

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

**THE BEST REGIONAL HOCKEY ASSOCIATION IN THE COUNTRY BY:
STRONG LEADERSHIP AND MANAGEMENT, SUSTAINABLE PROGRAMMES AND PATHWAYS, ENGAGED
COMMUNITY**



COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

GETTING THE MOST FROM JUNIOR HOCKEY

Counties Manukau Hockey's aim is for all children involved in Junior Hockey to develop **their individual and team skills**, share the **enjoyment** of taking part in a team game and build a long term **enthusiasm for Hockey**.

Success in Junior Hockey should be measured in three ways – the improvement in players individual and team skills, the building of the player's self-esteem and the outcome of the games.

Wanting to win and learning how to win are important aspects of the development of Junior Hockey players, but these aspects must be kept in perspective and not allowed to take precedence over the building of the skill and self-esteem of the 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
- Using tactics which develop players' individual and team skills
- Recognising each player's achievements, in their own terms, irrespective of the outcome of the game



COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

FUN STICKS - U7's (Yrs 0, 1 & 2)

SIX-A-SIDE

TEAM: 8 -10 members

FIELD SIZE: approx. 1/8 of a hockey turf – practice turf next to turf 2

DURATION: 10 minutes each way and 5mins ½ time

SEASON: Six Week Course (Saturday mornings commencing 6 June)

INCLUDES:

- Emphasis on basic skill learning
- Fundamental movement skills
- Passing
- Co-ordination
- Modified games
- Play activities and minor games
- Goals: Modified
- Balls: Standard
- Play On: Yes
- Goalkeepers: No
- Penalty Corners: No
- Games Six-a-side approx. 1/8 hockey turf size

RULES

- Only play with flat side of the stick, ball must stay on the ground – pushes only, no “raised sticks”, no hacking on the stick, no tackling from the left (if this causes a dangerous situation), and no physical contact with opponent.
- The game starts with a push forward or back from the middle of the field
- No obstruction.
- The ball cannot be deliberately stopped with the foot, or kicked. However, when the ball merely touches the foot, play should continue.
- A goal is scored when the ball is pushed into the goal from inside the 5 metre zone.
- There is no off side.
- When a goal is scored players rotate with the substitutes.
- If the ball goes over the backline the defender starts play again from the top of the scoring line.
- No children registered in this grade may play up into a higher grade.

GAME TIME

Children at this age can do a range of activities in which they run and play, practice motor skills and can be introduced to the safe use of a hockey stick. Basic skill development is important in order to play safely; however, their attention span can often be short. At this age exercises are both with and without sticks and balls.

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

MINI STICKS - U9's (Yrs 3 & 4)

SIX-A-SIDE **TEAM:** 8-10 members **FIELD SIZE:** 1/4 of a hockey turf (T2A & T2B see pg18)

DURATION: 45 minutes - 20 minutes each way and 5mins 1/2 Time

INCLUDES

- Concepts of attacking, defending and basic rules are introduced
- Goals: Modified
- Balls: Standard
- Auto Pass: No
- Goalkeeper: No
- Penalty Corners: No
- Six a side

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 opponent
- The game starts with a push forward or back. Each team must be behind the centre line at the start whistle
- No obstruction
- The ball cannot be deliberately stopped with the foot, or kicked. However, when the ball merely touches the foot, play should continue
- Free hit and side hit in: everybody must be 5 metres away
- There are no penalty corners, or penalty strokes in this module
- Instead of penalty corner, take a free hit on the 8 metre line/circle markers (everybody 5 metres away and no direct shot on goal allowed)
- Long corner at 8 metres from corner on the side line (everybody 5 metres away and no direct shot on goal allowed)
- A goal is scored when the ball is played into the goal from inside the 8 metre/circle markers zone.
- No children registered in this grade may play up or down a grade.
- **Replacement players (subs)** from other teams only allowed to be used when you do not have 1 sub available (i.e. seven players). No player can be used more than **2 times within a season** unless dispensation given by CMHA.
- **Grading to apply if required** - dependent on number of teams and may be adjusted during the season.

GAME TIME

Children at this age still find it difficult to concentrate for a vast period of time. However, this is the ideal learning age, with their physique and co-ordination being perfectly suited to learn a wide range of new techniques. In games of 6v6, children are now asked to use their team mates, rather than playing alone. The use of space on the playing field should be introduced, avoiding all players swarming around the ball! Rotate your players, so that they all get a sense of tackling and defending.

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

KIWI STICKS - U11's (Yrs 5 & 6)

SIX-A-SIDE TEAM: 8 -10 members

FIELD SIZE: 45m x 55m approx. - 1/2 Turf (T1A, T1B & T2C see pg 17/18)

DURATION: 45 minutes - 20 minutes each way – 5mins for 1/2 Time.

INCLUDES

Team dynamics; decision making; defensive and attacking concepts; positional understanding and concepts of space

- Goals: Standard
- Balls: Standard
- Auto Pass: Yes
- Goalkeeper: Optional
- Penalty Corners: Yes

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 opponent
- The game starts with a push forward or back. Each team must be behind the centre line at the start whistle
- The ball cannot be deliberately stopped with the foot, or kicked. However, when the ball merely touches the foot, play should continue
- Free hit and side line hit in: all defending players need to be 5 metres away (2019 rule changes apply)
- Long corner at 5 metres from corner on the side line (everybody 5 metres away and no direct shot on goal allowed)
- A goal is scored when the ball is played into the goal from inside the circle.
- Defending PC's – GK and 3 players start behind the goal line and remainder of team starts from opposing goal circle.
- No children registered in this grade may play up or down a grade.
- **Replacement players** from other teams only allowed to be used when you do not have 1 sub available (i.e. seven players). No player can be used more than **2 times within a season** unless dispensation given by CMHA.
- **Grading to apply if required** – dependent on number of teams and may be adjusted during the season.

GAME TIME

The children in this age category have good coordination skills, and are usually willing to learn. Technical skills should be more advanced than in the younger age group. Expand on what has already been learnt. Player positions should still be rotated, with players being taught the roles of each position. Retaining possession should be encouraged, utilising the width of the field. Individuals understand the concept of achieving an individual goal for the game developed. Team strategies can be developed to encourage structure and the use of the space on the full.

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

KWICK STICKS - YOUTH HOCKEY 5s – U13S (YEAR 7 & 8)

FIVE-A-SIDE (6 week block) **TEAM:** 7-10 members

FIELD SIZE: 55m x 41m approx. with rebound-boards (T1A & T1B see pg 17– Hockey 5s pitches)

DURATION: 40 minutes - 3x 12 minute periods - 2mins between each period

INCLUDES

Team dynamics; decision making; defensive and attacking concepts; positional understanding and concepts of space

- Goals: Standard
- Balls: Standard
- Auto Pass: Yes
- Goalkeeper: Yes (highly recommended)
- Penalty Corners: No
- Challenge: Yes

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 opponent
- The game starts with a push forward or back. Each team must be behind the centre line at the start whistle
- The ball cannot be deliberately stopped with the foot, or kicked
- No "outs": boundary-boards are not considered out of play and can be used for rebounding, however, if the ball completely crosses over the boundary-boards free hit and long corner procedures apply as follows:
 - Free hit between the quarter line/markers: play re-starts in line with where the ball crossed over the sideline boundary boards, not more than 1 metre from the sideline and only the defensive team needs to be 5 metres away.
 - Last touched by defence within the quarter where the ball crossed over the sideline boundary boards: Long corner taken at the quarter line/marker in line with where the ball crossed over the boundary boards (everybody 5 metres away and no direct shot on goal allowed).
 - Last touched by attack within the quarter where the ball crossed over the sideline/backline boundary boards: Free hit in line with where the ball crossed over the boundary boards up to the quarter line.
 - Last touched by defence where the ball crossed over the backline boundary boards: Free hit in line with where the ball crossed over the boundary boards at the halfway line/marker.
- Goalkeepers: are strongly recommended and must be wearing full protective gear. Full goalkeeping privileges apply within their own defensive half – Goal keepers are not permitted to play outside their own defensive half. A 5th field player wearing a different coloured bib may be used in place of a Goal keeper, however, the 5th field player does not have Goal keeping privileges and is not permitted to play outside their own defensive half.
 - A free hit from half way will be awarded to the opposing team for an "off side" Goalkeeper/5th field player.
- A goal is scored when the ball fully crosses the line into the goal from anywhere inside a teams attacking half of the field.
 - If a shot at goal is taken between the half way line and the attacking quarter line, the ball must cross the goal line, or be on a path to cross the goal line, at a height of not more than the backboard for a goal to be scored.

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

- Shots on goal in the attacking quarter can be scored at any height, subject to danger infringements.
- Challenge: 1 v 1 set play awarded for a serious breach or an offence by a defender within their own defensive half prevents the probable scoring of a goal. All players (including a 5th field player when applicable) except for the player taking the challenge and the defending Goalkeeper stand behind the centre line – the Challenge is taken from the quarter line with the player taking the challenge to the goalie once the whistle is blown to resume play. The ball must travel 5 metres before a goal can be scored and once the whistle is blown to start the Challenge all players at the centre line may re-enter the game.
- Substitutions are unlimited and can be made at any point during the game.
- **No children registered in this grade may play up or down a grade without dispensation and are restricted to 2x games per weekend (Youth grade dispensations inclusive).**
- **Replacement players** from other teams in this grade only allowed to be used when you do not have 1 sub available (i.e. six players) and must be named in the PlayHQ team selection prior to the start of the match. No player can be used more than **2 times within a season** unless dispensation given by CMHA.
- Goal keepers have dispensation to play for a maximum of 2x Hockey 5's teams within their registered club – playing in the capacity of a Goal keeper for at least one of those teams.
- **Grading to apply if required** –dependent on number of teams and may be adjusted during the season.

GAME TIME

The children in this age category have good coordination skills, and are usually willing to learn. Expanding on what has already been learnt and incorporating rebound boards to increase the speed of the game and touches on the ball by players. Retaining possession should be encouraged and utilising the width of the field. Team strategies can be developed to encourage structure, use of the space and rebound boards.

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

KWICK STICKS – YOUTH HOCKEY 11s – U13S (YEAR 7 & 8)

ELEVEN-A-SIDE (6 week block) **TEAM:** 13+ members

FIELD SIZE: Full field (T1/T2)

DURATION: 55 minutes - 2x 25 minute periods – 1x 5mins ½ time

INCLUDES

Team dynamics; decision making; defensive and attacking concepts; positional understanding and concepts of space for 11-a-side hockey

- Goals: Standard
- Balls: Standard
- Auto Pass: Yes
- Goalkeeper: Yes (highly recommended)
- Penalty Corners: Yes
- Challenge: No

RULES: 11-a-side hockey rules apply

- Substitutions are unlimited and can be made at any point during the game.
- **No children registered in this grade may play up or down a grade without dispensation and are restricted to 2x games per weekend (Youth/Senior grade dispensations inclusive).**
- **Replacement players** from other teams in this grade only allowed to be used when you do not have 1 sub available (i.e. eleven players) and must be named in the PlayHQ team selection prior to the start of the match. No player can be used more than **2 times within a season** unless dispensation given by CMHA.

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

YOUTH HOCKEY 5s – U16S (YEAR 9 & 10)

FIVE-A-SIDE TEAM: 7-10 members

FIELD SIZE: 55m x 41m approx. with rebound-boards (T1A & T1B see pg17 – Hockey 5s pitches)

DURATION: 40 minutes - 3x 12 minute periods - 2mins between each period

INCLUDES

Team dynamics; decision making; defensive and attacking concepts; positional understanding and concepts of space

- Goals: Standard
- Balls: Standard
- Auto Pass: Yes
- Goalkeeper: Yes (highly recommended)
- Penalty Corners: No
- Challenge: Yes

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 opponent
- The game starts with a push forward or back. Each team must be behind the centre line at the start whistle
- The ball cannot be deliberately stopped with the foot, or kicked.
- No "outs": boundary-boards are not considered out of play and can be used for rebounding, however, if the ball completely crosses over the boundary-boards free hit and long corner procedures apply as follows:
 - Free hit between the quarter line/markers: play re-starts in line with where the ball crossed over the sideline boundary boards, not more than 1 metre from the sideline and only the defensive team needs to be 5 metres away.
 - Last touched by defence within the quarter where the ball crossed over the sideline boundary boards: Long corner taken at the quarter line/marker in line with where the ball crossed over the boundary boards (everybody 5 metres away and no direct shot on goal allowed).
 - Last touched by attack within the quarter where the ball crossed over the sideline/backline boundary boards: Free hit in line with where the ball crossed over the boundary boards up to the quarter line.
 - Last touched by defence where the ball crossed over the backline boundary boards: Free hit in line with where the ball crossed over the boundary boards at the halfway line/marker.
- Goalkeepers: are strongly recommended and must be wearing full protective gear. Full goalkeeping privileges apply within their own defensive half – Goal keepers are not permitted to play outside their own defensive half. A 5th field player wearing a different coloured bib may be used in place of a Goal keeper, however, the 5th field player does not have Goal keeping privileges and is not permitted to play outside their own defensive half.
 - A free hit from half way will be awarded to the opposing team for an "off side" Goalkeeper/5th field player.
- A goal is scored when the ball fully crosses the line into the goal from anywhere inside a teams attacking half of the field.

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

- If a shot at goal is taken between the half way line and the attacking quarter line, the ball must cross the goal line, or be on a path to cross the goal line, at a height of not more than the backboard for a goal to be scored.
- Shots on goal in the attacking quarter can be scored at any height, subject to danger infringements.
- **Challenge:** 1 v 1 set play awarded for a serious breach or an offence by a defender within their own defensive half prevents the probable scoring of a goal. All players (including a 5th field player when applicable) except for the player taking the challenge and the defending Goalkeeper stand behind the centre line – the Challenge is taken from the quarter line with the player taking the challenge to the goalie once the whistle is blown to resume play. The ball must travel 5 metres before a goal can be scored and once the whistle is blown to start the Challenge all players at the centre line may re-enter the game.
- Substitutions are unlimited and can be made at any point during the game.
- **No children registered in this grade may play up or down a grade** without dispensation.
- **Field Players** registered in this grade: **are restricted to 2x club games in total per weekend (Yr9 Senior Competition dispensations inclusive).**
- **Goal Keepers** registered in this grade: **have dispensation to play for a maximum of 2x Hockey 5's teams** within their club – playing in the capacity of a Goal keeper for at least one of those teams. **Goal Keepers are restricted to a maximum of 3x club games in total per weekend**, made up as follows: 2x Hockey 5s games and 1x senior grade club game **(Yr9 Senior Competition dispensations inclusive).**
- **Replacement players** from other teams in this grade only allowed to be used when you do not have 1 sub available (i.e. six players) and must be named in the PlayHQ team selection prior to the start of the match. No player can be used more than **2 times within a season** unless dispensation is given by CMHA.
- **Grading to apply if required** –dependent on number of teams and may be adjusted during the season.

GAME TIME

The children in this age category have good coordination skills, and are usually willing to learn. Expanding on what has already been learnt and incorporating rebound boards to increase the speed of the game and touches on the ball by players. Retaining possession should be encouraged and utilising the width of the field. Team strategies can be developed to encourage structure, use of the space and rebound boards.



COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

YOUTH HOCKEY 11s – U16S (YEAR 9 & 10)

ELEVEN-A-SIDE (6 week block) **TEAM:** 13+ members

FIELD SIZE: Full field (T1/T2)

DURATION: 55 minutes - 2x 25 minute periods – 1x 5mins ½ time

INCLUDES

Team dynamics; decision making; defensive and attacking concepts; positional understanding and concepts of space for 11-a-side hockey

- Goals: Standard
- Balls: Standard
- Auto Pass: Yes
- Goalkeeper: Yes (highly recommended)
- Penalty Corners: Yes
- Challenge: No

RULES: 11-a-side hockey rules apply

- Substitutions are unlimited and can be made at any point during the game.
- **No children registered in this grade may play up or down a grade without dispensation and are restricted to 2x games per weekend (Goal Keepers & Yr9 Senior Competition dispensations inclusive).**
- **Replacement players** from other teams in this grade only allowed to be used when you do not have 1 sub available (i.e. eleven players) and must be named in the PlayHQ team selection prior to the start of the match. No player can be used more than **2 times within a season** unless dispensation is given by CMHA.

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

GAME DURATION

The hockey turfs are used Fridays – 4.30pm to 8.30pm & Saturdays from 8.00am through to 12.00pm for the Junior/Youth Competitions. It is important that games are started and finished on time.

- If teams are not playing within 5 minutes of the scheduled starting time the side at fault will default the game.

The time slot for games: Years 3/4 and 5/6 is 55 minutes with Years 7/8 and Youth Hockey @ 45 minutes.

This must be strictly adhered to. If there are delays in getting the game started or at half time the playing time must be shortened accordingly.



ALL GAMES MUST FINISH SO THAT ALL PLAYERS ARE CLEAR OF THE TURF BY THE STIPULATED TIME.

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

CANCELLATION PROCEDURE

Cancellations are weather dependent. Player safety is a priority. If unsafe conditions are present or hockey turfs are unplayable due to excess water then a cancellation will be made.

Youth Hockey - Friday

Cancellation will be made by an appointed umpire mentor – First game will be assumed playable until call is made at the venue.

Notification via Facebook, CMHA Website and e-mail to Club Coordinators and PlayHQ registered Admins/Managers.

Funsticks (U7), Mini Sticks (U9) & Kiwi Sticks (U11) - Saturday

Cancellation will be made by an appointed umpire mentor – First game will be assumed playable until call is made at the venue.

Notification via Facebook, CMHA Website and e-mail to Club Coordinators and PlayHQ registered Admins/Managers.



COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

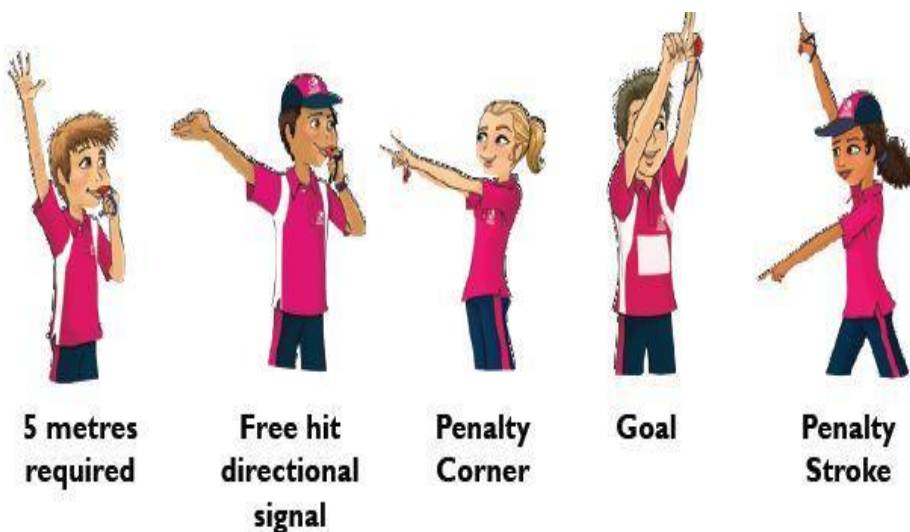
SMALL STICKS UMPIRING PROGRAMME

SSUP



Small Sticks Umpire Programme ("SSUP") is being run, junior umpires will be provided to as many grades and games as possible if there are not enough umpires available all teams must be ready to supply an umpire for their game. It is essential that all umpires are consistent in their rulings, giving both sides an equal opportunity.

SSUP is run in conjunction with the Junior Hockey Competition. This programme is targeted at all junior umpires, so they can commence their umpiring pathway. Refer to the annual timetable for umpiring course dates.



Enrolment for the Umpires Program will be e-mailed in due course.

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026



| | |
|-------------------------------|--|
| Equipment | <ul style="list-style-type: none">You will need a good whistle, an accurate watch and clothing (or bib) that is a different colour from the two teams – Contact CMHA regarding these items. |
| Co-operation | <ul style="list-style-type: none">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 danger and what is a lifted ball. It is important that these Rules and Guidelines are applied consistently by both umpires throughout the game. |
| Safety must be ensured | <ul style="list-style-type: none">Make sure that the game is safe for the playersIf there is any chance of danger, stop the game immediately with a loud whistlePlayers must not play at the ball after the whistle has soundedWatch out for danger from both the stick and the ball when the ball is hit on the reverse with the edge of the stick.Umpires will control the game.Players to be warned and/or censored for dangerous play.Continued raising of the ball in an uncontrolled manner is not appropriate and will be penalised |

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

| | |
|--|---|
| Unsporting play must be prevented | <ul style="list-style-type: none">• 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 <p>Intimidating play, particularly an accentuated back lift and follow through when hitting the ball, must be penalised, irrespective of the proximity to other players</p> <ul style="list-style-type: none">• 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 side-line hits or the hit should be reversed• No hitting or tripping of another player• No swearing• No verbal abuse of umpires or other players• Grades: Fun sticks, Mini Sticks & Kiwi Sticks – A goal can only be scored by pushing directly into the goal. |
| Swearing or other verbal abuse | This will not be tolerated at any level. |

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

CLUB DUTIES

Last teams playing on both Friday & Saturday are on duty

| <u>Friday</u> | <u>Club</u> | <u>Saturday</u> | <u>Club</u> |
|---------------|---|-----------------|--|
| <u>01 May</u> | U16/Youth <u>T2 – Pitch C: 7.00pm match</u> <u>T1 – Pitch A: 7.45pm match</u> <u>T1 – Pitch B: 7.45pm match</u> | <u>02 May</u> | U11's <u>T1 – Pitch A: 9.30am match</u> <u>T1 – Pitch B: 9.30am match</u> <u>T2 – Pitch C: 9.30am match</u> U9's <u>T2 – Pitch A: 9.30am match</u> <u>T2 – Pitch B: 9.30am match</u> |
| <u>8 May</u> | U16/Youth <u>T2 – Pitch C: 7.00pm match</u> <u>T1 – Pitch A: 7.45pm match</u> <u>T1 – Pitch B: 7.45pm match</u> | <u>9 May</u> | U11's <u>T1 – Pitch A: 9.30am match</u> <u>T1 – Pitch B: 9.30am match</u> <u>T2 – Pitch C: 9.30am match</u> U9's <u>T2 – Pitch A: 9.30am match</u> <u>T2 – Pitch B: 9.30am match</u> |
| <u>15 May</u> | U16/Youth <u>T2 – Pitch C: 7.00pm match</u> <u>T1 – Pitch A: 7.45pm match</u> <u>T1 – Pitch B: 7.45pm match</u> | <u>16 May</u> | U11's <u>T1 – Pitch A: 9.30am match</u> <u>T1 – Pitch B: 9.30am match</u> <u>T2 – Pitch C: 9.30am match</u> U9's <u>T2 – Pitch A: 9.30am match</u> <u>T2 – Pitch B: 9.30am match</u> |

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

| | | | |
|---------------|---|---------------|--|
| <u>22 May</u> | U16/Youth <u>T2 – Pitch C: 7.00pm match</u> <u>T1 – Pitch A: 7.45pm match</u> <u>T1 – Pitch B: 7.45pm match</u> | <u>23 May</u> | U11's <u>T1 – Pitch A: 9.30am match</u> <u>T1 – Pitch B: 9.30am match</u> <u>T2 – Pitch C: 9.30am match</u> U9's <u>T2 – Pitch A: 9.30am match</u> <u>T2 – Pitch B: 9.30am match</u> |
| <u>29 May</u> | U16/Youth <u>T2 – Pitch C: 7.00pm match</u> <u>T1 – Pitch A: 7.45pm match</u> <u>T1 – Pitch B: 7.45pm match</u> | <u>30 May</u> | U11's <u>T1 – Pitch A: 9.30am match</u> <u>T1 – Pitch B: 9.30am match</u> <u>T2 – Pitch C: 9.30am match</u> U9's <u>T2 – Pitch A: 9.30am match</u> <u>T2 – Pitch B: 9.30am match</u> |

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

CLUB DUTIES

Friday Nights:

Turf 1: Pitch A/Pitch B (Hockey 5's)

- Dismantle H5's Boards, stack in allocated areas
- Set up T1 for 2x ½ field (use dividers) – see diagram pg.17
- Junior Goals x4 (2 x fields required)
- Turn off scoreboard - switch on the back
- Check freezers on T1 for Ice
- Clear rubbish off pitch

Turf 2: Pitch C (Hockey 5's) Setup

- Dismantle H5's Boards, stack in allocated areas
- Set up T2 for 1x ½ field positioned closest to pavilion & 2x ¼ fields positioned closest to Beresford St (use dividers) – see diagram pg.18
- Junior Goals x6 (3 x fields required)
- Turn off scoreboard - switch on the back
- Check freezers on T2 for Ice
- Clear rubbish off pitch

Note: Umpires

- Collect remotes for scoreboards from the canteen and returned at the end of evening.

Saturday mornings:

Saturday Morning Duty

Turf 1

- remove dividers off the field (**over the fence and away from the edge**)
- move junior goals off the field
- check freezers for ice

Turf 2

- remove dividers (place **over far fence and away from the edge**)
- move Jnr goals off the field
- check freezers for ice

PART TURF ALLOCATIONS

For grades which use less than a full turf, the portion of the turf allocated to each game is shown in the drawing below (please use this set up for club duty):

The portions are “numbered” in order 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.

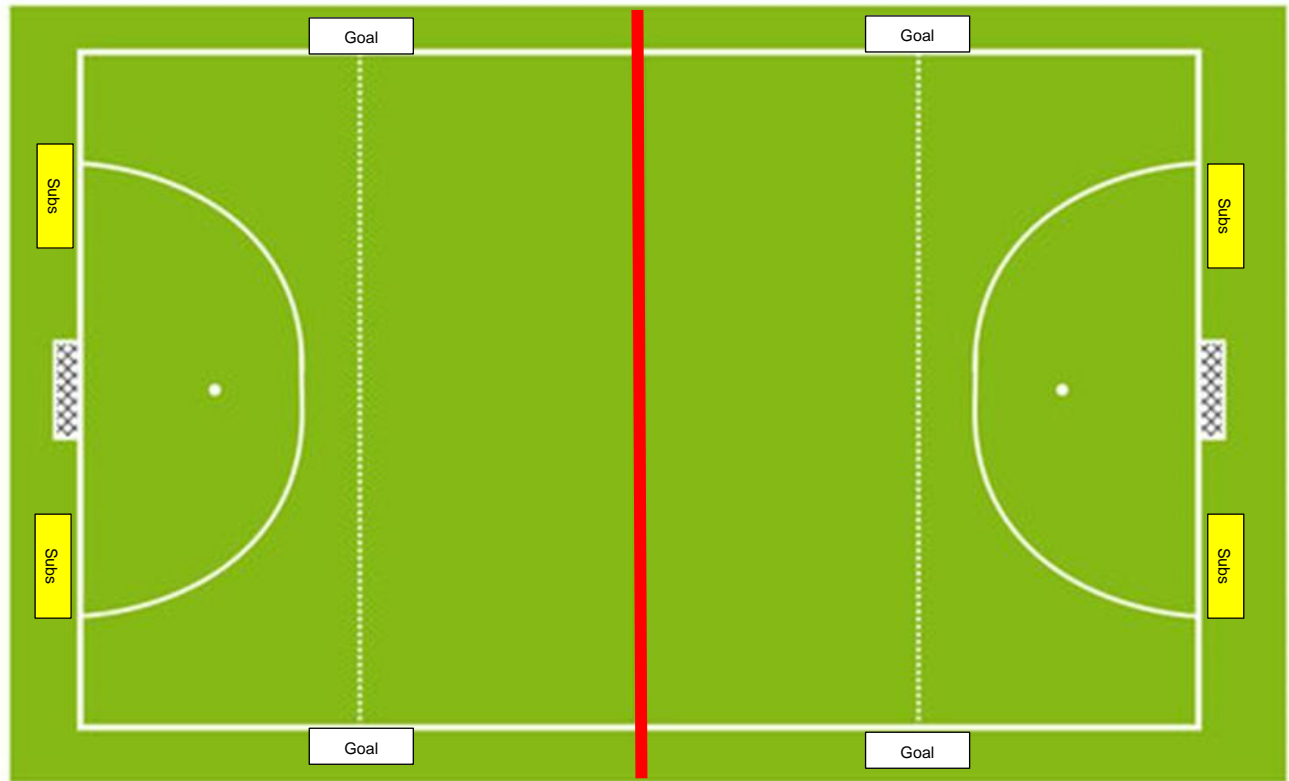
COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

Turf 1

Youth/U11s T1- Pitch A

Youth/U11s T1- Pitch B



COUNTIES MANUKAU HOCKEY ASSN

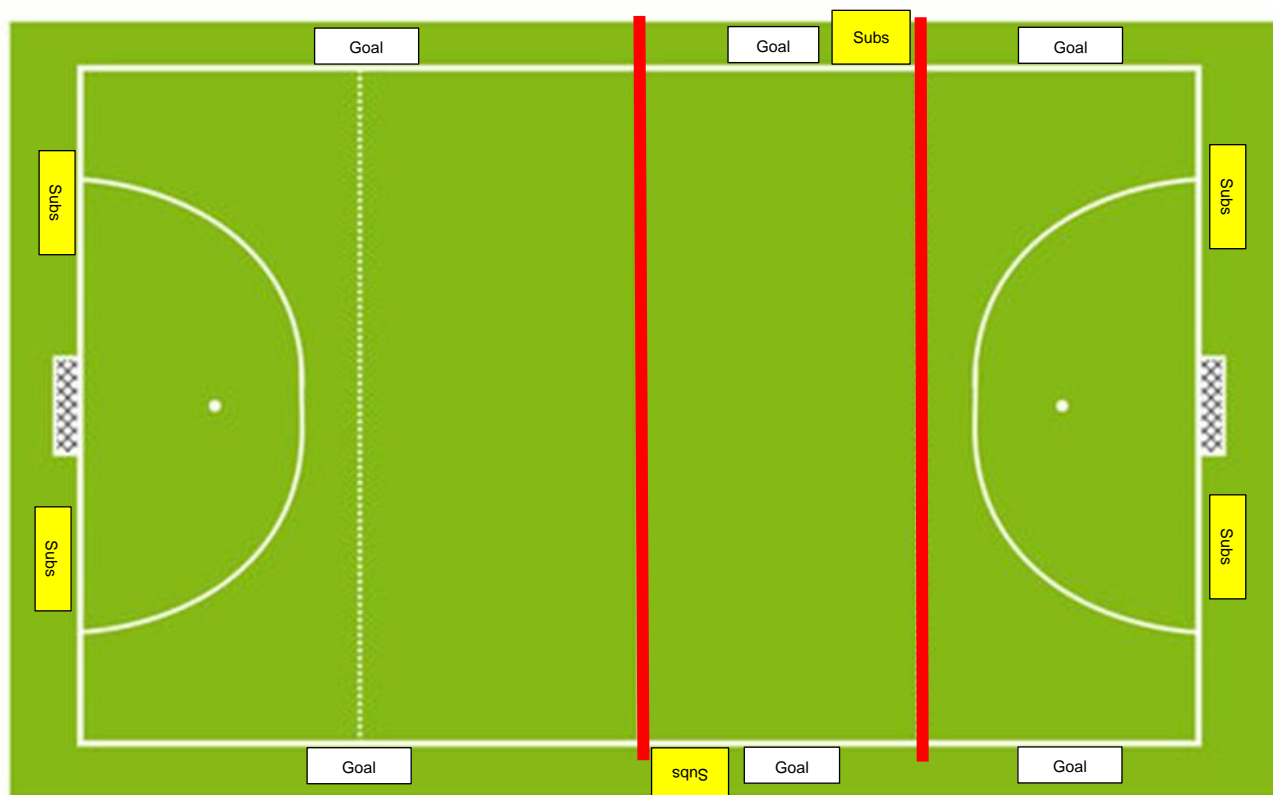
JUNIOR & YOUTH BOOKLET 2026

Turf 2

Youth/U11s T2- Pitch C

U9s T2 - Pitch A

U9s T2 - Pitch B



COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

GENERAL INFORMATION

REGISTRATIONS

- Teams must be registered on line via PlayHQ by the first match day with at least the minimum number of players applicable to the teams allocated grade.
- Only Registered players may play.
- All players must complete club to club transfers via PlayHQ if moving clubs.

GAME DAY INFORMATION

- All team results must be submitted via PlayHQ at the conclusion of each game by each team's manager/coach. Once both managers/coaches enter their teams score match results will go live to CMHA website/PlayHQ and if the scores do not match or the results are not completed by both managers/coaches the game will be flagged as "under dispute".
- For any incidents, club admins will need to utilise the "incidents" option in PlayHQ under the match.
- Players, coaches and parents should be familiar with the "Code of Behaviour".
- The CMHA rules stand for all hockey played within the association.

SUBSTITUTIONS

- Full Field: All player substitutions should be done at halfway at the dugout side of the field.
- Half Turf: All player substitutions should be done at the half way.
- Quarter Turf/Hockey 5's: All player substitutions should be done on the same side as the senior goals.

SPECTATORS

- All spectators **must remain outside the turf area**. Spectators should be supportive and positive towards all players, umpires and coaches. Abuse of umpires or players will not be tolerated.

PLAYING GEAR

- Correct club 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.
- All teams must have bibs available to wear if uniform clashes occur.
- Injured players are to be removed and treated immediately. All Blood is to be covered
- All teams must have a responsible adult present at every game and must provide their own first aid kit and ice pack
- It is compulsory for ALL children to wear shoes, mouth guard, shin pads and uniform. Coaches and managers must ensure that ALL children have clean shoes.

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR & YOUTH BOOKLET 2026

GOALIES

- Goalies must have a minimum of a helmet with face mask, chest protection, leg guards and kickers.
- **U11:** All padded goalies can apply for dispensation to play in another team in the same grade as a field player. (This will cover all clubs that have only one team. They can play for another club)
- Junior & Youth Hockey 5s: Padded goalies are **highly recommended** – Goalies have automatic dispensation to play in a maximum of 2x Hockey 5's team within their registered club.



COUNTIES MANUKAU HOCKEY ASSN

JUNIOR BOOKLET 2026

TURF RULES

- **Spectators are to keep off the turfs at all times (this includes Hockey 5s) – outside the fence.**
- Enter and exit turf by gates only. Do not climb the fence
- Change into clean footwear before stepping onto the turf
- Do not leave gear on the side lines
- Dug-outs are for players and team officials only
- No warm-ups on turf while games are in progress
- No hitting balls against the hoarding fence or around buildings
- Teams shall leave the artificial surface through gateways, promptly, at the conclusion of their match or practice
- 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 are to be removed and treated immediately - All Blood is to be covered
- **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
- Balls hit over the fence during match play are not to be retrieved by players - An Outside runner should retrieve the ball
- **No chewing gum** or food inside the hoarding fence
- Please use rubbish bins supplied
- No play or practice outside allocated times
- No dogs inside Counties Manukau Hockey Stadium
- **No Alcohol** is to be brought onto Counties Manukau Hockey Stadium
- No spitting on the turf
- Do not move goals incorrectly
- Do not interfere with turf watering system

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR BOOKLET 2026

CODE OF BEHAVIOUR - FOR COACHES, MANAGERS, PARENTS AND 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



CODE OF BEHAVIOUR - 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

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR BOOKLET 2026

CMHA STADIUM



COUNTIES MANUKAU HOCKEY ASSN

JUNIOR BOOKLET 2026

JUNIOR CALENDAR 2026

| Day | Date | Month | Comments |
|-----------------|-------------------------------------|--------|---|
| Monday | 2 nd | March | Umpires Muster – 6.30pm |
| Wednesday | 4 th | March | Yr9 Dispensation Trial – 6pm |
| Thursday | 2 nd | April | Junior Team registrations due – 5pm |
| Monday | 20 th | April | Junior/Youth Umpires Course – time: 6pm |
| Friday | 24 th | April | Junior Player registrations due – 5pm |
| Friday | 01 st | May | Competition starts - Youth League (U13/U16) |
| Saturday | 02 nd | May | Competition starts – Junior League: Mini Sticks (U9s) & Kiwi Sticks (U11s) |
| Friday/Saturday | 30 th & 31 st | May | No Play Kings Birthday Weekend – Junior & Youth Leagues |
| Monday | 8 th | June | Junior/Youth Umpires Course – time tbc |
| Saturday | 13 th | June | Competitions starts – Junior League: Funsticks (Junior U7s) |
| Friday/Saturday | 10 th & 11 th | July | No Play Term 2 School Holidays – Junior & Youth Leagues |
| Saturday | 25 th | July | Competition ends – Junior League: Funsticks (Junior U7s) |
| Friday | 14 th | August | Competition finals - Youth League (U13/U16) |
| Saturday | 15 th | August | Competitions finals - Junior League: Mini Sticks (U9s) & Kiwi Sticks (U11s) |

COUNTIES MANUKAU HOCKEY ASSN

JUNIOR BOOKLET 2026

CMHA Junior Fees/Turf Charges

| Junior/Youth Fees | Total | Total | 21st April | 21st May | 21st June | 21st July |
|-------------------------|------------|------------|--|----------|-----------|-----------|
| | per team | per team | 10% | 20% | 25% | 45% |
| | (gst excl) | (gst incl) | (Invoice due date amounts are gst inclusive) | | | |
| Funsticks (u7's) | 98.96 | 113.8 | (\$113.8 due on invoice) | | | |
| U9's (6aside) | 836.62 | 962.11 | \$96.20 | 192.4 | 240.5 | 432.9 |
| U11's (6aside) | 1117.64 | 1285.29 | 128.53 | 257.1 | 321.4 | 578.47 |
| Yr7/8 (H5's/11's) | 1628.55 | 1872.83 | 187.3 | 374.6 | 468.3 | 842.9 |
| Yr9/10/11's (H5's/11's) | 1628.55 | 1872.83 | 187.3 | 374.6 | 468.3 | 842.9 |

Turf Hire Rates

| Turf Hire (Pitch 1 & 2) | | Gst excl | Gst incl |
|--------------------------------------|------------------|----------|----------|
| Weekdays (Before 5pm) *off peak | Full Field (p/h) | \$70.0 | \$80.50 |
| Weekdays (After 5pm) *peak | Full Field (p/h) | \$130.0 | \$149.50 |
| Weekends (Before 5pm) | Full Field (p/h) | \$140.0 | \$161.00 |
| Weekends (After 5pm) | Full Field (p/h) | \$160.0 | \$184.00 |
| Community Practise Turf (Before 5pm) | Full Field (p/h) | \$43.48 | \$50.00 |
| Community Practise Turf (After 5pm) | Full Field (p/h) | \$55.0 | \$63.25 |

| Clubhouse Facility Hire | | Gst excl | Gst incl |
|------------------------------|--|---------------|----------|
| Weekdays (Before 5pm) | | \$56.52 (p/h) | \$65.00 |
| Weekdays (After 5pm) | | \$60.87 (p/h) | \$70.00 |
| Weekends | | \$65.22 (p/h) | \$75.00 |
| * with bar&/or kitchen | | | POA |
| * BBQ (bring own gas bottle) | | | POA |

| Hockey 5's Boards | (incl. set up/dismantle) |
|------------------------------|---------------------------|
| Full field (2x H5's pitches) | Turf hire rate plus \$750 |
| Full field (1x H5's pitch) | Turf Hire rate plus \$500 |

Please ensure you vacate the pitches in a timely manner and all equipment (tyres/boards/goals) is cleared from the pitches - including personal items and drink bottles. CMHA will not be responsible for items left behind.