



Wellington Hockey Association



2022 Junior Hockey How to Hockey

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General Information

Contacts

Wellington Hockey Association (WHA)

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Wellington 6140

Ph: 04 260 2963

Fax 04 389 3130

Email: emma@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 Emma 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	14 th April
Player Registrations Due	6 th May
Competition Begins	7 th May
Competition Ends	24 th September
Competition Review Meeting	25 th October

No games will be played during school holidays (Saturday 9th of July to Sunday 24th of July) or over Queens Birthday weekend (4th of June) and Matariki (24th June).

Competition Fees

The 2022 Affiliation Fee for each years 7&8, 5&6 and year 3&4 team at Elsdon is \$181.00, and the affiliation fee for year 3&4 at NHS and Fraser is \$121.00. These must be paid no later than 3rd of June, 2022. The fee includes an HNZ player affiliation fee, and partially funds the administration of the competition.

The rate of the turf is \$30.00 per game per team for years 7&8, years 5&6 and year 3&4 at Elsdon. The year 3&4 turf fee is \$10 per weekend per team at NHS and Fraser. 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.

Covid Impact

Should the competition be interrupted by a government lockdown or sanction. WHA will endeavor to complete the season by extending it's length or providing an alternative competition/ festival that would take into account the games missed. Where this is not possible and the season is affected by more than 30% WHA will provide a refund less fixed costs.

Team and Player Registrations

Teams must be registered through PlayHQ by 5.00pm on Friday 14th of April 2021. Late registration and or payment of fees may result in registrations being declined in future years.

Players may be registered in PlayHQ by 5.00pm Friday 6th of May 2022. Late player registrations will always be accepted.

Goal-Keepers may be registered as field player in another team.

Please note players can only play one game a day. A goal-keeper 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

Our focus is on development and encouraging a lifelong love of sport, our competition formats should encourage this. There are no grades to enter teams into with only one competition. Teams face different opposition each week, we are mindful that we want good, meaningful competition for our participants.

Primary Year 1/2 Fun Sticks

Year 1's and 2's will participate in Fun Sticks this will involve a program to start followed by ad hoc games picked by the program facilitator.

Primary Year 3/4 Mini Sticks

With a focus on development and encouraging a lifelong love of sport, our competition formats should encourage this. There are no grades to enter teams into with only one competition. Mindful that we want good, meaningful competition for our participants our formats will involve playing multiple teams on a weekly basis. This will keep stimulation for players as they face different opponents and play multiple games.

3 a side – NHS & Fraser HUB

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

Playing Area: 18mx23m (approx.) Field with 4 goals (popup or modified goals including cones).

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. Penalize 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 have to be at least 7m away. You can't score in the goal that was just scored in.

Focuses

We strongly encourage the focus on play. 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), scoring goals, introducing the concept of teamwork.

More touches!

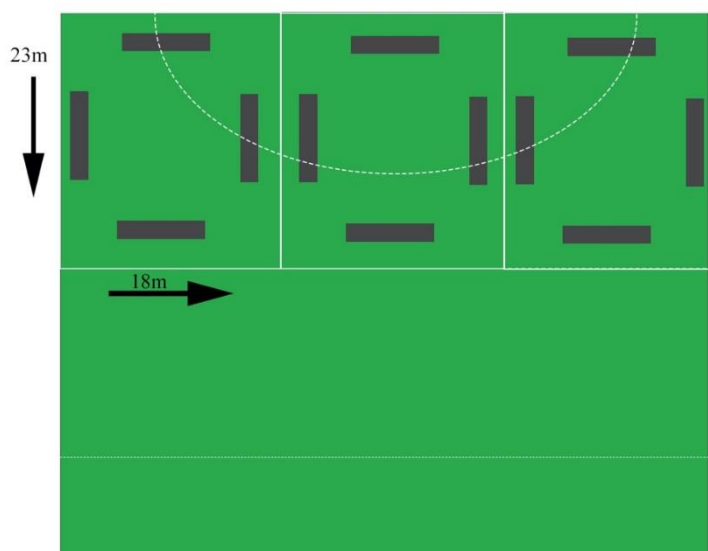
More involvement!

Faster games!

More goals!

More development!

More FUN!!



6 a side – Alternative Format – Elsdon

With a focus on development and encouraging a lifelong love of sport, our competition formats should encourage this. There are no grades to enter teams into with only one competition that is HUB based.

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: Quarter field with standard or modified goals.

Game length: Games will be 2 x 20-minute halves with 2-minute break between each half.

Rules:

- No dangerous play i.e. swinging sticks
- Raised balls that create danger
- Deliberate kicking of the ball
- Free hit and sideline hit in; everybody must be 7m away
- No penalty corners
- A shot at goal is allowed to be a push

Focuses

We strongly encourage the focus on play. Cognitively at this age, young players don't understand positions and how to work together. Introducing the concept of teamwork and finding space (spreading out).

More touches!

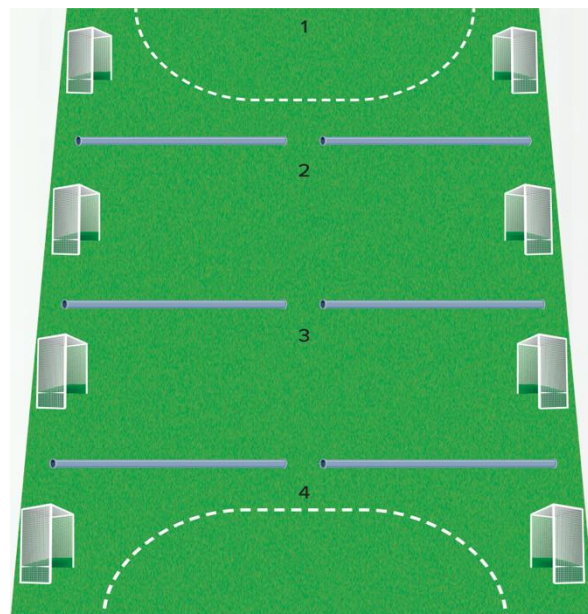
More involvement!

Faster game!

More goals!

More development!

More FUN!!



Year 5 & 6 Kiwi Sticks

With a focus on development and encouraging a lifelong love of sport, our competition formats should encourage this. There are no grades to enter teams into with only one competition. Clubs and schools can enter in their local HUB or choose to enter the Wellington HUB based at NHS.

6 a side

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: Half 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.

- No overheads or deliberately raised ball (over knee height)
- No penalty strokes to be awarded, penalty corner to be awarded
- Penalty corners are optional – agreed between the coaches pre-game. We would encourage all players to know how penalty corners work before moving to Kwik Sticks
- 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

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.

More touches!

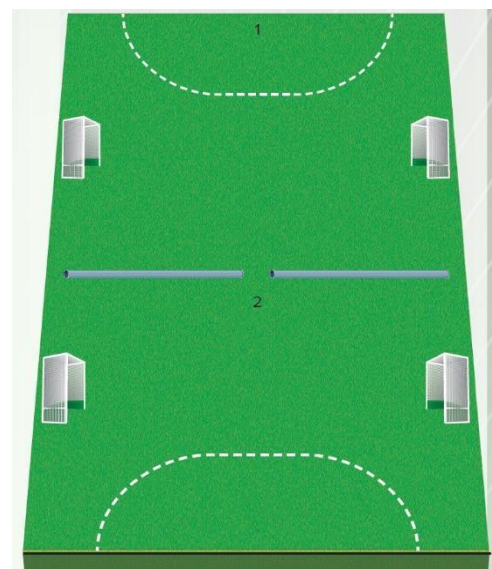
More involvement!

Faster game!

More goals!

More development!

More FUN!!



Year 7 & 8 Kwik Sticks

With a focus on development and encouraging a lifelong love of sport, our competition formats should encourage this. There are no grades to enter teams into with only one competition. We will create a draw that will mix up teams, so they face different opposition each week, mindful that we want good, meaningful competition for our participants.

7-a-side

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.

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

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.

More touches!

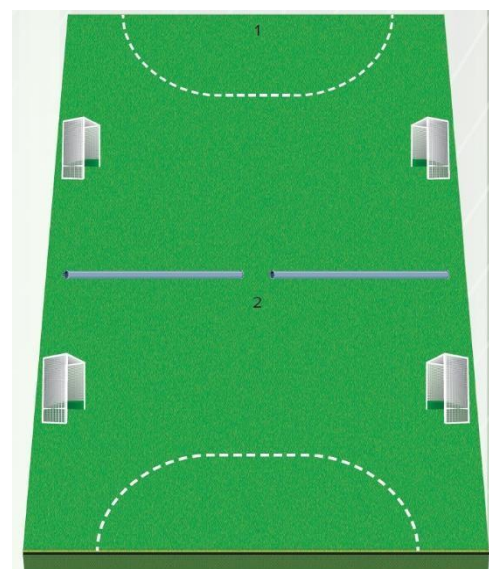
More involvement!

Faster game!

More goals!

More development!

More FUN!!



Umpires

Every team must provide an umpire for each game.

Defaults

Please notify the Operations Officer (emma@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.

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.

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 maybe 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 sportsmanship. 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.

Duty Teams/Clubs – NHS/Fraser/Elsdon

All teams/clubs will be on a roster and will be expected to do at least 2 duties during the season.

A schedule of duties will be sent out to club contacts. Copies of duties will be distributed to teams/clubs prior to the start of competition.

At least one adult needs to be on duty during all the Small Sticks games. The Duty Box will be found at the following locations (please make sure these are put back at the end of the day):

- NHS – Umpires room
- Fraser – Pavilion
- Elsdon - Middle dugout

The container should contain:

- 1X Hooter.
- Duty Team Folder.

*If there is anything missing or the hooter runs out please let WHA know, so it can be replaced.

Start of Game

- The hooter should be sounded at the beginning of the first game of the day, and then only sounded to conclude each game.
- The person that is triggering the hooter should have their back to the game in the final countdown to end the game. The only time a game will continue is when playing out a Penalty Corner.

Prior to the start of a game checks

- Signal to teams (3) three minutes to start.
- Visually check that all players are wearing shin guards and look for mouthguards when they enter the turf (no player can play without both a mouthguard and shin guards).
- Check the goalkeepers is fully kitted and ready prior to the game commencement. Fully kitted includes all protective gear, and an over shirt that is a different colour to the playing teams. Buckles on goalkeepers gear must be covered with tape (this is to prevent it ripping the turf).

End of Game

- Hooter will signal the end of the game. Club or team representatives are to enter the results into PlayHQ .

Miscellaneous

Any situation not covered in this document shall be dealt with in accordance with the WHA Local Competitions Handbook for the Open Grade. The WHA will deal with all matters not provided for in this Handbook or the rules of 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!