



# JUNIOR HOCKEY RULES

Rules for 4 a-side to 7 a-side

# Junior Competition Rules

- All players should play for their own school where they field a team. Any person, who is a member of a school which does not have a team in the Junior Competition, may request a clearance from the NHHA Office to play for another school.
- A player from the same school may play up one age group but not lower than the one in which he/she is registered, i.e., a year 4 graded player may play up to a year 5/6 team if required but a year 5/6 player may not play down into a year 3/4 team. This rule is to be applied only when teams require fill in players to field a team. i.e., covering sickness and Injuries.
- Team composites are below:
  - Girl's competition - Can include a maximum of 2 boys on field at any one time.
  - Boy's competition - Can include a maximum of 2 girls on field at any one time.
  - Open competition – No limit to girls or boys in this competition but teams should not be all boys or all girls. Teams should have at least 3 boys and 3 girls.
- If there is insufficient time to seek prior approval for the use of unregistered or borrowed players, approval must be sought from the competition coordinator and the opposition coach before hit off. If approval is not given the team must either play short or default.
- Any team wishing to default a game must notify the NHHA Office at least 48 hours before the start time.
- All games shall finish on time regardless of the actual start time. Players are to move off the pitch immediately so that the next game can get underway.
- Hockey will be cancelled only in the case of extreme weather conditions where 75% of the turf is flooded. Check the website: [www.harbourhockey.org.nz](http://www.harbourhockey.org.nz) or North Harbour Hockey Facebook page - by 2pm on day of play for cancellations. Schools will be e-mailed of cancellation by 2pm on day of play.
- Queries come to NHHA through the School TIC only. Contact your Coach or Manager who will then direct any queries through the school TIC to NHHA.
- Winning teams are responsible for entering scores on Play HQ.
- The NHHA office and Schools division may make amendments to the junior competition rules at any time. These rules will always apply unless changes have been communicated.

# RULES - Year 1/2 Small Sticks (4 a-side)

**AGE GROUP:** School Y1-2

**TEAM:** Maximum of 4 players plus one adult on 1/8 turf. The role of the adult/team coach is to help the game retain its structure and encourage all players to be involved in the game.

**FIELD SIZE:** 1/8th of a standard turf (22m x 27m approx)

**DURATION:** 13 minutes of basic skills training with your team and then 13-minute game (with a 2-minute break).

## INCLUDES:

- Goals: 2 x Goals.
- Balls: (1 provided by each team)
- Auto Pass: NO
- GoalKeeper: NO
- Penalty Corners: NO

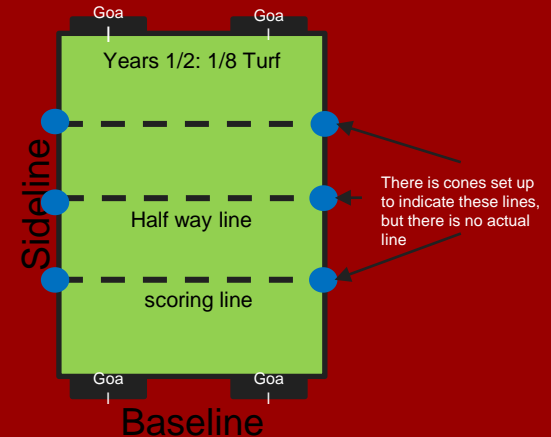
## MODIFIED HOCKEY RULES:

- SAFETY FIRST
- Only play with the flat side of stick
- Ball must stay on the ground,
- No sticks raised over the head (dangerous play will be deemed at the umpire's discretion)
- No hacking on the stick,
- No physical contact with opponent/ no obstruction
- Ball can not be deliberately stopped with a foot or kicked, HOWEVER when a ball merely touches a player's foot play should continue.
- NB: please note there is no reference to a distance players must be from the ball at free hits, we recommend trying to get the kids to stand at least 2-3m from the ball - use your judgement.
- Subbing shall be from the side-line, not from behind the team goal (for safety reasons). Please ensure the player has left the field of play before the new player takes the field.

**HOW TO START GAME** - Game starts with a push forward or back from halfway by one team. Each Team must be behind their side of halfway.

**HOW TO SCORE** - A goal is scored from the score zone/line (indicated by cones on field. After each goal, the team scored against starts with the ball at halfway.

**BALL OVER THE BACK LINE:** If the ball goes over the backline the defending team always starts with the ball at the coned line (no long corners)



# RULES – Year 3/4 Mini Sticks (6 a-side)

**AGE GROUP:** School Y3-4

**TEAM:** 6 Players on field. Minimum 4 players are required for 6 aside game. Defaults will occur if minimum numbers are not met after 7 minutes.

**FIELD SIZE:** 1/4 of a standard turf

**DURATION:** 2 x 13 minutes, 1 minute half time (water break)

## INCLUDES:

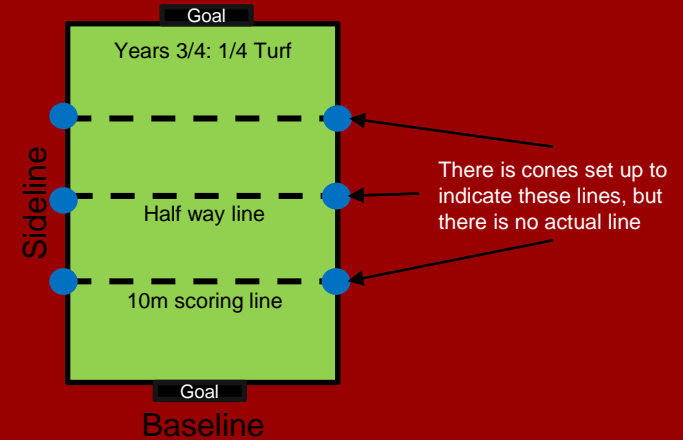
- Goals: Modified
- Balls: (1 provided by each team)
- Autopass: Yes
- Goalkeeper: NO
- Penalty Corners: NO

## MODIFIED HOCKEY RULES

- SAFETY FIRST
- Only play with the flat side of stick
- No sticks raised over the head (dangerous play will be deemed at the umpire's discretion)
- No hacking on the stick,
- No physical contact with opponent/ no obstruction
- The ball must not be raised above the knee; it must also be a controlled lift. Little flick over the opponent's stick is ok and everything above that is not
- Ball can not be deliberately stopped with a foot or kicked, HOWEVER when a ball merely touches a player's foot play should continue.
- All players must be 5m from the ball for free hits.
- Subbing shall be from the side-line, not from behind the team goal (for safety reasons). Please ensure the player has left the field of play before the new player takes the field.
- LONG CORNERS - On the 10m scoring line in line with where the ball went out over the back line

**HOW TO START GAME** - Game starts with a push forward or back from halfway by one team. Each Team must be behind their side of halfway.

**HOW TO SCORE** - A goal is scored from the 10m score zone/line (indicated by cones on field). After each goal, the team scored against starts with the ball at halfway.



# RULES – Year 5/6 Kiwi Sticks (6 a-side)

**AGE GROUP:** School Y5-6

**TEAM:** 6 Players on field. Minimum 4 players are required for 6 aside game. Defaults will occur if minimum numbers are not met after 7 minutes

**FIELD SIZE:** 1/4 of a standard turf

**DURATION:** 2 x 13 minutes, 1 minute half time (water break)

## INCLUDES:

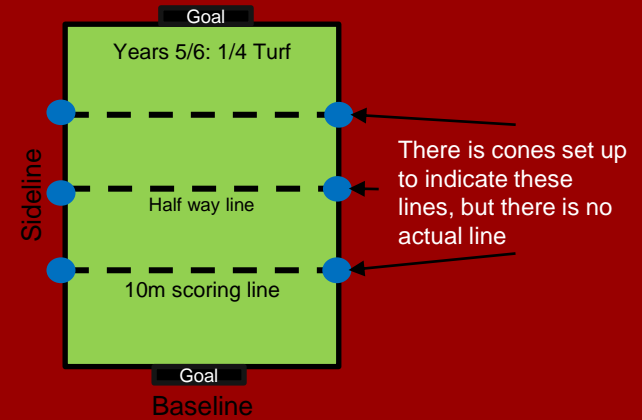
- Goals: Standard
- Balls: (1 provided by each team)
- Auto Pass: YES
- Goalkeeper: NO
- Penalty Corners: NO

## MODIFIED HOCKEY RULES

- SAFETY FIRST
- Only play with the flat side of stick
- No sticks raised over the head (dangerous play will be deemed at the umpire's discretion)
- No hacking on the stick,
- No physical contact with opponent/ no obstruction
- The ball must not be raised above the knee; it must also be a controlled lift. Little flick over the opponent's stick is ok and everything above that is not
- Ball can not be deliberately be stopped with a foot or kicked, HOWEVER when a ball merely touches a player's foot play should continue.
- All players must be 5m from the ball for free hits.
- Subbing shall be from the side-line, not from behind the team goal (for safety reasons). Please ensure the player has left the field of play before the new player takes the field.
- LONG CORNERS - On the 10m scoring line & where the ball went out over the back line.

**HOW TO START GAME** - Game starts with a push forward or back from halfway by one team. Each Team must be behind their side of halfway.

**HOW TO SCORE** - A goal is scored from the 10m score zone/line (indicated by cones on field). After each goal, the team scored against starts with the ball at halfway.



# RULES – Years 7/8 Kiwi Sticks (6 a-side + 1GK)

**AGE GROUP:** School Y7-8 ONLY

**TEAM:** 6 Field Players + 1 Goal Keeper on the field.

- If a team does not have a goal keeper, teams must play with only 6 field players.
- Minimum 5 players are required for 7 aside game. Defaults will occur if minimum numbers are not met after 7 minutes.

**FIELD SIZE:** 1/2 of a standard turf

**DURATION:** 12-minute quarters, 2-minute break, 3-minute half time

**INCLUDES:**

- Goals: Standard
- Balls: (1 provided by each team)
- Auto Pass: Yes
- Goalkeeper: Yes (Encouraged)
  - If a team does not have a goal keeper, teams must play with only 6 field players.
- Penalty Corners: Yes
  - Attackers – As per normal Hockey rules. Unlimited number of players
    - (Right hand side image = standard formation)
  - Defenders - 3 defenders (includes goalkeepers)
    - Remaining 4 defenders start inside their opposite goal (attacking goal)
- Strokes: No

**MODIFIED HOCKEY RULES**

- SAFETY FIRST
- Only play with the flat side of stick
- No sticks raised over the head (dangerous play will be deemed at the umpire's discretion)
- No hacking on the stick,
- No physical contact with opponent/ no obstruction
- The ball must not be raised above the knee; it must also be a controlled lift. Exception – only when there is a clear shot at goal against a fully padded goalkeeper can a player lift the ball by pushing or flicking it. Little flick over the opponent's stick is ok and everything above that is not
- Ball can not be stopped with a foot or kicked.
- All players must be 5m from the ball for free hits.
- Any free hits inside the attacking half. The ball must travel 5m before entering the attacking circle.
  - The ball can either travel 5m by a pass or an auto pass.
- Subbing shall be from the side-line, not from behind the team goal (for safety reasons). Please ensure the player has left the field of play before the new player takes the field.
- LONG CORNERS – From the halfway line & where the ball went out over the back line.

