



AUCKLAND HOCKEY JUNIOR COMPETITION HANDBOOK 2026

(Updated 21 May 2026)



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 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.

AK HOCKEY

SMALL STICKS (JUNIOR) COMPETITION 2026

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 and 8.50am		8am and 8.50am Occasionally 9.40am and 10.40am			6 a-side 8am and 8.50am 11 a-side 9.40am, 10.40am and 11.40am		
Duration	50 mins	2 x 20min games	20min halves		20min halves			20min halves	25min halves	25min halves
Division	Beginner	Advanced	Development	Experienced	Beginner	Development	Experienced	Beginner	Development and Exp 2-3	Exp 3+ years and 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	8-9 per grade	7-8 per grade	7 & 12 per grade	5-6 per grade	6-9 per grade	11 - Exp 3+ 7 - Advanced
Regionalised	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Dev - Yes Epx - Mixed	No
Re-grading	N/A	No	After 3-4 weeks	After 3-4 weeks	After 3-4 weeks	After 3-4 weeks	After 3-4 weeks		After 3-4 weeks	After 3-4 weeks
Points	N/A	Not tallied	Not tallied		Points tallied			Points tallied		Points tallies and carried through, except for teams promoted to these grades
Outcome (Depends on no. of teams in grade)	N/A	No winner	No winner		Finals will vary depending on numbers in each grade.			Advanced grade will play Round Robin and a 3 weeks finals format. Experienced 3+ tallied across the whole season. The winner is top of the table on the completion of the double round robin.		

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 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

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

FunSticks begins in Term 2 when the Junior Hockey competition begins.

The FunSticks 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 a central location in Auckland.

We will repeat the FunSticks Beginners programme in Term 3 for any new players, this may be a combined club session depending on the number of 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 PlayHQ

Advanced

Register your teams through PlayHQ

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

Fun Sticks Advanced - Year 1 & 2 (under 6)

Six-A-Side

Team: 6-aside
Field Size: 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 co-ordination
- Goals: Modified or cones
- Balls: Modified (light balls)
- Play On: Yes
- Auto Pass: Yes (with guidance)
- Goalkeeper: No
- Penalty Corners: No

Rules:

1. Safety Rules: only play with flat side of the stick, 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
2. The game starts with a push forward or back. Each team must be behind the centre line for the start whistle
3. NO OBSTRUCTION
4. The ball cannot be deliberately stopped with the foot or kicked. However, when the ball merely touches the foot, play should continue.
5. A goal is scored when the ball is pushed into the goal from inside the 5 metre zone. There is no off side, and no own goals
6. Free hit and sideline hit in: everybody must be 5 metres away
7. 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)

Six-A-Side

Team: 6-aside
Field Size: 1/4 of a hockey turf or tennis or netball court
Goal Size: 2 x Goals, 2 meters wide

Duration: 40 minute time slot

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 the corner
- Auto Pass: Yes
- Goalkeeper: No
- Penalty Corners: No
- Balls: Modified (light balls)

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 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 an 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 the 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. 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 pipe/divider is regarded as 'out' if the ball hits it)
7. There are no goalkeepers and **no player is to be appointed to stand in goal.** However, players may run back and defend their goal.
8. There is **NO OFFSIDE**

9. The ball is not allowed to rise above ankle height, because of danger
10. There are no Penalty Corners (P/C's).
11. 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 get their feet out of the way. When there is no advantage gained and to let the game flow, umpires should allow the game to continue
12. In the 10m attacking/defending zone if a 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
13. 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
14. **There are no 'own goals'** – the ball must touch an attackers stick inside the 10m zone before entering the goal. Example: 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) Six-A-Side / Kwik Sticks - Year 7 & 8 (Under 13) Six-A-Side Beginner

Team: 6-10 members
Field Size: 1/2 of a hockey turf (45m x 55m approx)
Goal Size: Standard Hockey Goal (3.66 meters wide)

Duration: 50 minute time slot

Skills and Small Games:

- Team dynamics, decision making and defensive and attacking concepts
- Balls: Standard
- Goals: Standard
- Auto Pass: Yes
- Goalkeeper: Optional - Must wear fully padded, fitted gear with helmet.
- Penalty Corners: No
- Penalty Strokes: No. A 1v1 shootout only required for a stroke offence as outlined below.

Infringements inside the circle (eg 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 the players to move the ball 5m outside the circle before it is played in. If there is a **clearly deliberate** infringement on the goal line which stops a goal being scored (eg a foot is put out to stop the ball, or the wrong side of the stick is used repeatedly) a 1v1 shootout is to be awarded.

Shootout (1v1)

- A. Setup: Defending team has one player in the goal, attacking team has one player 2m outside the top of the circle with the ball. All other players move to the other circle
- B. Play: on the whistle the attacking and defending player can move, with the attacking player entering the circle and attempting to score, 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 (ie when the whistle is blown), all remaining players can run from the other circle to join the play. All players join in and the game continues as normal until the next stoppage.

Umpiring Notes: 'Engaged' umpire (that is, the one who awarded the 1v1) controls the 1v1, blowing the whistle to start. 'Disengaged' umpire managing the remaining players in the other circle, tells them they can run once the 1v1 has started (on whistle)

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 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
 - e. **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.

Note: At some venues, circles may not be marked on the turf for half-field games. Every effort will be made to provide some indicator of the shooting area but gauging where this is will be at the discretion of the umpire.
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 a clearly deliberate infringement on the goal line which stops a definite goal being scored a 1v1 shootout is to be awarded (see details above).

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-A-Side

- **Advanced Grade Red & Blue and Experienced Grade Green**

- 11-aside from Week 1

- **Development Grade**

- 6-aside from Wk 1-Wk 4, 11-aside from Wk 5-Wk 14

Team: 13-16 members

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 Development Grades:
 - NO Penalty Strokes: A 1v1 shootout only required for a stroke offence

Rules:

1. 11 or 6-7 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 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
 - e. **Free Hits** awarded to attackers cannot be hit directly into the circle. Longcorners 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 is a defender 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 the shot on goal is deflected high into the goal off a defender's stick then the goal will be awarded.

11. In the goal circle if a defender infringes or deliberately clears the ball over the back line
 - a. Development grades playing 6-a-side

The attacking team takes a **free hit** in line with the top of the circle and in line with where the infringement was or the ball went out. The ball may not be hit directly into the circle. After the **free hit** by the attacker, another attacker's stick must touch the ball within the goal circle for a goal to be scored.
 - b. Red, Blue and Green Grades and Development Grades playing 11-a-side

A penalty corner is awarded. 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.

Advantage will be promoted in the circle if there is an opportunity for play to continue.

12. 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. Development grades playing 6-a-side

A 1v1 shootout is to be awarded

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-a-side games or to halfway for 11-a-side 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).

b. Red, Blue and Green Grades and Development Grades playing 11-a-side

A penalty stroke is awarded. If no padded goalie is present, the stroke is played into an empty goal.

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 and Experienced Grade coaches (Kwik Red, Kwik Blue and Kwik Green) are NOT to be the umpire.
- Wherever possible, JUMP umpires may be provided at venues. Teams are required to have an umpire on standby.

6/7-a-side Kwik Stick Games Week 1 - Week 4

Development Kwik Sticks grades will play 4 weeks of 6/7-a-side games on a normal full field one hour time slot. Please split your team in half depending on the player numbers of both teams. This can be 6 or 7 aside to encourage as many players on the field as possible. 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: 2 May 2026

No Play Weekends: Kings Birthday 30th May, School Holidays 4th, 11th and 18th July 2026

Final Week of Play: 29th August 2026

Kwik Sticks Grades	Entry Guidelines
Kwik Red	Y7/8 – Advanced
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 - Girls	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, Blue and Green grade to start the season with 11 aside hockey.

Kwik Sticks White, Yellow, Orange and Pink to start the season with 4 weeks of 6 aside hockey, the 11 aside hockey from 6th June. (After Kings Birthday Weekend)

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 - Girls	Y5/6 – Beginner Girls (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 – Development (New - 1 year)
Mini Sticks Green	Y3/4 – Development (New - 1 year)
Mini Sticks White	Y3/4 – Development (New - 1 year)
Mini Sticks Pink - Girls	Y3/4 – Development Girls (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 Minute	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 Minute	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, Waitakere and Avondale 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

Equipment	You will need a good whistle, an accurate watch and clothing (or bib) that is a different colour from the two teams
Co-operation	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	• 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	• 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	• 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	• No swearing • No verbal abuse of umpires or other players. • This will not be tolerated at any level.

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.

Hockey rule books and umpiring videos and other aids are available by contacting Just Hockey in Enfield St, Mt Eden, phone: 623-1048

Rule Books

The FIH has released new Rules of Hockey for 2026. These rules took effect from March 2026.

To download the latest rules, see link below.

<https://www.fih.hockey/static-assets/pdf/fih-Rules-of-hockey-2026-final.pdf>



Coaching Courses

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

A range of coaching equipment, manuals and videos are available by contacting Just Hockey in Enfield St, Mt Eden, phone: 623-1048 or visit their Website: www.justhockey.co.nz

GENERAL INFORMATION

Results

All team results must be **submitted in PlayHQ** by the team manager or club administrator up to 48 hours after the match has finished. It is recommended that teams check the score with the opposition before leaving the ground to prevent disputed results.

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

Stadium Name	ID	Address
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
Mt Roskill Grammar School Water Turf - Full size	(MRGS)	Frost Rd, Mt Roskill
Kolmar Turf Water - Full size	(Kolmar)	Sutton Cres, Hunters Corner Papatoetoe
Macleans College Sand Based Turf - Full Size	(MACS)	2 Macleans Road, Bucklands Beach
One Tree Hill College Covered Turf Area	(OTHC)	421-451 Great South Road, Penrose
St Kentigern School Wet Dressed Turf - 8/9 Size	(STKNT)	82 Shore Road, Remuera
St Cuthberts College Water Turf - Full size	(St Cuths)	Market Road, Epsom (This entrance only)
Waitakere Trust Turf Water Turf - Full size	(Wai)	25-31 Henderson Valley Rd, Henderson

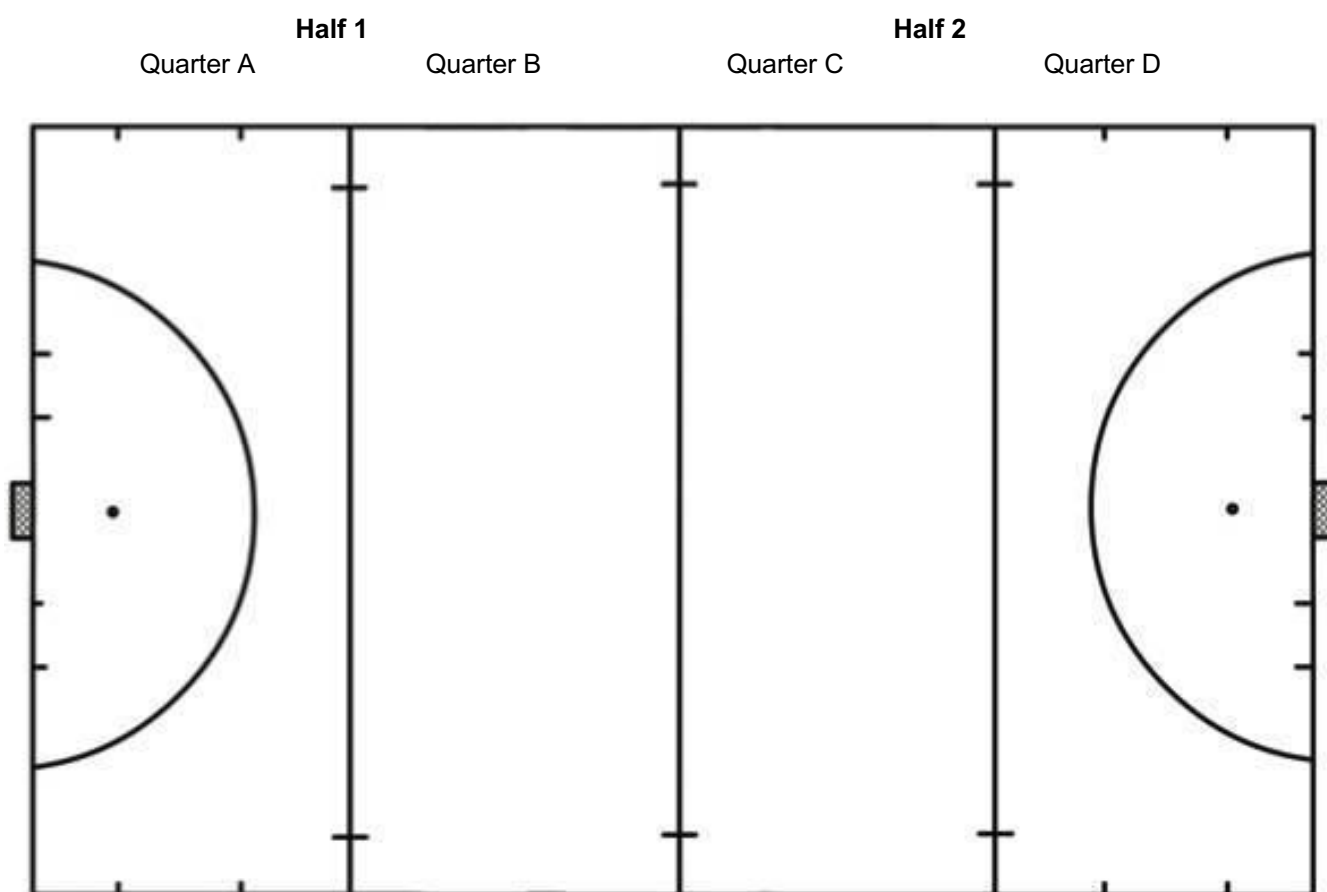
PART TURF ALLOCATIONS

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

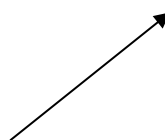
e.g. H1, QA

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



Long Corner Line

- 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.
- 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.
Goal keeping pads to be clean.

Goal keeping 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

MY TEAM'S GAMES

Date	Game	Time	Versus	Result	Goals Scored
2 May	Game 1				
9 May	Game 2				
16 May	Game 3				
23 May	Game 4				
30 May	NO PLAY		Kings Birthday Weekend		
6 June	Game 5				
13 June	Game 6				
20 June	Game 7				
26 June	Game 8				
4, 11, 18 July	NO PLAY		School Holidays		
25 July	Game 9				
1 August	Game 10				
8 August	Game 11				
15 August	Game 12				
22 August	Game 13				
29 August	Game 14				

RESULTS TABLE

Match results for all grades are published on the Auckland Hockey PlayHQ Website. Below is a table for you to record your grades results.

[illegible]

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 team mates 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 horse play 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.