



AUCKLAND HOCKEY

Junior Competition

Handbook

2023



AKH Mission & Junior Hockey

Auckland Hockey's aim is for all children involved in Junior Hockey to share the enjoyment of taking part in a team game and build a lifelong enthusiasm for Hockey with their friends and family.

Along with this, we aim to encourage junior hockey players to develop their individual hockey skills and build team awareness.

Success in Junior Hockey can be measured by creating an environment where players have fun, improving player's individual skills, developing decision making, playing as a team, building player's confidence and developing good people.

Wanting to win and learning how to win are important aspects in developing Junior Hockey players and should be kept in perspective.

Being respectful to the opposition, umpires and coaches will build strong values in our players.

Young players will get the most out of their Junior Hockey if a balance of these objectives is achieved by:

- Regarding competition as another part of training.
- All team members share game time during each game, across the season, irrespective of the closeness of the game.
- All players rotate positions over the season to develop their versatility (this is particularly important in Fun Sticks, Mini Sticks and Kiwi Sticks).
- Develop players' individual and team skills, allowing players to make decisions while playing the game.
- Striving to win by playing well, but not looking to win at any cost.
- Recognising each player's achievements, in their own terms, irrespective of the outcome of the game.

Competition

The Auckland Hockey Junior Competition is held on Saturday mornings commencing at 8:00am.

The competition is held at various venues within the Auckland Region from Waitakere to Papatoetoe to Howick, but not the North Shore (North Harbour Hockey runs a separate competition).

Based on Hockey New Zealand's national participation programme, Small Sticks, the aim is to attract children aged 4-13 years into hockey and foster a lifelong love of the sport through a games based approach focused on skill development.

Small Sticks provides progressive stages for children new to hockey and lets them play a modified game at a level commensurate with their ability, with correct equipment and in the appropriate game format.

Fun Sticks - Beginners (Development Module)

This is an exciting hands-on hockey programme designed for children aged 5-6 years who are new to hockey. Children learn the basic skills of hockey in a fun and interactive environment with many activities and small games to help the children develop fundamental skills.

Fun Sticks

Beginners Grade - Year 1 and Year 2 (under 6) - first year of hockey

Advanced Grade - games on 1/8 field, for those in their second year of hockey and under 6 years old.

Clubs should have FunSticks equipment and coaching folders from previous seasons. If you do require anything extra please contact reps@akhockey.org.nz

The Fun Sticks programme provides participants with:

- An introduction to hockey with emphasis on having fun.
- The opportunity to develop fundamental skills (running, dodging, striking).
- An opportunity for players to learn by self-exploring.
- A positive and quality coaching environment.
- Full involvement of all participants.
- Regular changes of activities to maintain enthusiasm and interest.
- A safe environment for all activities.

Fun Sticks begins in Term 2 when the Junior Hockey Competition begins.

The Fun Sticks programme can assist clubs with training new parents as coaches and provides valuable knowledge on developmental skills and a range of activities for beginner hockey players.

The Saturday sessions are combined between clubs/schools and will be run at several hockey venues around Auckland.

We will repeat the Fun Sticks Beginners programme in Term 3 for any new players. Players who participated in Term 2 may choose to move up to the Advanced grade or repeat the Fun Sticks programme.

Registrations

Beginners

Register through Auckland Hockey as a club/school group through the Junior Competition Entry form as per normal.

Advanced

Register your teams through the Junior Competition Entry Form as per normal.

For more information please contact admin@akhockey.org.nz

Fun Sticks - Advanced - Year 1 & 2 (Under 6) 6-aside

Team:	6-aside
Field Size:	$\frac{1}{8}$ of a hockey turf or tennis or netball court
Goal Size:	2 metres wide
Duration:	2 x 20 minute matches

Development and Skills:

- Emphasis on basic skills including fundamental movement skills, push passing, trapping, dribbling and coordination
- Goals: Modified or cones
- Balls: Modified (light balls)
- Play On: Yes
- Auto Pass: Yes (with guidance)
- Goalkeeper: No
- Penalty Corners: No

Rules:

- Safety Rules: only play with the flat side of the stick, the ball must stay on the ground, no “raised sticks”, no hacking on the stick, no tackling from the left (if this causes a dangerous situation), no physical contact with the opponent. Shin pads, mouth guards and closed footwear must be worn at all times during the game
- Game starts with push forward or back. Each team must be behind the centre for the start whistle.
- NO OBSTRUCTION
- The ball cannot be deliberately stopped with the foot or kicked. However when the ball merely touches the foot, play should continue.
- A goal is scored when the ball is pushed into the goal from inside the 5 metre zone. There is no offside and no own goals.
- Free hit and sideline hit in: everybody must be 5 metres away
- If the ball goes over the backline the defender starts play again from the top of the scoring line.

Mini Sticks - Year 3 & 4 (Under 9) 6-aside

Team: 6-aside
Field Size: 1/4 of a hockey turf or tennis or netball court
Goal Size: x2 goals 2 metres wide

Duration: 2 x 20 minute matches

Development and Skills:

- Concepts of attacking, defending and basic rules are introduced
- Goals: Two (2) goals at both ends of the field 2 metres in from corner.
- Balls: Modified (light balls)
- Auto Pass: Yes
- Goalkeeper: No
- Penalty Corners (P/C's): No

Rules:

1. 6 players per team on the turf at any one time. Rolling substitutions and rotation of positions is recommended. Children should get the opportunity to play in a variety of positions.
2. In all grades except for ones specified as Girls only, teams can be made up of mixed boys and girls, boys only or girls only. There is no requirement on the number of boys and/or number of girls that must be on the field at any one time.
3. Footwear, mouth guards and shin pads must be worn by all players.
4. **NO DANGEROUS PLAY** - Dangerous play is **a play that could likely result in injury, such as pushing, tripping, or raising the stick and/or ball at an opponent who is less than five metres away.** The stick is not to be raised above the shoulder in any circumstances and the ball is not allowed to rise above ankle height. This is dangerous play.
5. Modified (lightweight) hockey balls are to be used. The ball may be pushed or slap hit anywhere on the field including a shot at goal. A goal can be scored from anywhere within the attacking 10m zone.
6. There are no goalkeepers and no player is to stand in the goal. Exception: Players may run back and defend their goal.

7. If the ball goes over the sideline, the other team is awarded a free hit at a point close to where the ball went out (the turf divider is regarded as 'out' if the ball hits it).
8. There is **NO OFFSIDE**.
9. **FREE HIT** - A free hit is given when;
 - a. a player deliberately steps across and places their body between an opposing player and the ball (when it is within playing distance)
 - b. physical contact is made with another player that disadvantages them.
 - c. an opponent's stick is hooked or held.
 - d. the ball is stopped with the feet, or kicked by a player and they gain an advantage. Encourage children to move their feet out of the way. If there is no advantage gained, the umpire should allow the game to continue.
10. In the 10m attacking/defending zone, if the defender infringes or **deliberately clears** the ball over the back line, the attacking team takes a *free hit* just outside the 10m zone at a point in line with the infringement.
After the **free hit** by the attacker, another attacker's stick must touch the ball within the 10m zone for a goal to be scored.
11. If the attacker puts the ball over the defender's back line or if the attacker infringes within the 10m attacking zone, the defender is awarded a **free hit** on the 10m line, in line with where the infringement occurred or in line with where the ball went over the back line.
12. **There are no 'own goals'** - the ball must touch an attacker's stick inside the 10m zone before entering the goal.
Example 1: An attacker has a shot at goal from within the 10m zone, the ball touches a defenders stick, and then enters the goal = goal awarded.
Example 2: An attacker pushes the ball from outside the 10m zone and it touches a defenders stick before entering the goal = no goal, long corner.

GENERAL GAME INFORMATION

Each team is to provide an umpire, with a whistle, for their own game. The team coach may act as the Umpire - adhering to AHUA Code of Conduct

Wherever possible, JUMP umpires may be provided at venues. Teams are required to have an umpire on standby.

Less whistle, more game flow. If you stop the game, explain to the players why.

Kiwi Sticks - Year 5 & 6 (Under 11) 6-aside

Team: 6-aside
Field Size: 1/2 of a hockey turf (45m x 55m approx)
Goal Size: Standard Hockey Goal (3.66 metres wide)

Duration: 50 minute time slot

Development and Skills:

- Team dynamics, decision making, defensive & attacking concepts
- Goals: Standard
- Balls: Standard
- Auto Pass: Yes
- Goalkeeper: Optional - Must wear fully padded, fitted gear with helmet.
- Penalty Corners (P/C's): Free Hit for PC offence
- Penalty Strokes: No. A 1v1 shootout only required for a stroke offence

Rules:

1. 6 players per team on the turf at any one time. Rolling substitutions and rotation of positions is recommended. Children should get the opportunity to play in a variety of positions.
2. In all grades except for ones specified as Girls only, teams can be made up of mixed boys and girls, boys only or girls only. There is no requirement on the number of boys and/or number of girls that must be on the field at any one time.
3. Footwear, mouth guards and shin pads must be worn by all players.
4. **NO DANGEROUS PLAY** - Dangerous play is **a play that could likely result in injury, such as pushing, tripping, or raising the stick and/or ball at an opponent who is less than five metres away.** Sticks are not to be raised or used in a dangerous manner, including lifting them over heads of other players. This is dangerous play.
5. The ball may be pushed, slap hit or hit anywhere on the field, including in the circles. **The ball must not be raised above “top of the shin pad” height at any time.**

6. A **Free Hit** may be given when;
- (a) the ball is stopped or kicked deliberately by the player's foot, encourage children to get their feet out of the way
 - (b) A player interferes with the ball carriers stick ("hacking")
 - (c) For the sake of the flow of the game, when there is no advantage gained as a result of the infringement, umpires should let play continue
 - (d) Penalty Corner (PC) offence

Free Hits awarded to attackers cannot be hit directly into the circle. Long corners are not to be hit directly into the circle. When a **Free Hit** is being taken (including sideline hits and restarts of play), all defending players must be at least 5m away from the ball or retiring. (Umpires may allow advantage to the attacking team if a defender is less than 5m away from the ball)

7. **Auto Pass**

The player taking a free hit or centre pass has the option of passing to another player, or making an auto or self-pass, efficiently a tap-and-go action. The opposition must either be back 5m, or if they are not, may not interfere with play.

8. **Jinking is encouraged.** A player may lift the ball skillfully over an opposing player's grounded stick in the field, including in the circle or when taking a shot at goal. (Guideline: no higher than top of shin pad)

9. There is **NO OFFSIDE**.

10. Goals are scored when the ball is played by an attacking player within the circle. An attacking player may hit, push or slap-hit when shooting for goal. The ball must not go above backboard height if directly hit by the attacking player. If the ball is deflected into the goal by an opposing/defending player and the ball is raised above the backboard this will result in a goal.

11. **Infringements** inside the circle (e.g. feet/back stick/bad tackles/too high/deliberately hit over the back line) should be given as a free hit outside of the circle at least 5m away from the circle edge. Encourage players to move the ball 5m outside the circle before it is played in.

If there is an infringement on the goal line which stops a definite goal being scored (eg. the ball is stopped with a foot, or wrong side of the stick) a 1v1 shootout is to be awarded.

Shootout (1v1):

SetUp: Defending team has one player in the goal, attacking team has one player 2m outside of the top of the circle with the ball. **All other players move to the other circle.**

Play: On the whistle, the attacking and defending player can move, with the attacking player entering the circle and attempting to score and the defending player trying to stop them.

If no padded goalie is present, **the shot on goal MUST BE A PUSH.** When the 1v1 starts (i.e. whistle blown), all remaining players can run from the other circle to join the play. All players join in and the game continues as normal.

Umpire Notes: 'Engaged' umpire (the umpire awarding the 1v1) controls the 1v1, blowing the whistle to start. 'Disengaged' umpire managing the remaining players in the other circle will advise the players when they can rejoin in the game once the 1v1 has started (on the whistle)

GENERAL GAME INFORMATION

Each team is to provide an umpire, with a whistle, for their own game. The team coach may act as the Umpire - adhering to AHUA Code of Conduct

Kiwi Sticks Red Grade and Kiwi Sticks Blue grade coaches are **NOT** to be the umpire.

Wherever possible, JUMP umpires may be provided at venues. Teams are required to have an umpire on standby.

Less whistle, more game flow. If you stop the game, explain to the players why.

Kwik Sticks - Year 7 & 8 (Under 13) 6-aside Beginners

Team: 6-aside
Field Size: 1/2 of a hockey turf (45m x 55m approx)
Goal Size: Standard Hockey Goal (3.66 metres wide)

Duration: 50 minute time slot

Development and Skills:

- Team dynamics, decision making, defensive & attacking concepts
- Goals: Standard
- Balls: Standard
- Auto Pass: Yes
- Goalkeeper: Optional - Must wear fully padded, fitted gear with helmet.
- Penalty Corners (P/C's): Free Hit for PC offence
- Penalty Strokes: No. A 1v1 shootout only required for a stroke offence

Rules:

1. 6 players per team on the turf at any one time. Rolling substitutions and rotation of positions is recommended. Children should get the opportunity to play in a variety of positions.
2. In all grades except for ones specified as Girls only, teams can be made up of mixed boys and girls, boys only or girls only. There is no requirement on the number of boys and/or number of girls that must be on the field at any one time.
3. Footwear, mouth guards and shin pads must be worn by all players.
4. **NO DANGEROUS PLAY** - Dangerous play is a play that could likely result in injury, such as pushing, tripping, or raising the stick and/or ball at an opponent who is less than five metres away. Sticks are not to be raised or used in a dangerous manner, including lifting them over heads of other players. This is dangerous play.
5. The ball may be pushed, slap hit or hit anywhere on the field, including in the circles. **The ball must not be raised above “top of the shin pad” height at any time.**

6. A **Free Hit** may be given when;
 - (a) the ball is stopped or kicked deliberately by the player's foot, encourage children to get their feet out of the way
 - (b) A player interferes with the ball carriers stick ("hacking")
 - (c) For the sake of the flow of the game, when there is no advantage gained as a result of the infringement, umpires should let play continue
 - (d) Penalty Corner (PC) offence

Free Hits awarded to attackers cannot be hit directly into the circle. Long corners are not to be hit directly into the circle. When a **Free Hit** is being taken (including sideline hits and restarts of play), all defending players must be at least 5m away from the ball or retiring. (Umpires may allow advantage to the attacking team if a defender is less than 5m away from the ball)

7. There is **NO OFFSIDE**.
8. **Auto Pass** - The player taking a free hit or centre pass now has the option of passing to another player, or making an auto or self-pass, efficiently a tap-and-go action. The opposition must either be back 5m, or if they are not, may interfere with play.
9. **Jinking is encouraged**. A player may lift the ball skillfully over an opposing player's grounded stick in the field, including in the circle or when taking a shot at goal. (Guideline: no higher than top of shin pad).
10. Goals are scored when the ball is played by an attacking player within the circle. An attacking player may hit, push or slap-hit when shooting for goal. The ball must not go above backboard height if directly hit by the attacking player. If the ball is deflected into the goal by an opposing/defending player and the ball is raised above the backboard this will result in a goal.
11. **Infringements** inside the circle (e.g. feet/back stick/bad tackles/too high/deliberately hit over the back line) should be given as a free hit outside of the circle at least 5m away from the circle edge. Encourage players to move the ball 5m outside the circle before it is played in.

If there is an infringement on the goal line which stops a definite goal being scored (eg. the ball is stopped with a foot, or wrong side of the stick) a 1v1 shootout is to be awarded.

Shootout (1v1)

SetUp: Defending team has one player in the goal, attacking team has one player 2m outside of the top of the circle with the ball. **All other players move to the other circle.**

Play: On the whistle, the attacking and defending player can move, with the attacking player entering the circle and attempting to score and the defending player trying to stop them.

If no padded goalie is present, **the shot on goal MUST BE A PUSH.** When the 1v1 starts (i.e. whistle blown), all remaining players can run from the other circle to join the play. All players join in and the game continues as normal.

Umpire Notes: 'Engaged' umpire (the umpire awarding the 1v1) controls the 1v1, blowing the whistle to start. 'Disengaged' umpire managing the remaining players in the other circle will advise the players when they can rejoin in the game once the 1v1 has started (on the whistle)

GENERAL GAME INFORMATION

Each team is to provide an umpire, with a whistle, for their own game. The team coach may act as the Umpire - adhering to AHUA Code of Conduct

Kiwi Sticks Red Grade and Kiwi Sticks Blue grade coaches are **NOT** to be the umpire.

Wherever possible, JUMP umpires may be provided at venues. Teams are required to have an umpire on standby.

Less whistle, more game flow. If you stop the game, explain to the players why.

Kwik Sticks - Year 7 & 8 (Under 13) 11-aside

- **Advanced Grade Red & Blue**
 - 11-aside from Week 1
- **Experienced Grade**
 - 6-aside from Wk 1-Wk 4, 11-aside from Wk 5-Wk 14
- **Development Grade**
 - 6-aside from Wk 1-Wk 4, 11-aside from Wk 5-Wk 14

Field Size: Standard Hockey field (91m x 55 m approx)

Goal Size: Standard Hockey Goal (3.66 metres wide)

Duration: 60 minute time slot

Development and Skills:

- Team dynamics, decision making, defensive & attacking concepts
- Introduction to full field eleven-a-side, positional understanding and concepts of space
- Specialist skills/strategies
- Goals: Standard
- Balls: Standard
- Auto Pass: Yes
- Goalkeeper: Yes - Must wear fully padded, fitted gear with helmet. For Advanced Grades, defenders are encouraged to wear masks
- Penalty Corners: Yes for Advanced Grades: Kwik Red & Kwik Blue
- For Experienced & Development Grades:
 - NO Penalty Corners (P/C's)
 - Free Hit for PC offence
 - NO Penalty Strokes: A 1v1 shootout only required for a stroke offence

Rules:

1. 11 or 6 players per team on the turf at any one time. Children should have the opportunity to experience a variety of positions during the season, with players being taught the roles of each position.
2. In all grades except for ones specified as Girls only, teams can be made up of mixed boys and girls, boys only or girls only. There is no requirement on the number of boys and/or number of girls that must be on the field at any one time.
3. Footwear, mouth guards and shin pads must be worn by all players.
4. **NO DANGEROUS PLAY** - Dangerous play is a play that could likely result in injury, such as pushing, tripping, or raising the stick and/or ball at an opponent who is less than five metres away. Sticks are not to be raised or used in a dangerous manner, including lifting them over heads of other players. This is dangerous play.
5. The ball may be pushed, slap hit or hit anywhere on the field, including in the circles. **The ball must not be raised above “top of the shin pad” height at any time.**
6. A **Free Hit** may be given when;
 - (a) the ball is stopped or kicked deliberately by the player’s foot, encourage children to get their feet out of the way
 - (b) A player interferes with the ball carriers stick (“hacking”)
 - (c) For the sake of the flow of the game, when there is no advantage gained as a result of the infringement, umpires should let play continue
 - (d) there is a Penalty Corner (PC) offence for Experienced & Development Grades

Free Hits awarded to attackers cannot be hit directly into the circle. Long corners are not to be hit directly into the circle. When a **Free Hit** is being taken (including sideline hits and restarts of play), all defending players must be at least 5m away from the ball or retiring. (Umpires may allow advantage to the attacking team if a defender is less than 5m away from the ball)

7. There is **NO OFFSIDE**.
8. **Auto Pass** - The player taking a free hit or centre pass now has the option of passing to another player, or making an auto or self-pass, efficiently a tap-and-go action. The opposition must either be back 5m, or if they are not, may interfere with play.

9. **Jinking is encouraged.** A player may lift the ball skillfully over an opposing player's grounded stick in the field, including in the circle or when taking a shot at goal. (Guideline: no higher than top of shin pad).
10. Goals are scored when the ball is played by an attacking player within the circle. An attacking player may hit, push or slap-hit when shooting for goal. The ball must not go above backboard height if directly hit by the attacking player. If the ball is deflected into the goal by an opposing/defending player and the ball is raised above the backboard this will result in a goal.
11. **Infringements** inside the circle (e.g. feet/back stick/bad tackles/too high/deliberately hit over the back line) should be given as a free hit on the 23m line. Advantage will be promoted in the circle if there is an opportunity for play to continue. Any free hits on the 23m line (same as the long corner) need to travel 5m before being hit into the circle.

If there is a serious infringement (i.e. physical tackle) or an infringement on the goal line which stops a definite goal being scored (i.e. stopped with a foot, or the wrong side of the stick) a 1v1 shootout is to be awarded.
12. A **Penalty Corner** is only awarded in Kwik Sticks Advanced Grade when there is an infringement by the defending team. Normal Penalty Corner rules to be played EXCEPT the ball must **NOT** be raised above top of the shin pad height any time even if it is a push or flick.
13. Shootout is awarded in Kwik Sticks Experienced and Development Grades only for both 6-aside and 11-aside games for infringements inside the circle that stop a definite goal.

Shootout (1v1)

SetUp: Defending team has one player in the goal, attacking team has one player 2m outside of the top of the circle with the ball. **All other players move to the other circle for 6-aside games or to halfway for 11-aside games.**

Play: On the whistle, the attacking and defending player can move, with the attacking player entering the circle and attempting to score and the defending player trying to stop them.

If no padded goalie is present, **the shot on goal MUST BE A PUSH.** When the 1v1 starts (i.e. whistle blown), all remaining players can join the play. All players join in and the game continues as normal.

Umpire Notes: 'Engaged' umpire (the umpire awarding the 1v1) controls the 1v1, blowing the whistle to start. 'Disengaged' umpire managing the remaining players in the other circle will advise the players when they can rejoin in the game once the 1v1 has started (on the whistle)

GENERAL GAME INFORMATION

Each team is to provide an umpire, with a whistle, for their own game. The team coach may act as the Umpire - adhering to AHUA Code of Conduct

Advanced Grade coaches (Kwik Red and Kwik Blue) are **NOT** to be the umpire.

Wherever possible, JUMP umpires may be provided at venues. Teams are required to have an umpire on standby.

6-aside Kwik Stick Games Week 1 - Week 4

Experienced and Development Kwik Sticks grades will play 4 weeks of 6-aside games on a normal full field one hour time slot. Please split your team in half and you will play one half of your opposition for 25 minutes, have a 5 minute half time then swap and play the other half of the team for 25 minutes.

Scoring will be as follows: Win = 2 points, Draw = 1 point, Loss = 0 points.

Your result for the entire match will be your 4 game scores added up. The maximum score would be 8-0.

Example: Western A team (half of the Western Team) beats Roskill Eden A team (half of the Roskill Eden Team). Western A is awarded 2 points and the Roskill Eden A team 0 points. Western B team (Other half of the Western Team) loses to Roskill Eden B team (Other half of the Roskill Eden Team). Western B is awarded 0 points and the Roskill B team 2 points.

HALF TIME (5 mins)

Western A draws with Roskill Eden B. Western A is awarded 1 point and Roskill Eden B 1 point. Western B beats Roskill Eden A. Western B is awarded 2 points and Roskill Eden 0 points.

The Full time score would be Western 5 points Roskill Eden 3 points. The score should always add up to 8.

Divisions & Grades

Junior Hockey is for players of primary and intermediate school age in five Divisions:

Competition Commences: 6 May 2023

No Play Weekends:

King's Birthday Weekend 3rd June

School Holidays 8th & 15th July

Final Week of Play: 26th August 2023

Kwik Sticks Grades	Entry Guidelines
Kwik Red	Y7/8 – Premier
Kwik Blue	Y7/8 – Experienced (Majority of team have played for 3+ years)
Kwik Green	Y7/8 – Experienced (Majority of team have played for 2-3 years)
Kwik White	Y7/8 – Development (Majority of team have played for 1-2 years)
Kwik Yellow	Y7/8 – Development (Majority of team have played for 1-2 years)
Kwik Orange	Y7/8 – Development (Majority of team have played for 1-2 years)
Kwik Pink	Y7/8 – Development Girls (Majority of team have played for 1-2 years)
Kwik Sticks Sixes	Y7/8 – Beginner (Majority of team are new or only played 1 year)

Kwik Sticks Red and Blue grade to start the season with 11 aside hockey.

Kwik Sticks Green to start the season with 4 weeks of 6 a side hockey, then 11 aside hockey after King's Birthday Weekend.

Kwik Sticks White, Yellow, Orange and Pink to start the season with 4 weeks of 6 a side hockey, the 11 aside hockey from 10th June

Kiwi Sticks Grades	Entry Guidelines
Kiwi Sticks Red	Y5/6 – Advanced (Majority of team have played for 3+ years)
Kiwi Sticks Blue	Y5/6 – Advanced (Majority of team have played for 3+ years)
Kiwi Sticks Green	Y5/6 – Experienced (Majority of team have played for 2-3 years)
Kiwi Sticks White	Y5/6 – Development (Majority of team have played for 1-2 years)
Kiwi Sticks Yellow	Y5/6 – Development (Majority of team have played for 1-2 years)
Kiwi Sticks Orange	Y5/6 – Development (Majority of team have played for 1-2 years)
Kiwi Sticks Purple	Y5/6 – Beginner (new - 1 year)
Kiwi Sticks Pink	Y5/6 – Beginner (new - 1 year)

Mini Sticks Grades	Entry Guidelines
Mini Sticks Red	Y3/4 – Experienced (Majority of team have played for 2+ years)
Mini Sticks Blue	Y3/4 – Experienced (Majority of team have played for 2+ years)
Mini Sticks Green	Y3/4 – Development (New - 1 year)
Mini Sticks White	Y3/4 – Development (New - 1 year)
Mini Sticks Yellow	Y3/4 – Development (New – 1 year)

Fun Sticks Grades	Entry Guidelines
Fun Sticks Advanced	Y1/2 – second year of hockey
Fun Sticks Beginners	Y1/2 – New to Hockey. AK Hockey will work with clubs to run this fundamental skills programme in areas around Auckland.

Game Duration

On Saturdays the hockey turfs are used from 8.00am through to 7.00pm. It is important that games are started and finished on time.

The time slot for each Junior Hockey game, in all Divisions is **50 minutes**, with the exception of Kwik Sticks which is **60 minutes**. **THIS MUST BE STRICTLY ADHERED TO.** The time slot should be used as follows (except for Fun Sticks grade):

3 Minutes: to get on the turf & get started - no warm up time allowed

20 Minutes: First half (25 minutes for Kwik Sticks 11 aside)

4 Minutes: Half time

20 Minutes: Second half (25 minutes for Kwik Sticks 11 aside)

3 Minutes: To get off the turf



If there are delays in getting the game started or at half time the playing time must be **SHORTENED** accordingly. .

Teams must be coached to run to their “huddle” on the sideline immediately after the final whistle goes and complete their cheers and handshakes promptly.

**ALL GAMES MUST FINISH SO THAT ALL PLAYERS ARE CLEAR OF THE TURF BY THE STIPULATED TIME.
NO EXCEPTIONS - Not even to play out penalty corners.**

Timekeeping

The Official Time, in declining order of priority is:

- The sound of the hooter, if used.
- The ground clock, if no hooter.
- The ground supervisor’s watch, if no hooter or ground clock.
- The umpires watch if there is no other time signal.

Umpiring

At venues where a Junior Umpire Mentor Programme (“JUMP”) is being run, junior umpires will be provided to Kwik Sticks matches and some Kiwi and Mini Sticks matches, otherwise teams must supply an umpire for every game. For the Premier Grades in Kwik Sticks and Kiwi Sticks someone other than the coach must umpire.

It is essential that all umpires are consistent in their rulings, giving both sides an equal opportunity. JUMP is run at the following venues across Auckland: LEP, Kolmar, AGS, Diocesan, St Cuths, MRGS, Avondale and Waitakere in conjunction with the Junior Hockey Competition. This programme is targeted at College Students, so they can commence their umpiring pathway.

To enrol in the programme contact the AK Hockey Office at: jump.umpires@akhockey.org.nz or phone 576-0683.

Equipment	<ul style="list-style-type: none"> You will need a good whistle, an accurate watch and clothing (or bib) that is a different colour from the two teams
Co-operation	<ul style="list-style-type: none"> Talk to the other umpire before your game, ideally 5 minutes before it starts, to ensure that you have a common understanding of the Rules and Guidelines for Junior Hockey, particularly with respect to (what you both deem to be dangerous play). It is important that these Rules and Guidelines are applied consistently by both umpires throughout the game.
Safety must be ensured	<ul style="list-style-type: none"> Make sure that the game is safe for the players If there is any chance of danger, stop the game immediately with a loud whistle Players must not play at the ball after the whistle has sounded Watch out for danger from both the stick and the ball when the ball is hit on the reverse with the edge of the stick.
Advantage	<ul style="list-style-type: none"> Umpires should consider situations when the ball is stopped by the stick then merely touches the foot or body – if there is no advantage in these situations play should continue. Umpires should consider situations when an advantage is gained after the ball touches the foot – in these situations a free hit (or penalty corner if inside the circle) should be awarded. If a player kicks or deflects the ball and it is stopped or propelled in a way that they get an advantage then a free hit should be awarded against them
Unsporting play must be prevented	<ul style="list-style-type: none"> No deliberate kicking of the ball by field players No deliberate stopping of the ball with the feet by field players No use of the back of the stick No playing at the ball above shoulder height No dangerous use of the stick Intimidating play, particularly an accentuated back lift and follow through when hitting the ball, must be penalised, irrespective of the proximity to other players No destructive tackles Players must retire a full five metres from the ball after a free hit has been awarded The ball must be played promptly at free hits and sideline hits or the hit should be reversed No hitting or tripping of another player
Swearing or other verbal abuse	<ul style="list-style-type: none"> No swearing No verbal abuse of umpires or other players. <p>This will not be tolerated at any level.</p>

Umpiring Courses

Check the AK Hockey Website for course dates and venues or contact the AK Hockey office on 576-0683. Courses are held pre-season and mid-season.

The FIH has released new Rules of Hockey for 2019. These rules took effect from the 1st January 2019. To download the latest rules, see link below.

<http://fih.ch/inside-fih/our-official-documents/rules-of-hockey/>



Coaching Courses

Check the AK Hockey Website www.akhockey.org.nz for course dates and venues or contact reps@akhockey.org.nz

Courses are normally held pre-season and mid-season.

General Information

Results

All team results must be **submitted via the online form** each Monday, by one club representative. It is recommended that teams check the score with the opposition before leaving the ground to prevent disputed results. The competition results will be updated weekly and posted on the Auckland Hockey Website: www.akhockey.org.nz

Cancellations

Hockey will not be cancelled unless turfs are unplayable, which is very rare. Teams should go to the turf and if conditions are such that the players' safety is at risk, then common sense should prevail and both teams should agree to call off the game. Cancellations/defaults will be advised through the AK Hockey App, Facebook Page and Website.

Substitutions

Full Field: All player substitutions should be done at halfway at the dugout side of the field.

Half Field: All player substitutions should be done at the ends of a full field.

Quarter Turf: All player substitutions should be done at the sides of a full field.

Spectators

All spectators must remain outside the turf area. Spectators should be supportive and positive towards all players, umpires and coaches. **Abuse of umpires, players, or coaches will not be tolerated.**

Playing gear

Correct club or school uniform is to be worn for all games. Players **cannot play** unless wearing protective gear (mouth guard and shin pads). No hard peaked cap to be worn during games.

Goalies

Goalies must have a minimum of a helmet with face mask, chest protection, leg guards, hand protectors and kickers.

Queries

First contact your club/school coach or manager.

Further queries from coaches or managers should be sent via your club/school coordinator to the AK Hockey Office.



Turf Locations

Lloyd Elsmore Hockey Stadium Water Turf East - Full size	LEP 1	Lady Marie Drive, Pakuranga
Lloyd Elsmore Hockey Stadium Water Turf West - Full size	LEP 2	Lady Marie Drive, Pakuranga
Auckland Grammar School Water Turf - Full size	AGS	Normanby Rd, Mt Eden
Avondale College Water Turf - Full size	AVON	Rosebank Rd, Avondale
Baradene College of the Sacred Heart Water Turf - Full size	BARA	237 Victoria Ave - Entry Sonia Ave, Remuera
Diocesan School for Girls Water Turf - Full size	DIO	Clyde Street, Epsom
Macleans College Sand Based Turf - Full Size	MACS	Macleans Rd, Bucklands Beach
Mt Roskill Grammar School WaterTurf - Full size	MRGS	Frost Rd, Mt Roskill
Kolmar Turf Water - Full size	KOLMAR	Sutton Cres, Hunters Corner Papatoetoe
One Tree Hill College Sand Based Turf - 8/9 Size	OTH	18 Rockfield Rd, Ellersie (This entrance only)
St Kentigern Boys School Wet Dressed Turf - 8/9 Size	STKENTS	82 Shore Road, Remuera
St Cuthbert's College Water Turf - Full size	STCUTHS	Market Road, Epsom (This entrance only)
Waitakere Trust Turf Water Turf - Full size	WAI	25-31 Henderson Valley Rd, Henderson

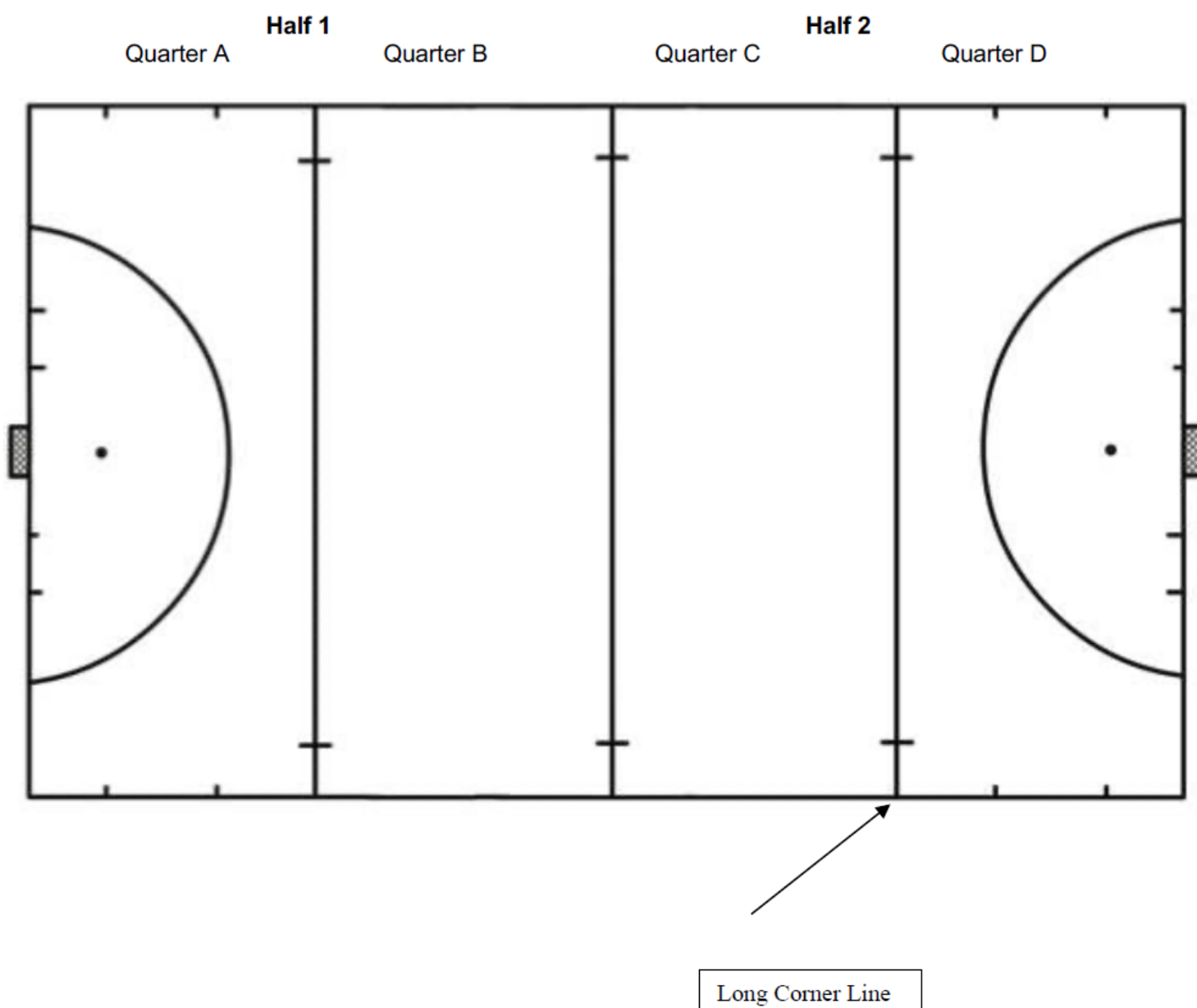
PART TURF ALLOCATIONS

For Divisions which use less than a full turf, the portion of the turf allocated to each game is shown in the drawing below:

e.g. H1, QA

The portions are “numbered” in order, 1 to 2 and A to D, starting from the end of the turf which is either:

Nearest the pavilion or adjacent buildings, or if there are no buildings near an end, nearest the main entrance to the Turf Complex.



TURF RULES

- 1. Spectators are to keep off the turfs at all times – outside the fence.**
- 2. Enter and exit turf by gates only. Do not climb the fence.**
- 3. Change into clean footwear before stepping onto the turf.**
- 4. Do not leave gear on the sidelines.**
- 5. Dug-outs are for players and team officials only.**
- 6. No warm-ups on turf while games are in progress. No hitting balls against the hoarding fence or around buildings. Use practice turf.**
- 7. Teams shall leave the artificial surface through gateways, promptly, at the conclusion of their match or practice.**
- 8. It is the responsibility of the team coaches and managers to ensure that all care is taken to stem the flow of blood from any injury onto the turf or other players. Injured players must not be removed from the playing area until bleeding has been stopped and covered.**
- 9. Approved playing gear only to be worn:**
 - Clean rubber soled shoes and rubber studs to be used.
 - Sticks to have no sharp protrusions.
 - Goalkeeping pads to be clean.
 - Goalkeeping buckles to be taped at all times.
 - No sharp objects to be carried or worn on the turf.
- 10. Balls hit over the fence during match play are not to be retrieved by players. An outside runner should retrieve the ball.**
- 11. No chewing gum or food inside the hoarding fence.**
- 12. Please use rubbish bins supplied.**
- 13. No play or practice outside allocated times.**
- 14. No dogs inside any of the Auckland Hockey Venues.**
- 15. No Alcohol is to be brought into Lloyd Elsmore Hockey Stadium.**
- 16. No spitting on the turf**
- 17. Do not move goals incorrectly**
- 18. Do not interfere with turf watering system**

All Venues are Smoke and Vape Free

Code of Conduct

For Coaches, Managers, Parents & Supporters

- ❖ Insist that children play within the rules.
- ❖ Respect and acknowledge children's efforts, regardless of whether they have won or lost.
- ❖ Encourage children in their efforts and skill development in hockey.
- ❖ Be a positive role model. Never shout at or ridicule players or officials.
- ❖ Support and applaud the efforts of children in both teams.
- ❖ Respect the decisions of officials and coaches.
- ❖ Show appreciation to people who volunteer their time to the game of hockey.
- ❖ Ensure children understand their responsibility to the team. For example, to attend training regularly and to inform coaches in advance if they cannot attend training or a game.
- ❖ Make an effort to understand the rules of hockey.
- ❖ Ensure the correct use of safety equipment, particularly mouth guard and shin pads.
- ❖ Treat children as children and not little adults.
- ❖ Remember that children play Junior Hockey primarily for their benefit rather than yours.

For Player's

- ❖ Play to the best of your ability.
- ❖ Recognise the efforts of your teammates and opponents.
- ❖ Remember to thank your coach, umpires, the opposition and supporters.
- ❖ Learn the rules of hockey and play by the rules.
- ❖ Respect and accept the decisions of umpires and coaches.

LLOYD ELSMORE HOCKEY STADIUM HEALTH & SAFETY STATEMENT

- 1. Every employee, contractor, volunteer or user shall take all practicable steps to ensure:**
 - Their own safety while on site;
 - That no action or inaction of the individual while on site causes harm to any other person(s); and
 - That any injury, near miss, or fatality is reported promptly.
- 2. No untrained persons will be permitted to perform any task, operate any machinery, or deal with any substance or material without prior experience (unless closely supervised by someone with such experience).**
- 3. All employees, contractors, volunteers or users are to be aware of, and inform others in their care of:**
 - The hazards they will be exposed to while on site, the hazard controls or procedures to be taken to prevent any harm or damage to themselves, other person(s), and property;
 - What to do in an emergency; and
 - Where all necessary safety gear or equipment and materials are kept.
- 4. Employees, contractors, volunteers or users will comply with all hazard warning signs and notices; and report any observed hazards promptly.**
- 5. No unauthorised Alcohol or unauthorised Drugs are permitted to be brought onto or consumed on the site.**
- 6. No horseplay or practical jokes will be entered into while on site.**
- 7. Employees, contractors, volunteers or users are required to wear Person Protective Equipment, including where applicable mouth guard and shin guards.**
- 8. Employees, contractors, volunteers or users are to use correct lifting techniques. If you think it is too heavy, assistance should be requested.**
- 9. Access ways should be kept clear of obstructions at all times, this includes exit ways from the internal areas of the stadium and driveways (especially where marked with yellow lines). Also parking on the grass is not permitted and may result in cars being towed.**
- 10. In an emergency and/or when the fire alarm sounds the facility should be cleared as soon as possible and all persons onsite should move into the car park away from the main gates.**



MY TEAM's GAMES

Date	Game	Time	Versus	Result	Goals Scored
6 May	Game 1				
13 May	Game 2				
27 May	Game 3				
3 June	No Play - King's Birthday Weekend				
10 June	Game 4				
17 June	Game 5				
24 June	Game 6				
1 July	No Play - Junior 6's Open Festival				
8, 15 July	No Play - School Holidays				
22 July	Game 7				
29 July	Game 8				
5 August	Game 9				
12 August	Game 10				
19 August	Game 11				
26 August	Game 12				



Auckland Hockey
Small Sticks (Junior) Competition 2023

COMPETITION STRUCTURE SUMMARY

Grade	Fun Sticks		Mini Sticks		Kiwi Sticks			Kwik Sticks		
Year Level	Year 1 & 2		Year 3 & 4		Year 5 & 6			Year 7 & 8		
Approx Game Times	Session starts at 8am		8am & 8:50am		8am & 8:50am Occasionally 9:40am & 10:40am			6 a-side 8am & 8:50am 11 a-side 9:40am & 10:40am		
Duration	50 mins	2 x 20 min games	20 min halves		20 min halves			20 min halves	25 min halves	25 min halves
Division	Beginner	Advanced	Development	Experienced	Beginner	Development	Experienced	Beginner	Development & Exp 2-3 yrs	Exp 3+ yrs & Advanced
Size	N/A	6 a-side	6 a-side	6 a-side	6 a-side	6 a-side	6 a-side	6 a-side	6 a-side / 11 a-side	11 a-side
Field Size	N/A	1/8 Turf	1/4 Turf	1/4 Turf	1/2 Turf	1/2 Turf	1/2 Turf	1/2 Turf	Full Turf	Full Turf
Grade	Open	Open	Open	Open	Open	Open	Open & Girls	Open	Open & Girls	Open
Number of Teams	N/A	N/A	9-10 per grade	7 per grade	7-9 per grade	7-9 per grade	10-12 per grade	5-6 per grade	6-9 per grade	11 - Exp + 7 - Advanced
Regionalised	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Mixed	No
Re-grading	N/A	No	After 3 weeks		After 3 weeks			After 3 weeks		
Points	N/A	Not Tallied	Not Tallied		Not Tallied			Points Tallied		Points tallied & carried through, except for teams promoted to these grades
Outcome (depends on no. of teams in grade)	N/A	No winner	No winner		No winner			Experienced 3+ grade will play Round Robin and a 2 week final format. Advanced - tallied across the whole season. Winner is top of the table on completion of Round Robin		

