom it is alleged committed a foul against him / her.

- h Abuse of hockey equipment or clothing, venue equipment or fixtures and fittings.

Note: This includes any action(s) outside the course of normal hockey actions, such as hitting or kicking the goal posts and any action(s) which intentionally or negligently results in damage to the team benches, advertising boards, dressing room doors, mirrors, windows and other fixtures and fittings.

- i Breach of FIH's Uniform Advertising Policy or FIH Team Dress Protocol.

Note: One of the core objectives of FIH Uniform Advertising Policy and FIH Team Dress Protocol is to ensure appropriate and professional standards of appearance on the field of play and during opening and closing ceremonies at International Events and to prevent any practices that undermine that objective.

- k Failure to attend media conferences/interviews as requested.

- l Making public statements which are not fair, constructive or reasonable and involve a personal attack on another player, umpire, appointed official or administrator

- m Where the facts of the alleged incident are not adequately or clearly covered by any of the above offences, conduct that either is contrary to the spirit of the game or brings the game into disrepute.

Note: This Article is intended to be a 'catch-all' provision to cover any type of conduct of a minor nature that is not, and because of its nature cannot be, adequately covered by the specific offences set out elsewhere in the Code of Conduct.

- o Spitting towards another participant.

Note: Without limitation, Participants will breach this article if they deliberately, recklessly or carelessly spit towards another participant

2.3. SPECIFIC OFFENCES - LEVEL 2

The penalty for a Level 2 offence shall be a suspension of the individual for a minimum of two or more matches.

Examples of behaviour which may result in a Level 2 penalty:

- a Using language or gesture(s) that is seriously obscene, seriously offensive or have a seriously insulting nature to another Participant or any other third person.

Note: It is acknowledged that there will be verbal exchanges between Players in the course of play. Rather than seeking to eliminate these exchanges entirely, Umpires or technical officials will be required to report such conduct that falls below an acceptable standard.

- b Serious public criticism of, or inappropriate public comment in relation to an incident occurring in a Hockey One Match or any Participant or team participating in any Hockey One Match or H1, generally, irrespective of when such criticism or inappropriate comment is made.
- c Any attempt to manipulate any Match for inappropriate strategic or tactical reasons. Note: This is intended to prevent the manipulation of Matches for inappropriate strategic or tactical reasons (such as when a team deliberately loses a Regular Season Match in order to affect the standings of other teams in that event). It is not intended to cover any corrupt or fraudulent acts (including any use of inside information and / or related betting activity). Such conduct is prohibited under the FIH Integrity Code and the Olympic Movement Code on the Prevention of the Manipulation of Competitions and must be dealt with according to the procedures set out therein.
- d Intimidation of an Umpire or other third person whether by language or conduct (including gestures) during an International Match.

Note: Includes appealing in an aggressive or threatening manner.

- e Threat of assault or physical assault (without injury) on a Participant or any other third person.

Note: This offence is not intended to cover threats of assault, which are prohibited under Level 3 Offences.

- f Where the facts of the alleged incident are not adequately or clearly covered by any of the above offences, conduct that is either contrary to the spirit of the game or brings the game into disrepute.

Note: This Article is intended to be a 'catch-all' provision to cover any type of conduct of a serious nature that is not, and because of its nature cannot be, adequately covered by the specific offences set out elsewhere in the Code of Conduct

2.4. SPECIFIC OFFENCES - LEVEL 3

The penalty for a Level 3 offence shall be a suspension of the individual for a minimum of five or more matches.

Examples of behaviour which may result in a Level 3 penalty:

- a Threat of assault or physical assault (without injury) on an Umpire or Technical Official
- b Physical assault of another Participant or any other person (including a spectator)
- c Any act of violence on or off the field of play during an International Event.
- d Where the facts of the alleged incident are not adequately or clearly covered by any of the above offences, conduct that is either contrary to the spirit of the game, or brings the game into disrepute.

Note: Article 2.4 f is intended to be a 'catch-all' provision to cover any type of conduct of a very serious nature that is not, and because of its nature cannot be, adequately covered by the specific offences set out elsewhere in the Code of Conduct.

HOCKEY ONE SPECTATORS - EXPECTED CONDUCT OF BEHAVIOUR

Spectators are an important part of the game and shall at all times conform to accepted standards of good sportsmanship and behaviour. Where possible, spectators should be bound to the Hockey Australia Code of Conduct via the venue's ticketing or entry conditions.

APPENDIX 8

HOCKEY ONE LEAGUE CODE OF CONDUCT - GUIDELINES TO COMPETITION DIRECTORS ON PROCESS FOR HEARING AND DETERMINING ANY REPORTED OFFENCE

1. THE REPORT

All reports of any offence against the Hockey One League Code of Conduct shall be made to the Competition Director(s).

The Competition Director(s) is to determine the level of the offence.

A report can be received by the Competition Director(s) from any person but if received later than 24 hours after the occurrence of the conduct said to constitute the offence the Competition Director(s) must exercise discretion as to whether to accept such a report. That discretion is to be exercised taking into account the seriousness of the reported behaviour and the reason for the delay in making the report.

2. PRINCIPLES OF NATURAL JUSTICE

The principles of natural justice apply in the following way.

The Competition Director(s) will advise the Team Manager of

- the fact of the report of an offence;
- the identity of the team member(s) reported;
- the level of the offence;
- the time and place of the hearing;
- details of the conduct and the mode of proof of it;
- if the report was received later than 24 hours after the occurrence of the conduct said to constitute the offence the Competition Director(s) must state the reasons for the exercise of the discretion to accept the report. No appeal from the exercise of that discretion is available.

3. THE HEARING

The Competition Director(s) must chair the meeting (subject to delegation for reason of conflict of interest).

The hearing must be attended by the person the subject of the report and one representative if they desire (in addition the person the subject of the charge may be assisted by an interpreter).

The hearing may be conducted via video call, where the Competition Director(s) is not present at the match day.

The Competition Director(s) must outline the evidence relied on to support the report including showing any video footage that may be available.

The team member is to be asked for her / his response to the report, i.e. does (s)he accept the offence as alleged or not. The team member must be permitted to present material as to either or both of the fact of the offence or penalty.

Should the person who is the subject of the report fail to attend the hearing, the hearing shall take place in the absence of that person and the fact of the failure to attend shall be taken into account in the determination of the appropriate penalty in the event that an offence is found to have been committed.

INCIDENT REPORT FORM

Reporter Details:

Full Name: _____ Signature: _____

Date: _____ Role: _____

Contact Details:

Email _____ Phone: _____

Match Details:

First Named Team: _____ Second Named Team: _____

Date: _____ Venue: _____

Competition: M _____ W _____ Time: _____

Details of Report:

Full Name of Person being Reported: (if known) _____

Role of Person being Reported: _____

Team of Person being Reported: _____

Location of Incident:(eg. pitch, car park etc) _____

Alleged Incident (Summary)

Contact Details of those involved & Witnesses (if known):

Full Name: _____ Role & Team _____

Contact Details: _____

Full Name: _____ Role & Team _____

Contact Details: _____

Full Name: _____ Role & Team _____

Contact Details: _____

Version of Events (attached a separate sheet if more room is needed):

Injuries (if applicable):

Name of treating medical practitioner: _____

Details: