

Wellington Hockey Association

2024 Junior Hockey

How to Hockey

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General Information

Wellington Hockey Association (WHA)

P.O Box 2891

Wellington 6140

Ph: 04 260 2963

Fax 04 389 3130

Email: competitions@wellingtonhockey.org.nz

Web: www.welingtonhockey.org.nz

School/Club Contacts

A register will be established for the current season's contacts. This database is used for all communication to Schools/Clubs. Please advise Wellington Hockey if any of these details change.

Draws

Draws are made available on the PlayHQ website, a link can be found on the WHA website.

The rules noted in the Wellington Association Local Competitions Handbook apply to all junior competitions. This guide provides any exceptions to the local Handbook

Key Dates

Team Registrations Close	Friday 26 th April
Competition Begins	Saturday 11 th May
Competition Ends	Saturday 14 th September
Competition Review Meeting	Tuesday 15 th October

No games will be played during school holidays (from Saturday 6th July to Sunday 21st July).

Competition Fees

The 2024 Affiliation Fee for Junior competitions are below:

Year 3/4 - \$197

Year 5/6 - \$197

Year 7/8 - \$197

The turf fees for Junior competitions are:

\$11 per weekend per team for Year 3/4

\$33 per game per team for Year 5/6

\$33 per game per team for Year 7/8

The turf invoices will be sent at the beginning of the season and can be paid monthly divided up over the season. We will do a wash up at the end of the season and invoice or reimburse as required. These must be paid no later than 3rd June 2024 (King's Birthday). The fee includes an HNZ player affiliation fee, and partially funds the administration of the competition.

Team and Player Registrations

Teams must be registered through PlayHQ by 5.00pm on Friday 26th of April 2023. Late registration and or payment of fees may result in registrations being declined in future years. Goalkeepers may be registered as field player in another team. Please note players can only play one game a day. A goalkeeper is allowed to play 2 games in one day, provided they are playing one game in goal and one game in the field as per above rules. All students are to be registered in the appropriate competition determined by their school year.

Competition Formats

Our focus is on development and encouraging a lifelong love of sport so our competition formats should encourage this.

There are no grades to enter teams into with only one competition. Teams face different opposition each week, but we are mindful that we want good, meaningful competition for our participants. We strongly encourage teams to randomise their teams, where logistically possible taking friendship groups and carpooling into consideration, across all ages groups. WHA will continue to strongly discourage “streaming” to create first teams, second teams etc for junior formats.

Primary Year 1/2 FUN Sticks

Year 1/2 will participate in FUN Sticks.

This is a program that includes physical literacy, hockey based skills and games and introduces players to Hockey by way of 1v1 games.

Primary Year 3/4 Mini Sticks (Term 2)

Team:

3-5 players. At any one time you will be permitted to have a maximum of 3 players on the field. If you have 3 or more players waiting on the sideline each week, please contact

competitions@wellingtonhockey.org.nz and we can enter another team into the draw.

Playing Area:

- 18mx23m (approx.)
- Field with 4 goals (popup or modified goals including cones).
- There are no official sidelines or outs so please allow players to explore behind, around the goals and cross white lines if they are safe to do so. Umpires should only stop the game if your game is nearing a fence, nearing a group of spectators or your players are infringing on another game.
- Please do not bring bags, bottles and clothes onto the turf around the 4 goals will limit the ability to explore and play around the goals.
- Spectators should remain outside the turf

Game length:

Games will be 3 x 10-minute games with 3 minute breaks between each game.

Rules:

The focus is around ‘play’ and providing an opportunity to explore. Penalise the following;

- Dangerous play i.e. swinging sticks.
- Raised balls that create danger.
- Deliberate kicking of the ball.
- When a team scores in the goal the defending team gains possession in front of that goal. All remaining players must be at least 7m away. You can’t score in the goal that was just scored in.

Key Coaching Focuses:

- We strongly encourage the focus on play & fun.
- Cognitively at this age, young players don’t understand positions and how to work together.
- Introducing a focus on finding a goal to score in that is not being defended (changing the point of attack)
- Introducing how to score goals
- Introducing the concept of teamwork.

Primary Year 3/4 Mini Sticks (Term 3)

Team:

3-5 players. At any one time you will be permitted to have a maximum of 3 players on the field.

Fixturing:

The draw will allocate the first fixture of the day. After this, the team who was drawn first should swap to another playing area. The team drawn second will stay at the same playing area for all 3 games.

Playing Area:

- 18mx23m (approx.)
- Field with 4 goals (popup or modified goals including cones).
- There are no official sidelines or outs so please allow players to explore behind, around the goals and cross any marked white lines if they are safe to do so. Umpires should only stop the game if your game is nearing a fence, nearing a group of spectators or your players are infringing on another game.
- Please do not bring bags, bottles and clothes onto the turf around the 4 goals as this will limit ability of the players to explore and play around the goals.
- Spectators should remain outside the fences around the full sized turf

Length of Games:

Each team will play 3 x 10-minute games, with a 3 minute break between each game.

Rules:

The focus is around 'play' and providing an opportunity to explore so not every foot or stick tackle needs to be blown. Before the game starts, please brief the players on any safety notes that are specific to their playing area that will cause a stoppage in play (ie: game stops if play goes near a fence, drain cover etc)

Umpires should always penalise the following;

- Dangerous play i.e. swinging sticks.
- Raised balls that create danger.
- Deliberate kicking of the ball.
- Teams will be set a direction of play and have the choice of scoring in either one of two goals
- When a goal is scored, the defending team will be given the ball to become the attacking team from in front of the goal just scored in

Key Coaching Focuses:

- We strongly encourage the focus on play and participation.
- Cognitively at this age, young players don't understand positions and how to work together.
- Adding a playing direction element will test some players at this age group, but extend some of those before they move to the Year 5/6 space with a priority of still changing the point of attack
- Identifying what goal is free to score in
- Introducing the concept of teamwork.

Year 5 & 6 Kiwi Sticks

Team:

6-8 players no goalkeeper. At any one time, you will be permitted to have a maximum of 6 field players on the field.

Playing Area:

1/3 of a field with standard or modified goals.

Game length:

Games will be 2 x 20-minute halves with 3-minute break between each half.

Rules:

The standard rules of hockey apply with the following exceptions or modifications.

- A scoring zone of approx.. 12m back from goal spanning the full width of the playing area.
- No overheads or deliberately raised ball (over knee height) including shots on goal
- No penalty corners (any infringement inside the scoring area will result in a long corner)
- Long corners will be taken from approximately halfway, in line with where the ball crossed the baseline
- The ball must travel 5m or be touched by someone else before entering the scoring area for free hits inside the attacking half or from long corners

Excessive Scores:

If your sides are separated by a +5 goal deficit at half time, the coaches/umpires should meet in the middle before any team talks and take one of the following actions:

- A) The losing team can field an additional outfield player until the goal deficit is +3 or less. This is decided by the coach of the losing team to which the winning team coach cannot refuse
- B) If the losing team have no "subs" to join the game, the winning team may elect one or two of their subs to join the opposition for the rest of the game as an extra player/extra sub.
- C) If neither team have available subs, the winning team is to play with one less player until the goal deficit is +2 or less

Key Coaching Focuses:

- There is an introduction to playing positions or positional concepts.
- We strongly encourage rotation of playing positions for all players. This encouraging development of different, transferable skills and conceptual understanding across all players.
- When umpiring game, rules of the game are to be pulled up when essential or when a team gets an unfair advantage due to infringement.

Year 7 & 8 Kwik Sticks

Team:

- 8-10 players including 1 fully padded goalkeeper.
- At any one time, you will be permitted to have a maximum of 6 field players on the field regardless of you having a goalkeeper or not.
- Mixed gender teams are permitted in the Y7/8 Boys Competition for 2024. Please contact WHA of intention to do this before the season starts. We will attempt to combine junior teams to play in their gender appropriate grade before entering mixed teams.

Playing Area:

Half field with standard goals (or modified goals if required).

Game length:

Games will be 4 x 12-minute quarters with 2-minute breaks between each quarter.

Rules:

The standard rules of hockey apply with the following exceptions or modifications.

- No overheads or deliberately raised ball
- No penalty strokes to be awarded, penalty corner to be awarded instead

- No drag flicking at penalty corner
- Two defending field players to start from opposition circle when penalty corner has been awarded
- Long corner will be taken from approximately halfway, in line with where the ball crossed the baseline
- The ball must travel 5m or be touched by someone else before entering the scoring area for free hits inside the attacking half or from long corners

Excessive Scores:

If your sides are separated by a +5 goal difference at quarter time, the coaches/umpires should meet in the middle before any team talks and take one of the following actions:

- A) The losing team can field an additional outfield player until the goal deficit is +3 or less. This is decided by the coach of the losing team to which the winning team coach cannot refuse
- B) If the losing team have no "subs" to join the game, the winning team may elect one or two of their subs to join the opposition for the rest of the game as an extra player/extra sub.
- C) If neither team have available subs, the winning team is to play with one less player until the goal deficit is +2 or less

If by the next quarter break after taking the above actions, the scoreline has reached an +8 goal difference, please follow these steps:

- End the fixture at quarter time
- Record the score on PlayHQ as is (8-0, 9-1, 10-2 etc)
- Proceed to mix up the teams, putting the sides in bibs or alternate uniforms
- Play friendly quarter/s setting the "better" players private challenges in different positions/play styles to their usual. If you play over multiple quarters, mix the teams up each break and ignore the scores.
- Please can the Junior Convenor then send us an email highlighting the situation and the steps you took to balance the game (this is purely for a notice to help us, so it only needs to be brief)

Key Coaching Focuses:

- We strongly encourage rotation of playing positions for all players.
- This encourages development of different, transferable skills and conceptual understanding across all players.
- When umpiring game, rules of the game are to be pulled up when essential or when a team gets an unfair advantage due to an infringement.

PlayHQ Admin & Results

A representative from each team or club will be responsible for inputting the results from the game. This will be through the PlayHQ scoring format. You will have 24 hours to enter the score before the portal closes. Ladder boards and results will not be made public. We ask that results are not shared with the players, coaches and parents with no emphasis placed on winning the grade.

Please ensure coaches, managers or convenors have access to PlayHQ to enter the scores in the Y5/6 and Y7/8 grades. Whilst there is no ladder, we use the scores in the office to assess the skill gaps and provide a platform for like-for-like fixtures. At Y3/4 level, scores do not need recording as the 3 fixtures per gameday are completely randomised.

Umpires

Every team must provide an umpire for each game.

Defaults

Please notify the Competitions Officer (competitions@wellingtonhockey.org.nz) of any default no later than the Wednesday before the match. Defaults still incur turf fees with the defaulting team required to pay both teams' turf fees for that match.

Cancellations

WHA rarely cancels games. If a game is cancelled before the scheduled start time WHA will communicate this to the teams through its Facebook page and where possible club and school contacts. The Custodians will make the final decision to cancel if the decision was not made earlier.

Turfs and Facilities

The NHS, Fraser Park, Maidstone, and Elsdon turfs are administered by the Wellington Hockey Association. Kapiti Coast turf is administered by the Kapiti Community Recreational Turf Trust. More information on turf rules and regulations can be found [here](#).

Equipment and Uniforms

Each team shall supply a ball for each match. These balls shall be used one for each half of the game. In the event of a uniform strip colour clash, the team appearing second on the draw is required to wear an alternative bib/strip.

Playing shorts must not have belts, buckles, or external zips (e.g. on pockets) as these may cause injury to the wearer, to an opposing player or to the turf surface.

Goalkeepers must wear protective equipment including a helmet and a different coloured shirt from that of both teams.

Players must not wear peaked caps, although foam collapsible sun visors are permitted.

We encourage track pants not be worn as a playing uniform, unless weather or other circumstances warrant this attire.

All players must wear a mouth-guard and shin pads. Players will not be allowed by team management to take the turf without these items.

Each team is to carry a First aid Kit. This should include water and ice/ ice pack.

Practice Turf

This area at NHS and Fraser may be used for warm up prior unless either turfs are being used for other competitions or programs.

Blood Bin Rules

If a player is bleeding or has an open wound on their skin then that player must leave the field and shall not re-enter until the bleeding has ceased and/or the wound is adequately covered.

Blood stained clothing must be replaced.

If blood staining should occur on the turf, immediate cleaning must take place by applying alcohol which is available from a labelled cupboard in the tunnel at NHS and in the foyer at Fraser Park and in the kiosk in

the first aid box at Kapiti. For blood at Elsdon and Maidstone turfs please advise WHA office as soon as possible so this can be cleaned.

Fair Play

All Clubs/Schools should ensure that their teams and spectators exhibit a good standard of sporting integrity and good behaviours. Bad language, dangerous play and the abuse of umpires will not be tolerated. Any complaints should be made in writing to the WHA Office as soon after the incident as possible.

Miscellaneous

Any situation not covered in this document shall be dealt with in accordance with the WHA Local Competitions Handbook for the Open Grade.

On behalf of Wellington Hockey Association, thank you so much for your help in running the competition. Enjoy the day!