2026 Term 3 IGSA Sport Hockey Rules & Guidelines

Player registrations

1. Players must be enrolled in years 7 - 12 at the school they represent and be registered in their relevant team in SPAWTZ by the Monday prior to the start of the competition.
2. Students playing in year 7 grades can only be year 7 students, "J" grades are students in years 7, 8 and 9 only and "S" grades are open teams so any student in years 7 – 12 are eligible.
3. Players are considered registered after they play their second match (and signed on as required).
4. Players may play in a higher grade than the one in which they are registered. Once they have played 3 matches in the higher grade they are then registered in the higher grade.
5. Team registrations have some flexibility in the first 2 weeks of the competition to ensure that players are in the correct grade.
6. Where schools have teams in the same grade, they must nominate the higher or lower team and rules relating to playing up or down will apply.
7. A player unavailable for a round match, semi or final may be replaced by a floater or a player from another team (in accordance with the "playing up" rules). However, you cannot exceed the number of players originally registered for that team. This does not permit players to play in two semis or finals although they can play a maximum of two round matches each week.
8. Byes & matches cancelled due to a venue closure will count towards matches played.
9. A player must have signed on for 3 round matches in any team for this sport, in accordance with the playing up rules, to be eligible for semis and finals. Details of player eligibility will be forwarded to school staff in advance of the final round. If this is not received before the final round, school staff should contact the IGSA Sport office.
10. A player, who has signed on for 3 matches but not played in the semi-final, is still eligible for the final.
11. A player may only play for 1 team in the semi-finals and finals.
12. Where play offs exist, semis and finals rules do NOT apply to these matches.
13. Injured or ill players who have not signed on for 3 matches are not eligible for semis or finals.
14. A team playing an illegal player may be required to forfeit the match.
15. The minimum and maximum number of registrations per team for each sport is:

Sport	Minimum	Maximum
Softball	9	13
Tennis	4	6
Basketball	5	12
Football	11	16
Hockey	**11**	**16**
Netball	7	12
Touch	6	14
Water Polo	7	13

With an allowance for 2 extra players maximum. Permission is required from the IGSA Sport staff to register more than the maximum. Please note - you may only field the maximum number of registrations in each round match, semi or final. Failure to do so may incur a forfeit result.

16. Each school may use up to **5** floating registrations during the season. Where a student is used for one match only, no fee will be charged.

Legal Playing Up Rules

Some examples of legal and illegal plays-

✓ student plays 2 matches in one day – LEGAL.

✘ student from J01 plays in grade S13 - ILLEGAL & FORFEIT.

✘ student plays less than 3 round matches OR plays 3 but fails to sign on, NOT ELIGIBLE FOR SEMIS OR FINALS.

✓ student in S13 plays down in S14 in round 2 LEGAL provided she then remains in S14 for remainder of season OR if she plays up she is automatically re registered in the higher Grade.

✓ student from J01 plays up - round 1 – S01, round 3 – S03, round 5 – S02 AUTOMATICALLY RE-REGISTERED IN S03 - the lowest she may now play.

✓ a school has 2 teams in grade J01 - team 11 & 12 - Players in both teams may not move between teams, regardless of which team is numbered lower.

Legal grades for playing in round matches, semi-finals & finals

Where necessary, players may play in another team that is in a higher grade than the team they were originally registered in. Exceptions include:

Senior Grades

S01 Can only play in this grade (schools with multiple teams in S01 may not move players between teams).

All other senior grades can only play in a grade higher than their own team.

Junior Grades

J01 Can only play in S01 –S04 (schools with multiple teams in J01 may not move players between J01 teams).

J02 Can only play in S01 – S06 and J01.

J03 Can only play in S01 – S12 & J01 – J02.

J04 Can only play in S01 – S12 & J01 – J03.

Year 7 players playing in J01 – J02 may play down into Y701 grade.

Year 7 players playing in J03 – J20 may play down into any year 7 grade.

Please note that a year 7 player in a junior grade may only play down twice per term.

Year 7 Grades

Y701 Can only play in S01 – S04 & J01 – J04.

Y702 Can only play in S01 – S06, J01 – J12 & Y701.

Discipline - For Breaches of Code of Behaviour

Please read the Code of Conduct available on the IGSA Sport website. A summary is contained in the Conveners handbook. Please make sure all players, coaches and umpires are aware of the Code of Conduct. An IGSA Sport Incident Report must be completed for any breaches of this code.

IGSA Sport Summary Code of Conduct For Inter-School Sport

Why: The Summary Code of Conduct is designed to provide a brief outline of the rules, guidelines and principles governing inter-school sport. It is a quick reference document only and does not replace the IGSA Sport Code of Conduct. In the event of a perceived conflict between the two, the latter will prevail.

Who: The Summary Code of Conduct applies to anyone participating in IGSA Sport including students, staff, coaches, umpires, officials, parents, spectators and volunteers.

What: The Summary Code of Conduct covers four areas: principles, expectations, authority and rules.

Principles:

- Participation in inter-school sport is important for all students: it fosters social, emotional, personal and physical development.
- Winning is less important than co-operation, team spirit and good sportsmanship.

Expectations:

- All participants, regardless of their role, will be expected to treat others with respect, courtesy and encouragement. Disparaging comments will not be tolerated nor will aggressive, abusive or offensive language or behaviour.
- Should disputes arise, resolve them in a calm and constructive manner.
- There will be no argument with or criticism of, the referee. If you disagree with a decision, refer to the IGSA Complaints Policy available on the website.
- Harassment will not be tolerated in any form.

Authority:

- The match officials have complete control of the match. In matters regarding play and the rules of the match, their decision is final.
- The venue convener has responsibility for all other aspects of the match such as safety at the venue.
- The referee and venue convener will work together to achieve a fair outcome. They may also consult staff members present.
- In the event of misconduct, the match officials may caution, suspend or send off the offender. In extreme circumstances they may stop play or terminate the match.

Rules:

- Unacceptable conduct is outlined in the Code of Conduct and includes any behaviour that might reasonably be expected to damage the self esteem of another or the reputation of an individual, school or the independent school sector generally. This includes derogatory remarks, dangerous behaviour, property damage, inciting violence, verbal or physical abuse or harassment.
- Players engaging in unacceptable conduct may be cautioned, suspended or sent off. Anyone else engaging in unacceptable conduct will be cautioned and if this fails, asked to leave.

Protests

A coach or team captain is entitled to lodge a protest should she/he be dissatisfied with any aspect of the match. The following procedure will apply:

The coach or team captain must lodge the protest in writing with the Convener at the venue as soon as possible or notify the IGSA Sport staff by 12 noon on the Monday following the match.

The opposing team must be notified of the intent to protest and the reason for it. The protest will be addressed as soon as possible by the IGSA Sport staff.

Forfeits

A team which finds it necessary to forfeit a match and is aware prior to Friday afternoon must notify: -

A) their opponents

B) the IGSA Sport office

Teams more than 5 minutes late or less than the specified minimum number of players will forfeit their match. However, opponents may choose to play the match for points or play a "friendly" match, provided this decision is made prior to the start of the match. This decision cannot be reversed once play has started. If a decision to play for points is made, the forfeit no longer applies. No extra time will apply in such a case.

In the case of a team failing to have the necessary equipment available, the non-offending team may choose to lend their gear and play for points or request a forfeit. This decision must be made prior to the start of the match.

Venue Closure (i.e. Wet Weather, Extreme Heat)

The Convener must make a decision concerning commencement of play and any stoppages or cancellation due to inclement weather. Any such decisions should be made after consultation with coaches, managers and any school staff present. Where it is necessary to call off matches, the Convener is requested to **notify their school's sport staff** so the IGSA Sport venue closure page can be updated for players and parents to check.

The open or closed status of a venue can be checked by accessing the:

IGSA Sport mobile app: https://igsasport.spawtz.com/Leagues/VenueStatus

Point Scores & What Happens with Matches Cancelled Due to Venue Closure

In the case of a venue being closed during a match, any match that has completed one half will be considered played, and the score taken from when the match was stopped.

Matches that do not play, or are cancelled before reaching half time are considered cancelled.

The total point score at the end of the season for each team (before semis and finals if they exist), will be divided by the number of matches played. This result is then used to determine which teams play in semis and/or finals.

There are no points awarded for matches cancelled due to the venue being closed.

Point score

Win:	5 Points
Draw:	3 Points
Loss:	1 Point
Forfeit:	-1 Point
Forfeit Score For / Against:	5 – 0
Washed out matches	0 points

For and Against: We will continue the '**Capped Points'** system to encourage coaches to adopt the 'mercy rule' and to adopt the fairest strategy with regard to for and against points for final placings. Please note that the 'capped score' will only be in place when the IGSA Sport office records the official score. The points differential will be capped at 5 goals.

Match sheets

All students are to sign the sheets at the Convener's table **before** play. The sheets should not leave this area. At the completion of the match, team captains and umpires must report to the Convener to complete details of the match on the sheets.

The match sheets are to be sent in to the IGSA Office each round.

No student is to sign for another.

If possible, each team must make sure they have a **scorer to sit with the opposition scorer.**

Team Captains must sign the match sheet at the conclusion of the match to verify the score. Once both captains have signed the match sheet, no changes to the score will be made. If the result is in doubt, the convener is responsible for determining the final score.

Umpires

Students should be reminded that the umpire is in full control of the match.

Do not argue with the umpire at any time. **This also applies to coaches and spectators,** who are reminded that they are expected to behave in a manner which at all times reflects the ethos of the members' school of IGSA. **Spectators are not to approach umpires concerning any decision.**

Where umpires are not available at a venue, teams are responsible for starting their own matches and **sharing the umpiring of that match**. Extra time will not be allowed.

All teams will go on and off with the siren or bell, however the umpire has full control of the match and her / his call will indicate the start and finish of a match.

Schools travelling to Frensham should contact the P.E. Staff at Frensham a week prior to scheduled matches if they will be taking their own umpires.

Payment Information - Conveners

IGSA Sport will determine the payment for Conveners based on prior IGSA Sport convening experience.

Completed Terms of Service		1 – 3	4 – 6	7 – 19	20+
Sport	Max No of match slots	Payment per match slot			
Badminton	3	$37	$39	$42	$46
Tennis	2	$60	$64	$69	$77
Basketball	4	$30	$32	$35	$39
Football	4	$30	$32	$35	$39
Hockey	4	$30	$32	$35	$39
Netball	4	$30	$32	$35	$39
Touch	4	$30	$32	$35	$39
Water polo	5	$24	$26	$28	$31
Set Up / Pack Away Fee for all sports		$35 / round	$35 / round	$35 / round	$35 / round

- The number of match slots and fields / courts / pools used at a venue may vary each round. Conveners are only required if matches are scheduled at their venue.
- It is recommended that conveners allow enough time prior to the first match to set up and after the last match to pack away the venue.
- IGSA Sport will pay up to the maximum number of match slots at the venue plus a set up / pack away fee based on the draw and matches completed or partially completed.
- Conveners may, where required, umpire in addition to convening providing that convening at all times takes priority over umpiring. In this case, no more than $25 per match may be claimed for umpiring.
- Special exceptions can be approved by the IGSA Sport Staff and in consultation with the IGSA Accountant where possible.

Venue Closure Payments

	Convener
Closure during day of play.	Set up / pack away fee plus completed and / or partially completed match slots

Payment Information - Umpires & Referees

Basketball	**$18** Bench Duty (only where approved by IGSA Sport)	**$25** Unqualified but competent, Y1 or Y2	**$35** Y3, C or Y4	**$40** 1B or Y5	**$45** 1A or above
Football	**$20** Assistant Ref	**$25** Unqualified but competent	**$30** Level 4	**$35** Level 3	**$45** Level 2 and above
Hockey		**$25** Unqualified but competent	**$35** Foundation Support / Lead	**$40** Development	**$45** Advanced / Performance
Netball		**$25** Unqualified but competent	**$35** Nat C or District / Assoc. Badge	**$40** Nat B	**$45** Nat A / AA
Touch		**$25** Unqualified but competent	**$30** Level 1	**$32** Level 2 – 3	**$35** Level 4 - 6
Water polo	**$18** Bench Duty (only where approved by IGSA Sport)	**$25** Unqualified but competent	**$30** Level 1 / NSW C / Junior Badge / Community Level	**$32** Level 2 / NSW B / Development Level	**$35** Level 3 / NSW A / Senior Badge / Advanced or Elite level

IGSA Sport will determine payment per match based on the umpire / referee's level of qualifications. The number of completed terms of umpiring the same IGSA Sport will also be taken into consideration in determining the pay rate.

IGSA Sport will pay;

- A maximum of 2 umpires / referees for all completed or partially completed matches including forfeits occurring on the day.
- For football, 1 referee and 2 assistant referees.
- If there is only one umpire during the match, payment stays the same
- For basketball and water polo, a maximum of 2 referees & 1 bench duty per match where considered necessary. Note – bench duty will only be paid at multiple court / pool venues and must be separately identified on the convener's sheet and umpires' cards.
    - 1 court / pool venue – maximum 0 bench duty payment
    - 2 court / pool venue – maximum 2 bench duty payments
    - 3 court / pool venue – maximum 3 bench duty payments
- Special exceptions may be approved by the IGSA Sport Staff.

Venue Closure Payments

	Umpire / Referee
Closure during day of play.	Matches cancelled before completion are paid as completed. No payment for matches cancelled following venue closure

2026 IGSA Sport Term 3 Hockey Match Rules

Playing Saturdays

Term 3 (Championship)

July	25
August	1, 8, 15, 22, 29
September	5, 12 (Semis 1 v 4, 2 v 3 no playoffs), 19 (Finals)

Semis will be 1 vs 4 and 2 vs 3; the semis winners will then go on to play finals the following weekend. There are no playoffs in term 3.

Any grades containing NEGS and/or PLC Armidale teams may have Friday night fixtures or Saturday morning double-headers throughout the season to accommodate travelling teams.

Match Times

All games to be played as 4 x 12-minute quarters.

a) 2-minute breaks at quarter/three-quarter time, 5 minutes break at half time

b) No change of ends at quarter/three-quarter time

c) Timing of each break and subsequent quarter will be continuous.

e.g. following the first quarter, the clock will be reset to 14 minutes, with the game not restarting until clock reaches 12 minutes.

Saturday matches will be held at **8:00 am, 9:00 am, 10:00 am** and **11:00 am**.

Number of Players

A team must have at least 7 players available throughout the match or a forfeit is declared. A student may play no more than 2 matches on any one day except for semis & finals where they may only play in 1 match.

Match Management

IGSA Sport will allow the use of the stick above the shoulder in S01.

IGSA Sport will allow the "Tomahawk" shot in S01 only – see Safety section.

IGSA Sport will be playing the following 2015 FIH rules:

7.4 Change to Long Corner – When the ball is played over the backline by the defender unintentionally it will now be restarted at the 23 line, in line with where it left the pitch instead of the previous long corner spot.

13.2 If an attacking free hit is awarded just outside the circle it can be taken from that point and does not need to be taken back to the dotted line. The ball still needs to move 5m OR be touched by another player before entering the circle.

Green Card – S01, S02 and J01 only

A green card can be issued for a formal warning to a player for a minor infraction or unsportsmanlike behaviour (usually repeated, deliberate and dangerous actions, or foul language or descent). Receiving a green card results in a temporary suspension of two minutes during which the player's team plays short (one down) for that duration.

Umpires should tell the player's coach at what time the player leaves the field; the coach must monitor the two minutes and only after that time is up, can they re-enter the field of play. Girls being sent off must leave the field quickly; the two minutes starts from the moment they step off the field.

Goalkeeper Rule

A fully equipped goalkeeper (see safety notes) must be on the field throughout the match. If the goalkeeper's safety gear is not available the team may play without a goalkeeper but can play with 11 field players and no goal keeper. The only exception is when implementing mercy strategy (see mercy guidelines). The following rules apply in the interest of safety:

- When a penalty corner is awarded against the team playing without a goalkeeper – short corner is played out (allowing 5 field players defending short corner, consisting of two posties, one runner: who must run, the other two are outside goal area). Grades S01, S02, J01 & J02 must wear mandatory face masks for defending short corner. If short corner with no goalie, 5 players can defend the corner.
- If a team is playing without a goal keeper and there's a penalty stroke awarded against them, an automatic goal will be awarded to the attacking team.
- No player will be allowed kicking back privileges.
- Face masks are recommended when defending short corners.
- Players may not fill the role of the goalkeeper unless they are wearing all goal keepers' safety equipment

IGSA Sport will NOT be playing the following FIH rules:

14.1 Green Card – Two Minute Suspension

14.2 Breaking at Penalty Corner

9.7 Playing the ball with the stick above the shoulder (except S01)

We will continue our **'Capped Points'** system to encourage coaches to reduce large differentials in the score line and to adopt the fairest strategy with regard to for and against points for final placing. Please note that the 'capped score' will only be in place when the IGSA Sport office records the official score. The score differential will be capped at **5** goals.

Substitutions

Teams are allowed unlimited interchange. Late arrivals to a match may only enter the match as for substitutes. No substitutions are permitted during a penalty corner. Substitutions are allowed during the extra time period.

Equipment and Safety

a) All equipment must comply with the requirements as set out in to the current FIH rule book.

b) All players **MUST** wear properly fitted mouthguards.

c) All players **MUST** wear shin pads.

d) Goalkeepers must wear a full head helmet and body chest padding, pads and kickers. **IGSA Sport does not play FIH goal keeping rules.** IGSA Sport recommends the goalkeeper wears a throat protector.

e) Goalkeepers must have all protruding buckles covered or taped.

f) It is compulsory for face masks to be worn in grades S01, S02, J01 and J02 for penalty corners. If a penalty corner defender in S01, S02, J01 or J02 does not have a face mask they must go to half way and cannot defend the short corner. It is highly recommended that players in all other grades wear short corner face masks.

g) Correct hockey **footwear** with grip should be worn.

As matches are played on different surfaces, players are required to wear the correct footwear according to the venue and surface they are playing on or they may not be allowed to play. Check the hockey venue list for surface type.

Synthetic pitches - good quality cross-trainers with grip or astro turf shoes. **Note: You will not be allowed to play in football boots except on Abbotsleigh Synthetic.**

Grass pitches – football boots, good quality cross-trainers or astro turf shoes are allowed on grass fields and the Abbotsleigh Synthetic.

h) IGSA Sport **does allow** the "tomahawk" shot and the use of the stick above the shoulder in **grade S01 only.**

i) IGSA Sport **does not allow** the "tomahawk" shot at goal or the use of the stick above the shoulder for safety purposes in any other grade. A reverse slap or sweep shot along the ground towards goal is

acceptable but reverse side shots from the air at an angle will be penalised.

j) When playing on water-based pitches, the IGSA Sport convener and coaches, where possible, should ensure that the pitch has been adequately watered so as to not risk injury. The turf should be regularly re-watered at half time and fulltime of each match.

k) Coaches are encouraged to stay in the dug-out areas where provided, outside the fence line on a fenced ground or within a designated area during match play.

l) Jewellery items of religious or cultural significance may only be worn under the following conditions:

   i. The item is fully covered by tape or a similar protective covering and must remain covered for the duration of the fixture, and

   ii. The item and covering do not create additional risks to the student, teammates or opposition.

   Otherwise, there is no jewellery to be worn.

m) No casts and / or splints: A student wearing a cast or splint because of an injury may not participate.

n) Players are permitted to wear sports goggles, sports glasses or sports sunglasses as long as, in the opinion of the umpire, they pose no danger to the player or other players. The Optometrists Association of Australia has stated that children involved in sport, requiring assisted vision, should wear protective eyewear such as sports goggles or sports glasses with soft or flexible frames fitted with a plastic or polycarbonate lens. IGSA Sport recommends that players have a letter from their optometrist confirming glasses are suitable for playing sport.

Uniforms

a) Players must play in their nominated school sports uniform or hockey uniform. Please note that this may vary within a school where juniors and seniors wear a different uniform or a school is undergoing a uniform change.

b) Y07 players may wear positional patches to assist with learning aspects of the match. Schools with similar uniforms please check patches are a different colour.

c) Goalkeepers shall wear a shirt of a colour different from their own team and opponents.

Umpires

Schools who wish to take umpires to Frensham must contact Frensham no later than Tuesday of that week to let them know which matches they will cover.

Semis & Finals Rules

Where no semis or finals are played, the premiership will be "first past the post" and will be decided as detailed below:

- The position of teams is determined by their final ranking according to the final averaged points score at the end of the rounds.
- If teams have the same averaged points at the end of the rounds, the premiership will be declared "joint premiers".

In the event of a grade playing semis and / or finals the following will apply – semis (i.e. grades with 6 teams or less) will play 1 v 4 and 2 v 3 OR if it is a straight final it will be (1 v 2 and a playoff between 3 v 4). There will be no playoffs for teams finishing in 5^{th} – 8^{th} positions.

The following will be used to determine final standings and therefore the teams who will play in semis and / or finals:

1. The position of these teams is determined by their final ranking according to the average of the final points score at the end of the rounds.
2. If two teams have the same average points, it will revert to the winner of the match played between these teams.

3. If two teams have the same average points at the end of the rounds and the match between them was a draw or washout, the positions for semis / straight finals will then be determined by their match points (for / against) difference.

4. If three or more teams have the same average points, the positions for semis / straight finals will be determined by the difference between their for and against scores taken from matches played only between tied teams and averaged over the number of rounds played.

   i. If item 4 cannot determine necessary positions, teams no longer in contention will be removed from consideration and positions of remaining teams will be determined by the average points from matches played between only teams still in contention.

   ii. If 4.i. cannot determine necessary positions, the team that has the highest number of "for" points will be ranked highest.

5. If necessary positions still cannot be determined, the final rankings will be decided by a drawing of straws (undertaken by IGSA Sport staff), unless schools involved agree to play a tie-breaker fixture prior to the semis/ finals match weekend.

Match times for semi finals and finals for grades where extra time is allowed: 8:00am, 9:15am & 10:30am.

Venues: Finals will be allocated fields (turf/grass) that are consistent with round games (In the case of inclement weather, matches will be re-scheduled to all weather surfaces).

These games will be played as matches in earlier rounds with the following exceptions.

Semi-Finals: If the score is a draw at the end of regular time in SEMIS:

- **S01, S02 & J01 only** - extra time will be played as detailed below.
- All other grades - the team that finished highest in the point score at the end of the rounds will progress to the finals.
- If a draw still exists at the end of extra time, the team that finished highest on the table will progress to the finals.

Teams to play in the finals will be decided on the results of the semis and the winners of each semi will play in the final.

Finals: If the score is a draw at the end of regular time in FINALS all grades will play extra time as detailed below. If a draw still exists at the end of extra time, the teams will be declared Joint Premiers.

For Semis and Finals in S01 and J01: If the scores are equal at the end of regulation time, games to go to a 7-minute period of 11 v 11, followed by a best-of-five shootout (followed by a sudden-death shootout if scores are equal at the end of the shootout).

For all other grades, extra time will consist of 15 minutes sudden death (golden goal). Teams are allowed 30 seconds between the end of the game and the commencement of extra time. The first 7 ½ minutes, teams will play with 9 players. The second 7 ½ minutes, teams swap ends and play with 7 players.

When a venue is closed and the final is unable to be played, both teams will be declared joint premiers.

In the event of a draw in the finals, the teams will be declared Joint Premiers.

NB: *No player may take part in a semi-final or final unless they have played 3 competition matches*.

Hockey Mercy Guidelines

These are guidelines and can't be enforced upon a team, coaches are encouraged to consider some of the following strategies:

- Coaches may implement **to own team:** when the score is 6-0 or a goal difference of 6 (i.e. 7-1)
  - Changing player positions (swap defence and attack positions or have students play in positions

they are unfamiliar with to even up the abilities).

- Player drop-off: 1 player at a goal difference of 7 or 2 players at a goal difference of 8 or more.
- You may choose to remove your goalkeeper, however, in doing so will drop to 10 field players (see 'Goalkeeper Rules' for when playing without a goalkeeper).

2026 Term 3 Hockey Venues .....to be confirmed

Surface Type	VENUE	ADDRESS	SUBURB	NOTES for Parking & Access	Dogs Allowed Yes / No	Map Link
Synthetic	**Cumberland College (Bruce Pryor Hockey Field)**	East Street - Gate 2	LIDCOMBE	Parking fee applies or free parking on East Street	**No Dogs Allowed**	https://goo.gl/maps/1eZbjzbsyXy
Synthetic	**David Phillips (UNSW)**	Gwea Ave & Banks Ave	DACEYVILLE		**No Dogs Allowed**	https://goo.gl/maps/HjuPg
Grass & Synthetic	**Frensham School**	Range Rd	MITTAGONG	Take Mittagong turnoff, turn left opposite the Melrose Motel, cross railway bridge to Range Rd. Continue along Range Rd past the main school, follow road around to the left (approx. 250m), continue after a small cottage & take the next left into the school property. Cars and small buses are welcome to park inside Frensham grounds. **There is no parking available for large buses/coaches inside Frensham grounds.** Please drop off and pick up students and staff along Range Road (access to the Games Field/Hockey Turf/Sports Hall/Pool via the pedestrian gate located adjacent to Kennedy House – Frensham Students, Parents and Staff are happy to direct if needed).	**Must be on a leash and owner must clean up after the dog**	https://goo.gl/maps/VxNrAKMasdW1pEHW6
Synthetic	**Kuring-Gai Hockey Centre**	Ku-ring-gai Creative Arts High School, Bobbin Head Rd	NORTH TURRAMURRA	Grounds of Ku-ring-gai Creative Arts High School	**No Dogs Allowed**	https://maps.app.goo.gl/2UxL1jqnQaqc6Lty9
Synthetic	**Marang Parklands**	330 Captain Cook Dr	KURNELL		**No Dogs Allowed**	https://goo.gl/maps/a1yLPioxZe7dJw1x6
Synthetic	**MLC School**	Britannia Ave	BURWOOD	MLC School underground car park located on Britannia St Burwood. Please DO NOT park on the street.	**No Dogs Allowed**	https://goo.gl/maps/qQ6yv4qtWwbXRqVB8

Surface Type	VENUE	ADDRESS	SUBURB	NOTES for Parking & Access	Dogs Allowed Yes / No	Map Link
Synthetic	**Moorebank**	Ernie Smith Reserve , 101 Junction Rd	MOOREBANK		**Must be on a leash and owner must clean up after the dog**	https://goo.gl/maps/a2MHu
Synthetic	**Pennant Hills Park**	Brittania Ave	PENNANT HILLS		**No Dogs Allowed**	https://goo.gl/maps/Ez1Y9preC1dyuqxq7
Synthetic	**Pymble Ladies' College**	Mollie Dive Turf, Avon Road	PYMBLE	Enter via back gates (gate 3) at the end of Avon Rd	**Must be on a leash and owner must clean up after the dog**	https://goo.gl/maps/pNeETHvNZPbh9wjq5
Synthetic	**Sydney Olympic Park Hockey Centre**	Shirley Strickland Ave	HOMEBUSH	Please be advised the parking in P4 for hockey this season is Park, Pay, Play. To exit P4 car park a validated or paid ticket is required. Validation can be found in the Olympic Pitch Dug Out.	**No Dogs Allowed**	http://goo.gl/maps/XcwY4

Venue Closure Procedure and Guidelines

Due to the short season for all IGSA Sport competitions, every attempt is made to play the inter-school matches and cancellations of Saturday sport are rarely made before Saturday morning, unless a venue notifies IGSA Sport that the facilities will not be playable prior to this.

Procedure

If required, venue conveners should liaise with school sport staff or coaches to determine suitability for play. Where it is necessary to call off matches, the Convener is requested to notify their school's sport staff so the IGSA Sport venue closure page can be updated for players and parents to check.

Taking in to consideration that once a venue is closed, the venue does not reopen. The venue convener is only required to stay 30 minutes after the venue closure. If necessary, continue to liaise with IGSA Sport staff throughout the morning.

To find out if a venue is opened or closed go to https://igsasport.spawtz.com/Leagues/VenueStatus

You do not have to be registered to use SPAWTZ so students, coaches and parents can all access them from their smart phones, tablets or computers.

- ✓ Check venue closures (Click on the venue closures icon)
- ✓ Find matches for selected teams (including links to maps)
- ✓ Check results and ladders

If play has not been cancelled by IGSA Sport and there is a concern that the weather may impact on the venue, go to your venue and assess its suitability for play.

General Guidelines

- Play should not commence under any circumstance if there is a risk of injury to those involved.
- If conditions deteriorate during the course of the game / match such that it becomes unsafe to continue, play must cease immediately.
- If an outside venue (non school) is closed by the local council concerned, play must not commence.
- The **lightning safety code** is based on the 30 / 30 rule which calls for all play to be stopped when the lightning / thunder ratio reaches 30 seconds or less, i.e. the time between when the lightning is seen and the last thunder is heard is 30 seconds or less. This means that lightning is seen 10 km away and the next strike has a "significant risk" of hitting the people who have seen the lightning and heard the thunder. All participants must be aware that in the event of lightning, play must not resume until 30 minutes after the last lightning strike and thunder.
- All play must cease immediately if there is **hail**. All students, officials and spectators should seek cover immediately.
- Care should also be taken in the event of **extreme heat.** If there are any concerns or doubt, use refer to the "IGSA Sport Hot Weather Guidelines" or contact the IGSA Sport staff. After consultation with coaches, players and referees, extra drink breaks or cancellation of play should be considered immediately
- Care should also be taken in the event of **poor air quality.** If there are any concerns or doubt, refer to the "IGSA Sport Air Quality Guidelines" or contact the IGSA Sport staff. After consultation with coaches, cancellation of play should be considered immediately

IGSA Sport Hot Weather Guidelines

Each and every school has a responsibility to educate the participants concerning the steps to avoid dehydration and appropriate sun protection.

Procedure

STEP ONE: Altering the conditions of play.

Tennis	Allow additional breaks to drink and sun protect (shade) where possible.
Badminton	Allow additional breaks to drink and sun protect (shade) where possible.
Basketball	Allow additional breaks to drink.
Football	Allow additional breaks to drink and sun protect (shade) where possible.
Netball	Allow additional breaks to drink and sun protect (shade) where possible.
Hockey	Allow additional breaks to drink and sun protect (shade) where possible.
Water Polo	SMA suggests that NO changes to play are needed. Be mindful that indoor facilities for spectators and officials may be an issue with both temperature and humidity.
Touch	Allow additional breaks for drinks and play 4 quarters rather than 2 halves. Limit the number of 11.00am matches or where possible play no matches at 11.00am.

STEP TWO: Cancellation at the venue

Schools and venue conveners will assess the need to close the venue on a case by case basis. Interim measures provided by the SMA guidelines (below) should be considered prior to cancellation.

At an ambient temperature of 36 or above sport must STOP immediately. The normal rules concerning venue closure will apply. There will be no further sport at that venue for the rest of the day.

STEP THREE: Cancellation by the IGSA Sport office

In extreme conditions, the IGSA Sport office will decide in the interest of the players, spectators and official's welfare that sport be cancelled prior to the day of sport. It would only be for unusual "heatwave" conditions or variations from the average temperature for the time of the year.

This decision should not be taken lightly. The IGSA Sport office will make this decision in consultation with Heads of Sport and the Standing Committee guided by the Sports Medicine Australia (SMA) Guidelines.

SMA Guidelines

Heat exhaustion

- Characterised by a high heart rate, dizziness, headache, loss of endurance / skill / confusion and nausea.
- The skin may still be cool / sweating, but there will be signs of developing vasoconstriction (e.g., pale colour).

To avoid heat exhaustion, if people feel unwell during exercise they should immediately cease activity and rest. Further benefit comes if the rest is in a shaded area with some passing breeze (from a fan if necessary) and the person takes extra hydration. Misting or spraying with water can also help.

Heat stroke

- Characteristics are similar to heat exhaustion but with a dry skin, confusion and collapse.
- Heat stroke may arise in an athlete who has not been identified as suffering from heat exhaustion and has persisted in further activity.

Any collapsed athlete must be treated immediately. It should be assumed that any collapsed athlete is at danger of heat stroke. The best first aid measures are "Strip / Soak / Fan":

- strip off any excess clothing;
- soak with water;
- fan;
- ice placed in groin and armpits is also helpful.

The aim is to reduce body temperature as quickly as possible. The athlete should immediately be referred for treatment by a medical professional. Important: heat exhaustion/stroke can still occur even in the presence of good hydration.

Dehydration

Dehydration is fluid loss which occurs during exercise, mainly due to perspiration and respiration. It makes an athlete more susceptible to fatigue and muscle cramps. Inadequate fluid replacement before, during and after exercise will lead to excessive dehydration and may lead to heat exhaustion and heat stroke.

Outside temperature

Ambient temperature is the most easily understood guide available, and is most useful on hot, dry days

- 15 - 20 Low: heat illness can occur in distance running. Caution over-motivation.
- 21 - 25 Exceeds 70% Low – moderate: increase vigilance. Caution over-motivation.
- 26 – 30 Exceeds 60% Moderate: reduce intensity and duration of play / training. Take more breaks.
- 31 – 35 Exceeds 50% High – very high: uncomfortable for most people. Limit intensity, take more breaks. Limit duration to less than 60 minutes per session.
- 36 and above Exceeds 30%: very stressful for most people. Postpone and wait for cooler conditions (or a cooler part of the day) or cancellation.

OR

WBGT Temperature (WBGT) index. The WBGT is useful when humidity is high.

- < 20 Low: heat illness can occur in distance running. Caution over-motivation.
- 21 – 25: moderate to high Increase vigilance. Caution over-motivation. Moderate early pre-season training intensity and duration. Take more breaks.
- 26 - 29 High - very high Limit intensity. Limit duration to less than 60 minutes per session.
- 30 and above: extreme. Consider postponement to a cooler part of the day or cancellation (allow swimming).

The Bureau of Meteorology (BOM) produces ambient and WBGT readings for many locations in Australia. You can check these readings and a guide for the relative risk for your location at www.bom.gov.au/info/thermal_stress/index.shtml

IGSA Sport Air Quality Guidelines

Each and every school has a responsibility to educate themselves about the Air Quality Index (AQI) and its effect on sporting activities.

Procedure

Cancellation at the venue

Using the AQI available, all matches should be monitored on a regular basis by the venue convener or the host school's Head of Sport. If the AQI is "poor", warnings will be issued by the venue convener and the host school's Head of Sport to parents and athletes, that the conditions may pose a health hazard, particularly to those with respiratory or cardiovascular conditions. Venue conveners, in conjunction with the host school's Head of Sport, will decide to close the venue if the air quality is at a "hazardous" level. For this to happen, the AQI should be at 200 or greater.

The normal rules concerning venue closure will apply. There will be no further sport at that venue for the rest of the day.

Cancellation by the IGSA Sport office

In extreme conditions and using all available information, the IGSA Sport office will decide in the interest of the players, spectators and official's welfare that sport be cancelled prior to the day of sport.

This decision should not be taken lightly.

Guidelines

When pollution exposure is at low levels, the respiratory tracts usual defence mechanisms trap, transport and clear pollutants effectively. With elevated exposure, short-term accumulation can occur resulting in inflammation and this can exacerbate a number of health conditions with asthma being the most common in athletes.

When threatening or dangerous air quality levels are present, the AQI increases. The AQI is an accepted means of quantifying air quality by public health authorities encompassing:

- Air pollution levels at the nearest monitoring site or region
- The common contributing pollutants
- The overall health risk associated with a given rating.

The AQI is updated hourly and provides an easy-to-understand index. Current Air Quality

Attentive monitoring of the local AQI and associated air quality alerts, especially during times of extreme environmental conditions, is recommended.