



AUCKLAND UNIVERSITY
HOCKEY CLUB



MTEDEEN
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Hockey
Club
Masters

HPHC

AUCKLAND HOCKEY



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HOCKEY



MASTERS SUMMER COMPETITION RULES 2025/26

INTRODUCTION

The Masters Summer Hockey Competition Rules are run in accordance with the rules and regulations listed in this document along with the following:

1. The current FIH Rules of Hockey – Outdoor
2. Auckland Hockey Code of Conduct
3. Hockey NZ Safety Policies
4. Hockey NZ Anti-Doping Code
5. Hockey NZ Concussion Policy – 2018
6. Hockey NZ National Code of Conduct

These documents are available to be downloaded on the Auckland Hockey or Hockey New Zealand websites.

MATTERS NOT COVERED IN THESE REGULATIONS AND AK RULES AND POLICIES

The Auckland Hockey Competitions Manager shall deal with any matters arising that are not specifically dealt with in the regulations below or in the documents above. If possible, the Competition Manager should consult with the Auckland CEO, Judicial Commissioner and/or Competitions Advisory Group to deal with the matter. Any decision reached by the Competition Manager will be final.

These Competition Rules will be reviewed annually as part of the AKH Summer Hockey work. Any modifications / amendments to these Rules made through the season, or before the publication of a new version, will be published on the Auckland Hockey website and notification given to the teams.



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COMPETITION ENTRY REQUIREMENTS

AK Hockey wishes to create and maintain a hockey environment, which is enjoyable, rewarding and satisfying for all people involved.

GRADES

Masters Women Summer Competition
 Masters Men Summer Competition Competitive
 Masters Men Summer Competition Social

TEAM & PLAYER ENTRY/ELIGIBILITY

Teams must register their entry and player registration with Auckland Hockey by the advertised date. Player registration must be completed via the PlayHQ player registration link provided to all teams. Player Registrations will consist of all data required for the AK Hockey registration system. This includes details such as full name, email address, date of birth and contact phone number. There must be at least 11 players registered in all Summer Masters teams.

PENALTY: A team will not be eligible to gain competition points if registrations are not completed in the manner and by the time as described in the Procedure. This will be done on an individual team basis.

The points earned by a team that is not registered by the time as described in the Procedure will not be returned once the registrations are received.

1. Players must be aged 30 years of age by 28 February 2026
2. ***Women's Competition Rule Only:*** Two players under the age of 30 and playing Division 2 or lower in the previous Winter season may be registered to play.
3. Team entry is open to any team that meets the age requirements but is at the final discretion of Auckland Hockey. Teams do not need to be affiliated with a club but must follow the Auckland Hockey Playing Rules and Code of Conduct.



4. New/Late Player Approval: New/Late players may register to a team after the competition commencement date by registering via the PlayHQ team participant link provided by the team manager/coach. New Player registration requests will automatically be placed on a pending status in PlayHQ and approved or declined by Auckland Hockey. If approved, the new player will be automatically allocated to the requested team.

TEAM REGISTRATION FEES

PAYMENT

Payments will be required to be paid in full before the commencement of the competition. You will have the option of paying your fees in full online via PlayHQ when completing your team registration. Please note that this is listed in the product section of the registration. Teams who do not pay online will be invoiced accordingly.

LATE PAYMENT FEES

Please note that payments not received by Auckland Hockey by the final due date will incur a 2.5% late payment fee on the outstanding balance..

FINALS ELIGIBILITY

Maintaining the integrity of the competition is paramount. A player must play (i.e. be on the match card and take the field) for a minimum number of games during the league for that particular team to be eligible to play in Playoff and Finals matches.

Masters Men

A player must play for a minimum of 5 games to be eligible to play in the Playoff and Finals matches.

Masters Women

A player must play for a minimum of 5 games to be eligible to play in the Playoff and Finals matches.

Player dispensation for Playoff Championship matches can be requested via the 2025/26 Summer Masters Dispensation Request Form available at <https://akhockey.org.nz/player-forms/> on the Auckland Hockey website. Approval is at the discretion of Auckland Hockey Competitions Manager.



DRAW

The Auckland Hockey office is required to prepare the draw. The draw will be communicated to teams upon completion.

PLAYING REGULATIONS

Uniforms

RULE: Each team must register a playing uniform with the AK Hockey. All team members must play in that colour. Auckland Hockey highly recommends that all players have numbers on the back of their shirts.

Dress Code

All participants and umpires are required to adhere to appropriate dress standards.

Players are not allowed to wear hard peaked caps.

Mouth guards and shin pads are compulsory for all field players. Goalkeepers must wear appropriate protective gear (**Minimum:** helmet, chest protector, hand protectors, groin/pelvic protector, leg guards and kickers).

Any players found not to be complying with this rule will be sent from the field by the umpire (and may be substituted) and will not be allowed to return until they have rectified the issue.

MATCH DAY REQUIREMENTS

Playing Cards

RULE: All teams must ensure their match day squad is selected online via Play HQ prior to the match. Line-ups will be published to the public participant site as soon as they are selected and saved. Line-up selection will remain when the game is live or final.

There will not be physical match cards. Play HQ online cards will be the official match card format.

Umpires will submit a record of penalty cards and points issued in a match to Auckland Hockey.



All players, including any fill-in player(s), must be registered and selected in Play HQ on the relevant match day. A maximum of seventeen (17) players are permitted including one (1) Goalkeeper or a maximum of eighteen (18) players are permitted including two (2) Goalkeepers.

- The captain and player shirt numbers (if you have them) must be identified on the Play HQ electronic card.
- A player cannot be prevented from playing simply by virtue of their name being left off the Play HQ electronic match card at the commencement of the match provided the umpires agree that person is a registered player and the player's name is added to the Play HQ card before the end of the match.
- A player is eligible to play as a "Fill-In Player" for another team as required but must request dispensation for any playoff/final game.
- ***Men's Competition Rule Only:*** A player that is registered in a team playing in the Competitive Grade may NOT fill in for a team in the Social Grade. A Social Grade player can fill in for a team in the Competitive Grade.

PRE-MATCH PROCEDURE

It is up to the Team Manager to ensure their team lineup is selected within Play HQ prior to the commencement of the game with correct shirt numbers allocated (if you have them). Umpires appointed to matches will record any penalty cards and player team and shirt number or player name. Team Managers have sole responsibility to check prior to the start of the match that the Play HQ electronic card has been completed properly and if it has not it is required that the deficiency be remedied.

In all cases, if the Play HQ electronic match card has not been submitted or proven to contain false player information, the result will see the offending team defaulted from the match.

The exception to this is if the Play HQ system is not working and the electronic match card cannot be completed online through no fault of the players or Manager. The match should proceed on time and a surrogate card completed as best as can be managed, at the discretion of the umpires.

In the event that the Play HQ system is not working, both captains are to sign the surrogate card to confirm the result of the match.



Any Team Manager or Captain comments relating to the match must be submitted via email to the Competitions Manager at comps@akhockey.org.nz

POST MATCH PROCEDURE

Both teams are to ensure the correct result has been recorded via PlayHQ. Any result not showing can be emailed to comps@akhockey.org.nz

NOTES:

The AK Hockey Competition Manager relies on Play HQ electronic match cards being filled in properly to identify players who are playing in inappropriate teams or who are issued with red, yellow or green cards.

AKH are running the Carded Player Lists and Carded Penalty Points for the 2025/26 Masters Season. These points will run separately to Winter Carded Player Points.

PENALTY: If an electronic match card has not been completed correctly or is subsequently found to be incorrect that team will be found to have lost the match by default. Teams can appeal to the AK Hockey Competition Manager, in consultation with the CEO, Judicial Commissioner and Competition Advisory Group, and they have power to act as an arbiter and, upon compelling argument being presented by the penalised Team can, if it believes it to be equitable, waive penalties.

Identification of Captain

RULE: All teams must clearly identify their Captain by a ribbon or arm band.

PROCEDURE Prior to the commencement of the match, Team Managers and match Umpires are responsible to ensure the captain for the match has been clearly identified.

PENALTY: Where the identity of a captain is unclear, the player responsible for the role will be sent from the field by the umpire to rectify this.

DELAY/CANCELLATION of GAMES

Match Defaults

A team unable to fulfil their playing responsibilities and intending to default must notify the Auckland Hockey Office in writing by 9.00AM on the day of the game so the opposition and umpire(s) can be notified. The defaulting team may be subject to pay \$250 which will cover the full turf costs for that match,



AKH admin cost and match fee of the opposition. The default result will be recorded as a 3 point win with a 3-0 scoreline. From the \$250 penalty fee \$125 will be passed on by AKH to the opposition team defaulted against.

PENALTY: Any team that fails to notify the Auckland Hockey Office in writing by 9.00AM the day of the game of their intention to default will, in addition to the default result and penalty payment of \$250 as detailed in the procedure, may also have a further deduction of 3 competition points from their team result.

Any team that defaults TWO games during a season will risk being withdrawn from the competition by the AK Hockey GM for the remainder of the season.

Default Disputes

There may be times when as a result of Team or AK Hockey administrative deficiencies, miscommunication or unforeseen circumstances penalties under this rule for match defaults are imposed. The AK Hockey GM, in consultation with the CEO and Judicial Commissioner, has power to act as arbiter and, upon compelling argument presented by the penalised Team can, if it believes it to be equitable, waive penalties.

DELAY OR ABANDONMENT DUE TO UNFORESEEN CIRCUMSTANCES

See Appendix 2 for the definition of reasons for the delay or abandonment of matches on the Game Day.

See below section Auckland Hockey – Local Playing Rules for the treatment of stopped time due to a delay or abandonment.

REPLAYING OF ABANDONED MATCHES

Teams must try to reschedule the match by mutual agreement by 5.00PM of the Friday following the abandonment.

Teams must both advise AK Hockey office in writing to comps@akhockey.org.nz by 5.00PM of the Friday following the abandonment of the preferred date, time and venue for the rescheduled matches.

AK Hockey must advise by return email by 5.00PM the following Monday its agreement to the date, time and venue of the rescheduled match.

If Auckland Hockey do not agree with the proposed date, time and venue for the rescheduled match, they must advise the teams by return email by 5.00PM Monday why the date, time and/or venue are not suitable and AK Hockey will then set the date, time and venue and the clubs will have no right of appeal.



If the teams are unable to reach a mutually agreeable date, time and venue for the rescheduled match by 5.00PM Friday, they must notify AK Hockey as such in writing to comps@akhockey.org.nz at which point AK Hockey will set the date, time and venue for the match to be replayed and the clubs will have no right of appeal to the date, time and venue set by AK Hockey.

Auckland Hockey – Local Playing Rules

Auckland Hockey has several "local rules" that differ from International rules. These are designed to suit local conditions and maximise the enjoyment of the game.

The current FIH Rules of Hockey will apply, except as modified below:

Game Duration

1. All Masters Summer Hockey will be played in quarters. Each quarter will have a duration of 15 minutes with a 2 minute break at the end of Q1 and Q3 and a 5 minute halftime break.
2. Note to assist in the adherence to time allocations, and at their discretion, the Umpires may start the game clock for the quarter before the start of actual play if the players have not taken the field. The actual game will then commence on the blowing of a whistle by the Umpires in the normal manner.

Stopping time

3. Once a match has commenced, time is not stopped under any circumstances.
4. If a match starts late, it must still finish at the designated time.
5. The game is deemed to have finished when the watering cycle commences, or the lights go out.
6. The result may be appealed subject to the conditions in Clause 5 if:
 - 6.1 the watering cycle commences or the lights go out less than 55 minutes after the designated start time of the match,
 - 6.2 playing time is lost due to unavoidable circumstances such as serious injury (meaning: rendered unconscious and/or immobilised/stretched off and/or clearing of significant blood



deposits); flooding, lightning storm, or insufficient light – for further information see Appendix 2

6.3 Either of the involved Teams may appeal to the AK Hockey Competition Manager for the match to be replayed under the following conditions:

6.3.1 If between five and ten minutes' playing time is lost, and the final score is one goal or less between the teams.

6.3.2 If more than ten minutes' playing time is lost.

6.3.4 If less than five minutes' playing time is lost, there is no right of appeal.

6.3.5 These times exclude any time lost due to the game starting late.

Subject to Clause 4 above, the match is prolonged at half-time or full-time to allow completion of a penalty corner or penalty stroke and any subsequent penalty corner or penalty stroke

Goalkeepers

For matches in all Masters Summer grades:

In line with the 2019 FIH rules, the option of a player with goalkeeping privileges has been removed. A team must play with either a fully-equipped goalkeeper, or with only field players.

A field player may not defend a penalty stroke. If the defending team does not have a goalkeeper on the field, the penalty stroke is taken into an empty goal.

Teams should remember it is permissible to substitute at a penalty stroke; a goalkeeper may be substituted on if available, even if the team was playing with only field players when the penalty stroke was awarded.

ABUSE and FOUL LANGUAGE

Players, Coaches, Managers or Team Officials who are abusive or use foul language on or in the vicinity of the field of play may be temporarily suspended and points awarded in respect to cards issued for offences.



Umpires are to use their discretion, within the guidelines, as to the appropriate length of the suspension. These cards will be recorded and the individuals who consistently offend may be required to appear before the Judicial Committee who may impose whatever penalty/suspension they consider appropriate.

Points received for abuse and foul language are included in the overall accumulation of personal penalty points and will also be monitored separately with the appropriate penalties.

1. Penalty Cards and Carded Player List
2. Penalty Point Accumulation System

AK Hockey has adopted a points accumulation system based on the awarding of coloured cards by umpires. Depending on the card, and the number of points accumulated, an automatic penalty may be imposed, or a further penalty or suspension may result depending on the decision of the Judicial Commissioner or Judicial Committee. The issuing of a card carries points, which can be awarded by umpires to any Participant associated with the team during a match (which is defined as the period 30 minutes prior to the start of a match until 30 minutes after the match has ended).

Note: if an umpire does not have access to the appropriate coloured card, then verbally stating the nature of the card will equally suffice as a valid mode of delivery of the card.

Each card will carry penalty points as follows:

Green

1 to 2 Points.

Yellow

3 to 6 Points as determined by the umpires at the end of the match.

Red Automatic suspension of one match. The suspension may be increased if additional sanctions are applied through the outcome of a judicial process.

Participants accumulating 12 points (through receiving green and/or yellow cards) during a Competition will automatically be suspended for one match.

Further action may be taken at the discretion of the Judicial Commissioner or Judicial Committee.



Following the suspension, six points will remain credited to the Participant, and shall remain on the record of the Participant for a duration of 12 months.

Points recorded against players for abuse and foul language:

1. Demerit points gained from cards specifically for abuse and foul language will be recorded as such.
2. Individual players who reach 6 points specifically for abuse and foul language will be advised in writing that they have been automatically suspended for at least one match. Further action may be approved by the Judicial Committee.
3. Any further 3 points awarded will result in a judicial hearing and further punishment being awarded.
4. Points recorded against teams for abuse and foul language.
5. Total team demerit points gained from cards specifically for abuse and foul language will be recorded.

Teams who reach 12 points specifically for abuse and foul language: including coaches, managers and team officials, will be advised in writing that they have automatically been deducted 4 competition points.

1. If a team reaches 18 points, an additional 8 points will be deducted.
2. If a team reaches 24 points, the team will be requested in writing to attend a Judicial Hearing for the Judicial Committee to decide any further punishment, points deduction, game forfeiture, finals cancellation, monetary fine or other punishment deemed appropriate.

Abuse and Foul Language Guidelines

The following table will be used by Umpires in the awarding of penalties under the "Abuse and Foul Language" policy:

- A. Swearing out loud to self or team mates**
Green card – 1 point
- B. Swearing or abusing at an opposition player**



Minimum Green card – 2 points

C. Swearing or abusing a match official

Yellow card - Points at discretion of official

D. Repeated acts of swearing or abusing

Card and Points at discretion of official

The Auckland Hockey Code of Conduct to be applied at all times during Masters Summer Hockey 2025/26

GENERAL INFORMATION

CAN A COACH "COACH THE TEAM" FROM THE SIDELINE?

The simple answer is yes. It would be impractical to stop this because a coach could easily have a message carried by a player or supporter. Our only restrictions are covered by the Code of Conduct which relates to the behaviour of the Coach, for example abusive instructions to players that detract from the match are not tolerated.

WHAT IF AN UMPIRE DOES NOT TURN UP?

Where a team is required to supply an umpire and that umpire does not turn up, the designated team must still supply an umpire even if it means using a player from their team and playing a person short. If you do not supply an umpire your opposition has the right to inform you that unless you do supply an umpire you will lose the game by default. You must then either supply an umpire or default the game (you can still go ahead and play but you cannot gain any Championship points).

The AK Hockey Competition Manager will support any application for a win by default from a team playing against an opposition that has not supplied an umpire provided the team not supplying the umpire has been informed before the game commences that the aggrieved team intends seeking a default win thereby giving the offending team the option to play or not.

If an Auckland Hockey Umpires Association (AHUA) appointed umpire does not turn up the home team must provide one umpire for the full match (or share the umpiring duties with the away team if both teams are in agreement). If there is no clear home team, the team on the left-hand side of the draw must provide the umpire.



In the case of no AHUA appointed umpires, both teams must each provide at least one umpire each for the whole match. Team umpires can change at quarter time eg one team could have 4 different people umpire quarter of a game.

HOW MANY PLAYERS MUST A TEAM FIELD TO START A MATCH?

A team must have a minimum of 7 players at the start time of a match or the match is defaulted.

PLAYER SUBSTITUTIONS

Player substitutions must take place at the halfway line on the field, on the dugout side of the turf where applicable.

TEAM CAPTAINS

Teams must clearly identify their Captain by a ribbon or arm band.

DUGOUTS

Only team officials and players are allowed in the dugout. Umpires have the right to ask people to leave the dugout area.

BLOOD CODE

If players are openly bleeding every effort should be made to control the bleeding before moving the player (to prevent dripping on the turf). All players must leave the turf if they are openly bleeding and may not return until the wound has been covered. All teams should carry sufficient medical equipment to dress wounds and to clean the turf of excess blood (medical alcohol should be carried for this purpose).

Where a player has blood on their uniform or body, they must leave the turf to have this blood removed. All teams should carry a spare uniform for this purpose.

HEAD INJURIES

In all competitions managed by Auckland Hockey if a player receives a head injury with suspected concussion, Auckland Hockey must be notified, and the player may only commence playing again when a medical certificate clearing the player to return to hockey has been supplied to Auckland Hockey.



COMPETITION RESULTS AND RECORDS OF CARDED PLAYERS

Auckland Hockey is required to maintain up to date records of all grades competition points, which must be available to teams on request.

At the beginning of each season Auckland Hockey will establish a system to ensure these matters are recorded. It is appropriate for the AK Hockey Competition Manager to delegate some of these matters to the administrative staff of Auckland Hockey.

The Auckland Hockey Office shall ensure results are posted regularly at the playing venues and communicated to players through appropriate means.

Competition points will be recorded as follows:

Note:

1. Default Wins shall be awarded 3 points and the score shall be recorded as 3-0 in favour of the winning team.
2. If both teams are deemed to have defaulted, then the score line shall be 0-0 and no points shall be awarded to either team.

League Placement will be determined by the following:

1. In each grade, teams will be ranked according to the number of points each has accumulated in the competition.
2. If at the end of the competition two or more teams have the same number of points for any place, these teams will be ranked according to their respective number of matches won.
3. Should there still remain equality between two or more teams, then these teams will be ranked according to their respective goal difference (which means 'goals for' less 'goals against').

Note: A positive goal difference always takes precedence over a negative one.

1. If there still remains equality between two or more teams, then these teams will be ranked according to their respective number of 'goals for'.
2. If there still remains equality between two or more teams then the result(s) of the match(es) played between (only) those teams involved will be taken into consideration to determine the ranking of the tied teams.



3. If more than two teams are involved, then a ranking based upon the results of the matches between (only) them shall determine their respective position.
4. Should there still remain equality between two teams, then the matter will be settled by a penalty shootout competition between those teams.
5. If more than two teams are involved, then each team will play a penalty stroke competition against the other teams.

RECORDS OF CARDED PLAYERS

Auckland Hockey is required to keep a record of all red, yellow and green cards issued in matches.

The AK Hockey Competition Manager will maintain a register of points accumulated by players under the card system. This register will also include points accumulated under the "Abuse and Foul Language" clause above.

The AK Hockey office shall notify the Manager of the Team concerned that the player is automatically suspended as soon as a player accumulates:

1. 12 points in total;
2. Is issued a red card; or
3. accumulates a total of 6 abuse and foul language points
4. accumulates a total of 9 abuse and foul language points

The Team Manager is responsible for notifying the player of his/her suspension.

Further information regarding Carded Players is included in the AK Hockey Code of Conduct.

The AK Hockey office shall notify the Manager of the Team concerned that a team will incur competition penalty points as soon as a team accumulates:

1. 12 points specifically for abuse and foul language: including coaches, managers and team officials and that they have an automatic deduction of 4 competition points.
2. 18 points and that an additional 8 points will be deducted.
3. 24 points, and that the club will be requested to attend a Judicial Hearing for the Judicial Committee to decide any further punishment, points deduction, game forfeiture, finals cancellation, monetary fine or other punishment deemed appropriate.



APPENDIX 1: Auckland Competition Format & Draw

Masters Men Competition - 16 Weeks

Tuesday 14 October 2025 - Tuesday 17 February 2026

Masters Women Competition - 16 weeks

Monday 13 October 2025 - Monday 16 February 2026

There will be play Labour Weekend Monday 27 October and Auckland Anniversary Day Monday 26 January

Masters Men - Championship Grade	Masters Men - Social Grade	Masters Women
6 Teams	11 Teams	TBC
3 x Round Robin Week 1 - 15	1 x Round Robin Week 1 - 11	1 x Round Robin Week 1 - 10
	Split into Top 5 / Bottom 6	Split into Top 6 / Bottom 4
Week 16: Championship Grade Finals	Week 16: No finals, finish on points	Week 16: Women's Finals

COMPETITION FORMAT

Masters Men Competitive Grade Format

3 x Round Robin

Final: 1 v 2, 3 v 4, 5 v 6

Masters Men Social Grade Format

1 x Round Robin

Split into Top 5 / Bottom 6 (Points carried over)

1 x Round Robin with the winner being 1st on the table after the final round

Bye team has a friendly game each week against Roskill Eden Bantams



Masters Women Format

1 x Round Robin

Split into Top 6 / Bottom 4 (Points carried over)

TOP 6 FORMAT

1 x Round Robin

Week 1 Finals:

Game 1: 1 v 6 (Friendly)

Game 2: 2 v 3 (Semi Final)

Game 3: 4 v 5

Week 2 Finals:

FINAL: 1 v Winner Game 2

3rd/4th: Loser Game 2 v Winner Game 3

5th/6th: Loser Game 3 v 6

BOTTOM 4 FORMAT

2 x Round Robin

7th/8th: 1 v 2

9th/10th: 3 v 4



APPENDIX 2: Definition of Unavoidable Circumstances for the Delay or Abandonment of a Game After the Designated Start Time

OBJECTIVES

The Objectives of these guidelines are:

1. To protect participant safety and enjoyment and maintain a fair competition.
2. To provide a guideline for duty managers, umpires and team captains.
3. To align all grades with the same guidelines as per the Intercity Competition.

REGULATION

For a match to be completed, the full regulation time needs to have been played – exceptions to this rule are covered in the section “AUCKLAND HOCKEY – LOCAL PLAYING RULES – Stopping time” above.

Matches need to be suspended (or start delayed) if any of the following situations occur:

1. The pitch is more than 75% underwater
2. 75% of either or both circles are under water
3. If less than 75% of lights are not functioning during a night game
4. If less than 50% of lights are not functioning when lighting is required due to dark clouds (e.g. dark clouds/early afternoon)
5. Hail
6. Lightning (10 second rule)
7. Serious injury occurs requiring urgent on field medical treatment

If a match is delayed or suspended and the water cannon comes on or it is 5 minutes before the scheduled start of the next game, then that match needs to be suspended fully and the clauses under the section “AUCKLAND HOCKEY- LOCAL PLAYING RULES - Stopping time” will apply.

Exception being when both team captains agree to the result at the time of suspension being the final result.

To support any subsequent interpretation or appeal, the umpires must record the final score, stoppage time(s) lost and reason(s) for the suspension in play to the AKH office via email to comps@akhockey.org.nz

The decision to suspend play (or delay the start) is made by the Umpires and Match Director appointed to the match in consultation with the venue



manager and team captains. The final decision is with the Match Director if one is appointed otherwise it rests with the Umpires.

APPENDIX 3: Procedure for the conduct of a Penalty Shoot Out Competition

Respective team managers nominate five players to take and one player to defend the shoot-outs from those on the match card except as excluded below.

A player who has been permanently suspended (red card) during the match may not take part in the penalty shoot out

A player who has been temporarily suspended (yellow card) during the match may take part in the penalty shoot-out, even if the period of their suspension has not been completed at the end of the match

In line with the FIH rules of Hockey, a shoot-out may be defended by either a goalkeeper, or a field player as defined by the FIH Rules of Hockey

A player nominated to defend the shoot-outs can also be nominated to take a shoot-out.

No substitutions/replacements are permitted during the shootout competition, other than as specified below.

The Match Director (or Umpires if no MD appointed) shall choose the goal to be used

The MD (Or Umpires) shall appoint one, or preferably two, people to keep time during the shoot outs

The captains will toss a coin; the team that wins the toss shall have the choice to take or defend the first shoot out

All players on the match card, other than any player who has been excluded permanently (red card) during the match, are permitted to enter the field of play outside the 23m area used for the shoot-out but must be at least 10 metres from the spot where the ball is placed at the start of the shoot-out.

The goalkeeper/defending player of the team taking a shoot-out may be on the back-line outside the circle



A player taking or defending a shoot-out may enter the 23m area for that purpose

If a player taking a shoot-out is also defending the shoot-outs taken by opponents, (s)he is allowed reasonable time to take off his/her protective equipment to take his/her shoot-out and subsequently to put his/her protective equipment on again.

Five players from each team take a shoot-out alternately against the goalkeeper/defending player of the other team making a total of 10 shoot-outs

The players may take the shoot-outs in any order.

Taking a shoot-out:

The goalkeeper/defending player starts on or behind the goal-line between the goal posts;

The ball is placed on the nearest 23m line opposite the centre of the goal;

An attacker stands outside the 23m area near the ball;

The umpire blows the whistle to signal the start of the shoot-out; the attacker and the goalkeeper/defending player may then move in any direction;

The shoot-out is completed when:

1. 8 seconds has elapsed since the starting signal;
2. a goal is scored;
3. the attacker commits an offence;
4. the goalkeeper/defending player commits an unintentional offence inside or outside the circle in which case the shoot-out is re-taken by the same player against the same goalkeeper/defending player;
5. the goalkeeper/defending player commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken;
6. the ball goes out of play over the back-line or side-line; this includes the goalkeeper/defending player intentionally playing the ball over the back-line.



If a penalty stroke is awarded as specified above, it can be taken and defended by any eligible player on the match card subject to below.

The team scoring the most goals is the winner and the competition ceases once an outright winner is determined.

If during a shoot-out competition (including during any penalty stroke which is awarded) a player (either an attacker or a goalkeeper/defending player) is suspended:

- a) that player takes no further part in that shoot-out competition and, unless a goalkeeper/defending player, cannot be replaced;
- b) the replacement for a suspended goalkeeper/defending player can only come from the five players of that team nominated to take part in the shoot-out competition;
- c) the replacement goalkeeper/defending player is allowed reasonable time to put on protective equipment similar to that which the goalkeeper/defending player (s)he is replacing was wearing;
- d) for taking his/her own shoot-out, this player is allowed reasonable time to take off his/her protective equipment to take his/her shoot-out and subsequently to put it on again;
- e) any shoot-out (or penalty stroke) due to be taken by a suspended player counts as no goal; the shoot-outs taken by this player and scored before being suspended count as a goal.

If during a shoot-out competition, a defending goalkeeper/defending player is incapacitated;

- a) that goalkeeper/defending player may be replaced by another player from among the players listed on the match card, unless suspended by an umpire during the shoot-out competition or permanently suspended by an umpire during the match;
- b) he replacement goalkeeper; is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper / defending player was wearing;
- c) If this replacement is also nominated to take a shoot-out, this player is allowed reasonable time to take off his protective equipment to take his shoot-out and subsequently to put it on again.



- d) if during a shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player from among the players listed on the match card, unless suspended by an umpire during the shoot-out competition or permanently suspended by an umpire during the match.

Shootout between two teams

If an equal number of goals are scored after each team has taken five shoot-outs; a second series of five shoot-outs is taken with the same players, subject to the conditions specified in these rules; the sequence in which the attackers take the shoot-outs need not be the same as in the first series;

- a) The team whose player took the first penalty shoot-out in a series defends the first penalty shoot-out of the next series.
- b) When one team has scored or been awarded one more goal than the opposing team after each team has taken the same number of shoot-outs, not necessarily being all five shoot-outs, that team is the winner.
- c) If an equal number of goals are scored or awarded after a second series of five shoot-outs, additional series of shoot-outs are taken with the same players subject to the conditions specified in these rules.
- d) the sequence in which the attackers take the shoot-outs need not be the same in any subsequent series.
- e) the team which starts each shoot-out series alternates for each series.

Shootout between three or more teams

During a shootout between three (or more) teams; A round-robin of shootouts is played between each of the teams.

Teams will play in the order determined by the Competition Director

A ranking will then be established based upon the results of the round of shootouts only.

In each shootout points will be awarded as follows:

1. Three (3) points to the team having scored or been awarded the highest number of goals.



2. One (1) point to each team having scored or been awarded an equal number of goals.
3. Zero (0) points to the team having scored or been awarded the lowest number of goals.

After each team has played a shootout against every other team, a ranking will be established based upon the total number of points awarded during the round of shootouts.

If equality remains between any two or more teams, then the teams having an equal number of points shall be ranked as applied to goals recorded during the shootout competition.



APPENDIX 4: Frequently Asked Questions (FAQ's)

How old do players need to be?

Players must be aged 30 years of age as of 28th February 2026.

Can I have any underage players?

Not if you play in the Men's competition.

In the Women's competition each team may have up to 2 players under the age of 30 who have been registered in Division 2 or lower during the 2025 Winter season.

Where will games be played?

Games will be spread across Auckland venues, Lloyd Elsmore Park, Kolmar, MRGS and Avondale.

What time are games?

6:45pm and 8.10pm. In situations where there is only one game at a venue, the start time of that game may be at the slightly later time of 7pm.

Can I apply for dispensation?

Yes, the Team Manager can apply for dispensation no later than 12pm on the day of the relevant match.

The following is a non-exhaustive list of factors that are considered by the Competition Manager in consultation with the AKH Office when determining a late player registration dispensation:

- o Injuries to/unavailability of players;
- o Ability of player requesting dispensation;
- o The player's history within Auckland Hockey grades

The reason for the list is to help guide teams when applying for dispensation. It is important to note that the list of factors will be considered as a whole and not in isolation (i.e. it is not a simple "tick-the-box" exercise); and that dispensations will not automatically be granted.

Dispensation can be submitted via the proper dispensation form found here: <https://okhockey.org.nz/player-forms/>

Any ineligible player who has not received proper dispensation and takes the field will result in a default loss to the offending team.