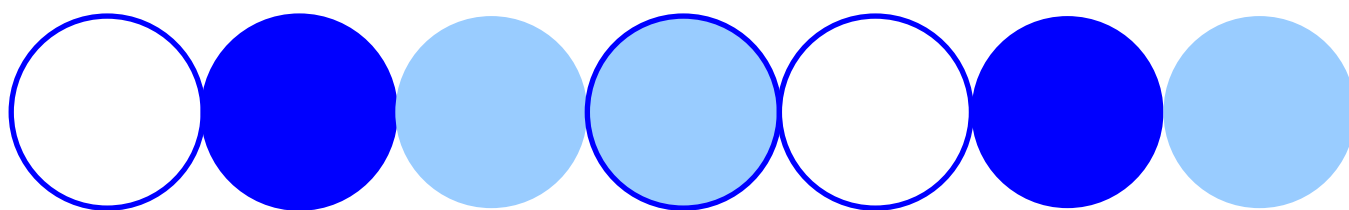


# *Zone Hockey*

*'An integrated invasion youth game for participants in mainstream settings, at Key Stage 1 and above and, also those with Special Needs'*



*A complete guide to the game*



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## *Acknowledgements*

- Sue Sutton - England Hockey Senior Development Manager
- Disability Sport England
- English Federation of Disability Sport, West Midlands
- Doug Williamson                      Nottingham Trent University – Project Adapted
- Ken Black                                  Youth Sport Trust
- Anne Cradock and pupils          Wilson Stuart School
- Charlie Bethel                          British Wheelchair Sports Foundation

Other staff & pupils involved in the field testing and action research:  
Lancasterian School (Manchester), Clare School (Norwich), Victoria School (Poole)

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# Zone Hockey

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## INTRODUCTION

Zone Hockey is an adapted version of hockey developed between Project Adapted Nottingham Trent University, the Youth Sport Trust and England Hockey Limited. Other supporting partners include Disability Sport England, English Federation of Disability Sport, British Wheelchair Sports Foundation and staff and pupils of the participating schools

Zone Hockey is a 5 a-side game. It can be played both outside on a hard surface, on a quarter of an artificial turf pitch, or inside a sports hall. The small-sided teams and adapted playing areas ensure a type of involvement in the game that will provide children with enjoyment and success. Girls and boys, both disabled\* or non-disabled, can participate side by side in what is a high scoring, fast moving, fun game of hockey.



The Rules and some practices of the game of Zone Hockey are printed on the following pages. They have been simplified so that young players, teachers and coaches may be encouraged to gain a greater understanding by reading this booklet.

For more information about the game of Zone Hockey and its development and position within youth hockey in your area, please contact the Regional Hockey Development Manager in your area (see inside back page for details)

\* Suitable for electric wheelchair users, manual wheelchair users, ambulant and semi-ambulant youngsters.





## *Equity Policy (England Hockey)*

England Hockey as Governing Body for Hockey in England, wishes to take the lead in ensuring that the game operates in a fair and equitable manner.

England Hockey believes it has a role in making the game more accessible and has identified this as a key objective within its National Development Plan for Hockey, 'Tackling the Future.'

England Hockey is fully committed to this objective and for some time now has been working with Sport England and other organisations on Equity Issues. A significant amount of work has and continues to take place on specific projects in this area including the **development of Zone Hockey** for players with a disability and the ongoing promotion of Asian Girls Hockey Festivals.

England Hockey is committed to ensuring that any inequalities within the game are addressed and **'Pushing Back the Barriers'** is about ensuring fairness and equality of access throughout the game. (October 2000).



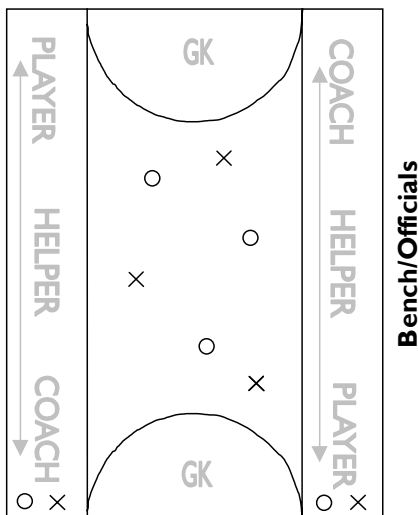
# Zone Hockey

## Section A - Brief History of Zone Hockey

Following the establishment of games enabling more severely disabled to access National Curriculum PE, another game has now been proposed. This game is Zone Hockey.

Zone Hockey has been piloted by a finite number of schools, including Wilson Stuart School from Birmingham. This game is a dynamic invasion team game which will enable the pupils to further access National Curriculum areas of PE. England Hockey have been vital in the game's promotion, so that Zone Hockey is not just seen as another adapted game, it is seen as an opportunity for those with different needs to participate in Hockey. However, Zone Hockey may also be used in mainstream primary schools.

Zone Hockey was developed to enable those who cannot participate in a game of Uni-Hoc to enjoy playing hockey. The Zones used in Zone Hockey enable the players to be matched in their abilities within these Zones.



**A Zone Hockey Pitch.**

**1. Court Size** (30mx20m) or volleyball court size, ideally with rebound boards, or, one third of a netball court.

**2. Four Zones** set out using floor markers -

- Semi-circle goal zone at each end
- Central Longitudinal Zone (0.5 court width)
- Two Side Longitudinal Wing Zones (0.25 width)

**3. Equipment**

- At present - Uni-hoc sticks
- Ball: 8 cm airflow

**4. Electric chair players**, play in the central zone (2 per team). Ambulant player in wing zone (1 per team). Restricted manual chair player in the other wing zone (1 per team). Any player category in the above can play as goalie (chair / floor / support devices). Rolling subs are allowed if the player profile matches the zone criteria. This must be carried out via the table officials.

**I. THE BASIC RULES:**

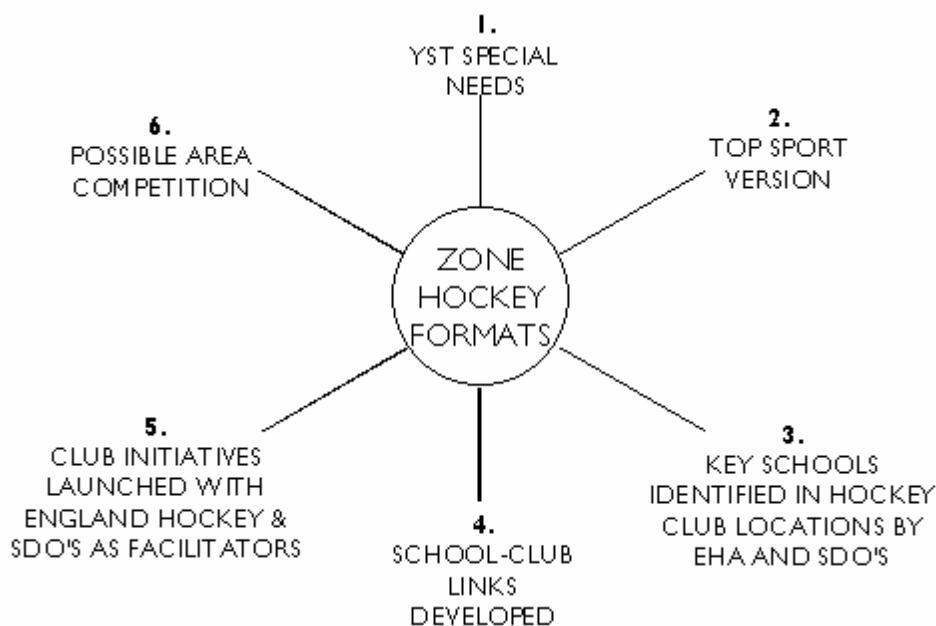
- Players must stay in designated zone
- Players can not reach for the ball in adjacent zones (except goal zone) but not tackle
- No blocking / charging / dangerous play / stick tackles are allowed
- A range of infringements give a free stroke from where the offence took place (especially safety rules), i.e. no sticks above waist height or a ball above head height
- A free hit requires the opposing team to be a distance of 2m away
- Only the goalie is allowed in the goal zone
- Penalties are taken in two optional forms - dynamic or push-roll
- Penalties are awarded for defenders in goal zone, very dangerous play, checking, or stick tackling an opponent in the process of shooting for goal.

6. In many situations strict adherence to the player profiles for the zones will not be possible. Therefore it is anticipated that schools could also modify this format of hockey to create a 'balanced' invasion game by matching players in zones or even using 'support pushers' to include those with high support needs.

For clarification of these aspects refer to the Rules on page 18.

Zone Hockey was envisaged at Nottingham Trent University in response to the May 1999 Mini Games range of activities which Doug Williamson thought needed a more dynamic team invasion game to balance the table top Polybat and Table Cricket types. This has progressed and developed via research, in conjunction with English Hockey, and Wilson Stuart School. The progress has been as follows:-

- Pre-1999** Wilson Stuart School playing hockey with Uni-hoc sticks
- May 1999** Need for a more dynamic game to be added to the DSE Mini-games
- June / Aug 1999** Zoning approach adopted to solve the use of space and contrasting abilities
- Oct / Dec 1999** Zone Hockey acknowledged as an action research with funding, in partnership with English Hockey and Wilson Stuart School
- March 2000** Pilot competition in Birmingham
- March 2000** British Wheelchair Sports Foundation used the game very successfully during their sports camp
- March 2000** Youth Sport Trust formally agreed to adopt the game for 'special needs' with adapted sticks
- May 2000** Game trialed with 70 children at Stoke Mandeville. Zoning proved to be highly successful.
- September 2000** English Hockey developed practices for Zone Hockey and in conjunction with YST & NTU proposed the following development plan.



# Zone Hockey

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## *Section B - THE KEY STAGES IN THE GAMES DEVELOPMENT*

### **Stockland Green Leisure Centre (Birmingham) Zone Hockey-18.2.1999**

The name of Stockland Green Leisure Centre, Erdington in Birmingham may not have a magical ring, nor yet evoke a comparable emotional response as the Wembley Stadium, nor the Queens Club at Wimbledon, but Zone hockey is still in its infancy. It is a version of indoor hockey for more severely disabled youngsters, which involves the profiles of electric wheelchairs, semi-ambulant and limited wheelchair users. There is also scope for the game to take off in primary schools as a possible stepping stone from Uni-hoc to Mini hockey.

Zone Hockey, with its rules undefined, varied equipment & non specific pitch dimensions, has been played with the same competitive passion as any local derby clash – Liverpool v Everton, Bournville v Cannock. The pupils of Wilson Stuart School, under the leadership of Anne Cradock play every day and would all day if only lessons and lunchtime did not get in the way!

Amir Ali, Edna Maskeen, Darrell Weekes and Jamie Marsh have led the way on Zone hockey. They have now mastered the skills of their game, developed 'playground rules' and now simply wish to share the enjoyment with others. Gary Lechy, whose quiet demeanour belies his lethal chip at goal, weaves and manoeuvres his wheelchair most adeptly. Their wishes may well come true with the official launch at the Mini Games on May 19 when all the strands come together.

In partnership with Doug Williamson & students from Nottingham Trent University these 'trifles' of rules and equipment are becoming clearer. Doug heads up 'Project Adapted' and, as its title suggests, makes sports, games & activities accessible for those with special needs. Polybat and Table cricket have already been established – and adopted by the respective National Governing Bodies – English Table Tennis Association (ETTA) and the English Cricket Board (ECB). It is hoped that Zone Hockey will be adopted by England Hockey for accessing hockey for this special group.

There is a firm idea of how the game, their (pupils from Wilson Stuart school) game can develop so that it can be played nationally as an inter-school competition. Who can go where? How many players? What is a foul/free hit situation? How long in the sin bin?

The inaugural gathering of the "would be" decision-makers was February 18. The husband and wife team of Pat & Lawrence Colledge, two respected Midland League Umpires accepted the invitation to 'blow', agreeing to get a feel for the rules and their application. Becky Weaver newly qualified Level 2 coach and a National league player watched with a "How to coach Zone hockey hat on", and Mo Griffiths a Professor of Education Research, from Nottingham Trent University, interviewed players, taped conversations and interacted with all partners. Peter Bowbrick, a consultant economist highly experienced in interview techniques, assisted her.

With the equipment unloaded & the sports hall set up, the players from Lancasterian School, Victoria School & Centre for Motor Education and Wilson Stuart School (with 2 teams) were eager to start. Cunning coaching tips delivered, & umpires checking their watches –

the first whistle and the action began – but not before the remarkable quote of the day from Doug, who, displaying true wisdom, announced ‘the team in the blue sweatshirts could be the blue team, and the team in the green sweatshirts could be the...green team!’

Battle commenced which was a battle of mental, physical and tactical effort by players and supporters. Those already experienced in the game showed their superior skills wielding their sticks safely, ‘encouraging’ the ball into areas of safety away from opponents, and finally dealing that deathly strike in front of goal to improve the score line. All this and more – the players in electric chairs gliding with amazing grace, checking and dodging, weaving and winding. All participants playing in earnest, their spirit of competition finely tuned and above all the vast amount of fun & pleasure was in evidence.

After the recent tournament the game was described as

“An electrifying game” Amir Ali

Kiernan Murphy said “It is skilful & fast moving”

Tim Upton claimed Zone Hockey to be “a ‘bad’ game” (this apparently means brilliant!)

Peter Brown, yet another pupil at Wilson Stuart School, whose style and performance level was astonishing, thinks it “excellent and brilliant”

Play was hectic, exciting, challenging and on occasions highly charged. It is a game that has a future, must have a future. Hockey continues to have a future when walking hand in hand, with these youngsters, in this environment. Zone Hockey is a brilliant forum offering opportunities for all youngsters to work together, whether as a wheelchair assistant, umpire, officiator, a semi-ambulant performer or as a player in an electric wheelchair.



# *Zone Hockey*

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**Friday evening, 17<sup>th</sup> May 2000**

**Stokemans Sport Centre, Stoke Mandeville**

**Disability Sport England (DSE) Mini Games**

These annual games for youngsters 6-11 years from all over the UK are planned as the first introduction to friendly competitive sport by the DSE. On Friday evenings there is always the tradition of a mass Table Cricket have-a-go session. On this evening the Zone Hockey was trialled and demonstrated by Doug Williamson and Sue Sutton. Two games were umpired by Pat and Laurie Colledge acting as facilitators with the teachers. The reaction of the youngsters to these experiences was extremely positive with the teachers being keen to have competitions at further games. They thought the zoning was an excellent solution to both the challenges of 'chase the ball syndrome' and 'ability levels' (i.e. classification)

**Wednesday 20th - Sunday 24th September 2000.**

**Guttman Sports Centre, Stoke Mandeville.**

**British Wheelchair Sports Foundation (BWSF) - National Games 2000.**

These games were the final event to take place at the Guttman Sports Centre prior to the planned refurbishments. What could be a more fitting end, than to hold a successful Multisport National Games for children. The foundation is currently investigating other venues around the UK which would be suitable to hold the games. The children taking part in the games were aged 11-18 years, and had either a physical or mild sensory impairment. The BWSF also encourages children to attend both Junior and Primary events who are not necessarily recognised in mainstream disability sport, such as; haemophiliacs, severe asthmatics, and children with dyspraxia (clumsy children).

The games are promoted to schools, clubs, and individuals; more than 250 children in 1999, which is expected to rise this year. All of the children are given the opportunity to participate in all of the activities for the week.

The Zone Hockey element to the games was Have-a-go / Coaching sessions. Teams consisted of two electric wheelchair players, one ambulant player, and one manual wheelchair player. The goalkeeper may be from any of the above groups. The games coordinator Mr Charlie Bethel was immediately impressed by the youngsters response to the trial Zone Hockey contests conducted. Schools definitely wanted to adopt it.

**Saturday 30th September 2000.**

**Tile Hill, Coventry. Organised by Charlie Bethel.**

**BWSF - Primary Sports Camp.**

This was the inaugural camp to take place outside of Stoke Mandeville. The camp was for 6-11 year olds, with a physical or mild sensory impairment. Again, the BWSF also encouraged children to attend both Junior and Primary events who are not necessarily recognised in mainstream disability sport, such as; haemophiliacs, severe asthmatics, and children with dyspraxia (clumsy children).

The camp was a multi-sport event with participation in all events for the children. The Zone Hockey was based upon a team game situation, with the have-a-go ethic, as it was a relatively new sport. Again the response by participants and teachers was extremely positive.

## Section C - BEFORE YOU PLAY..

1. Have you checked the safety of the site where you will be playing for any obstruction that may cause injury?
2. Have you checked the surface of the playing area for debris they may cause extra hazards to wheelchair users?
3. Have you checked that there is safe access to the playing area and safe exit from it in case of emergency?
4. Is all of the equipment safe?
5. Are the players suitably dressed?
6. Are the players fit (well enough) to play?
7. Have the players checked their wheelchair: brakes, tyres?
8. Do the players need to wear any protective clothing or equipment?
9. Do the players need an extra belt or harness when they are playing?
10. Are the players wheelchairs suitable for outdoor use or for the area in which they will be playing?
11. Have the players warmed up for the activity?

Anne Cradock



# Zone Hockey

## Section D - ZONE HOCKEY PRACTICES

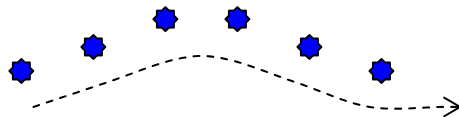
The following practices are offered as a starting point for the introduction of hockey to groups who have disabilities. The practices are geared to the game of **Zone Hockey**, but are by no means exhaustive.

### Introduction

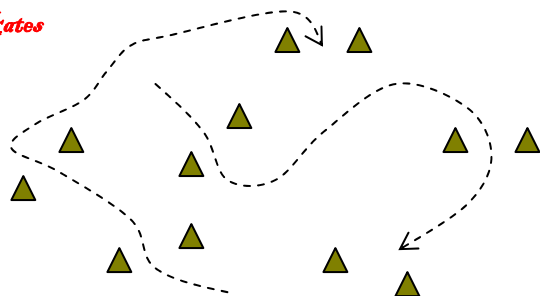
Give each player a ball & stick and let them propel it in the space available. The ball can be carried on either side of the player and using both sides of the stick is legal.

KEY			
	player		ball
	cone		coach
	player movement		pass

### Train Run



### Gates



Run Through  
Carry Ball  
Pass in 2's

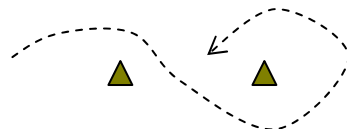
### Carry & Stop on command

#### Carry & Exchange

- With eye contact
- Stationary & moving

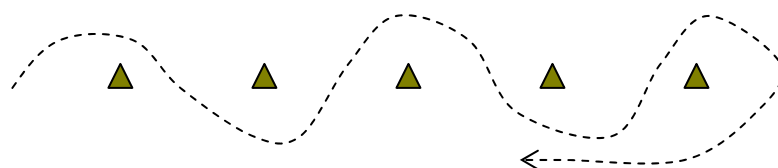
### Figure of 8

Start



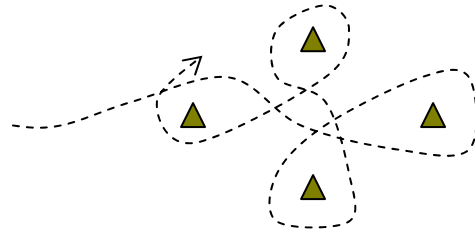
### Slalom competition

Start



## Double figure of 8

Start

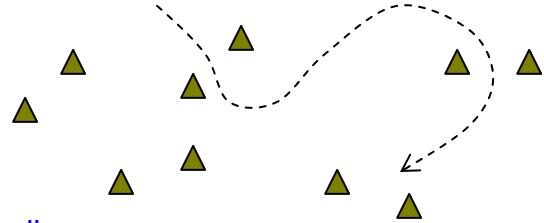


## Gateway

Coaching Points:- Vision Safety Good Carrying Position Accelerate into a Space

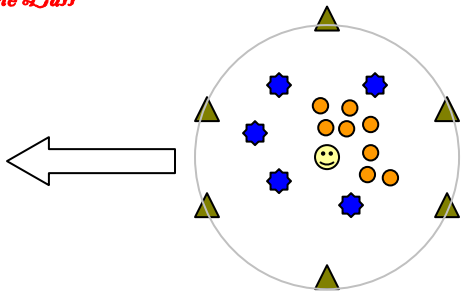
Variations:-

- Dribble through the gate.
- Push through and collect yourself.
- Dribble through and reverse out (sideways!).
- Pass to a partner through a gate.
- Pass to a partner, who passes back again, i.e. a wall pass.
- Have a 'guard' on duty at each gate and receive back.



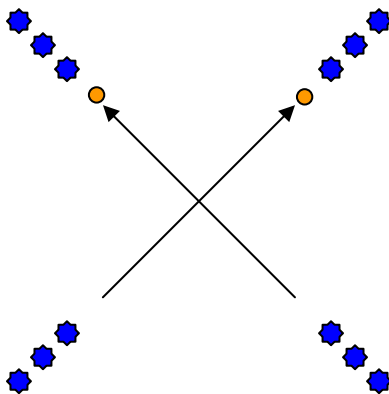
**How many can you do in 1 minute? Only 1 point at each gate, then move to another gate.**

## Fetch the Ball



Coach calls name of player  
Coach plays ball out of circle  
Player collects ball & returns

## Cross over Relays - safety

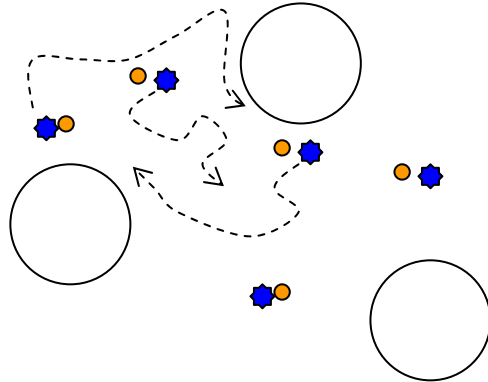


Dribble  
Pass & follow

# Zone Hockey

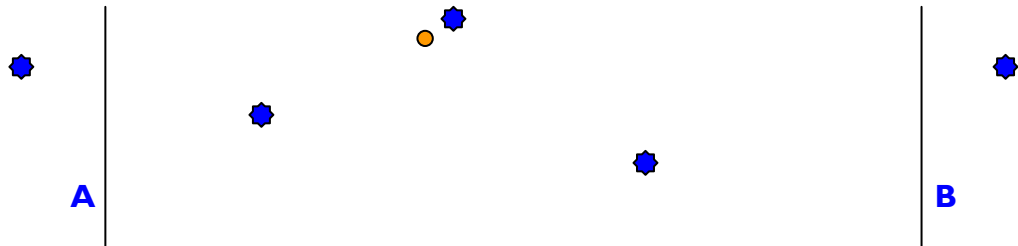
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## Island

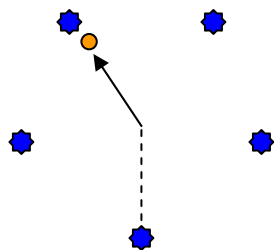


Move around given area  
On whistle, players must  
move to an island for  
safety to avoid storm/sharks  
Only 2 per island

## Return to Sender

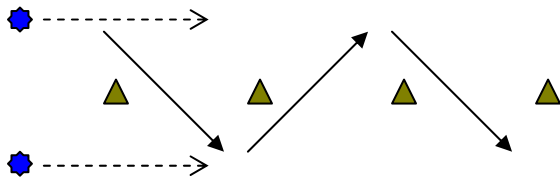


## Pass & Call Names



pass & follow  
go to centre, then pass to anyone

## *Pattern Passing - in 2's*



Then 3 v 1 with a shot on Goal

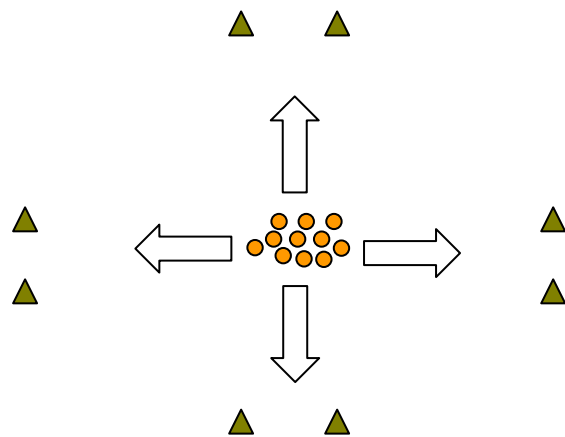
In some of the following team and cooperative practices full involvement can be promoted by matching participants with certain abilities to specific parts of the challenge. i.e. The more ambulant and mobile are the travellers/carriers; whilst the others are just gatherers/storers in the relay.

## *Bandit*

### **Coaching Points**

- Footwork
- Speed
- Good carrying position
- Vision (for safety)
- Change of direction to avoid a collision
- Trap the ball to keep control

4 Teams run to collect one ball at a time from the square and return to their own goal. The team with most balls is the winner.



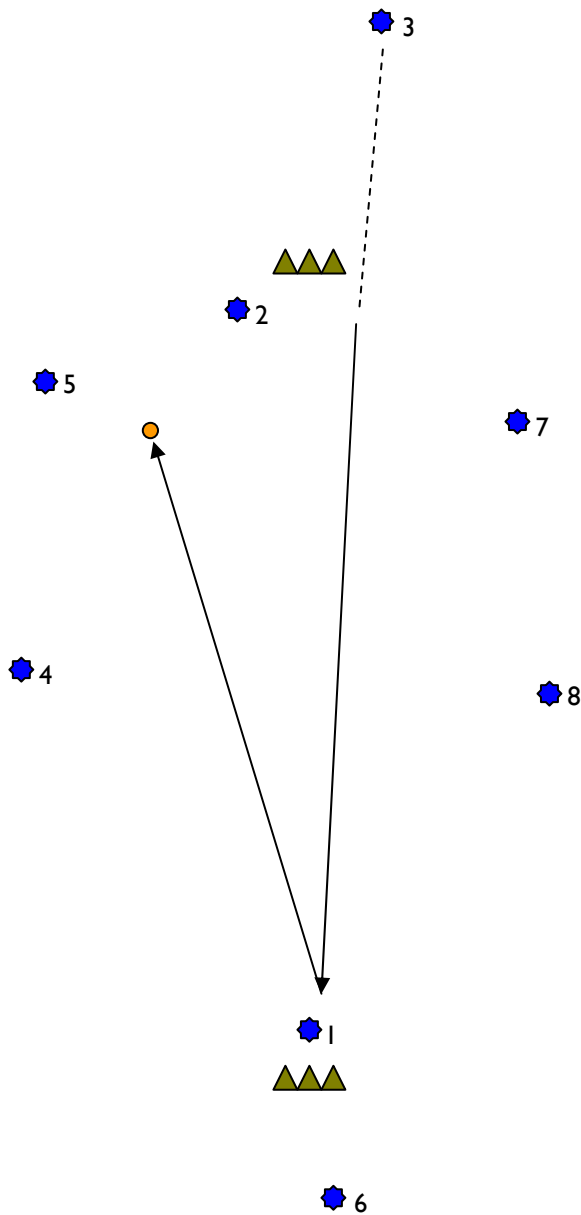
### **Variations**

- Slalom around cones on the return
- Beat a defender on the return
- Collect a ball and send to a team member

# Zone Hockey

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## 1. Hockey Cricket Game



Teams of 8 (2 x 4)

Bowler (3)

Backstop (6)

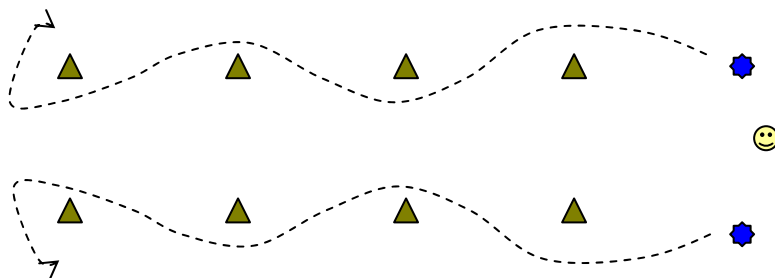
Fielders (4 5 7 8)

Batsmen (1 2)

Six balls per over, delivered by 3 who moves with the ball and sends it to 1 or 2, depending who is at the receiving end, 1 (or 2) receives the ball and sends it out into the field, and commences to move between the 'wickets', dribbling another ball, the other batsman also dribbles between the wickets. The fielders retrieve the ball by passing or moving with it and send it to the wicketkeeper or bowler. Only completed runs can be counted. Each pair takes a turn at being the batsmen. The pair with the highest number of runs shall be declared the winners. (Lose one run if players are not at a wicket when the ball is with either the wicketkeeper or bowler).

## 2. Slalom

Moving the ball under control around a cone.

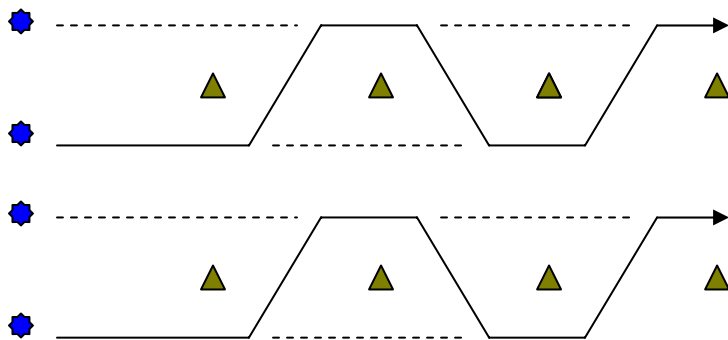


Development:

- Divide the players into two equal teams, introduce competition by having a 'race'.
- Position a coach who receives a wall pass and returns the ball when the player is in a position to negotiate the 2nd column of cones.

## 3. Passing & Receiving in 2's

Pass the ball between the cones

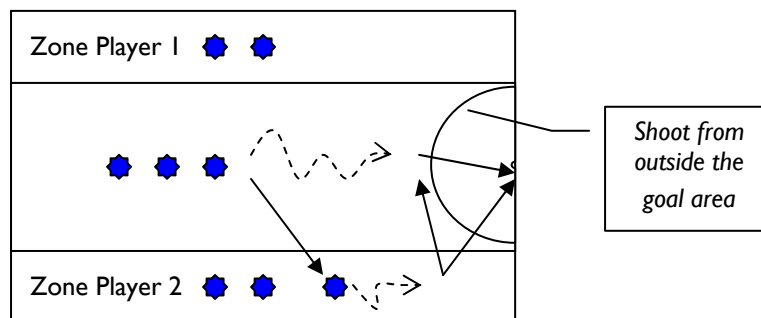


**Development**

Interchange of players (scissors)

## 4. Shooting at Goal

Travel and shoot



**Development that encourages decision-making, team interplay & game tactics (e.g. beating the goal-keeper)**

- Pass to Zone Player 1 who moves into position to shoot
- Pass to Zone Player 2 who moves into position to shoot
- Pass to either Zone Player who moves into position to shoot OR passes back to the central-zone player for the shot
- Introduce a GK - trying each of the 3 practices above

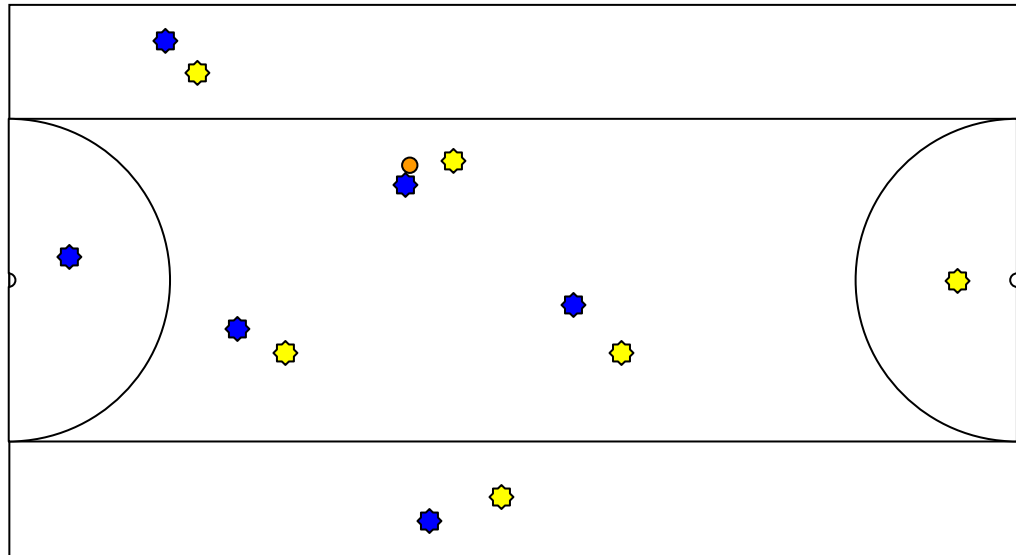
# Zone Hockey

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## 5. Progression onto the Zone Hockey Game

Use of a GK is flexible.

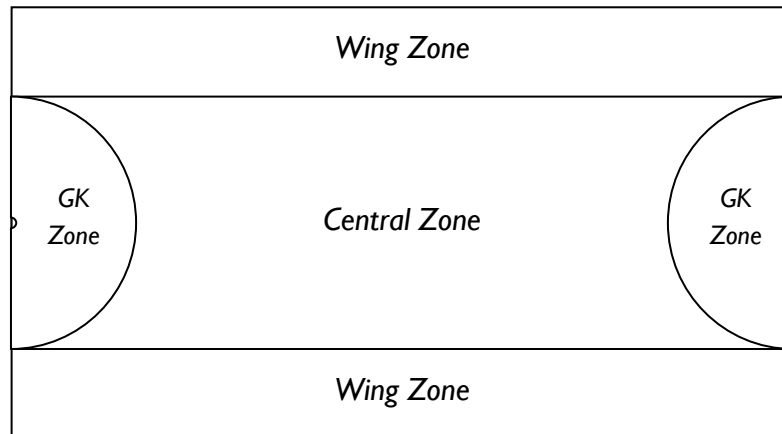
This practice progression requires two teams of 3 players (or more if space allows). Note that the players must be a balanced group (e.g. do not mix semi-ambulant players with players in wheelchairs). Safety is key.



- Coach / helper / player in the side zone must stay in that zone.
- Central zone players must stay in the centre zone.
- Players may shoot from anywhere.
- Only the GK may be in the circle.
- Infringements on any of the above will be penalised.
- Ball off the back line, results in a GK free hit in the circle.
- Game starts with a push in any direction.
- No penalty corners, but a free hit from the circle edge at goal is equivalent.

## Section E

## FULL ZONE HOCKEY RULES



### *Rule 1 Teams*

The game is played between two teams consisting of four field players and one goalkeeper each. There shall be one player from each team in each of the wing zones, and two players from each team in the central zone, and the respective goal keepers (GK) in the defending GK zone.

### *Rule 2 Role of the Pusher or Zone Helper*

This team member enables the participation of an athlete in a non-electric chair, but should not directly influence the game

### *Rule 3 Substitutions*

Each team may use a maximum of 8 players. Substitutions are allowed at any time.

### *Rule 4 Duration of the Game*

The duration of the game shall be two halves of 15 minutes maximum (rolling clock), with an interval (half-time) of not more than five minutes.

### *Rule 5 Captains*

The Captains toss a coin for choice of ends or possession of the ball at the start of the game. Each Captain **must** wear an armband and is responsible for the conduct of all players in his/her team.

# Zone Hockey

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## *Rule 6 The Pitch*

Given the variability of the possible playing areas available the field can be proportionally adjusted from the following recommendations for pitches.

Approximately:            Length = **30 metres**  
                                     Width = **20 metres**

Two longitudinal lines demark the court into three zones in the proportions of: central Zone 0.5 (court width); side/wing zones = 0.25 (court width) each. The markings can be permanently marked continuous lines, temporarily chalked, temporarily intermittent flat non slip throw down types or use existing ones.

## *Rule 7 The Goal-posts*

Width apart = **2.00m**. Positioned against the outer edge of the back-line, in line with the centre of the pitch. Height = 0.75m or 1.00m

## *Rule 8 The Ball*

A plastic airflow ball of 8cm in diameter.

## *Rule 9 The Side and End Boundaries*

Where possible, zone hockey should be played with re-bound boundaries and the use of indoor boards and walls. However caution must be taken in using 'ad-hoc' arrangements in which players are likely to fall over or injure themselves in the course of the game. Research trials have show that the use of plastic table tennis partitions can be effective

## *Rule 10 The Stick*

The stick shall be a standard regulation plastic Zone Hockey stick. (*Coaches and teachers should ensure that young players use a suitable length of stick that can be held or attached safely.*)

- 'T' bar sticks are only appropriate for division A version of zone hockey.
- 'T' bar sticks can be attached to electric and manual chairs and also walking aids.
- No player may participate in play with both a T-bar stick and a zone hockey stick.

## *Rule 11 Players Equipment / Clothing*

No player shall wear any equipment that in the opinion of the umpires, may be dangerous to other players or a hazard in relation to wheelchairs or ambulatory.

## *Rule 12 Goalkeepers Equipment*

In the interest of safety, goalkeepers are encouraged to wear:

- Face mask
- Hand protectors (optional)
- Knee protectors (optional)

## *Rule 13 Starting and re-starting the game.*

The game is started with a push or a hit. The umpire blows the whistle at the commencement of play in each half and after a goal has been scored. Each team must be positioned in their own half of the pitch (opposition must be a minimum of **2m** from the ball) until the starting pass is played. The ball can be played forwards, backwards or sideways and must move a minimum of **a half metre** before it is played by a player of the same team.

## *Rule 14 Scoring a Goal*

A goal is scored when the ball has been struck by or deflected off, an attacker from anywhere on the pitch. It must completely cross the goal-line between the goal-posts and under the cross-bar. No player other than the GK shall enter the goal circle.

## *Rule 15 Ball outside the field of play*

- Ideally this format of hockey should be played as a free flowing version with the use of walls and indoor boards so the ball rebounds. If this is not possible the following rules apply :
- **Over the side-line:**  
When the ball passes completely over the side-line, it shall be put into play along the ground in any direction, by a hit or a push by an opponent of the player who last touched it. This is called a **hit-in**. Until the hit-in is taken, no opposition player shall be within **2m** of the ball.

If the hit-in is awarded on the side-line within **3m** of the corner of the pitch, all players except the taker must be a minimum of **2m** from the ball until it is played.

- **Over the back-line by an attacker:**  
When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is re-started with a hit to the GK. The hit is to be taken inside the circle.
- **Over the back-line by a defender:**  
If the ball is **accidentally** played over the back-line by a defender and no goal is scored, the game is re-started with an indirect free hit to the attacking team by a wing zone player.
- Where indoor side-end boards are used the rebound balls provide continuous play unless in certain situations where the above points apply.

## *Rule 16 Zone Play*

### **NOTE:**

When young people in Primary Schools playing Zone Hockey are all fully able bodied, then inter change between zones is allowed i.e. if a wing zone player enters the middle zone, then one of the middle zone players but move into the vacated wing zone so that the shape and balance of the team is maintained.

- Players designated to specific zones must play in those zones.
- Where a player's momentum unavoidably takes them across a zone marking no free hit is awarded.
- In such situations the player may in no way influence the play in the vicinity

# Zone Hockey

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- Where the ball is free in an adjacent zone, a player may not reach with the stick and take it into their zone. No part of the body or chair may cross the line in this situation.
- Players may not impede or attempt to tackle a player with the ball by reaching into an adjacent zone.
- Goal-keepers may interchange with field players at half time.  
A defending player in a zone may hold their ground in front of a player coming towards them with the ball but may not move across and block their path.

## *Rule 17 Fair Play*

- Rough or dangerous play shall not be allowed. Nor shall any behaviour that in the opinion of the umpires, amounts to misconduct. Misconduct offences may result in the offending player/s receiving a warning card (green card) or suspension (yellow card) by the umpires.
- Players must not **intentionally** use any part of their body or chair to play the ball to gain advantage (except the hand to protect themselves in a dangerous situation).
- Players must not play at any high ball with the stick held at above shoulder height. The only exception is the goalkeeper, who may use a high stick to defend the goal but, it must be used safely and wisely.
- Players must not use any part of the wheelchair or walking devices to shield the ball (except when the device is actually being used as the stick shaft).
- Players must not kick the ball.



Note: It is **not** an offence if the ball **hits** a player's foot, wheelchair structure or walking aids. The whistle should **only be blown** if the incident causes a total break-down in play, a disadvantage or stops a certain score. The umpires shall be the sole judges.

- Players must not obstruct by moving between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball. Neither must they use any part of their body, chair or stick to obstruct a player.
- Players must not hold, charge, kick, shove, intentionally trip, or strike any player or umpire. This also applies to similar infringements involving wheelchairs and walking aids where charging or blocking can occur.

## *Rule 18 Free Hits*

- Free hits are to be taken **close to** where the offence occurred.
- The ball must be **stationary** at a free hit and it must move a minimum of  $\frac{1}{2}m$  before being played by a member of the same team.

- Until the free hit is taken all opposition players must be a minimum of **1m** from the ball. **If the free hit is within 1m of the circle all players, except the taker, must be a minimum of 2m from the ball.**
- If the taker accidentally misses the ball when attempting to take the free hit it shall be taken again.
- After taking the free hit the taker shall not play the ball (i.e. touch it a second time) or remain within playing distance (i.e. the length of an outstretched arm and stick) until it has been touched or played by another player.

## *Rule 19 Deliberate Offences*

### **A Direct free hit shall be awarded if:**

- A defending player **deliberately** enters the goal zone.

The free hit shall be taken on the goal circle line where the infringement occurred.

## *Rule 20 Incident*

- If play is temporarily suspended because of an **incident** or injury where no offence occurred, it shall be re-started with a **bully** close to the spot in the zone where the incident occurred
- Any wheelchair or supporting devices that become dangerous in the course of play will be corrected by the coaching staff or removed from the game.
- Players who are cut or bleeding will be required to leave the pitch **immediately** and shall not be allowed to return until the bleeding has been suppressed or stopped. The game does not stop whilst players are off the pitch unless there is blood on the pitch.

**Note:** No bully may be played within the circle

## *Rule 21 Umpires*

- The game shall be controlled by one or two umpires (preferably two). The umpires are responsible for **all** decisions and penalties.

The game should be umpired in a spirit to facilitate as much free flowing safe play as possible. To assist this, playing the advantage rule should be adopted. The zonal areas are to facilitate the width and depth of play, match player's ability, but not to impede the flow of the game. If possible table officials or a side line official should be used to account for substitutions, time keeping and goal tally.

## *Rule 22 Classification*

For classification in Zone Hockey related to special needs (to allow relative parity between different participants profiles) four official sets of classification rules are provided. These match the following 4 divisions.

# Zone Hockey

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**Division A:** (severely impaired participants) As this Division is for the more severely disabled participants it excludes anyone who can participate in Division B (i.e. those with good wheelchair skills or well coordinated ambulant participants). For Division A there are three classes.

ZH1 Class – Electric wheelchair i.e. muscular dystrophy, quadriplegic, cerebral palsy. They must be regular users of electric chairs so their severe functional ability can only allow them to perform drag/swing shots. Dribbling is difficult to sustain.

DSE Profile – P1, P2, 2B, P3

ZH2 Class - Limited manual wheelchair users in which dynamic push and play, stick manipulation is a challenge. They should not be capable of participating in division B version and basic wheelchair basketball activities.

DSE Profile – P6A, P5, P7, P8, P9A

ZH3 Class - Semi-ambulant participants with or without aids. They will have observable challenges in gait, possibly balance and manipulation, cannot run, and not be capable of playing in dynamic division B version of the game.

DSE Profile – P6B, P12, P13, P14, P17, P18, P19, P26, P27, P28, P29

ZHG Class - Any participants of classes ZH1, ZH2, ZH3, can be a goalie. They can also act as floor goalies for part or all of their participation.

DSE Profiles

N.B The attachable 'T' stick head is allowed in all classes. However, a player cannot use a 'T' stick and a free stick. They may be interchanged during substituting in a game or between games.

**Division B:** (Dynamic Group) This division is for the individuals who can play a dynamic version of the game. It excludes electric wheelchairs and includes manual wheelchair users (not qualifying for ZH2) and semi-running/running ambulant participants with sound manipulative ability. For division B there are three classes.

ZH1B Class - Good wheelchair sports participants who can play basic basketball activities

DSE – P31, P11C, P11B, P10A, P9B

ZH2B Class - Very ambulant running participants – hemiplegics, diplegics.

DSE – 15B, 15A, P16, P23, P24A, P24B, P25

ZH3B Class - Less able ambulant players whose speed and agility of running is limited - hemiplegics, diplegics.

DSE – P20A, P20B, P21, P22, P30, P11A

N.B The attachable 'T' stick head is not appropriate for this division.

## *Rule 23 Modifications to Classification - Game Format*

**Division C:** (Mixed Format) This version can provide for both official and informal instances whereby division A & B are impractical because the groups, class and schools might have limited numbers of respective ZH classes. For formal competitions a combination can be selected as the official format by the organisers. For informal occasions coaches can agree to a 'matched profile' in the respective zones.

- It is suggested that the flexibility which zoning allows decreases problems that can often exist in the parity of classification between groups. Also as zone hockey is a team sport, variations in individual abilities are less serious than in traditional individual contests like swimming and athletics.
- Another dimension for divisions A & B and even C division depending upon the status of the competition, is the role of the 'support pusher' for those who cannot both propel manual chairs and simultaneously play. This class ZHP, can facilitate an all inclusive approach if the 'support pushers' are responsible.

N.B The attachable 'T' stick head might be appropriate for this division.

## **Division D: Balancing the contests for participants with Learning Disabilities.**

Participants are ranked before the game in terms of a combination of the following:

- a) How well the player understands the objectives and rules of the game?
- b) The physical abilities they have to be involved in the game?

This successful approach used in trials - 'match ranking' - involves each player in a team (N=8) being ranked according to their overall ability (in terms of both 'a' and 'b', above). Number 1's have the most relative ability to number 8's with the least. The teacher, leader, coach or respective team managers can then simply agree on which areas of the pitch the ranked numbers will be paired or alternatively the following recommendations can be used. Substitutions should then be done with simultaneous matched pairs and with the other team subsequently alternating this initiative.

Even in competitive matches agreement between coaches could result in matched players being rotated from one zone to another at set times.

When using this game approach the following playing areas and rankings format is recommended:

### **Centres (centre circle, A)**

Participants with the most limited understanding and/or movement coordination and/or hesitant disposition requiring some support. Rankings: 7,8.

### **Mid-fielders (mid-area, B)**

Participants who are the most athletic out of the group and can control the ball in dynamic situations: Rankings 1, 2, 3.

# *Zone Hockey*

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## **Sweepers (offensive-defensive, end zone C)**

Participants whose relative ability is better than centres but who may need some guidance on attack and defence and are put off by the dynamic mid-field play.

Rankings 4, 5, 6.

## **Goalkeepers (goal circles, G)**

Given that the higher the goal scores the more exciting the game will be, it is recommended that the goal-keeper participant must not have the ability profile of midfielders.

Rankings 4, 5, 6.

## **DIVISION E**

### **MAINSTREAM PRIMARY - EARLY**

This version is designed to allow young primary level children to participate in hockey without the allied problems of crowding around the ball.

Unlike the versions for less able participants players may move between zones for the ball however a player moving out of a zone must be replaced by the player from the zone that they are entering. This ensures that space is retained and the game can progress in a more open fashion.

## Section F - RECOMMENDED WARM UP APPROACHES

### WARM UP ACTIVITIES FOR WHEELCHAIR USERS

#### HEAD

1. Turn slowly from right to centre to left (x 4?)
2. Lean ear to shoulder to right to left (x4?)
3. Slowly allow your chin to roll onto your chest and raise it back again.

#### SHOULDERS

1. Lift your left shoulder up to your ear and lower it (x4?) repeat with right shoulder (x4?)
2. Circle your right shoulder forwards (x4?) then backwards (x4?), repeat with left shoulder.
3. Put your hands on your shoulders and rotate your elbows.

#### ELBOWS

1. Bend and stretch both arms right arm left arm.
2. Arms stretched in front, rotate palms up palms down.

#### HANDS

1. Clap hands, in front, to the side, on your thighs, up high, vary the number and the order. This can be done to music if preferred.
2. Clasp hands and bend your wrist to the left and the right, then bend away from you and towards you. Repeat several times.
3. Wrists bend and stretch and circle around both wrists right wrist, left wrist.
4. Clench and stretch hands and then shake them to relax them.

#### TRUNK

1. Curl forwards, slowly uncurl repeat.  
Facing forwards lean to the right, then to the centre, then to the left  
**Progressions:** With hands on top of head and then to one arm by the side the other outstretched.

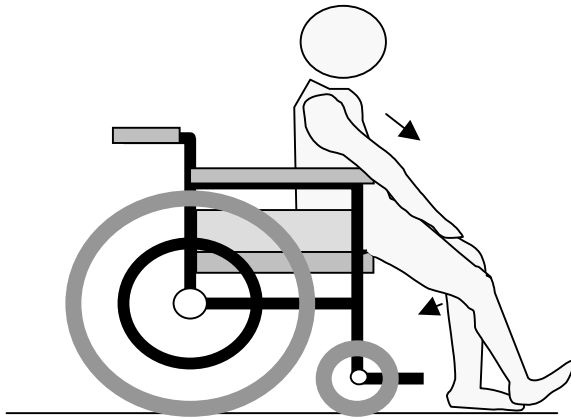
#### ARMS

1. Lift and lower straight arms alternately repeat.  
Punch fists out and back alternately forwards, high, to the side (pulse raising activity).

# Zone Hockey

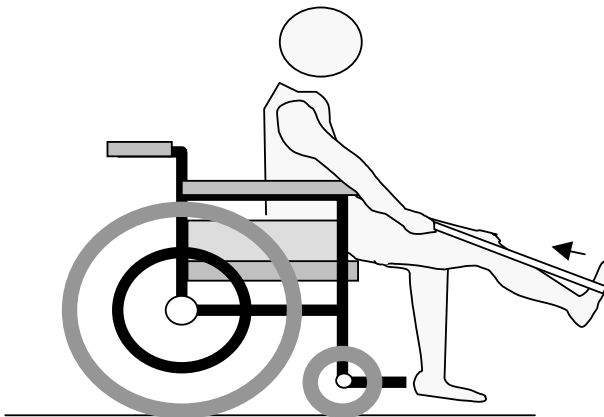
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## WARM UP STRETCHES



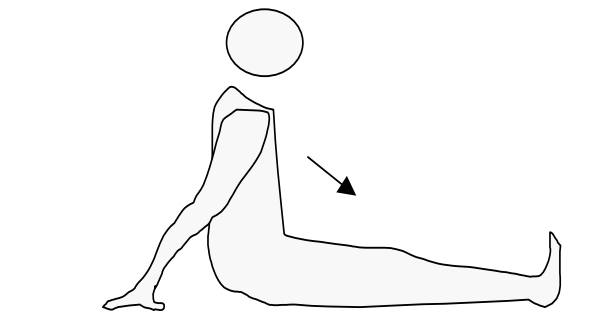
### HAMSTRING STRETCH

Sitting at the edge of a chair, straighten one leg in front of you, with the heel resting on the floor. Gently apply a little pressure to the knee to keep it straight whilst leaning the trunk forward (keeping the back straight).



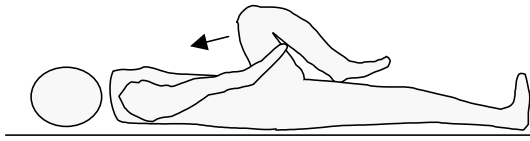
### CALF STRETCH

Place a strap around the ball of the foot. Extend the knee to straighten the leg, and pull the strap towards the chest.



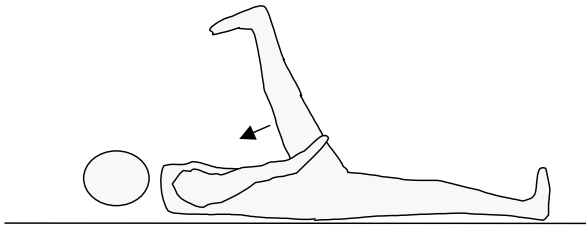
### HAMSTRING STRETCH

Sit on a mat with legs together and straight. Lean forwards towards knees, keeping the back straight, and hands on the floor.



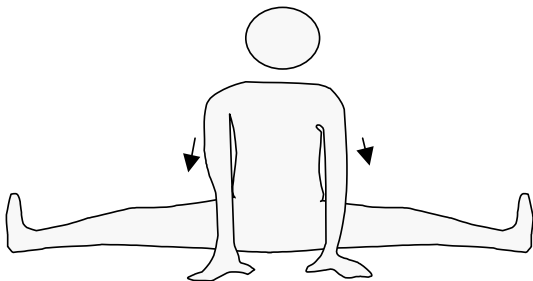
## BUTTOCKS STRETCH

Lying on a mat, on your back, keep one leg flat on the floor. Lift the other knee toward your chest, supported by each arm. (For added stretch, bring the foot across the body, towards the chest)



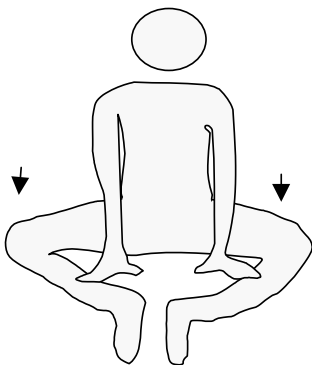
## HAMSTRING STRETCH

Whilst lying on a mat, on your back, keep one leg flat on the floor. Lift the other leg straight up as far as it can go. Support with the arms.



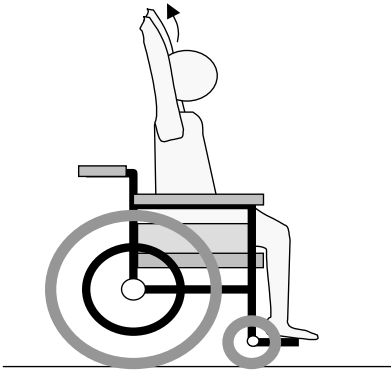
## INNER THIGH STRETCH ONE

Whilst seated on a mat, straighten both legs out to the side as far as possible. Keep the back straight at all times. Use hands to support in front of the body, and gently lean forwards.



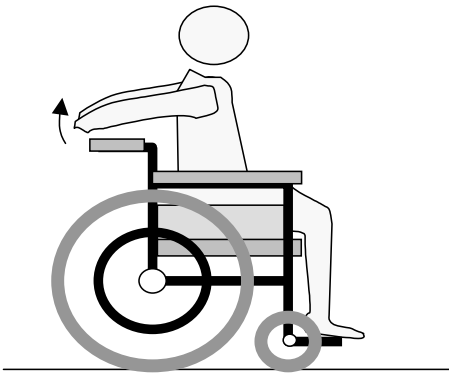
## INNER THIGH STRETCH TWO

Whilst seated on a mat, bend both knees, and place feet together. Gently move the knees towards the mat. (To stretch further, use the hands to gently push the knees towards the floor).



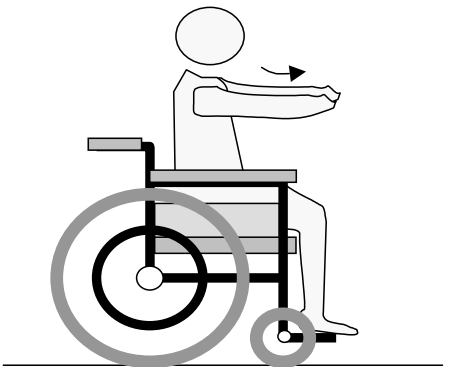
## **ANTERIOR SHOULDER AND BICEPS STRETCH**

Clasp the hands together above your head with palms facing upwards. Push the arms upwards and slightly backwards. Keep the elbows slightly bent at all times.



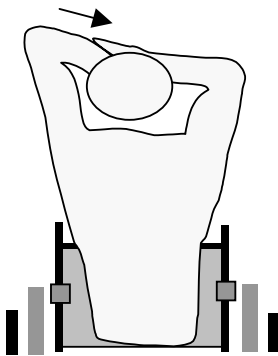
## **ANTERIOR SHOULDER AND PECTORALS STRETCH**

Clasp the hands behind your back with palms facing inwards. Lift the arms up until you feel a stretch in the shoulder and chest area. Keep the chest out, and the chin tucked in.



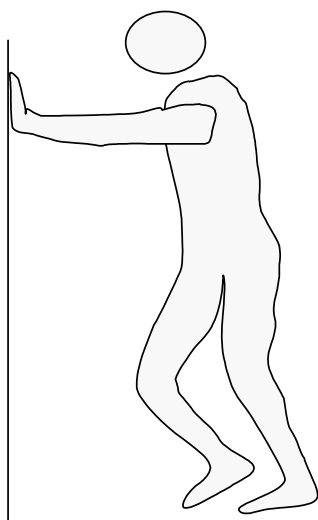
## **BICEPS AND POSTERIOR SHOULDER STRETCH**

Clasp the hands out in front of the body at shoulder level with palms facing outwards. Extend the arms forwards and slightly upwards.



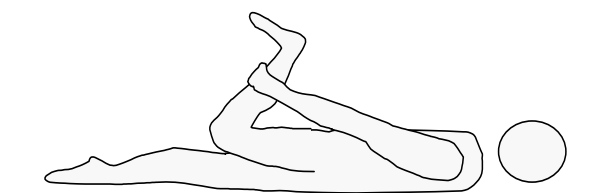
## **POSTERIOR SHOULDER AND TRICEPS STRETCH**

Grasp one arm at the elbow, behind your head. Pull the elbow towards the head, keeping the head straight at all times.



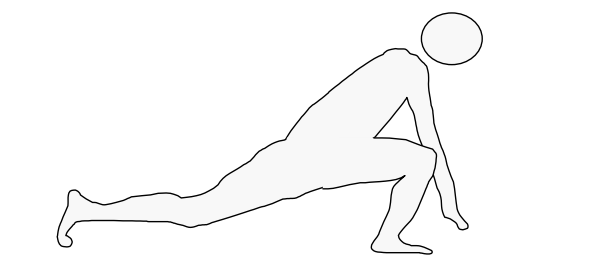
## **CALF STRETCH**

Stand with hands against a wall. Extend the back leg and bend the front leg, both feet pointed forwards. Keeping the heels on the floor, gently lean in towards the wall.



## **QUADRICEPS STRETCH**

Lying on your stomach, grasp one leg just above the ankle with the knee flexed. Keep the other leg flat on the floor, and both knees together.

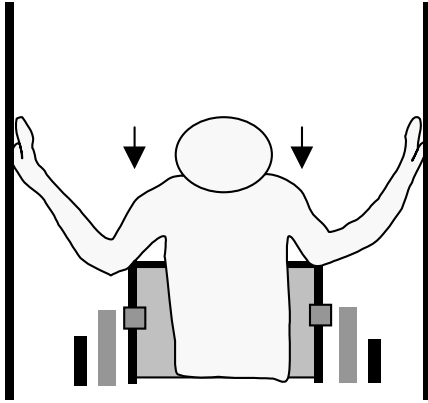


## **BUTTOCK, QUADRICEPS AND CALF STRETCH**

Move into a lunge position. Keep the front knee in line with the front foot and extend the back leg. Use the arms at the side for support and lean forward with a straight back.

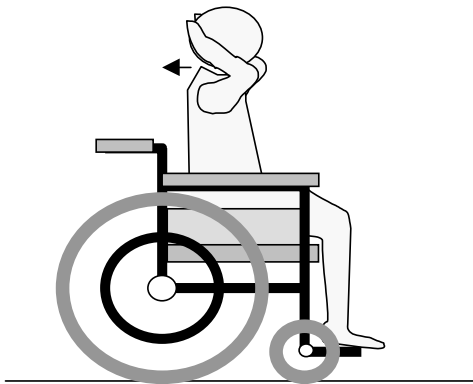
# Zone Hockey

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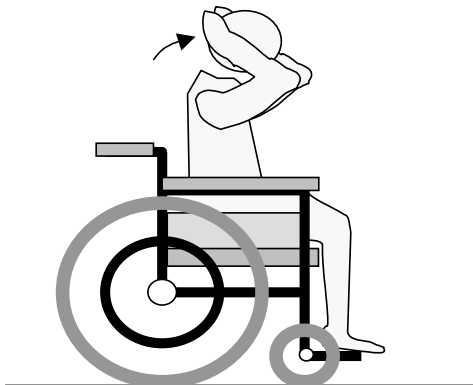
## SHOULDER STRETCH

Hold on to both sides of a doorway with hands behind you at shoulder level. Lean forward and downwards.



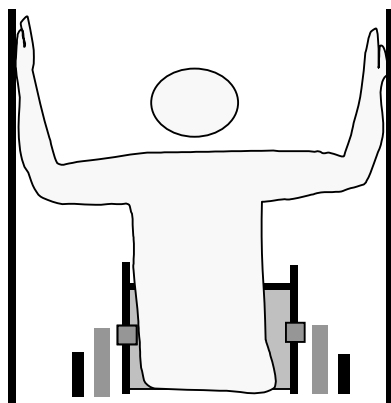
## SHOULDER AND NECK STRETCH

Clasp your hands behind your head and push the elbows and head back until you feel the stretch.



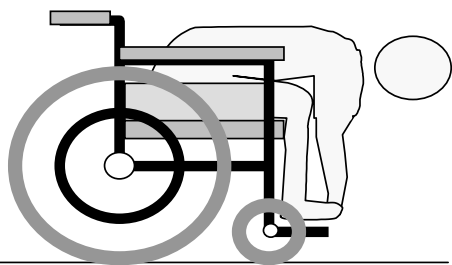
## BACK AND NECK STRETCH

Clasp your hands behind your head and slowly pull your head towards your chest until you feel the stretch.



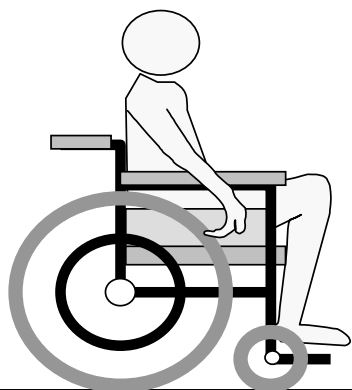
## CHEST AND SHOULDER STRETCH

Hold onto both sides of a doorway with your hands behind you. Lean in towards the doorway to feel the stretch.



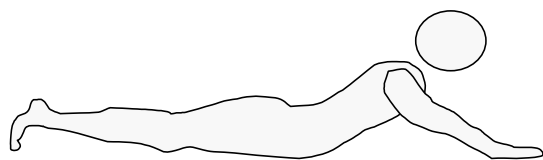
## **BACK AND BUTTOCK STRETCH**

Keep the chin tucked in to the chest and the back straight. Lean forwards in the chair until you feel the stretch.



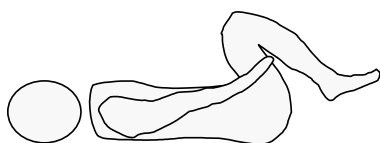
## **WRIST STRETCH**

Place your hands on your wheelchair. Bend the elbow while keeping the hand flat on the chair.



## **ABDOMINALS MUSCLE STRETCH**

Whilst lying on your stomach, keep your hips on the mat and your hands out level with your shoulders. Slowly push yourself off the mat until you feel the stretch.



## **BUTTOCKS AND LOWER BACK STRETCH**

Whilst lying on your back, lift both knees towards your chest. Use your arms to increase the stretch.

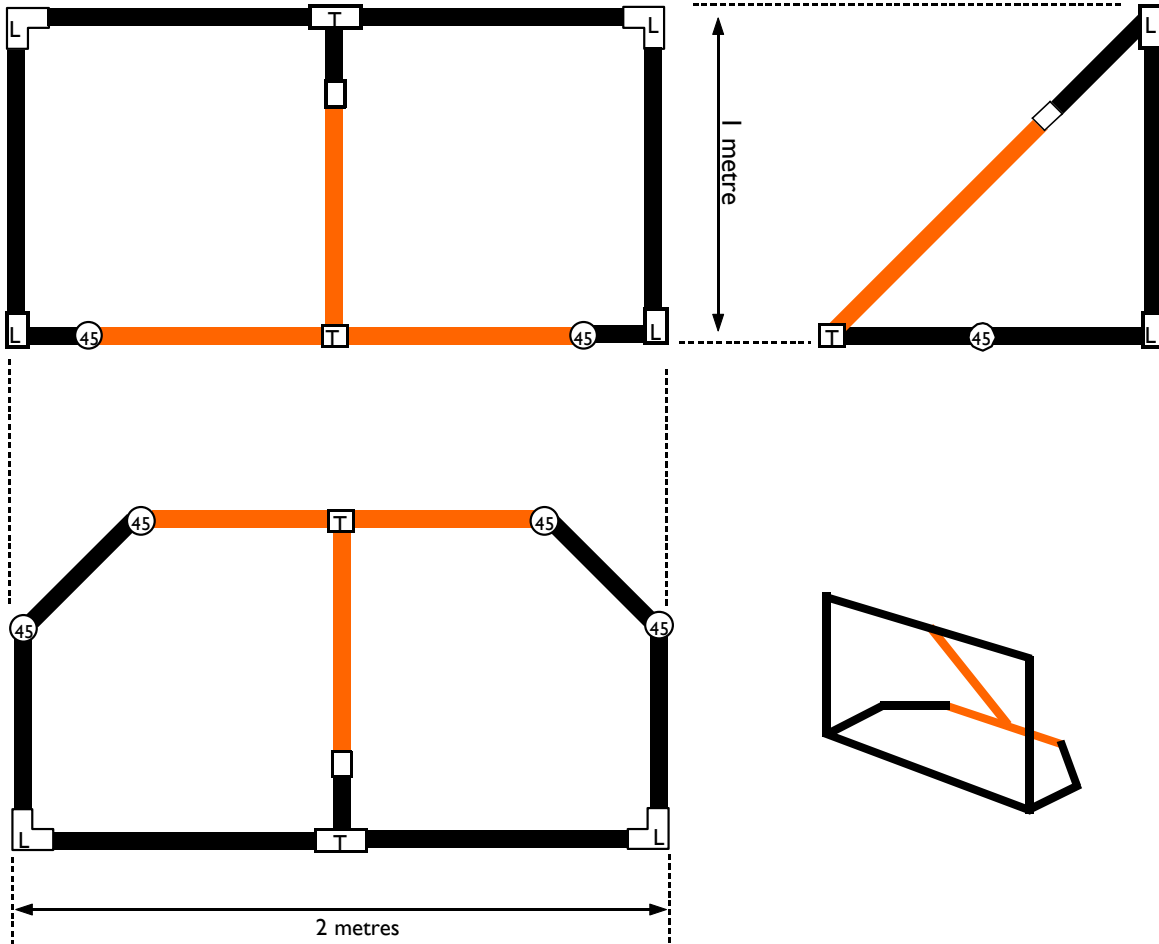
# Zone Hockey

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## Section H - BSWF - ZONE HOCKEY GOAL DESIGN



### Requirements

#### 32mm Joints:

- 4x Elbow joints
- 4x 45° Angle
- 2x T joints
- 1x Coupler joint.

#### 32mm Tube:

- 4x 1m
- 4x 0.5m
- 2x 0.67m (marked with red tape)
- 1x 1.16m (marked with red tape)
- 1x 0.16m

- L = Elbow
- T = T junction
- 45 = 45° bend
- = Coupler
- = Marked with Red Tape
- = Plain

#### Note:

Total cost should be around £40 each. A saving of hundreds of pounds on catalogue versions.

### Key

# Zone Hockey

## Section J - CONTACTS LIST

**Sue Sutton,**  
Senior Development Manager,  
England Hockey Midlands,  
The Charles Gillett Centre,  
998, Bristol Road, Selly Oak,  
Birmingham,  
B29 6LE.  
(T) 0121 415 2236.  
E-mail – [midlands@englishhockey.org](mailto:midlands@englishhockey.org)

**Simon Harris,**  
Wilson Stuart School,  
Perry Common Road,  
Erdington,  
Birmingham.  
(T) 0121 373 4475.

**Doug Williamson,**  
Nottingham Trent University,  
Clifton Campus, Nottingham,  
NG11 8NJ.  
(T) 0115 848 3268.  
(F) 0115 933 2187.  
[doug.williamson@ntu.ac.uk](mailto:doug.williamson@ntu.ac.uk)

**Mark Botterill**  
Sports Ability Officer  
Youth Sport Trust  
Loughborough University  
Leicestershire  
LE11 3TU

**Awards for All.**  
(T) 0845 600 20 40

### EFDS contacts: -

#### Head Office - Manchester

North West Office  
North Office  
Yorkshire & Humberside Office  
East Midlands Office  
East Office  
London Office  
South East Office  
South Office  
South West Office  
West Midlands Office

#### Tel: 0161 247 5294

Tel: 01744 455 452  
Tel: 0191 374 1759  
Tel: 01924 279 305  
Tel: 01509 228 030/031  
Tel: 01223 200 416  
Tel: 0207 354 8666  
Tel: 01273 643 951  
Tel: 01753 875 579  
Tel: 0117 903 1279  
Tel: 01905 855 429

#### Fax: 0161 247 6895

Fax: 01744 455 330  
Fax: 0191 374 7434  
Fax: 01924 280 232  
Fax: 01509 240 655  
Fax: 01223 200 416  
Fax: 0207 354 8787  
Fax: 01273 643 520  
Fax: 01753 875 419  
Fax: 0117 922 3735  
Fax 01905 855 429

## ARE YOU WANTING MORE INFORMATION?

Contact your local hockey office for more information and ask for a Course Registration Form.

**East Region** T: 01284 756930

E: [ehardme@globalnet.co.uk](mailto:ehardme@globalnet.co.uk)

**Midlands Region** T: 0121 415 8330

E: [englandhockey:bham.ac.uk](mailto:englandhockey:bham.ac.uk)

**North Region** T: 01924 789811

E: [n.jones@wakoll.ac.uk](mailto:n.jones@wakoll.ac.uk)

**South Region** T: 01628 890462

E: [ehardms@globalnet.co.uk](mailto:ehardms@globalnet.co.uk)

**West Region** T: 01392 264031

E: [ehardmsw@exeter.ac.uk](mailto:ehardmsw@exeter.ac.uk)

