

COUNTIES MANUKAU HOCKEY ASSN

SECONDARY SCHOOLS MANUAL 2026



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TURFS AND FACILITIES

All players must comply with the rules set down for turf use by CMHA; these include but are not limited to:

- No practice on the turf or side of turf while games are in progress, or on the concrete area in front of the pavilion at CMHA.
- Players and Coaches ONLY may be present "turf side".
- No sugar based drinks are allowed on the turf.
- Glass bottles must not be taken onto the turf.
- No food is allowed on the turf.
- Blood stains on the turf must be washed off the turf immediately.
- No spitting on the turf.
- No smoking within the grounds.
- Drivers must observe the parking restrictions or risk being towed away. Clear access must be available to the pavilion and turf areas for ambulance access in the case of serious injury.
- **No vehicles are allowed up the passage way between Turf One and Two.**
- Valuables should not be left visibly in cars nor left in changing rooms.
- Changing Rooms must be left in a tidy condition after each team use – managers and/or coaches please check this. Teams will be invoiced for damage and changing rooms will be locked if vandalism occurs.

FAIR PLAY

- All schools should ensure that their teams and spectators exhibit a good standard of sportsmanship.
- Bad language, dangerous play and abuse of umpires will not be tolerated.
- Any complaints should be made in writing to CMHA – grassroots@cmha.co.nz as soon as possible after an incident.

Equipment and Uniforms

- Each team shall supply a ball for each match in which it is engaged. These balls shall be used one in each half of the games. For all games played under lights teams will provide a coloured ball other than white, this may be used as an alternative.
- Each school must register their team/uniform colours design with CMHA at the time of team registration and send a photo of the team uniform to be displayed on the CMHA website.
- New Schools or Schools who would like to make substantial changes to their uniform design must submit their design to CMHA for approval before they are able to compete in the competition in the new uniform.
- The School's team must wear the School colours at each match.
- All players must wear a proper hockey uniform' i.e. correct socks, shorts/skirts and tops as per their school's registered strip colours. Playing shorts must not have belts, buckles or external zips (e.g. on pockets) as these may cause injury to the wearer or opposing player or to the turf surface.

COUNTIES MANUKAU HOCKEY ASSN

SECONDARY SCHOOLS MANUAL 2026

- Each playing shirt must have a number on the back at least 30cm in height. Only one of each number per team. The Goal Keeper is to have their number on both the front and back of the shirt.
- Goal Keepers must wear protective equipment including a helmet and a different coloured shirt from that of both teams.
- Goalie pads must have buckles taped.
- Players must not wear peaked caps, although collapsible visors are permitted.
- Track pants may not be worn as playing uniform, unless weather conditions warrant, at the umpires discretion.
- Running shoes or turf shoes only may be worn when playing on the turf.
- All players must wear a mouth guard and shin pads. Players should 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. CHA does have freezers in each dugout which should contain ice, however, as CMHA does not have staff on site 24/7, it is best teams come prepared.
- CMHA will advise schools in grades where there is potential for a colour clash at the commencement of the season.
- In the event of a uniform clash the team appearing first (on the left) in the draw is the required to provide the alternative strip. For those teams who do not have an alternative strip, they must use their own set of bibs.
- Blood bin rules:
 - If a player is bleeding or has an open wound on their skin then that player must leave the field immediately 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 the bar at CMHA.

TEAM REGISTRATION

- Teams must be registered via PlayHQ by Tuesday 31st March, 2026.
- Grades are follows:
 - Boys Intercity
 - Girls Intercity
 - Mixed Hockey 5s – mixed teams are required to register a minimum of 2x females
- CMHA may refuse to accept or may place on a waiting list any team entries that arrive after the due date.
- CMHA may impose a fine on any school that fails to submit team registration lists by the due date for team registrations.
- Team and grade placement into the Auckland Intercity competition will be determined by College Sport of which teams will be accepted entry to play in the Auckland Intercity Competition.
- At the completion of round 1, the results will determine rank.
- Any School failing to register it's teams via PlayHQ by the specified date noted above or failing to supply all mandatory information as required on Hockio shall be deemed as unregistered until this is complete.

For clarity, Team Registration should not be confused with the number of players permitted on match line-up, the match line-up should not comprise of more than 10 players registered to the team, all 10 of which may take the field of play for all or part of that match.

COUNTIES MANUKAU HOCKEY ASSN

SECONDARY SCHOOLS MANUAL 2026

PLAYER REGISTRATION

- Any team failing to register it's team players or failing to provide all mandatory information as indicated on PlayHQ by Tuesday 21st April, 2026 shall be deemed to be playing unregistered players and shall forfeit match points and be fined accordingly until this is complete.
- Every player entering the field of play must be registered prior to the commencement of the match.
- Additional registrations (one off) may be entered on PlayHQ. This must be completed and confirmed prior to the player taking the field of play.
- Players can be registered in one team only and registration of team players must be received by the date noted above.
- For a team to be eligible for registration they must have no less than 7 players listed at the date of player registration.
- Mixed teams – are required to register a minimum of 2x females and must play with a minimum of 1x girl on the field at any one time.
- If a player has played 3 games for a team in a grade higher than their registered grade they cannot then play in a team below that higher grade until re-registered.
- Re-registration can be requested by e-mail to grassroots@cmha.co.nz.
- A player may only be re-registered once in a season.
- No player may be re-registered after the conclusion of pool play in either round prior to playoff games.
- The team Line up is to be completed by each teams respective management prior to the commencement of each game via PlayHQ.
- Goal Keepers may be registered as field players in another grade team. Please advise CMHA by e-mailing grassroots@cmha.co.nz.



COUNTIES MANUKAU HOCKEY ASSN

SECONDARY SCHOOLS MANUAL 2026

PLAYER ELIGIBILITY

- All members of a team representing a school must be bona fide members of that school or a member of an approved cluster school, taking a minimum of 4 subjects, be in year 7 – 13 and be under the age of 19 as at January 01st 2026. (See below regarding Year 7 & 8 players).
- Any exemptions from this rule are at the discretion of CMHA and must have written approval from the relevant School's Principal(s). Applications and exemptions must be received by CMHA by 21st April, 2026.
- In order to be eligible to participate in activity under the jurisdiction of CMHA, students must meet all of the following criteria:
 - Be under the age of 19 years on 01st January in the year of competition.
 - Be enrolled as a bona fide student at the School of enrolment or conform to the official attendance policy of that school. The Ministry of Education's "20 day rule" shall apply.
 - Be on the official roll of only one School.
 - Not be under suspension or any other disciplinary action by the school.
 - Be registered on the School's official Team List for their team of representation.
 - Year 7 & 8 students from those Schools who provide such levels will be eligible to participate conditional on them being identified (yr 7 & 8 as appropriate) on team registration lists. Or primary or intermediate schools that are agreed cluster schools (Schools approved by CMHA who would normally feed into that College or High School). Secondary Schools can field a maximum total of three players (3 male and/or female) in their player registration information. These players must be identified at the time of registration. These players can only be used to make up numbers for development purposes.
- CMHA has the authority to give dispensation to teams unable to play CMHA junior Yr 7 & 8 competition, dispensation application form must be completed and submitted prior to team registration being in.
- Home School Students:
 - Such students (who are not on the roll of any member school) are ineligible to play at any level of CMHA sanctioned competition unless an exemption is granted by CMHA.
 - CMHA may consider a written request from the parent/caregiver of a student for an exemption if it receives from the Principal of the school for whom the student wishes to play, their written affirmation.
- ID Checks – All players are required to carry photo ID. This is in case of random ID checking that CMHA may request at any time. If this is not possible, team managers must carry with them a school supplied team list including photos.



COUNTIES MANUKAU HOCKEY ASSN

SECONDARY SCHOOLS MANUAL 2026

COMPETITION FORMAT

| GRADE | DAY | TIMES | TURF |
|---|--|--|---|
| Girls Premier, A, B, C – Auckland Intercity | Determined by grade registered into – refer to College Sport | Determined by grade registered into – refer to College Sport | CMHA Turf 1 CMHA Turf 2 Strathallan |
| Boys Premier, A, B, C – Auckland Intercity | Determined by grade registered into – refer to College Sport | Determined by grade registered into – refer to College Sport | CMHA Turf 1 CMHA Turf 2 Strathallan |
| Mixed – Local Grades | Tuesday | 4.30pm 5.15pm 6.00pm | CMHA Turf 1 Hockey 5s pitches A & B Strathallan |

- Ranking will be based on finishing position in local school competition from the previous season where applicable.
- Draw will be automatically generated through PlayHQ and available on CMHA website.

RESULTS

- Win = 3 points.
- Draw = 1 point
- Loss = 0 points
- Default = -3 points
 - Teams who default a game will be deemed to have lost the game and the opposing team will be awarded 3 points and a score line of 3-0.
 - Should both teams default, neither team will receive points.
 - In the event of a default occurring, the school defaulting must advise CMHA 24 hours prior to scheduled game.
 - Any team who defaults a game with less than 48 hours' notice or without notification, will be deemed to have lost the game and the opposing team will be awarded 3 points and a score line of 3-0. The defaulting team will also have a fine of \$150 + GST.
- Competition points accumulate through competition rounds only. Points do not carry over at the end of each round.
- All results are to be submitted using Hockio at the conclusion of each match by the umpires and respective teams management, scores and results are live on the CMHA website. If team management does not submit the score at the conclusion of the game the match will be flagged as under dispute.
- Placings – in the event of two or more teams being locked together on points the following criteria will apply, in this order:
 - Matches won
 - Goal difference
 - Goals for
 - Goals against

COUNTIES MANUKAU HOCKEY ASSN

SECONDARY SCHOOLS COMPETITION BOOKLET 2026

UMPIRING

CMHA Umpire Co-ordinator:

For FIH 11-a-side Rules: [Click Here](#)

All Hockey 5s Mixed grades will be self-umpired. It is essential that all umpires are consistent in their rulings, giving both sides an equal opportunity. CMHA Secondary School Hockey 5s Rules can be found on page 13.

Umpire Clinics will be run for Secondary Schools Umpires, date/s tbc.



PENALTIES

- A yellow card will be worth -3 to -6 points (umpires discretion) and minimum 5 minutes off the field.
- A red card is worth -12 points and removal from the field for the remainder of the game.
- Red card is an automatic 1 match stand down for the next school game with a copy of the report sent to the competition organiser.
- If a player reaches a total of 12 points

COUNTIES MANUKAU HOCKEY ASSN

SECONDARY SCHOOLS COMPETITION BOOKLET 2026

CODE OF BEHAVIOUR - FOR COACHES, MANAGERS, PARENTS AND SUPPORTERS

- Insist that participants play within the rules
- Respect and acknowledge children's efforts, regardless of whether they have won or lost
- Encourage participants 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 participants 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

SECONDARY SCHOOLS COMPETITION BOOKLET 2026

CMHA PLAYING FEES

- The playing fee for each school team in 2026 – refer to table below and must be paid in full no later than 21st July, 2026. This fee includes a player affiliation fee paid to Hockey New Zealand.
- Please note a **late payment fee of 10%** of the total outstanding will apply if not paid on invoice due date.
- Playing fees partially fund the salaries for staff who administer the competitions, but do not cover all the costs associated with managing competitions.
- Due to the implications of Covid 19, CMHA have drafted a **Competition Refunds Policy** which clarifies how clubs will be refunded should competitions have to be postponed or cancelled due to unforeseen circumstances. This can be found on the [CMHA Website](#).

| Secondary School Fees | Total | | Due: 21 st June | | |
|--|----------------------|--|----------------------------|-------------|----------|
| | 1 st team | *each extra team after 1 st entry | 1 st team | extra teams | |
| | (gst excl) | (gst incl) | (gst incl) | (gst incl) | |
| Mixed Hockey 5's /11 aside | \$1,718.79 | \$1,976.61 | \$110.25 | \$1,976.61 | \$126.79 |
| 1st XI Intercity Admin & Affiliation Fee | \$284.55 | \$328.38 | N/A | | N/A |

| 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 | (incls. 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 |

COUNTIES MANUKAU HOCKEY ASSN

SECONDARY SCHOOLS COMPETITION BOOKLET 2026

Payment Details

CMHA will not be accepting cheques as payment this year, please note bank account and details below:

Bank Account Details: 03-0306-0173334-00. Please use Club name and Invoice # as the reference.

COUNTIES MANUKAU HOCKEY ASSN

SECONDARY SCHOOLS COMPETITION BOOKLET 2026

Allocated Turf Trainings (Week starting April 6th- August 13th)

Schools will be invoiced monthly for **21 weeks** of training (Week starting 7th April - Week ending Aug 29th) unless the office has already been notified of dates not required.

Please ensure all players are aware of the CMHA Pitch Rules including the below -

- pitches are vacated in a timely manner
- all equipment (tyres/boards/goals) is cleared (including personal items and drink bottles)
- no alcohol is to be brought into or consumed on the premises ***
- access to the pitches is *through* the gates only (no climbing of fences) ***

***** Any breaches of the above will result in cancellation of trainings.**

| Sec. School Trainings | Time | Monday | Tuesday |
|-----------------------|-------|---------------|---------|
| Turf 2 | 4-5pm | Pukekohe High | |
| | | | |

COUNTIES MANUKAU HOCKEY ASSN

SECONDARY SCHOOLS COMPETITION BOOKLET 2026

SECONDARY SCHOOLS COMPETITION CALENDAR 2026

| Day | Date | Month | Comments |
|--------------------|-------|--------|--|
| Tuesday | 31 | March | PlayHq team registrations due – 5pm |
| Monday | 20 | April | Secondary School Tournament Entry Applications Open |
| Tuesday | 21 | April | Player registrations due – 5pm |
| Week of | 20 | April | Competition starts – Auckland Premier Intercity (refer to College Sport website for details) |
| Tuesday | 21 | April | PlayHq player registrations due – 5pm |
| Tuesday | 28 | April | Competition Starts – CMHA Local Mixed Hockey 5s |
| Wednesday/Thursday | 05/06 | May | Competition starts – Auckland Intercity Boys & Girls A, B & C grades |
| Friday | 08 | May | Secondary School Tournament Entry Applications Close |
| Week of | 6 | July | No Play Term 2 School Holidays– all Secondary School Grades |
| Week of | 13 | July | No Play Term 2 School Holidays– all Secondary School Grades |
| Tuesday | 18 | August | Competition finals – Local Grade |
| Week of | 17 | August | Competition finals – Auckland Intercity |
| Week of | 31 | August | Secondary Schools Tournament Week |

COUNTIES MANUKAU HOCKEY ASSN

SECONDARY SCHOOLS COMPETITION BOOKLET 2026

CMHA STADIUM



COUNTIES MANUKAU HOCKEY ASSN

SECONDARY SCHOOLS COMPETITION BOOKLET 2026

SECONDARY SCHOOL HOCKEY 5s

FIVE-A-SIDE TEAM: 5-10 members

FIELD SIZE: approx. 1/3 total pitch with rebound-boards

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

INCLUDES

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

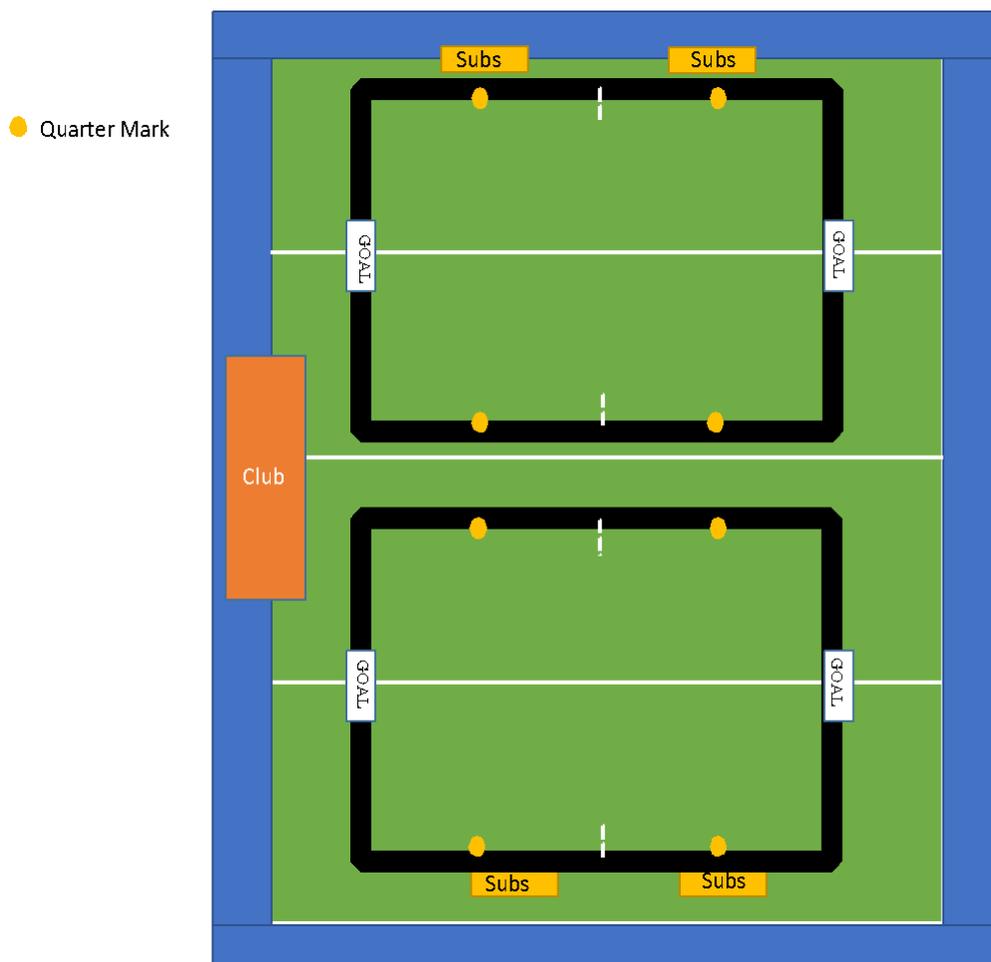
RULES

- 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
- No obstruction
- 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 – Goalkeepers 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.

COUNTIES MANUKAU HOCKEY ASSN

SECONDARY SCHOOLS COMPETITION BOOKLET 2026

- 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.
 - 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.
- Pitch set up below – please note this is not to scale.



COUNTIES MANUKAU HOCKEY ASSN

SECONDARY SCHOOLS COMPETITION BOOKLET 2026

SECONDARY SCHOOL 11-A-SIDE

ELEVEN-A-SIDE **TEAM:** 13+ members

FIELD SIZE: Full field (T1/T2)

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

INCLUDES

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

RULES: *11-a-side hockey rules apply*

- For FIH 11-a-side Rules: [Click Here](#)
- Substitutions are unlimited and can be made at any point during the game.

COUNTIES MANUKAU HOCKEY ASSN

SECONDARY SCHOOLS COMPETITION BOOKLET 2026

NOTES