

**INLINE HOCKEY SCHOOL LEAGUE DEVELOPMENT PROGRAMME**



This manual has been developed to provide a resource for clubs to assist them in developing social and / or school leagues in their local communities.

New Zealand Inline Hockey Association is a firm believer in a grassroots programme that offers inline hockey into local schools as a means to develop and encourage young players into the sport. Inline Hockey will add to the variety of sports available and provide an experience that will stimulate growth, development, fun and fitness for both male and female players.

Initially the development initiative for inline hockey must come from clubs, as they have the resources and contacts

to encourage the growth in their own communities.

- Volunteers ( Club Members)
- Knowledge
- Coaches
- Existing players

**Active Promotion of Inline Hockey by local Club(s)**

The school is considered a key environment for encouraging and preparing young Kiwis for participation in sport.

Using this development guide, clubs should see an increase in their membership provided the club is prepared to encourage their volunteers to help initiate the programme development in their local community.

The Club Inline Hockey programme should offer advantages to both schools and inline hockey by providing:

- Opportunities to celebrate your school's achievements in sport and physical activity.
- Opportunities for your students to experience a new and exciting team sport
- Opportunities for your students to develop an interest in Inline Hockey and participate at a higher level.
- Opportunities for feature articles about your school's programs and initiatives in local publications

Many clubs have access to either a training facility or their own/rented rink facility. Other options for venues include, requesting use of local council stadiums, some older stadiums are sufficient for a school league, however in time larger premises may need to be found.



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### Increased Club Income

By setting an affordable player fee, both the club and the participant can gain. The club will gain, financially once the league develops and depending on numbers. For example an income of approximately \$10,000 can be gained from a player pool of 400 players @ \$25/ each per league ( based on an 8 week programme or running for a school term) Funds can enable the league to be self supporting, provide rental for additional facilities, assist with the purchase of pucks, goalie gear etc...



**Note:** It is important that all registrations for your school/social league are provided to NZIHA for their database. These social players need not initially pay a “national” registration fee, however the numbers playing are important for record keeping of numbers of players playing the sport in New Zealand.

## IMPORTANT POINT

An important point to remember when starting off your school league is not too expect too many teams for your first league sessions. Starting off with a smaller group will still reap rewards. Aim at setting up with up to 10 teams, once these kids get “hooked” and parents see their kids enjoying the game, “word of mouth” will be your best advertising tool for your next league sessions.

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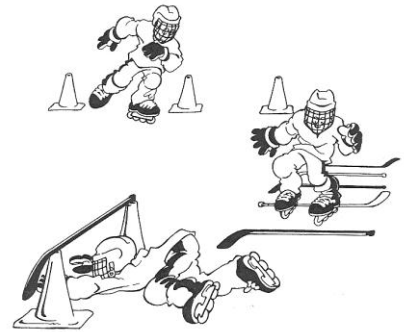
### **School League/ Social League Beginner Inline Hockey**

The first "taste" of inline hockey for the beginner player must include

- Having fun
- Development of basic skills
- Building confidence

There is a good chance the player will go on to enjoy inline hockey at a higher level for many years.

If a beginner player has an unhappy, unrewarding experience that chances are that he or she will quit at an early age and never discover the real enjoyment of the game at a higher level.



### **Goals and Objectives**

The main goal is to make the beginner's first impression of Inline Hockey a good one. When players get started on a positive note they usually enjoy the game and go on to have fun playing the game for many years.

A beginner programme should stress fun and progressive skill development to the point where the player will be capable of advancing to the next level.

The programme introduces the players to the concept of cooperation, sportsmanship and fitness and is designed to give each participant a sense of personal achievement.

The objectives are:

- To teach grassroots athletes the basic shooting, passing and puck handling skills required to play the game of Inline Hockey.
- To develop a basic knowledge of the rules, scoring and refereeing.
- To develop an understanding of basic teamwork through participation in a structured activity with simplified rules.
- To improve physical fitness while having fun playing Inline Hockey.
- To refine basic motor patterns
- To promote the concept of cooperative play and sportsmanship.
- To encourage self responsibility

### **How to set up a League**

Schools are especially a major source of potential players. It has been found that current club members with an affiliation with local schools can be utilised initially in helping promoting the sport to the school and its students. Help can also be provided in the formation of teams, schools appreciate this task being taken on by a parent as their own resources are stretched. Once the players are established in teams other parents can also be encouraged to assist with managing teams and coaching.

### **How to Make Contact.**

There are several ways this can be achieved. There is a NZ schools database available on the web. This excel file can be downloaded and then edited and sorted to give you all the contact information for schools in your community.

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The website address is: <http://www.minedu.govt.nz> ( search for school database "csv" file)

**Note:** there is a lot of information in this file that once downloaded and sorted can be edited leaving just the school contact details. Also be aware that in some cases information may be out of date, however it is a good starting point.

1. If the School/ Social League and the sport is being introduced for the first time it is important to make contact with the School Administration and Sports coordinator( if available) with an outline of inline hockey and what the students can expect to gain from participation.
  - a. Do your homework ( know who to ask for at the school, make an appointment)
  - b. Have a breakdown of costs for participation
  - c. Provide information on expected game days and skills camps
  - d. Develop a schedule around other traditional sporting days so as not to conflict with players and parents other commitments.
  - e. Encourage Sports coordinators (where available) to become involved (remembering that many have long histories with the more traditional sports so expect some level of hesitation)
  - f. Offer demonstrations utilizing existing club players who are good examples to students of what can be achieved with practice. Use your club rep or NZ rep players if available.
  - g. Don't give up
  - h. Seek parental assistance where parents of club players have a "connection" with the school.
  - i. Offer to assist with coaching initially and host coaching clinics for parent to enable teams to eventually have their own coaches. Regional Sport Trusts should be contacted and advised of your club's commitment to training coaches, this will add to the regional "pool" of certified coaches.
  - j. Point out the ability of teams to be made up of mixed gender players. (equal opportunity for male & female players to play together on the same team)
  - k. Ensure the league offers different levels of play ( based on age groups ( ie primary aged students, intermediate, high school etc) It may be necessary to have some of these grades divided further based on skill levels. Run the first week of games as grading games to grade the teams if necessary.
  - l. Ensure contact is on a regular basis, gather email/ fax contacts from parents/schools/ coaches/managers etc..for the game schedules to be advised to.
  - m. Allow the school team administrator plenty of time to get the team(s) organized before the start of the league competition.
  - n. Provide Entry Forms and Information about Skills Camps with dates, venues, fees etc. ( Camps can be run alongside league games, for example league on week nights and camps in the weekends.
  - o. Be flexible in allowing new players into teams once the league has commenced – you will find that initially teams may be lacking in numbers, however once word gets out and the players are enjoying themselves other will want to join in.
  - p. Try to ensure that teams are made up of "same school" students, however offer the ability to form "make-up" teams where schools may not have

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enough players to form a team. It is useful if the League coordinates this to ensure teams are not “stacked”

### Team Makeup etc

- Allow teams to be made up of minimum numbers
- Encourage teams to rotate the goalkeeper position
- Encourage teams to wear numbered player jerseys
- Teams are required to wear the “same” coloured playing top, this can be a hockey jersey, tee shirt, sports top etc.



### **MINIMAL NECESSARY EQUIPMENT**

Stress the need for minimal starting equipment, most kids have bike helmets and soccer shin pads at home. Street skates can be picked up from second hand dealers, or garage sales. Players will require a hockey stick – check out known suppliers for a cheaper supply to start your league off and offer them at cost. Use a “soft” puck to minimize injuries.

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### Summary Steps for Introducing Schools to League Inline Hockey

<b>Step 1</b>	Seek out a complete list of all schools in your area, including contact names and phone numbers for Principal, Sports Coordinator etc
<b>Step 2</b>	Prepare your paperwork and get in touch with the school contact, make an appointment and explain your intentions. Encourage a "lunch-time" meeting with students and staff – set a day & time for this at initial meeting.
<b>Step 3</b>	Read the paperwork you are providing, ensure the facts are correct, don't make it too wordy, describe the benefits to students, brief history of the sport and your club achievements. Be prepared for questions and provide accurate answers. Have ideas in place to excite the school contact, you are the advertisement and spokesperson making a first impression.
<b>Step 4</b>	Be prepared to accept small teams – don't specify minimum numbers as the school may not think this is achievable. Allow for individuals who may be interested and ensure they can join a team if there is not enough interest from their own school.
<b>Step 5</b>	Prepare a flier/ brochure and request permission for these to be sent home with the students, have these ready at the first meeting to hand on to the school. A bit of guesswork is needed for printing numbers, however make a good estimate ( eg 100 per school) and supply more if required. Alternatively – have an advert ready for the school newsletter.
<b>Step 6</b>	Follow-up with the school in a few days, be prepared to "help" the school with meeting set-up etc. Offer support!
<b>Step 7</b>	Ensure any further information requested is provided in a timely manner.
<b>Step 8</b>	Advertise. Encourage local news media to place an article in the local paper, offer recruitment "officer" contact details
<b>Step 9</b>	Be selective when taking club players into schools, ensure they are "good" examples of club players, have them wear a selection of uniform ( ie club jerseys, regional and national rep jerseys – so the students can see the possibilities. Have players "talk" briefly to students about their inline hockey experiences, how they started, years of playing and representative accomplishments ( where available etc) Be brief – not too drawn out...

### **Suggested Handout Information for Schools**

Create a Brochure covering the following points:

#### **Inline Hockey It's New, Its Fast, It's Here**

( Insert Club Name) Inline Hockey Club have initiated a "beginner" Inline Hockey Programme. This programme is available to all schools in (your area) and has the support of the New Zealand Inline Hockey Association. The beginner programme is designed to allow individuals to experience this exciting sport on roller blades.



#### **What is Inline Hockey?**

Inline Hockey is similar to Ice Hockey but has its own playing and coaching strategies, its own rules and its own philosophy of play.

Inline Hockey is a non-contact sport and this has been a contributing factor to its growth and popularity particularly with younger players and parents.

Inline hockey crosses the bounds of gender and age with divisions from Under 10 to Masters, however at club level female players may elect to play for a Women's team once they get older.

#### **What will be gained by participating?**

The ( insert club name) Club have developed a "beginner" Inline Hockey Programme to make a students first contact with Inline Hockey a safe and positive experience.

- It is a structured, learn to play inline hockey programme designed to introduce beginners to the game's basic skills.
- It enables participants to become contributing members of a team effort, develop self-confidence and experience a sense of personal achievement.
- Provides an atmosphere of fun and an introduction to the concepts of cooperation and fair play
- The beginner programme incorporates the most current and innovative ideas gathered from experienced players and coaches to ensure a viable and exciting student involvement.
- To develop an understanding of basic teamwork through participation.
- To create and refine basic motor patterns
- Develop in students an understanding and appreciation of Inline Hockey as a team sport
- Provide students with some basic skills and knowledge of the game
- Enhance your school's Physical Education Programme
- Enhances the physical, social-emotional and cognitive development of students
- Enhance the development of co-ordination skills and provide stimulating exercise for the students.
- Teaches students the skills needed to develop, maintain and self-assess fitness and health and prepares them for lifelong participation.
- Gives students the gifts of lifelong fitness and health and the motor skills they need to experience the joy of physical activity.

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- As Inline Hockey is a game of strategy, practice will also develop strategic skills.
- Develop links between schools and the local rink(s) so that students and teachers can continue to play Inline Hockey as a form of recreation in school time.

### Programme Focus

- Developing basic inline hockey skills
- Skating
- Puck Handling
- Stopping
- Passing
- Turning
- Shooting
- Playing the game



### Overview of the Game

The object of the game is similar to any other team sport: score more goals than your opponent. Goals are scored when a player shoots the puck into the opposing team's goal (net).

Inline Hockey is a fast-moving sport played with four players and one goaltender, for each team on the playing surface. The game is usually played in an indoor arena, however it can be played outdoors subject to a smooth surfaced playing area with boards surrounding the playing surface. The game creates many scoring opportunities with continuous action – both body checking and fighting are illegal.





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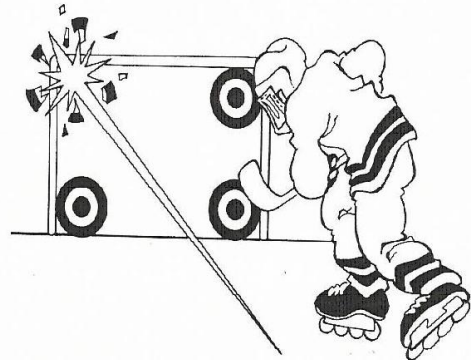
### **Inline Hockey Session Modules – a Guideline**

**Initial Presentation** ( if allowed to make a presentation to the school the following points can be used as a guide)

- Introduction and history of Inline Hockey
- Differences between recreational skates and a hockey skate.
- Inline Hockey gear presentation and demonstration
- Video presentation
- Demonstration ( if suitable area)
- Have a go with sticks and soft pucks ( if suitable area)
- Hand out information brochure

**Weekend or After School Day Camps** ( unless you are able to achieve this in school time)

- Introduction and development of basic skills using club experienced players for demonstration and assistance. Break up the players into smaller groups ( initially on age) and have club players and a coach assigned to work with each group. Rink space can be better utilised using this format, up to 6 or 8 groups can be working at the same time subject to rink size.
- Have your club coach and players concentrate on the following basic skills:
  - Forward/ Backwards Skating
  - Crossovers
  - Tight turns
  - Pivoting
  - T-Stop
  - Hockey Stop
  - Passing
  - Shooting
- Session length up to 1.5 hours and ending with some scrimmaging. Divide the players up into teams ( either mixed or similar age groupings and play some “fun” games to enable the students to get a feel for the game using the skills being learned.)
- Need to offer camps over at 2 week period as a minimum.



### **League Tournament**

- Advise dates to schools, including entry form, player fee and closing date for entries.
- Advise schools how many weeks the league will run and give specific dates for “league nights”
- Encourage schools to advise their students via newsletters etc, however it is a good idea to have a backup plan (using parents etc to follow-up in the schools) Get parents to offer assistance in calling a “lunch-time” meeting for interested students. ( if no school co-ordinator available)

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### Programme Details

- Advise how long the programme will run ( ie for 4 weeks or 8 games, each school term etc... )
- Advise what equipment is needed by players and what will be provided by the programme organizers.
- Advise that the programme can be modified depending on the availability of students. (ie more games can be scheduled in, more camps can be offered etc..)
- Players will be trained at camps by Club approved coaches and players.
- Programme is designed around school aged students (Years 1 – 13 participating) Camp participants will be graded initially on age/ year groups.
- Schools encouraged to include parent involvement to provide transport, attend coaching sessions and manage teams.

If camps are requested in school time, the school is required to provide a staff member to attend with students. Staff members are welcome to attend any camp schedule and encouraged to join into coaching sessions if desired.

### Inline Hockey – Who is involved

#### Goaltender

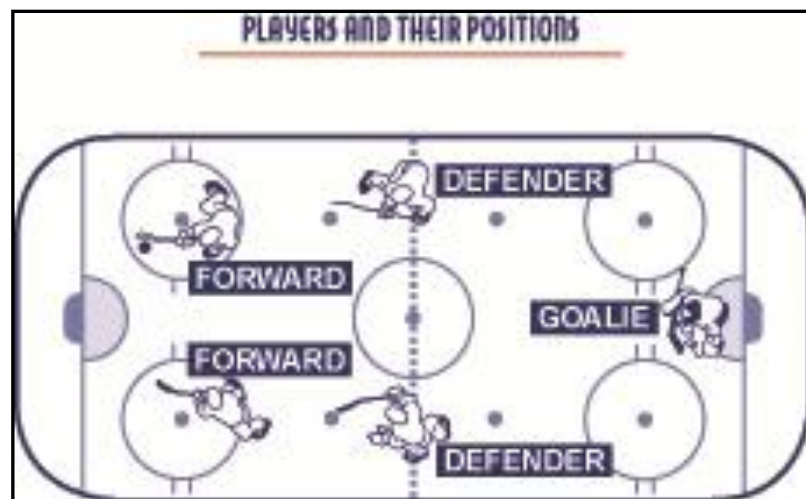
The goaltender's (more commonly referred to as the "goalie") main responsibility is to keep the puck from entering his/her team's goal.

#### Forwards

Generally, forwards are responsible for both scoring goals and creating scoring opportunities when they have possession of the puck.

#### Defenders

The role of the defender is to keep the opposing players from entering favourable scoring areas, preferably stopping the opposing players before they can get a reasonable scoring opportunity.



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### Team Numbers and Game Timing

The team can be made up of up to 16 players ( maximum), this includes 2 goalies. In social games where time is also limited it is recommended that there are not more than 10 players in a team including the goalie to ensure that all players get a good amount of rink time.

The social game timing may need to be reduced to 13 -15min halves or a timing format that allows plenty of games to be held.

Players need to experience as much time on the rink as possible. The game allows for players to be constantly subbed off and on the playing surface. Teams with more players may find that players loose interest if "on the bench" for long periods of time.

### The Playing Surface

The playing surface can be;

- 1) a school gym,
- 2) sports arena or stadium

as long as skates are allowed on the playing surface. The floor can be tiles, wooden, concrete or synthetic, basically any smooth surface can be used.

The game starts from the centre "face-off" spot in the centre of the playing area. This spot is used every time a goal is scored and also at the beginning of each period of play.



Club Inline Hockey is played on a rink/arena. A rink consists of a playing surface that is surrounded by a boundary ( commonly referred to as the "boards". The boards are designed to separate the players from the spectators as well as define the rink surface and keep the puck in play. Games are played indoors on very smooth surfaces. The playing surface is marked with special lines that help the referees officiate the game according to the official rules.



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### Equipment Needed

#### Players

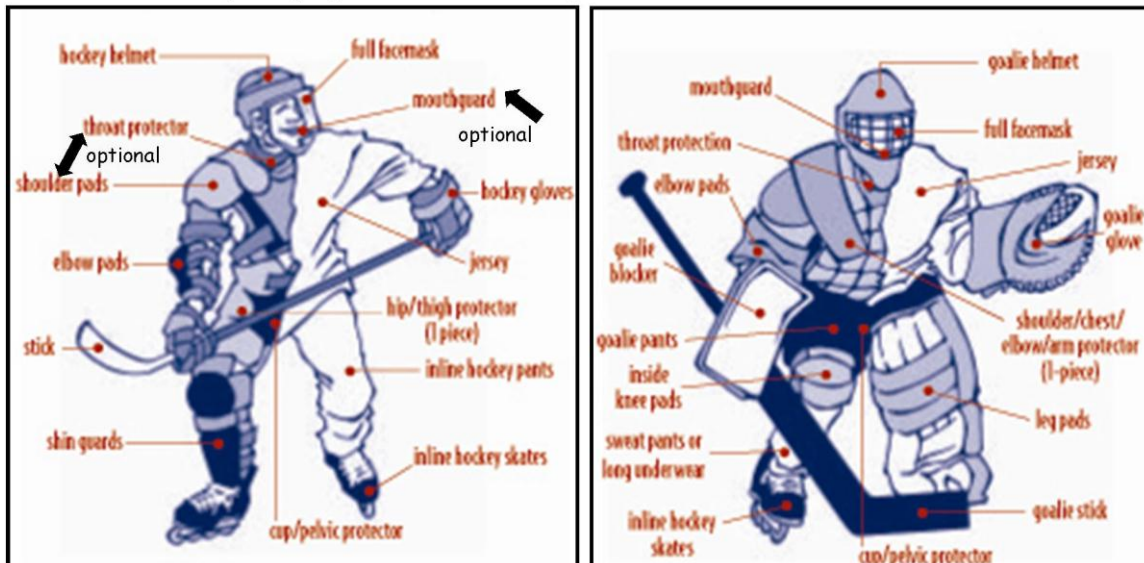
Skates  
Safety Gear  
Hockey Stick  
Numbered playing jersey

#### Goalies

Skates  
Goalie Gear  
Goalie Stick  
Numbered Playing jersey

Safety Gear for Players and Goalies ( some items are optional)

### *Inline Safety Equipment for Player and Goalie*



At a beginner/ social level some equipment is non-compulsory, however game pucks may need to be changed to the soft plastic versions if full safety equipment is not worn by all team members.

Bike Helmets , low cost gloves, shin protection and elbow protection and a mouthguard can be purchased for beginners while participating in beginner/ social leagues.

Once a player decides to join at club level, full protection gear according to the rulebook is compulsory.

In general a lot of "beginner" players have most of this equipment at home. For beginners the safety gear does not have to be specifically designed for inline hockey, however it does need to provide protection in case the player falls. ( Hands, Heads, Knees, Elbows need some form of protection during play)

### Other Information

#### The Referee

A referee is a person who controls the actual play of the game by using rules of the sport to make judgments on rule infringement, calling goals scored to the scorebench, ensuring the game is played in the "spirit" of the rules and that athletes are safe while on the playing surface.

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Referees wear a black and white referee jersey and are also required to wear helmets.

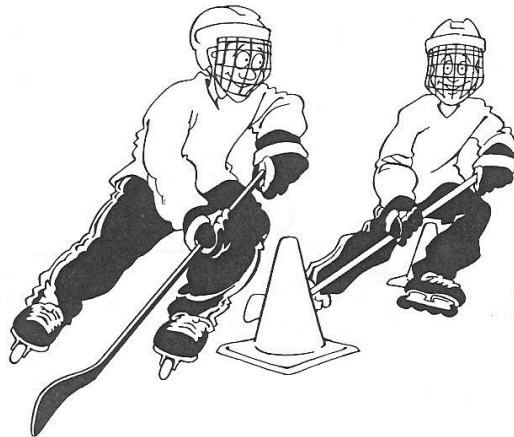
### **Scorer/ Timekeeper**

The **Scorer** is in charge of filling in the score sheet, keeping the score of the game on the direction of the referee. He/she will also keep a record of all penalties, and records goal scorer jersey numbers and shots on goal (both saves and goals conceded)

The **Timekeeper** runs the clock to keep a record of the game time played. Generally this is done using an electronic timing device.

### **Pucks**

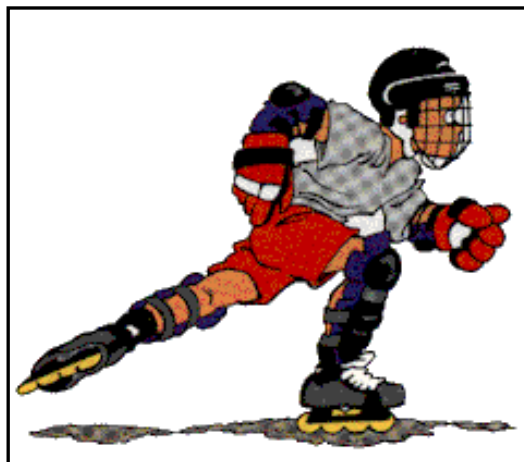
Both soft and hard pucks can be used. In social leagues where players may not have full protection a soft puck will be used in game play. If all team members do have the required safety gear including full face helmets a hard puck may be used. Soft pucks are hollow and made of lightweight rubber which assist in preventing injury when full protection is not worn.



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### The Levels of Play

1. School/ Social League is an introductory level to the game where participants can experience the sport with out the necessity for full safety gear. These leagues may also offer "learn to skate" classes and skills camps where players can increase their knowledge and skill level.
2. In-House Leagues are generally offered by local clubs. Players can play on a casual basis, be put into age grade or mixed grade teams to experience the game at a higher level of skill.
3. Club Level participants **MUST** have full safety equipment and have made a commitment to play in a age grade team. These club teams will enter a regional league for the "season" playing most weekends. League is a sanctioned event which is governed by national body guidelines and teams play other clubs within the region for points to enable the top teams to be determined by the end of the league.
4. National Level participants are players who have played for a team who have gained placement to compete against other club teams at NZ National Championships.
5. Inter-Regional Level players are selected by the end of the season to represent their region in a national inter-regional championship. This competition includes both Junior Women ( U16), Senior Women and Masters grades along with age grade teams from Under 12 to Under 20 years.
6. International Level players are New Zealand representatives. Players are selected after Inter Regional Championships and can compete internationally against Australia ( normally an annual event). There is the possibility of entering other international events in various parts of the world. NZ teams have participated in international events in Europe, USA, Canada and Australia in previous years. Grades competing at this level are from 14& Under and older and also include Junior Women, Senior Women and Masters.



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### **Beginner Hockey Sessions – some “pointers” to use in your approach to schools..**

#### ***What are the goals of the beginners' Hockey?***

- ☘ To allow skaters to try out inline hockey in an easy and pressure free environment. We believe that many skaters are perhaps intimidated by the very good players that play regularly, and would find it difficult to join in because of the apparent high skill required for entry.
- ☘ The emphasis is on having fun with friends in the team/league, and hockey really is very addictive. (Both to parents and students)
- ☘ There's no intention to make students expert players instantly, but rather to give them the time and opportunity to learn at their own speed while having fun. Within a very short time most people will be confident enough to play in the school league. Participation is not dependent on skating ability. Skills come with practice.

#### ***Where and When?***

- ☘ The club will advise all schools entering teams the schedule for the games on either a weekly or “season” basis.
- ☘ The location of the skills camps and the games will be at the (insert name of rink and address) Individual schools who have access to an indoor area may wish to consider “player camps” at their school.
- ☘ Club Coaches are all volunteers so may only be available in the evenings for development sessions and games..
- ☘ League will run throughout the (insert length of time) ie 1<sup>st</sup> school term etc.. or for a period of weeks and state which nights and times.

#### ***What do you need to join in?***

Just yourself and your skates and a helmet. You don't need to be an accomplished skater, and everyone's welcome. We would strongly recommend that you wear a load of protective gear including:

- ☘ Knee pads.
- ☘ Elbow pads.
- ☘ Wrist guards or hockey gloves. It's not easy to hold the stick with wrist guards, but if you fall, you will be glad you're wearing them! Hockey gloves are of course ideal, but not essential.
- ☘ A helmet. Helmets , either bike or one designed for inline hockey are compulsory. Hitting your head tends to be very dangerous to your health.
- ☘ Bring water. You will drink a lot of water playing hockey, even when it isn't particularly hot, and it's not good to get dehydrated. Besides the health concern, your performance will degrade significantly when you're dehydrated.

#### ***Who can attend?***

Anyone may come along and join in, regardless of your skating or hockey experience. Although most people play on inline skates, quad skaters are just as welcome!

#### ***How much does it cost?***

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The development camps have a minimum cost, basically to cover usage of the rink facility. School League teams have an individual or team entry fee. This is usually set at ( insert fee amount)

### ***What happens during a typical Session?***

Skaters turn up, gear up and start off with a gentle warm up skating around the rink. Pucks will be introduced by the coach(es) and players can practice passing the puck to each other. The Coach will call all skaters in to start the session with a short talk explaining the format of the session. The group will be divided into age grades/year groups, assigned a coach and start practicing a few skill specific drills; for example

- Puck Handling Drills
- Passing Drills
- Shooting Drills
- Running with the Puck Drills
- Stopping/ starting Drills
- Cornering – use of cones to skate around etc..

Drills will be demonstrated by club members, participants can practice these on the direction of the coach. Time allocations can vary between 45 minutes to 75 minutes (depending on the age of the players, ability and attentiveness.) At the end of the drill sessions skaters can divide up into teams and play some informal games (scrimmages).

Skills camp games are played less competitively than normal inline hockey games, and the emphasis is on being gentle and sporting with each other and practicing newly acquired skills.

Some of the experienced players will be assigned to the different teams and join in. This will provide a visual aid to the participants to “see” how to make the passes and shoot at goals, to use the “boards” to move the puck up and across the rink surface etc..

These players will be “selected” for their skating and game ability and their ability to work with beginners giving the beginner plenty of chances and making the whole session a fun experience.

### **Additional Guidelines for Handouts...**

#### **Planning for Success**

To succeed in attracting and retaining young people, sporting organizations need to provide a safe, effective, youthful and people-friendly environment.





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This guidance note explains how to provide sports opportunities for young people; how to motivate them to take part in sport; and explores some of the practical issues that your organisation will need to consider such as health and safety.

### Motivating Juniors

Understanding the reasons why young people choose to play sport will influence how you organise and promote sports activities.

#### Young people tend to participate in sports for the following reasons:

- + be with friends
- + improve their skills
- + experience the excitement of competition
- + become part of a team
- + receive encouragement from parents, other family members and friends
- + for enjoyment and fun.

Playing sport is often more important to young people than the outcome. Young people who are pressured into playing sport often do not gain the full enjoyment or satisfaction from their sporting experiences.

### Developing Junior Sport

#### Some aims and objectives include:

- + offering a new and exciting sport for pupils at local primary, intermediate and secondary schools
- + acting as a base to support youth into extracurricular sporting activity.
- + providing a venue for the training of young volunteers (16 – 25 year olds).

### Factors that deter young people

Some factors can turn young people away from sport. These often centre on personal comfort, privacy and hygiene.

Certain types of playing kit may feel uncomfortable and spoil the sporting experience. It is best if the organisation can provide the more expensive items of equipment ( ie goalie gear) otherwise it could exclude potential young members who just want to try out an activity.

### Providing Opportunities

To create a successful youth programme your organization needs to be able to provide:

- **Regular coaching** - This will help young people to develop skills, understand the rules of the sport and improve performance.
- **Suitable competition** - Research shows that young people enjoy



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competition and, ultimately, this is the most effective way to test their skills. The level of competition should be appropriate to age and ability.

- **Skills awards and attainments** - Many sports have national skills awards or national attainment standards. These not only test the skills and ability of young people, but also provide an opportunity for them to work towards a nationally set standard. Offering badges and/ or certificates are great ways to motivate young people.

### Health and Safety Legislation

All private and public sector organisations, sporting and otherwise, are legally responsible for the welfare and safety of their members and participants. This legislation also extends to volunteers, those in their charge and visitors.

Voluntary organisations have a 'duty of care' not to harm or endanger anyone as a result of their activities (or indeed their inactivity). The term 'duty of care' is used to describe the legal obligations of a 'service provider' (eg a club) towards its 'customers' (eg club members). The 'duty of care' includes protecting those under the age of 18 from harm.

Most governing bodies have child protection guidelines and procedures; we strongly recommend that your organization implement these. Some governing bodies offer child protection training courses – find out if there is one for your sport. If your governing body cannot provide any guidance on child protection, check with your local Regional Sports Trust, as it may have guidelines and procedures relevant to sport.

### Planning for the future

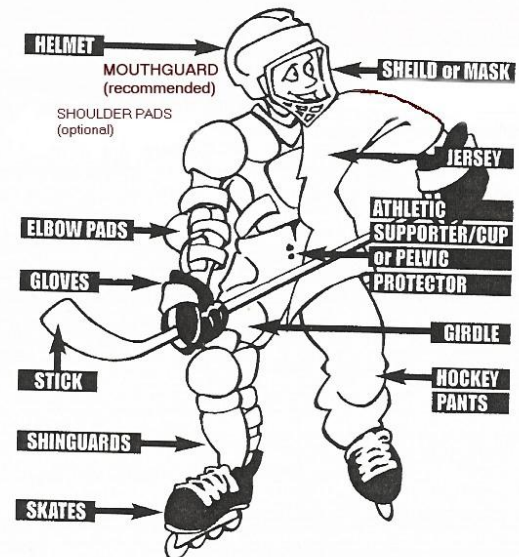
It is important to continue developing your junior activities over time.

Planning for the future of your junior section need not be difficult – in fact, the simpler you keep it the better it is likely to be.

#### **Regularly, ask yourself these questions:**

- + where are we now?
- + where do we want to be?
- + how will we get there?

Aim to keep future development plans realistic, achievable and directly relevant to the needs of your organisation. If you can base new thinking on solid research it will give you extra clarity of direction for achieving future success.



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### School League Development Programme Important Points to Remember

- ☑ A player's first experience with inline hockey (like any sport) is crucial to his development as a player and more importantly as a person. The long-term success of a program or league relies on the positive experience of this player, so he continues to participate at the appropriate level.
- ☑ If a beginner has fun and develops some basic skills and builds self-confidence, there is a good chance that this player will enjoy the game of inline hockey for many years if not a life-time.
- ☑ The goal of the New Zealand Inline Hockey Association (NZIHA), is to offer every youngster who wants to enjoy the game of inline hockey (regardless of his skill level), the opportunity to participate through support of his social/school leagues.

### "What Children Learn First, They Learn Best"

- ☑ Provide opportunity through clubs for players to participate in a safe, sportsmanlike environment.
- ☑ Continue to promote the FUN aspect of a beginners league.
- ☑ Introduce parents, media and community leaders to the "league"
- ☑ Ensure that parents and family have an enjoyable experience at their local inline arena.
- ☑ In many cases inline skating is a child's first skating experience.
- ☑ Inline skating can be practiced at school playgrounds, parking lots, driveways and streets under an environment that is not structured nor intimidating.
- ☑ . The game provides opportunity for creativity and skill development, without intimidation and aggression.
- ☑ The "Principle" that we must promote and encourage to all our member leagues ..... "operate with common sense management". Do not prohibit players from playing with friends, just because they have different skill levels.
- ☑ NZIHA through its member clubs will encourage and promote a game where players and teams are rewarded for positive life skills being practiced during participation of inline hockey, such as ... sportsmanship, respect, compassion, loyalty, and a sense of community spirit.

"Lessons Will be Remembered Long After  
Scores are Forgotten"

### INTEGRITY . FAIRNESS . RESPECT . PARTICIPATION

#### Five Principles:

1. Respect the rules of inline hockey.
2. Respect the officials and their decisions
3. Respect your opponent
4. Ensure equal opportunity for everyone to participate
5. Maintain self-control at all times

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### Sample School League Inline Hockey Rules

#### **GAME RULES ( Summary )**

1. Team to consist of up to 10 players - with any 5 players on the floor at one time.
2. Change of Players - Players may be changed at any time from the players bench provided that players leaving the floor shall be within 3 metres of the players bench and completely out of play before the substitution may come on to the floor.
3. Offsides and Icing Rules may be applied. ( Ask a club referee to explain about these rules if you need clarification.
4. Slapshots are not permitted.
5. Puck must be kept in motion at all times.
6. Players must not fall on or gather the puck into their body so as to prevent play.
7. Players and Goalkeepers may slap the puck with their hands but must not hold, carry or intentionally close their hand over the puck. ( Not recommended unless wearing gloves)
8. Goalies must be on skates at the start or recommencement of play. The Goalie may not remain in a position to intentionally block the goal in any manner contrary to the spirit of the game.
9. Kicking the puck is permitted in all zones however a goal cannot be scored from the kick of an attacking player.
10. High Sticks - Penalties shall be imposed for carrying the stick above normal height of the shoulder.
11. Throwing the stick or any part thereof is prohibited.
12. Broken Stick Rule: If a player's stick breaks while on the rink the player **MUST** drop his stick, immediately leave the rink and discontinue play. A new player can be substituted in his place. Player **MUST NOT** continue play with broken stick.
13. Goals can only be scored from within the opposition half.
14. Obscene or profane language or gestures shall result in a penalty.
15. *Players **MUST** wear a protective helmet. The club recommends that players wear: Knee Pads, Elbow Pads, Gloves, Shin Protection, Mouth Guards or Full Face Helmet and Bike Helmet. Stick heads must not be worn down to such an extent where they present a danger to other players. Referees and officials will be checking as these stick heads will not be allowed.*
16. Penalties shall be imposed at the referee's discretion for:
  - Boarding - Unnecessary contact with the player carrying the puck which results in the player being knocked into the walls.
  - Charging - Runs, jumps or charges the opponent.
  - Cross Checking - A check delivered with both hands on the stick but with no part of the stick on the floor.
  - Elbowing - And Kneeing - using elbows or knees to foul an opponent.
  - Slashing - Stick to body contact by a pursuing player.
  - Tripping - Causing an opponent to fall with the stick, hand, elbow, knee or foot.
  - Hooking - Impede a player's progress by hooking with the stick.

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### ADMINISTRATIVE RULES:

1. Teams to consist of up to 10 players (5 + 5) with games consisting of up to 15 minute halves.
2. On each playing night there must be a minimum of 5 players attending or game is forfeited. ( at the discretion of the organisers)
3. Due to the growth in the League in order to accommodate all teams, we require one adult to be nominated to assist with scoring or timekeeping for the duration of your team's game.  
This person is required to report to League Organiser on the night of play.
4. Teams:(1) Helmets must be worn ( bike or hockey)  
(2) Skates and sticks subject to approval.  
(3) All teams must wear same coloured uniform ( tee shirt or other)
5. Teams who must forfeit due to sickness or school activities must advise at least a week before scheduled game time.
6. Rules of game as per NZIHA ( see summary)
7. Schools may use their own equipment provided it is not of a type to give an unfair advantage.
8. Goalie equipment ( pads, helmet, gloves, sticks) will be provided on game nights. A goalie will need to be selected for the whole game due to time constraints in putting on the goalie equipment. All goalie equipment provided on playing night is to remain the property of the Club.
9. Games are to be played on (Thursday and Friday) evenings - approx 5.00pm - 8.00pm ( Draw to be advised) Venue for all teams will be at the ( insert venue address) facility.
10. Game times will be from: ( for example)  
5.00pm - 8.00pm on Thursdays ( insert day) and  
5.00pm - 8.00pm on Fridays ( insert day)  
If team numbers exceed allocated rink time available we may have to consider team byes through the season.
11. Player behaviour on and off the rink is the responsibility of the players and their parents/ guardians/coaches etc. Players will not be permitted to loiter around outside the Stadium. It shall be the responsibility of the parents/ Guardians to deliver and collect players no earlier or later than 20 minutes before and after games.  
Unruly behaviour ( at the discretion of the Tournament Marshall) shall result in team disqualification without exception.
12. Cost:  
Player Fee ( insert cost) each player
14. Draw will be released (insert) , if you have any known school activities that will conflict with games please advise dates as soon as possible.