

SEQ Junior league

What happens if I don't follow the rules at hockey?



When you are playing hockey there are 2 types of rules:

- The **game rules** that the **referee** is in charge of - from when the game starts until when you have left the playing surface at the end of the game after shaking hands and thanking the scorers
- The **code of conduct** that you agreed to when you registered to start playing hockey - this applies to both you and your parents.

Game rules

If you do something wrong, like tripping another player, the referee can either give you a penalty.

Accidents happen, so don't get upset if you get a penalty, even if you didn't mean to do it.

Your coaches and the referees are there to help you learn the rules of the game and what the signals mean.

Sometimes you might not agree with the penalty the referee gives you, just accept it and go to the penalty box without arguing or getting upset. Talk to your coach after the game about it. The referee can explain their call after the game too if you ask them politely about it.

A penalty might be for 2 minutes or longer, depending on what you did wrong.

Things like fighting, swearing or making rude signs, mean you could be suspended from (not allowed to play) one or more of your next games. If this happens, the referee will advise the inline hockey committee (ILHQ), who will then advise you and your club of the exact consequence of your behaviour. For some offences you miss one game, for others, it could be longer - the minimum suspensions are contained in the ILHA Rule book (Qld version available at <https://www.revolutionise.com.au/skateqld/inline-hockey/inline-links/>). If you disagree with the decision, you may appeal, but you can't play until the decision is reviewed and final consequences decided.

Code of conduct

When you joined inline hockey you (and your parents if you are under 18) agreed to the Skate Australia terms that include a code of conduct for players and one for parents (attached extract from [Skate Australia INC MEMBER PROTECTION POLICY BY-LAW 1](#)). Your club may also have a code of conduct that you agreed to.

There are consequences to not following these. A club may impose its own consequences or advise ILHQ of the behaviour and ILHQ may then impose a consequence. This may mean that you or your family and friends are asked to leave the rink. You may not be allowed to play in future game/s or your family and friends may not be allowed to enter the rink to watch future game/s.

Your behaviour is taken into account when selecting teams for other events such as National championships. For example, you may not be considered for selection for a Queensland team if you have had repeated incidents of bad behaviour at club games. For serious repeated offences you may not be allowed to keep playing hockey.

Examples of behaviour contrary to these codes of conduct when at these "junior league" games include:

- players refusing to shake hands or being rude to other teams players at the end of the game
- players throwing their stick when you get off the rink
- players fighting with or swearing at other players, referees or coaches
- spectators shouting or swearing at referees, coaches, players or other spectators.

**We all play inline hockey to have fun and make friends....
so try hard and play fair, and enjoy your time playing inline!**

SKATE AUSTRALIA INC PARTICIPANTS CODE OF CONDUCT

As an Athlete in any activity held by or under the auspices of Skate Australia Inc or a Member Organisation you must meet the following requirements in regard to your conduct during any such activity or event.

- Respect the rights, dignity and worth of fellow athletes, coaches, officials and spectators.
- Refrain from conduct which could be regarded as any form of harassment towards fellow athletes and coaches.
- Respect the talent, potential and development of fellow squad athletes and competitors.
- Care and respect the equipment provided to you as part of your program.
- Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
- Conduct yourself in a professional manner relating to language, temper and punctuality.
- Maintain high personal behaviour standards at all times.
- Abide by the rules and respect the decision of the umpire, match referee or other adjudicator, make all appeals through the formal process and respecting the final decision.
- Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
- Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.

SKATE AUSTRALIA INC PARENT / GUARDIAN CODE OF CONDUCT




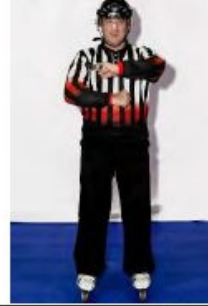






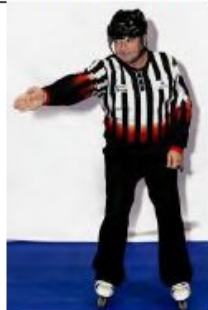

As a parent / guardian of a participant in any activity held by or under the auspices of Skate Australia or a Member Organisation you must meet the following requirements in regard to your conduct during any such activity or event:





- Treating your child the same irrespective of their result.
- Remembering that your child participates in Skate for their enjoyment not yours.
- Trying to have fun when you are around your children at competitions. Well-directed humour can be a great de-stressor.
- Looking relaxed, calm and positive on the sidelines.
- Making friends with other parents at competitions.
- Getting involved in appropriate ways if your child or the coach behaves in unacceptable ways during competitions.
- Letting the coach do the coaching.
- Understanding that children will benefit from a break sometimes and that involvement in other sports is okay.
- Being there when the child performs poorly. Be an understanding listener rather than a critic, judge or fixer.
- Being prepared to give your child some space so that they can grow and develop as an independent person.
- Letting your child know that your love for them is not associated with their sporting performances.
- Communicating with your child and asking them how they are really feeling about their sport and about competing in particular.
- Occasionally letting your child compete without you being there and hovering over them.
- Emphasising the good things your child did in preparing for and during the match/tournament.





Try to avoid:





- Saying "we're playing today". Instead say "you're playing today". Give your child credit for accepting the responsibility of performing.
- Getting too pushy or believe that you are indispensable.
- Living through your child's performances.
- Turning away when your child performs.
- Turning away when your child's behaviour is unsportsmanlike.
- Telling your child what they did wrong after a tough match/tournament/competition.
- Making enemies with your child's opponent(s) or family during a competition.
- Making your child feel guilty by reminding them about all the time, money and sacrifices you are making for their sport.
- Thinking of your child's sporting performances as an investment for which you expect a return.
- Badgering, harassing or use sarcasm to motivate your child.
- Comparing your child's performances with those of other children.
- Forcing your child to go to training. If they are sick of training find out why and discuss it with them.



Penalty Signals

Boarding	Body Checking	Butt-Ending	Charging
			
Strike the clenched fist of one hand into the open palm of the other hand in front of the chest	The non-whistle hand is placed on the shoulder and then moved out and to the side	A crossing motion of the forearms, one moving under the other	Rotating clenched fists around one another in front of the chest
Cross-Checking	Checking from Behind	Delayed Penalty	Delay of Game
			
A single forward and back motion with both fists clenched in front of the chest	Both open hands extended out from the body in a pushing motion	The extension of the action arm above the body with an open palm. Fingers are together	The non-whistle hand, palm open, is placed across the chest and then fully extended
Elbowing	Roughing	Goal Scored	Hand Pass
			
Tapping either elbow with the opposite hand	Fist clenched, fully extending the arm out from the body	Point at the net with the non-whistle hand	The non-whistle hand with and open palm pushed out away from the body

Misconduct	Match	High Sticking	Hooking
			
Both hands placed on the hips	The non-whistle hand placed on the top of the helmet	Holding both fists one above the other to the side of the body	A tug of both closed fists in toward the body

Holding	Interference	Kneeing	Penalty Shot
			
Grasping the wrist of the whistle hand in front of the body	Crossed arms with both fists closed in front of the body	The non-whistle hand placed on the knee with both skates on the surface	Crossed arms above the head with closed fists

Timeout	Spearing	Slashing	Tripping
			
Using both hands form a "T" in front of the chest	A single jab with both arms extending out from the body	A chop to the forearm of the whistle hand with the non-whistle hand	Keeping both skates on the surface swipe the non-whistle hand to the knee

Unsportsmanlike	Washout
	
Using both hands form a "T" in front of the chest	Both arms fully extended out from the body with open palms