



pulse Stadium

Morris Buzacott Reserve, Kardinya



Summer

Introducing 5-a-side Competitions on Turf!

Fun for all ages with competitions to suit everyone!
Teams might be mixed when numbers are low.
High intensity, more time on the ball.

- Nominations close **Friday, 7 October 2022**
- Nominations will only be accepted with the **\$50 per team nomination fee (non-refundable)** and are accepted on **"First come - First in"** basis.
- Social 5-a-side (five field players without GK).
- Quarter field
- 40 minutes per game (2 X 20 min halves) with 5 min break for half-time
- FIH Hockey5s rules to apply as much as possible.
- Please send all queries to Dale Cole – dalecole@bigpond.com or call 0419 528 556
- Subject to team nominations, slight changes to schedule may occur.

Day / Time	4:45	5:30	5:35	6:20	6:35	7:20	7:25	8:10	8:15	9:00
Monday	J 5/6		J 5/6		Women (Open / O35)					
Tuesday		Minkey			Mixed / Social					
Wednesday	J 7/8		J 7/8		Men (Open / O35 / O50)					
Thursday	J 9/10		J 9/10		Walking / Family / Social					

- Nominating a team? – complete the details below with receipt of nomination fee deposit.
- Please pay your nomination fee into the following BankWest account (use your team name and competition as the reference): Example - **Avengers J 5/6 Boys**

Name: Melville Turf Inc
BSB: 306 066
Account number: 232 897 1

- Email nominations prior to the deadline, must have all contact details please.
- **Season: Monday, 17 October to Thursday, 15 December – potentially to extend season from mid-January to early March for Senior/Masters competitions.**

NOMINATION DETAILS – Summer 5s

Please email the team information (example) below to dalecole@bigpond.com

Details	Example
Competition (specify grade and gender)	J 5/6 Boys
Team Name	Avengers
Manager Name	David Banner
Email	hulk@avenger.com
Mobile Number	0425 963 357
Shirt Colour	Green
Bank Deposit Reference (number or screenshot)	E4352125483
Comments / Feedback / Questions	

More Info

- Summer 5s is the shorter and faster variant of traditional field hockey where each team plays with five players
- Social 5-a-side game (five field players without GK)
- Playing area - Quarter field
- 40 minutes per game (2 x 20 min halves) with 5 min break at half-time and between games
- Minkey (coaching/mini-game) starts at 5:00PM – 6:00PM - \$5 per player per session. Please email Dale to inform her your interest to assist organizing coaches.
- Junior categories – J5/6, J7/8, J9/10 – Boys and Girls
- Juniors play at either 4:45PM or 5:35PM - \$30 per team per game (\$240 for 8 weeks)
- Senior categories – Open (Men and Women), O35 (Men and Women), O50 (Men)
- Seniors / Masters / Family starts at 6:35PM - \$50 per team per game (\$400 for 8 weeks)
- Family Hockey – Teams to play with at least 3 players U-16 and 2 players must be female on field.
- Mixed – Teams to play with at least 2 ladies on the field. Can start as early as 6:15PM - \$50 per team per game (\$400 for 8 weeks)
- Social 'Rock Up and Play' starts as early as 6:15PM - \$10 per player. Please indicate the interest to play by email to Dale. Teams will be formed on that day.
- Walking Hockey 'Rock Up and Play' starts at 6:35PM - \$5 per player, plays on 1/2 quarter field.
- Players without a team in any category, please email contact details (including age for Juniors) and competition, and we will assist to form teams.
- Team payments to be paid in full by week 4 - Friday, 11 November 2022.
- 8 week season – Monday, 17 October to Thursday, 15 December 2022.
- Nominations in by Friday, 7 October 2022.