



## *Indoor Hockey*

### *What is Indoor hockey?*

It's pretty self-explanatory really. Special hockey sticks, balls and goals are provided so you can play hockey inside. This is a fast paced game for six a side and is enjoyed by all ages.

### *It's all yours*

Our staff will provide you with instructions and all the equipment you'll need to run this activity. For clients staying onsite this activity is free of charge. Any damage cause to gear or Tui Ridge property would be charged to you. For an additional cost a Tui Ridge instructor can be provided.

### *What do I have to wear?*

We advise sturdy clean shoes, relatively comfortable fitting practical clothes.

### *Who can use it?*

Any group hiring our facilities can have access to our indoor hockey gear and is available on any day of the week except Saturdays and subject to booking availability.

### *Contact details*

You can contact us by email at [tuiridgepark@xtra.co.nz](mailto:tuiridgepark@xtra.co.nz) or fax us on 07 332 3540 or just plain old fashioned call us on 0800 TUIRIDGE, we would love to hear from you.



**INDOOR HOCKEY PROCEDURES**  
**This is an adult supervision activity**

*DESCRIPTION*

Indoor Hockey is a game for two teams of up to six. The object of the game is to score as many goals in the oppositions goal as possible in a set amount of time.

*GROUP RESPONSIBILITIES*

Adults should make themselves familiar with the rules of play found in the indoor hockey gear bag  
Sufficient adult supervision of the activity must be maintained at all times

Group leaders are responsible for pointing out any hazards

Any property damaged while participating in the activity will be charged to the group accordingly

Activity must take place indoors in either the dining hall or lecture block Group leaders are solely responsible for the safety and well being of all the group members during activity

If shoes are to be worn during the activity they must be clean form all dirt and be of a sort that will not mark the carpet

Only the ball or puck provided in the gear bag are permitted to be used

Any damage that occurs during the activity must be reported to Tui Ridge staff as soon as it occurs

*TUI RIDGE PARK RESPONSIBILITIES*

Tui Ridge Park will point out possible hazards, if any, to group leader prior to activity

Tui Ridge Park will ensure that all gear is kept in good condition

Tui Ridge Park will explain the rules and ensure a written copy is also in the gear bag for groups reference

*DISCLAIMER*

I the under signed have read and understood the procedures for indoor hockey and here by declare to maintain that all requirements are known and followed by all participants.

Signed: \_\_\_\_\_(Group leader) Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Group name: \_\_\_\_\_

# INDOOR HOCKEY RULES

## *Description*

Indoor Hockey is a fast paced game consisting of two teams of up to six players each. Each team must attempt to score as many goals in the oppositions goal as possible within the time allotted.

## Set Up

- ❑ Place ball or puck in centre of hall
- ❑ Set up goals at either end of hall. (Don't forget to attach the crossbars to the goals. These are kept in the gear bag)
- ❑ Ensure that there are no obstructions in the field of play
- ❑ Two teams are divided by the colour of their sticks (Black and White)
- ❑ Assemble teams at either side of playing area and nominate a goalie

## *Rules of play*

- ❑ Game starts at centre with "hockey 1, hockey 2, hockey 3" with one player of each team
- ❑ There is no off side
- ❑ There are no outs
- ❑ If the ball/puck gets stuck under a chair or gets outside it then becomes a free hit to the team in which side the ball/puck is on
- ❑ Goalies are no permitted to lie in front of the goal. They can only defend the goal with their stick
- ❑ When hitting the puck/ball, the stick must not be raised above the players knee. This is considered *dangerous play* and the opposition is awarded a free hit from halfway
- ❑ The ball/puck being hit above a players waste is considered *dangerous play* and a free hit from halfway is awarded to the opposition
- ❑ Tui Ridge Park recommends a style of play that consists of 4 quarters of 4 minutes a side giving a total time of play of 16 minutes
- ❑ A goal is worth 1 point
- ❑ Team with the most points wins





## *Safety Action Plan* Indoor Hockey

What could go wrong?	What could cause it to go wrong?	How could we prevent it from going wrong?	Whose responsibility is it?	When/where will it be done?
Sprained ankles, knees.	Slippery floor/surface	Check surface of playing area Wear appropriate footwear Clear instructions/supervision	Tui Ridge staff and group leaders	Prior to activity by TRP staff and during activity by leaders
Balls/pucks hitting faces.	Over excitement/poor supervision	Close supervision of activity	Leaders	During activity
Collisions of players Concussion	Players running into each other at kick off and during game	Keep game under control. Follow TRP Mass soccer rules	Leaders	During activity
Gear and instructions/rules missing	Gear not checked	Check gear prior and after use for damage and missing items	Tui Ridge Staff	Prior to and after activity.
Toe nails being ripped off	Not wearing footwear	Players should wear covered footwear, i.e. sneakers	Group leader	Briefing before activity
Hockey sticks hitting faces or other body parts	Sticks being raised too high	Players must keep sticks lower than their hips when hitting the ball/puck		



## *Safety Action Plan*

### **Emergency Action Plan**

- Stop the game
- Assess the patient administer first aid if injury is not serious
- If serious injury contact Ambulance service via Tui Ridge office
- Do not move patient
- Continue activity if appropriate after patient is treated

### **Instructor requirements**

- Group leadership skills
- Understanding of TRP indoor hockey procedures and rules

### **Pre activity check list**

- Check all gear, rules are present and accounted for
- Pass on instructions to leaders

### **Additional requirements/Qualifications:**

None