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SPORT
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**CAMPUS
SPORT**

A photograph of two female hockey players on a green field. The player in the foreground is smiling and has green face paint on her cheeks. She is wearing a black jersey and black pants with white stripes. The player behind her is also in a black jersey. They are both holding hockey sticks. The background shows a blurred stadium setting.

HOCKEY

2016-17

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CAMPUS
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Welcome...

The University of Manchester Campus Sport Mixed Hockey League 2016-17

Hello and welcome to this year's Campus Sport Programme. Campus Sport activities are focused on providing an easy way for our staff and students to take part in sport at a level that suits you. Our very popular leagues provide an opportunity to be part of a team playing regular fixtures in a range of sports. We also have Our FREE participation programmes; Hall Sport includes many fitness based activities including supported training for users of the residential gyms. This offer is exclusively for students living in Halls. To register for over 30 hours of free sport please visit our website <http://www.sport.manchester.ac.uk/sport/hall/>

Our other new FREE programme called SPORTICIPATE and offers drop in sessions in a range of sports and activities. We are also planning some large scale SPORTICIPATE events and Learn To beginner sessions throughout the year. To register please visit the website.

<http://www.sport.manchester.ac.uk/sport/sporticipate/>

The SPORT Office staff are on hand if you have any questions about sport, health and fitness opportunities at the University and there is a wealth of information available online also at www.manchester.ac.uk/sport so there are no excuses for not getting involved!

Last year Woolton Hall won Division 1 again and Social Sciences won Division 2. The tournament was won by Woolton Hall, with the plate completion going to the All Star team.

I hope you enjoy taking part in the hockey league this year and look forward to seeing you around in the near future. Please feel free to use the details in the back of this handbook to contact me or this year's coordinator Jonathan Binns by phone or email or drop into the SPORT Office.

Best of luck with your season,
Andy Ellison
Sport Development Coordinator



First things first..!

As you are the captain of your team, you are the coordinator and staffs first point of contact with your team. The first thing you need to do after registering your team is attend the Captains Meeting.

Captains Meeting

This is the first meeting of all the captains and coordinator and SPORT staff members. This is a **VERY IMPORTANT** meeting as it allows us and you to meet the other important people in the league. This meeting will take place before the league commences.

The aim of this meeting is to:

- Meet the other captains
- Meet the league coordinator
- Have an introduction to the league
- Go over rules, fixtures and captain contact details
- Discuss officials
- Ask any questions.

If you cannot attend this meeting, you **MUST** send a representative.

General Information

All games will be played at the Armitage Centre on the artificial pitches.

Each team will be issued a set of fixtures that will ensure they play every team in their division twice, "home" and "away".

Registration and Insurance

All players have to be registered (£1 per player), this charge is included in the team registration fee; you will be provided with a team registration form. You must register a minimum of 16 players – none of which may be registered with another team in your division. Any player you wish to add to your squad after the initial submission of the player registration form will be charge £2 per player.

Your Team

Teams consist of at least 11 players, usually 10 outfield players and 1 goalkeeper. The Campus Hockey league is a mixed hockey league, and there are rules on male/female members. There must be at least FIVE female players, not including the goalkeeper, on the pitch at all times.

Female players cannot be replaced with male, except with the umpires and opposing captains' permission; ie if you have 4 women and 6 men, you cannot place an addition male player on the pitch without consulting the umpires and the opposing captain.

There is no penalty/reward for a captain allowing/denying an opposing team to play extra males.

Ringers

A ringer is defined as any player who is registered to play for another team.

Ringers are permitted only at the discretion of the league coordinator and must be registered.

To be allowed to play a match you must have at least 7 players registered to your team, and no more than two ringers.

PLEASE NOTE:

PLAYERS REGISTERED FOR DIVISION 1 TEAMS CANNOT PLAY FOR TEAMS IN DIVISION 2; HOWEVER DIVISION 2 PLAYERS CAN PLAY FOR DIVISION 1 TEAMS.

Umpires

The league umpires each week are volunteers from the teams, the schedule of which is detailed as below:

Teams playing at 2pm (4pm sem 2) must provide an umpire for a 3pm (5pm sem 2) game and vice-versa;

Teams playing at 4pm (6pm sem 2) must provide an umpire for a 5pm (7pm sem 2) game and vice-versa.

All teams provide one umpire every matchday.

*Newly qualified Umpires will be supported/mentored by experienced Umpires.

Failure to provide an umpire may mean the team responsible incurring a £15 fine (failure to pay will result in expulsion from the league). **Please ensure you have provided an umpire. If teams continually fail to provide an umpire then points will be deducted from their league total. This will be at the discretion of the league coordinator.**

As the umpires will be volunteers from the teams, it is important that they are fully supported so that they can give the best service to teams during games. It is also important to remember that many may have limited previous experience so players must be patient with any decisions they disagree with. For this reason, players and/or teams who are abusive towards any of the volunteers will be penalised.

Match Fee

Prior to each game, teams must give their **£6 match fee** to the league coordinator – this fee will cover the umpire cost and games will not start until the umpire has been paid.

Officiating

In order to support the hockey league and clubs, SPORT are looking to assist players in attaining a recognised umpiring qualification. If you or any of your team are interested in this opportunity please contact the SPORT office on campus.sport@manchester.ac.uk.

Times

Matches will take place at 4pm, 5pm, 6pm and 7pm. Please arrive on time. A 60 minute slot has been allocated and games need to be finished within that time. Time for a 5 minute warm-up has been included.

Games are 50 minutes long. This will be played as two halves of 25 minutes with up to 5 minutes between halves. The length of the half-time break must be agreed by both teams and the umpires informed. Games will be ended on the hour, regardless of the time left on the stopwatch, so the pitch is free for the next game.

Due to the length of the games, no injury time is scheduled.

Equipment

Goalkeeper equipment is available for your team and must be collected from the league coordinator prior to your match. If there is a clash of kit colours, bibs are available from the coordinator or Armitage reception.

Cancelling Matches

If a team cancels a match, the walkover score (10 – 0 win) will be awarded to the opponents. Teams who cancel matches may be charged the pitch hire for the hour (£35), plus the full referee fee if the cancellation notice is less than 24 hours before the game time. If a team cancels twice they risk being expelled from the league.

Failure to show

If the opposition fails to show for a fixture, then you may use that pitch time to practice and the walkover score will apply. If a team is more than 10 minutes late after the pitch booking time, then the game will be void and a walkover awarded to the team that arrived on time. This also incurs a £25 no-show fine.

If you cannot attend a match, by letting the coordinator know more than 24 hours before you avoid the no-show fine but still suffer a walk-over defeat.

Posting Results

Both teams must ensure the umpires have completed a scorecard. This card is handed to the league coordinator.

Points will be awarded as below:

- 3 points for a win
- 1 points for a draw
- 0 point for a loss
- 1 point for no show/late arrival

Scores and division tables will be available on the SPORT website via the address to the right.

End of season

The year finishes with an end-of-season awards evening, which all players, managers, coaches, captains, officials and supporters are welcome to attend.

Rules (summary)

1. Teams are allowed eleven players on the pitch at any one time. Substitutions are unlimited and permitted at any point (except during a penalty corner) but only with the umpire's permission.
2. Hockey is a NON-CONTACT sport.
3. Play starts with a centre pass.
 - a) Each team must comprise either:
 - i. A goalkeeper (wearing a different colour shirt and full protective gear) plus ten field players
 - ii. A player with goalkeeping privileges (wearing a different colour shirt and with protective headgear within the 23m area) plus ten field players
 - iii. A team comprising solely of field players (all with same colour shirt and no player with additional protective gear).
 - b) The field players must include at least 5 female players, the goalkeeper may be of either sex:
 - i. Where used, a player with goalkeeping privileges may be of either sex
 - ii. Where used, an eleventh outfield player (when no goalkeeper is included in a team) may be of either sex.
 - c) A bully will be taken to restart the game when play stops due to an injury or any other reason where a penalty or free hit are not awarded.
 - d) The ball may only be played with the left (flat) side of the stick.
 - e) Field players must play the ball with their stick and not use any part of their body.
 - f) Goals may only be scored from within the shooting circle.
 - g) If a team does not have a goalie then no short corners will be played. Play will restart with a free hit outside the D.
4. For safety reasons, no jewellery (excepting medical bands, which must be taped down securely and brought to the umpire's attention) or inappropriate clothing or footwear is allowed to be worn when playing.

Players found to be in breach of rule 4 will be asked to leave the pitch so that the game may be started and will return to the pitch only under the umpire's agreement. Time is limited so games will go ahead at the stated time regardless of the number of players on the pitch.
5. All players must be registered.
6. The decision of the umpire is final on all issues during the game.
7. Full FIH rules can be viewed and purchased via the England Hockey website www.Englandhockey.co.uk.
8. The rule allowing Own Goals has been removed from the rule book ie. **A strike from outside the D deflecting into the goal will be given as a long corner.**
9. **The ball cannot under ANY circumstances be played above the shoulder, and will be considered excessively dangerous play.**

Hockey is a safe game if played correctly and responsibly by all.

The captain's responsibilities:

As a captain, you are responsible for ensuring your team has all of the information necessary to take part in the league.

Prior to games

- Make sure all of your players are registered – to do so they must be listed on your team's player registration form.
- Make sure your players all know when they are going for a game, especially those who have not played before; it is a good idea to meet somewhere and travel to and from each game as a team, especially for personal safety on dark nights.
- Make sure your players have a copy of the fixtures and have contact details for each other so that, in the event of a problem, they are able to contact someone.
- Make sure your team is aware of their umpiring responsibilities and where possible recruit someone to be your team's nominated umpire each week.
- Read any information provided on the league website, by email from the Sport Development Office or the league coordinator and on each game day itself to keep yourself and your team informed.
- Ensure your players are wearing the correct footwear (suitable for the artificial pitch) and appropriate personal safety equipment.
- Ensure your players are all wearing the same colour top, preferably having two different colours to avoid team clashes.

At a game

- Notify the league coordinator when your team has arrived and hand in your match fee.
- If you are intending to do a warm-up, make sure you arrive in plenty of time so that you are on the pitch as soon as the previous game has finished; however, please don't practice at the pitch-side whilst a game is in progress as the ball may stray into the path of the players or umpires – thanks!
- Together with the opposition captain, make yourself known to the umpires before the game and notify the umpires which colour bibs each team is in and which team is taking the first centre pass.
- Ensure all your players understand what they can/cannot do in relation to the umpires and what is meant by unwelcome conduct. We all want our players to be enthusiastic but this needs to remain disciplined also, for the benefit of your game and the league as a whole.
- Ensure your players treat each other, their opposition and their umpires with respect – as a captain you must accept responsibility for your players' behaviour.
- Ensure your vice-captain (appoint one if you haven't got one,) is aware of these rules, in case you are unavailable for a game or have to leave the court for any reason.

After a game

- Cheer and shake hands with opponents.
- Hand back to the league coordinator any equipment you have borrowed.
- Along with the umpires, make sure the score has been filled in on a score card and sign it.
- Join your opponents in the pub for a celebratory/commiserative drink.

The Campus League is managed digitally on SportPad, you can check your teams progress in the league at <http://campussportmanchester.sportpad.net>



Above all, we hope that all players, teams and officials enjoy the mixed hockey league and we will work together throughout the year to ensure this.

If you have any questions or problems at any point about any aspect of SPORT at The University of Manchester, please get in touch with a member of SPORT staff, our details are towards the back of this handbook.

Conduct

SPORT expects all individuals and teams involved in sport to participate showing sportsmanship, respect, consideration and appreciation towards their opponents, teammates, officials and University staff at all times.

Under no circumstances should you react in a violent manner nor use any form of foul and abusive language, whether it is directed at a member of staff, match official, opponent, playing colleague, team official or spectator.

Individuals signing the player registration form are agreeing to abide by this code of conduct and will accept that any deviation from these rules will result in disciplinary action being taken by The University of Manchester. Please ensure you behave in a professional and responsible manner at all times.

Rules of Play

The Campus Sport league will be played according to England Hockey's rules and laws.

Players are reminded that umpires may issue cautions, warnings and even suspensions (temporary and permanent) for any offence committed and that SPORT will uphold any such disciplinary action.

Persons under the influence of alcohol or other intoxicating substances are not permitted to participate in sport activities at the University nor are these substances permitted on University Sports Grounds. Such action is a breach of Health & Safety policy and of the SPORT insurance policy terms and as such will result in disciplinary action by The University of Manchester.

Umpiring

The match umpire's decision on any issue arising immediately before, during or immediately after the game is always final. SPORT ask that players respect the match umpires and raise any issues with the league coordinator or Sport Development Officer for Campus Sport after the game.

Coaching Development and Volunteering Opportunities

For further information about how to get involved with coaching hockey or volunteering within hockey, please contact:

Sport Development Officer

Ellen Stephenson

sportsvolunteer@manchester.ac.uk

0161 27 56988



Campus Sport Hockey League 2016-17

Score Cards

The first name on the fixture list will be the home team.

Division	1 / 2 <i>(please circle)</i>		Date:		Time:	
Home Team				v.	Away Team:	
Scores	Home:		Away:		<i>Please use this space for any notes you wish to add about the game:</i>	
Winning team						
Captains (please print)	Home:			Away:		
Umpires (please print)	<i>Name: & Team:</i>			<i>Name: & Team:</i>		

Please ensure you hand the completed scorecard in to the league coordinator.

In the event of a walkover please indicate on the scorecard the team that failed to show; please do not include the 10-0 scoreline, this will be added automatically.

Hockey Calendar 2016-17

Date	Time	Activity	Venue
06/10/16	5.30pm-6.30pm	Campus Sport Forum 1	Armitage Centre, Firs Pavilion
09/10/16 – 11/12/16	2pm – 6pm	League (semester 1)	Armitage Centre
tbc	tbc (after Campus Forum)	Umpire Induction	Armitage Centre
w/c 05/12/16 (tbc)	3.00-5.00pm (tbc)	Campus League forum	SPORT (tbc)
09/10/16	9am-5pm	Umpire Course	Armitage Centre
05/02/17 – 26/03/17	4pm– 8pm	League (semester 2)	Armitage Centre
March/April 2017	N/A	Campus Sport Forum 2: <i>League feedback process</i>	<i>online</i>
w/c 20/03/2017 (tbc)	3.00-5.00pm (tbc)	Campus League forum	SPORT (tbc)
Easter (tbc)	10am-4pm	Mixed Hockey tournament	Armitage Centre
w/c 08/05/17 (tbc)	doors 7.30pm	Presentation Evening	tbc



Useful Contacts 2016-17

Campus Sport			
Name	Position	Telephone	E mail
Andy Ellison	Sport Development Officer, Campus Sport	0161 275 5991 07768122236	campus.sport@manchester.ac.uk
Jonathan Binns	Hockey Coordinator	07527 435223	campushockey@manchester.ac.uk
Armitage Sports Centre		0161 224 0404	arm.centre@manchester.ac.uk
Facebook page: The University of Manchester Campus Hockey – Link available via SportPad			

SPORT Office (<i>office hours 9.30am-4.30pm Mon-Fri</i>)			
Name	Position	Telephone	E mail
Reception		0161 27 54962	
Gail Heathcote-Milner	Sport Development Officer, Health and Fitness	0161 27 55985	health.fitness@manchester.ac.uk
Ellen Stephenson	Sport Development Officer	0161 27 56988	sportsvolunteer@manchester.ac.uk

The SPORT Office is situated on campus in William Kay House (top floor), opposite the Students' Union. If you have any problems with access to the office please phone for advice.

Sports Injury Clinic

at Armitage Sports Centre

Discounted physiotherapy for students and staff of The University of Manchester:

- *Sports-related injuries*
- *Work-related disorders*
- *CSP & HPC registered*

For appointments contact 07500 848796

www.physiotherapy-clinic.net

[Advertisement]

Connect Physical Health Centre

at Manchester Aquatics Centre

Physiotherapy, Sports Injury Clinics, Back and Neck Clinic, Massage, Acupuncture
For appointments contact (0161) 4346664
25% discount for students

[Advertisement]

Accidents happen!

Make sure they don't happen to you...

The safety and welfare of all players and officials is of the utmost importance and participants are strongly encouraged to take all reasonable precautions to ensure their safety on the field of play. Players should be correctly attired for activities so that risk of injury to themselves and others is kept to a minimum. Gum guards, head protection, shin guards, etc., should be worn where required by the safety standards set by a sport's National Governing Body.

All registered participants in Campus Sport are covered under the Campus Sport insurance policy (*provided by a University policy, please ask if you require further details*). SPORT recommends all participants in sport and fitness activities at the University purchase additional personal insurance cover in the event of any accidental injury or illness as a result of activities undertaken. Please be aware that football style shin pads will not protect against a hockey ball very well, they are too small and too thin.

