



Wellington Hockey Association



2023 Junior Hockey How to Hockey

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General Information

Contacts

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	19 th April
Player Registrations Due	5 th May
Competition Begins	29 th April
Competition Ends	16 th September
Competition Review Meeting	TBC

No games will be played during school holidays (Saturday 9th of July to Sunday 24th of July) or over Kings Birthday weekend (3rd of June) and Rankin Cup (2nd September).

Competition Fees

The 2023 Affiliation Fee for each years 7&8, 5&6 is \$186.45 and year 3&4 teams is \$124.63 These must be paid no later than 2nd of June, 2023. The fee includes an HNZ player affiliation fee, and partially funds the administration of the competition.

The rate of the turf is \$30.90 per game per team for years 7&8, years 5&6. The year 3&4 turf fee is \$10.30 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.

Team and Player Registrations

Teams must be registered through PlayHQ by 5.00pm on Wednesday 19th of April 2023. 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 5th of May 2023. Late player registrations will always be accepted.

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

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 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)

3 a side

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. 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.

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.

Primary Year 3/4 Mini Sticks (Term 3)

3 a side

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. 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

Focuses

We strongly encourage the focus on play. 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 and introducing the concept of teamwork.

More touches!

More involvement!

Faster games!

More goals!

More development!

More FUN!!

Year 5 & 6 Kiwi Sticks

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: 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)
- 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

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
- 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

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!

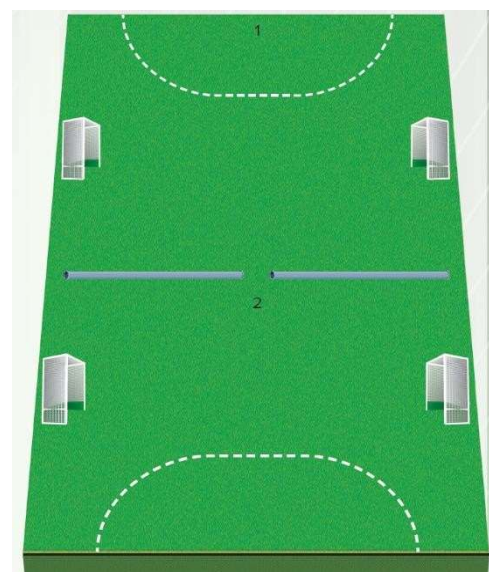
More involvement!

Faster game!

More goals!

More development!

More FUN!!



Umpires

Every team must provide an umpire for each game.

Defaults

Please notify the 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.

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.

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!