

2026



COMPETITION HANDBOOK

COHA publishes this Competition Handbook and the rules and regulations contained within it under the By-laws of Central Otago Hockey Association.

This Handbook aims to be a guide for COHA Players and Officials; however, it is not a comprehensive list of all rules and regulations. This Handbook should be read in combination with the Rules and By-laws of Central Otago Hockey Association, the Central Otago Hockey Association Code of Conduct and the FIH Rules of Hockey 2022.

Please read this Handbook fully, there are changes from year to year. Significant changes that have been made are indicated in red font.

By taking the field in any Central Otago Hockey Association Competition match, players, whether registered or not, are bound by these rules and regulations.

Failure to comply with these rules and regulations may lead to your Club being penalised, as authorised by the By-laws of Central Otago Hockey Association (2000) Inc.

Published 1st February 2026

EDITORS

COHA

Central Otago Hockey Association

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ADMINISTRATION SECTION

CONTACTS

Central Otago Hockey Association (COHA)

Website - <https://www.coha.org.nz>

Facebook - [COHA Facebook](#)

- **Administration Officer** (Sally Davies): admin@coha.org.nz
- **Treasurer**(Sandra Stuart) - accounts@coha.org.nz
- **Development Officer** (Rebecca Todd) - development@coha.org.nz
- **Competitions Officer** (Sarah Parkinson) - competition@coha.org.nz

COHA Board

- Tania Pringle
- Nikki Meyer
- Bryce Clapham
- **Hugh Lees**
- Shaun Tipson
- **Gina Cracroft-Wilson**

Club Team Contacts:

- **Alexandra Hockey Club** - alexandrahockeyclub@gmail.com
- **Clyde Hockey Club** - clydehockeynz@gmail.com
- **Cromwell Hockey Club** - cromwellhockeyclub@gmail.com
- **Dunstan High School** - dunstanhockey@gmail.com
- **Maniototo Junior Hockey Club** - maniototojunhockey@gmail.com
- **Maniototo Area School** - meyern@maniototo.school.nz
- **Matakanui Hockey Club** - daynalake@hotmail.com
- **St Gerard's Primary School** - jopassmore@stgerards.school.nz
- **Upper Clutha Hockey Club** - info@uppercluthahockey.club
- **Wakatipu Hockey Club** - wakatipuhockeyclub@gmail.com

2026 SEASON DATES

[Full 2026 COHA Calendar](#)

Club team entries due: 27th March 2026 5:00pm

Fun Sticks:

Start Date: 26th April
Finish Date: 21st June
Duration: 5 weeks
Playing Day: Sunday
Playing Times: 1pm-2.30pm

Mini Sticks:

Start Date: 26th April
Finish Date: 21st June
Duration: 7 weeks
Playing Day: Sunday
Playing Times: 11:00-11:45

Kiwi Sticks:

Start Date: 27th April
Finish Date: 29th June
Duration: 10 Weeks (including Kings Bday)
Playing Day: Monday
Playing Times: 4.15-6:30pm

Kwik Sticks:

Start Date: 28th April (G)/ 29th April (B)
Finish Date: 4th/5th August
Duration: 13 weeks
Playing Day: Girls Tues / Boys Wed
Playing Times: 4.30-6.30pm

Senior Reserve Girls:

Start Date: 30th April
Finals Date: 6th August
Duration: 13 weeks
Playing Day: Thursday
Playing Times: 4:30-8:30pm

Senior Reserve Boys (Div1&Div2):

Start Date: 1st May
Finals Date: 7th August
Duration: 13 Weeks
Playing Day: Friday
Playing Times: 4:30-8:30pm

Premier Women & Men

Start Date: 9th May
Finals Date: 15th Aug
Duration: 13 weeks
Playing Day: Saturday
Playing Times: 11.00-6.30pm

May

- 10th May - Wakatipu Shield - North Otago (U18)

June

- 3rd June-5th June - Ian Smith Tournament (Senior Men)

July

- 10th July-11th July - Finch Rose Tournament - Cromwell
- 5th July-11th July - U18 National Tournament - Tauranga (Men), Palmerston North (Women)
- U18 Warmup Games - TBC

August/September

- 31st August-5th September - Secondary Schools Tournament
 - South Island Boys Johnson Cup - Invercargill (Tier 3)
 - South Island Girls Audrey Timlin Memorial - Timaru (Tier 3)
 - South Island Girls Jenny MacDonald Cup - Blenheim (Tier 4)

- South Island Boys Coaches Cup - Greymouth (Tier 4)
 - 2XI Girls Chris Arthur Cup - Stratford (Tier 4)
 - 2XI Boys Galletly Cup - Rotorua (Tier 4)
 - South Island Mixed Kate Trolove Cup - Nelson (Tier 4)
 - Year 5-6 - Development Program - August Date TBC
 - U13 & Kiwi Development Program
 - Dates & times TBC
 - 13th -19th September - Ford National Hockey Championship - Wellington (Seniors)
 - 12th September-13th September - U16 Clutha Cup - Dunedin
 - 26th September-27th September - Tessa Jopp 11aside - Dunedin
- October
- 3rd-7th October U16 Tournament Christchurch (Girls) and Auckland (Boys)
 - U16 Warm-up Games TBD
 - 5th October-9th October - U16 Alpiners South Island Development Tournament - Christchurch

Year 5-6 Tournament Location and Dates TBC

TEAM ENTRY FEES

There is 1 set fee per team and 1 invoice will be sent to clubs. This fee includes all affiliation fees, team registration fees, turf fees, umpire fees & pavilion fees.

Clubs will set their player registration fees based on these costs. All fees are to be paid before the third week of the competition.

2026

| | HNZ Per Person | COHA Team Fee | Turf Fee per game | Number of Games | Umpire fee |
|----------------------|----------------|--------------------|-------------------|-----------------|---------------|
| Fun Sticks | \$3.85 | \$11.15 per person | - | - | |
| Mini Sticks | \$11.53 | \$280 per team | \$15 | 7 | |
| Kiwi Sticks | \$11.53 | \$280 per team | \$25 | 10 | |
| Kwik Sticks | \$11.53 | \$630 per team | \$60 | 13 | |
| Senior Reserve Boys | \$15.38 | \$840 per team | \$80 | 13 | |
| Senior Reserve Girls | \$15.38 | \$840 per team | \$80 | 13 | |
| Premier | \$59.59 | \$980 per team | \$90 | 13 | \$50 per game |

This is based on last year's fees for HNZ and COHA as well as the number of games played last year.

HNZ fees are due to rise by 5% as emailed to us 03.02.2026

Turf fees will be invoiced once number of byes etc has been confirmed.

2025 for reference

| | No. of Players Per Team | 2025 Team Entry Fees | Affiliation Fee (HNZ & COHA) Per Player | Affiliation Fee (HNZ & COHA) Per Team | Number of Games | Turf Fee Per Game | Turf Fee Total | Umpire Fee Per Game | Total Umpire Fees | Proposed Team Cost |
|----------------------|-------------------------|----------------------|---|---------------------------------------|-----------------|-------------------|----------------|---------------------|--|--------------------|
| Fun Sticks | | \$10 per player | - | - | | | - | - | - | |
| Mini Sticks | 7 | \$80 | \$35 | \$245 | 7 | \$10 | \$70 | - | - | \$395 |
| Kiwi Sticks | 7 | \$80 | \$35 | \$245 | 10 | \$20 | \$200 | - | - | \$525 |
| Kwik Sticks | 14 | \$150 | \$35 | \$490 | 12 | \$90 | \$1,080 | - | - | \$1720 |
| Senior Reserve Boys | 14 | \$300 | \$45 | \$630 | 12 | \$90 | \$1,080 | - | - | \$2010 |
| Senior Reserve Girls | 14 | \$300 | \$45 | \$630 | 13 | \$90 | \$1,170 | - | - | \$2100 |
| Premier | 14 | \$400 | \$80 | \$1,120 | 13 | \$90 | \$1,170 | \$50 Per Game | Clubs to organise own umpires so fees not included | \$2690 |

- If a player is playing in both the senior reserve and premier grades they will register with Hockey NZ at the lower grade and will only be required to pay the affiliation fee for the lower grade. All other fees will still be applied. Clubs are responsible for informing both the competition and finance officers prior to the start of the season.

Failure to pay:

A 10% penalty will be incurred if not paid by due dates.

Failure of a Club to pay any fees, levies, penalties, or fines by the due date may lead to the COHA Board 'Financially Suspending' the Club in accordance with the By-laws. The consequences of Financial Suspension can include being ineligible to accumulate competition points, being ineligible for finals, being withdrawn from the competition, and/or being ineligible to vote or speak at any meeting. In addition to this, individual players from that club may be made unfinancial and ineligible to play hockey within New Zealand.

TURF VENUES & FACILITIES

- Central Otago Sports Turf, Cromwell - 3 Barry Ave
- Omakau Domain (Kiwi sticks and lower) - Leask St
- Wanaka Turf (Kiwi sticks and lower) - Recreational Centre, 41 Sir Tim Wallis Drive
- Queenstown Turf - Events Centre, Joe O'Connell Drive, Frankton
- Alexandra (Funs and minis only) - Pioneer Park Tennis courts, Centennial Ave
- Maniototo Area School (Funs and minis only) - 15 Caulfield St, Ranfurly

1. General Facility Rules

All participants must comply with the rules set down by the facility provider and the COHA for turf use. These include but may not be limited to:

- No spitting or nose blowing onto the turf - **THIS WILL RESULT IN A RED CARD**
- Spectators are to keep off the turfs at all times
- Enter and exit turf by gates only. Do not climb the fence
- Change into clean footwear before stepping onto the turf
- Dug outs are for players and team officials only
- No warm-ups on turf while games are in progress
- No hitting balls against the boarding fence or around buildings
- 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 must not be removed from the playing area until bleeding has been stopped and/or covered
- Approved playing gear only to be worn: Clean rubber soled shoes 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 on the turf - Use the rubbish bins supplied
- If goals are shifted, they are to be placed back in their correct position at the end of the day's competition. Areas are marked at each end of the turf. Please ensure that they are placed in their correct position so they do not obstruct players and sprinklers. - It is important they do not interfere with the turf watering system
- All COHA venues are Smoke/Vape free

2. Lights and Water - Cromwell turf

Umpires along with team managers will monitor these requirements and facilitate these services as required. Instructions on how to turn on the lights and keys to water the turf are in the downstairs tournament room.

It is up to both teams playing the last game on the draw to communicate to turn off the lights and lock the pavilion after the last game. Failure to do so will result in both teams receiving a fine.

CLUB DELEGATES

Each club must submit 1 club delegate.

The role of the COHA club delegate is to be the communication point of contact between the board and their club members.

Only 1 email from each club (not a personal one) will be used as communication between club and the board.

COHA will NOT accept any complaints/requests from individual members, all complaints must come through the appointed club delegates.

If there is a vote, it is up to the delegate to submit that vote on behalf of the club.

REGISTRATIONS

COHA will use Play HQ for all player and team registrations.

1. Player Registrations

All Club players **MUST** be registered via Play HQ before their 3rd game.

If a Club, without reasonable excuse, fields a player who has not registered before their 3rd game for the club, the offending team will default the match 5-0.

2. Player Transfers

A player who has previously been registered to a hockey club, and wishes to register with a "New club", must be transferred from the original club to the new club before taking the field for the new club.

Transfers are to be completed on Play HQ. This process can be found on the HNZ website or on youtube under Play HQ.

When a player is transferring clubs within the current season, the player may not take the field in a match for a period of 14 days from the date the transfer request is lodged.

A club is entitled to refuse a request only if a player is unfinancial with them.

If a Club, without reasonable excuse, fields a player who has not properly followed the transfer process, the offending team will default the match 5-0.

3. Player Eligibility

- A player shall not play for more than one senior club or association at one time.
- Players may play in both a school team in the Senior Reserve competition, and a club team in the Premier Men's and Women's competition .

- All players in the **Premier** Men's club competition must be 16 years of age by the competition start date.
- Players who still attend Primary or Intermediate School are NOT permitted to play in the Senior Reserve Competition on a regular basis but may be used to fill in for up to 3 games in a season in the Senior Reserve, unless a **dispensation** for the player is applied for, and approved by the Competition Manager or COHA board.
- No player shall be eligible to play a semi or final unless that player is registered and played a minimum of 3 games for that team in that season.

4. Player Regrading and De-Registrations

When a Club assigns a player to a team, that player is deemed to be graded to that team.

A Club may move up grades in line with the Player Movement between teams rules as outlined in the competition section.

A player may at the discretion of the Competition **Officer** and the COHA Board be permitted to play in a lesser grade where skill level and or physical presence dictate.

If a club wishes to regrade a player into a different grade other than the one they should be registered into, they must complete the [Player Dispensation Request Form](#) with an explanation of why they wish to regrade the player. This form can also be found on the COHA website.

A Club delegate may deregister a player from a club entirely with written notification to the Competitions Officer. The player should have a season-ending injury, be moving away, have failed to pay club fees, or have some other change of circumstances meaning the player can or should no longer take part in hockey in Central Otago.

5. Team Entries

Teams must be entered by 5.00pm on the advertised cut off date.

COHA reserves the right to refuse to accept any team entries that arrive after the due date.

Once a team is entered, the Club has agreed to pay all the fees associated with the team and individuals as set out in the Club Competition and NZ Hockey Affiliation Fees.

6. Goalkeeper Rule

A goalkeeper may also be registered as a field player **with a dispensation**. The player is able to play in a lower grade if their field skills are more suited to that grade. The club must apply for the player to play across multiple grades via [Player Dispensation Request Form](#).

COHA has the right to disallow a player from continuing to play in the lower graded team if there is suspected abuse of this rule.

7. Unfinancial Player Process

COHA declares a player unfinancial if they have failed to pay fees or return equipment. Players cannot take part in any hockey activity (including playing, umpiring, or coaching) in New Zealand until the unfinancial status is withdrawn. It should be respected as one of the only effective ways of ensuring players pay their debts.

If a club, knowingly and without reasonable excuse, fields a player who has been declared unfinancial by any other organisation, COHA may fine that Club up to \$50.00 per offending player and/or deem the offending team to have defaulted the match 5-0.

Clubs and schools are responsible for managing their own fees for local competitions.

FIRST AID KITS

Each team is to supply their own first aid kit and instant ice packs so that minor injuries can be dealt with. Cromwell turf does have a small supply of ice in the freezer in the downstairs kitchen.

If a major injury is suspected an ambulance can be rung at all turfs. Queenstown is the only local hospital with a walk in A&E service.

ANY OTHER QUERIES

Anything not covered in this handbook, first contact your school, club delegate or manager.

Further queries from coaches or managers should be sent via your club delegate to the Competitions Officer competition@coha.org.nz.

COMPETITION SECTION

GENERAL INFORMATION

The COHA Competition will be managed by the COHA Competitions Officer.

Any disputes/issues, game changes, incidents (injuries) or cancelled games **MUST** be submitted to the **Competitions** Officer via the correct form found either listed below or on the COHA website.

- [Dispute/Issues Form](#) - disputes over an incorrect online match card, Umpire related issues
- [Match Reschedule Request Form](#) - Remove
- [Cancellation of Game form](#) - games defaulted and games not played due to weather

- [Incident \(Injury\) Report Form](#) - major injuries such as a head injury or blood
- [Player Dispensation Request Form](#) - any player who wishes to play in **multiple grades or a grade different to their expected age/ skill bracket.**

The Competitions Officer may refer any major disputes/issues to the COHA board, these will then be discussed and resolved by the COHA Board.

The Competitions Officer shall not take part in any decision regarding their club.

1. COHA Code of Conduct

The COHA Competition has adopted the [Central Otago Hockey Code of Conduct](#) and this covers all participants' behaviours –players, coaches, managers, spectators on and off the field.

2. Fair Play

Participants, officials, and spectators are bound by the COHA code of conduct and shall always conduct themselves fairly and in a proper manner, including maintaining a high standard of conduct so as not to prejudice the interests of hockey or bring themselves, the game, or the association into disrepute.

Any breaches by players, officials and supporters will be dealt with by the COHA and/or the Competitions Committee who may fine the club in question up to \$100, require a written apology and/or deduct up to 3 competition points from the team.

3. Rules of hockey

All Divisions of the Club Competition will be played under the [FIH Rules of Hockey 2026](#)

The COHA and Umpires committee may decide on appropriate local rules, but these will be notified before the season begins.

4. Uniforms

All players in a team are required to wear a clearly numbered uniform of the same colour. A player in a different colour shall not take the field without the opposition captain and both umpires' approval.

All clubs are required to submit new uniforms to the COHA for approval. This should be done BEFORE Clubs order a new uniform.

A player without a number (other than goalkeepers) may not take the field.

Failure of teams to have clearly numbered uniforms of the same colour may be noted by the umpires on the online match Card. Repeated failures may cause the COHA to deduct points from that team. This applies to the Kwik, Senior Reserve and Premier grades only.

All captains are required to wear a captain's band on their arm or sock in Senior Reserve Premier grades. This should be passed to a different player any time the captain leaves the field.

5. Match Balls

All Senior Reserve and Premier teams must supply the umpires with a Kookaburra EliteMk2 match ball before the start of a match.

Standard Kookaburra dimple balls are accepted for lower grade games.

The COHA may fine clubs up to \$50.00 for repeatedly failing to provide a suitable ball.

6. Virtual Match Cards, Results and Protests

All Kwik, Senior Reserve and Premier teams **MUST** complete their team line up on Play HQ the day before their game. **Team managers will be able to update team lists up to 30 minutes prior to the start of their game.**

In 2026, no physical match cards will be printed for games. All game scores and cards will be recorded on PlayHQ. At the Cromwell turf, there will be a tablet provided for teams to live score the games. At all other turfs, the team managers will need to use their phones to score the games. If teams are unable to live score, team managers must email the competitions manager with the result and any cards awarded in the game.

Before the match team captains or management should check the virtual match card on PlayHQ to ensure that:

- That the players' names and numbers are recorded correctly, clearly and their full name on the match card.
- That no more than 16 players are on the virtual match card (18 if 2 registered GK). If an umpire finds that a team has fielded more than 16 players in a match, COHA shall deem the offending team to have defaulted the match 5-0.
- **Teams that repeatedly complete incorrect Play HQ virtual match cards will lose their match points for that game.**

No player or substitute player may take the field unless that player's name appears on the virtual match card.

It is always the responsibility of the **manager** to ensure all details on the virtual match card are correct before **submitting** it at the end of the match. **A submitted virtual match card constitutes the correct and final score and an acceptance of the accuracy of all details on the virtual match card.**

After the match team managers should always check that:

- Goals are allocated to the correct players

- Personal penalty cards/points are allocated to the correct players
- The final score is recorded correctly

Failing to ensure team details are correct will result in the offending team defaulting the match 5-0.

If a team disagrees with the details on a virtual match card, the team management should complete the [Dispute/Issues Form](#).

Results for each division will be available on PlayHQ which can be found on the COHA website. If you consider any results to be incorrect, please notify the COHA by email competitionas@coha.org.nz so we can review the virtual match card.

All managers are able to live score on Play HQ - Posters are around the turf and in the tournament room on how to complete your team line up and live score on Play HQ.

NOTE: The virtual match cards are the sole official record of the match. It is the requirement of BOTH team managers and coaches to check and confirm details. This will be used as the official document for independent review of who played, COHA incidents, injuries, personal penalty cards and points scored during the game. Therefore, it is essential that cards are correctly completed.

7. Club Umpiring Duties

All umpires should have read and understood the [FIH Rules of Hockey 2023](#).

All games regardless of grade MUST have 2 umpires on the field at all times. It is the clubs and teams responsibility to supply a competent umpire suitable for the level of the game.

Coaches may umpire the Fun and Mini grades, however from Kiwi up the coaches are not to be on the field.

For all 'play off' games in the Senior Reserve Division 1 and Premier grades, umpires will be appointed to the game by the COHA Umpire Manager.

There will be umpire training opportunities for all clubs to participate in and an opportunity for umpires to gain accreditation levels.

The COHA board has purchased some umpiring headsets to be used in senior games and for training opportunities. Please respect the use of these and ensure that they are plugged in to charge after use.

Payment of Umpires for finals -
Premier grades; \$50 per game

Clubs failing to fulfil umpiring duties shall:

i) Be fined \$50.00 per umpire for the first failure and

ii) Be fined \$100.00 for each subsequent failure

8. Issuing of Cards during a game

During the match, an umpire may issue a player with a green, yellow, or red card.

- Green card = 2 minute suspension from the game
- Yellow card = 5-10 minute suspension from the game (umpires discretion)
- Red card = the recipient will take no further part in the game. The player will be referred to the [Judicial committee](#) and must leave the turf immediately.

The umpires shall record all cards issued during a match on the virtual match card.

When the 3rd umpire is not present it is the responsibility of the umpire to communicate the time penalty with the player and team management this includes the time that the player may re-enter the field of play. NOTE: the time of the suspension begins when the player has entered the middle dugout via the gate - Players **MUST NOT** jump the fence.

If an umpire does not have access to the appropriate coloured card, then verbally stating the nature of the card will equally suffice as a valid mode of delivery of the card.

The issuing of a card carries points, which can be given by umpires to any participant associated with the team during a match (which is defined as the period 30 minutes prior to the start of a match until 30 minutes after the match has ended).

Depending on the card, and the number of points accumulated, an automatic penalty may be imposed, or a further penalty or suspension may result depending on the decision of the judicial committee.

| | |
|--------|---|
| Green | 1 point |
| Yellow | 5 minute yellow = 5 points 10 minute yellow = 10 points PlayHQ records all yellow cards identically, so the umpire or manager of the opposition team to the 10 minute yellow card must get in contact with the competition officer so the points are recorded accurately. |
| Red | Automatic suspension of one match. The suspension may be increased if additional sanctions are applied through the outcomes of a judicial process Once the suspension is complete the player will return to 7 pts. |

Once a player has received 15 points in one season they will be stood down for 1 game. When they return to playing they start on 7 points.

9. Umpire Abuse

Only the captain or vice-captain may approach the umpires before, during or after matches.

Abuse of our volunteer umpires is unacceptable. Umpires awarding a card for abusive conduct or dissent, or who experiences abusive conduct or dissent upon awarding a card for another offence may communicate the offence to the competitions manager - competition@coha.org.nz or via the [Dispute/Issues Form](#).

A player or team cited for abuse may be called to appear in front of the COHA Board to explain him or herself.

Failure to correct their conduct may lead to further consequences including referring a player to the judicial committee, or in the case of a team, the COHA Board may fine a club up to \$100.00, require a written apology, and/or deduct up to 3 competition points from the team.

10. Injury/ Blood Bin Rules

All major incidents must be reported to a COHA representative or if none are on site or contactable, in writing as soon as possible via the [Incident \(Injury\) report Form](#).

On field management of injuries, including time stoppages is at the discretion of the umpire and in accordance with the rules.

If a player is bleeding or has an open wound, then that player must stem the blood flow first and then leave the field immediately. They shall not re-enter the turf 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 the alcohol solution which is available from the tournament room.

11. Head Injury Rules

Hockey NZ has a Head Injury Rule and COHA abides with that rule which is as below:

At all Hockey New Zealand competitions and tournaments, Hockey New Zealand insists that a player that has received a head injury with suspected concussion may only commence playing again when a medical certificate clearing the player of concussion has been supplied to the Tournament Director. Hockey New Zealand strongly recommends that Associations and clubs follow the same procedure for their own competitions. Hockey New Zealand endorses the Sports Medicine New Zealand Inc "Head Injury in Sport" Policy Statement and strongly recommends that all hockey Associations and clubs in New Zealand adopt this document.

COHA Competitions **Manager** will act as the tournament director in our competition.

12. Breach of Competition Rules & the Judicial Committee

Any breach of competition rules or the COHA Code of Conduct may result in a 3-point (equivalent of a win) deduction for the team by the COHA (or in the event of the game being a quarter final, semi-final or final, loss of the game). Serious offences may also result in a fine to the club.

Complaints shall be sent to the Competitions Manager for consideration by the club delegate completing the [Dispute/Issues Form](#). Complaints from other parties will not be considered.

The Competition **Manager and/or COHA Board members** will make a decision as per the rules and communicate back to the complainant.

Major complaints/rule breaches will be referred to the Judicial Committee.

The Judicial Committee:

The Judicial Committee is made up of the COHA board and the Competition **Manager** who do not have an interest in the matter.

All parties involved in the complaint/rule breach will have the opportunity to speak in front of the Judicial Committee.

There will be the right to appeal a decision that is made but this will carry a \$100 fee payable to COHA. Where a decision is overturned through the appeal process the \$100 fee will be reimbursed. The appeal subcommittee will consist of between three and five members including the Competitions Manager and the COHA board that were not involved in the initial decision.

Complaints need to be submitted by 5pm on the Monday following the game.

REQUESTS TO RE-SCHEDULE (Deferrals)

With so little extra turf time available games are very difficult to reschedule, and requests may not necessarily be granted.

An example of a request to defer a game would be a team who has a minimum of 4 registered players unavailable due to other hockey commitments or extraordinary events.

The [Match Reschedule Request Form](#) is to be completed stating the reason for the game change and the Competition Manager will discuss the request. The Competition **Manager** will consider deferral applications through a transparent process.

If approved, teams are to communicate and must attempt to reschedule a day and time that suits both. A list of days and times may be given to the teams from the committee. If a time is not agreed upon, the team requesting the change must default the game.

Any team that organises their own change of game without going through the above process will result in no game points being awarded to either team for the game.

CANCELLATIONS

The COHA rarely cancels games; however, this may occur due to equipment failure, weather conditions or other unforeseen circumstances that affect the safety of our players. Where practicable, cancellations will be advised to team contacts and the club delegate as provided on the team registration form and on our website and Facebook page.

The umpires will make the final decision, after consultation with the affected team captains, if the decision to cancel was not made earlier in the day by COHA. This decision is to be made no earlier than 15 minutes before the game and is on a game-by-game basis.

In the event of a game cancellation, Central Otago Hockey will reschedule the matches where practical. Where this is not practical (i.e., time restraints due to lack of turf time, semi-finals or similar) then the cancelled match will be deemed a draw (2-2).

If the game is a semi-final and is cancelled and rescheduling of the match is not possible, the 'winner' of the game shall be the higher placed team from the round robin competition. If the cancelled game is a final, then this game will be played the following weekend.

If a team chooses not to play when conditions have been deemed suitable for play, the other team will be declared the winner by default and normal default rules apply.

If a team chooses to cancel their own game for lack of numbers or weather please complete the [Game Cancellation Form](#) ASAP so that we can cancel the turf booking.

DRAWS & RESULTS

A confirmed club draw will be created after the team registrations have been submitted. This draw and the results will be available on Play HQ.

Any queries about the draw must be emailed to the Competitions Officer. The COHA reserves the right to make changes to any published draw if necessary.

JUNIOR COMPETITION

INTRODUCTION

Central Otago 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 lifelong **enthusiasm for Hockey**.

Our aim is to attract children aged 5-13 years into hockey and foster a lifelong love of the sport through a games-based approach focused on skill development. Small Sticks provides progressive stages for children new to hockey and lets them play a modified game at a level commensurate with their ability, with correct equipment and in the appropriate game format.

Success in Junior Hockey should be measured in three ways –

- The improvement in players' individual and team skills
- The building of the players self-esteem
- 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
- Extra players being played as rolling substitutes not as reserves, giving all players equal game time – irrespective of the closeness of the game
- All players being played in several positions over the season to develop their versatility (this is particularly important in Fun Sticks, Mini Sticks and Kiwi Sticks)
- Using tactics which develop players' individual and team skills as well as maximizing the prospect of winning
- Striving to win but not looking to win at any price
- Recognising each player's achievements, in their own terms, irrespective of the outcome of the game

FUN STICKS

Year 1 & 2 Four-A-Side

Team: 4 - 6 members

Field Size: Eighth field

Goal Size: 1 Meter Wide

Duration: 20 Minute Time Slot – 2 x 7 minute Halves

Game Development and Skills

- Learning to work as a team as well as basic hockey skills and coordination
- Auto Pass: Yes
- Penalty Corners: No
- Goals: Modified or cones
- Balls: Modified (light balls where possible)
- No Goalies and avoid one player standing in the goal

Rules:

- 4 players from each team are to be on the field - no more. It is a small space and we are encouraging more touches on the ball and to spread out.
- Safety 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 the opponent
- The game starts with a push forward or back. Each team must be behind the centreline for 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 sideline hit in everybody must be 5 metres away
- There are no penalty corners, or penalty strokes in Fun Sticks
- Instead of penalty corner, take a free hit outside the scoring zone (everybody 5 metres away and no direct shot on goal allowed)
- There are no long corners, take a free hit outside the scoring zone (everybody 5 metres away and no direct shot on goal allowed)
- A goal is scored when the ball is pushed into the goal from inside the scoring zone
- No own goals – ball must touch an attacker’s stick inside the scoring zone
- Coaches can blow the whistle and award a free hit to get the players to spread out
- Lots of play on in Fun Sticks

Game time:

Children at this age find it difficult to concentrate for a vast period of time. However, this is the ideal learning age to learn new basic skills. In games of 4v4, children are learning to work with team mates and pass the ball as well as how to hold a stick and dribble a ball. This can be skill overload for this age group so a lot of ‘play on’ is needed by umpires with free hits given to help spread players out. Coaches are encouraged to be on the field with the players. Rotate your players regularly! No score is taken as this is fun and games are a way for players to practice and cement their new skills learnt

Draw:

Teams enter on a weekly basis to the club/team that is on duty.

- **TBD**

MINI STICKS

Year 3 & 4 Six-A-Side

Team: 6 – 9 members

Field Size: Quarter field

Goal Size: 2 metres wide

Duration: 50 minute time slot – 20 minute halves, 5 minute half time

Game Development and Skills

- Concepts of attacking, defending and basic rules are introduced
- Auto Pass: Yes
- Penalty Corners: No
- Goals: Modified or cones
- Balls: Modified (light balls where possible)
- Goal Keepers: No

Rules:

- Safety 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 the opponent
- Game starts with a push forward or back. Each team must be behind the centreline for 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 sideline hit in everybody must be 5 metres away
- There are no penalty corners, or penalty strokes in Mini Sticks
- Instead of penalty corner, take a free hit just outside the scoring zone (everybody 5 metres away and no direct shot on goal allowed)
- There are no long corners, take a free hit just outside the scoring zone (everybody 5 metres away and no direct shot on goal allowed)
- A goal is scored when the ball is pushed into the goal from inside the scoring zone
- No own goals – ball must touch an attacker’s stick inside the scoring zone

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 teammates, 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 regularly, so that they all get a sense of attacking and defending. Umpires to play on where possible.

Draw:

Teams enter in Play HQ and a draw will be created at the start of the season. With the vast distance of COHA, where possible travel will be limited, with as many games close to home as possible.

Playing locations for Mini Sticks are on all turfs listed in [Turf venues and Facilities](#).

KIWI STICKS

Year 5 & 6 Six-A-Side

Team: 6 - 9 members

Field Size: Half field

Goal Size: 2 metres wide

Duration: 50-minute time slot – 2 x 20 -minute halves - 5 minute half time

Skills and Small Games:

- Team dynamics, decision making and defensive and attacking concepts.
- Balls: Standard
- Goals: Standard, modified or cones
- Auto Pass: Yes
- Penalty Corners: Yes

Rules:

- **Goalies are compulsory in Kiwi grade.** 5 field players + 1 goalie
- Safety Rules: only play with flat side of the stick, no “raised sticks”, no hacking on the stick, no tackling from the left (if this causes a dangerous situation), no physical contact with the 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. See Umpiring – Advantage
- If the ball crosses the baseline off of the attacking team, the defensive team restarts play with the ball at the top of the circle or scoring zone in line of where it crossed the baseline
- If a defender puts the ball over the baseline an attacking player takes a free hit from outsourcing the scoring zone, ball must not go straight into the circle (long Corner)
- Free hit and sideline hit in: only the opponent needs to be 5 metres away
- A goal is scored when the ball is pushed into the goal from inside the circle or inside scoring zone
- Lifted Ball – Only permitted as a **controlled** low lift over an opponent's stick, provided this is not dangerous. This also applies to shots at goal
- **Penalty corners - Defence 4 behind the line, 3 field players and the goalie, the other 2 must stand with their feet, not just sticks, inside the other circle. Normal penalty corner rules apply. All 3 field players behind the line in a defensive penalty corner MUST wear face masks in accordance to the FIH rules.**

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, utilizing the width of the field. Individuals understand the concept of achieving an individual goal for the game.

Draw: Teams Enter on Play HQ, weekly draw is created. Ideally teams should not be driving past a turf.

KWIK STICKS

Year 7 & 8 Eleven-A-Side

Team: 11-16 members
Field Size: Full Field
Goal Size: Standard Hockey Goal (3.66 meters wide)

Duration: 1hr time slot – 4x 12 minute quarters - 5 minute half time

Skills and Small Games

- Team dynamics: decision making, defensive and attacking concepts
- Introduction to full field hockey with players of similar ability and understanding of the game
- Specialist skills/strategies
- Goals: Standard
- Balls: Standard
- Auto Pass: Yes
- Goal Keepers: Yes - compulsory in full goalie gear
- Penalty Corners: Yes
- Strokes: No
- Hitting: Yes

Rules:

- Standard [FIH Rules of Hockey](#)

Entering Teams:

Teams are to be entered into either the girls competition on a Tuesday or the boys competition on a Wednesday.

If there are not enough players to make a single sex team, clubs may enter a mixed team in the grade that the club thinks they will fit best. Clubs may decide how they do this and who plays in the mixed team.

Clubs can not enter a mixed team by choice.

Draw:

Teams enter in Play HQ and a draw will be created for the season.

Playing locations for Kwik Sticks are listed in [Turf venues and Facilities](#).

Results:

Teams are to be named on Play HQ prior to the start of the game. Scores will be taken and points given. Team managers will be able to live score the games on Play HQ. There will be Semis and Finals in this grade.

SENIOR RESERVE & PREMIER

Secondary School and Adult

| | |
|--------------------|---|
| Team: | 11-16 members |
| Field Size: | Full Field |
| Goal Size: | Standard Hockey Goal (3.66 meters wide) |

Duration Senior Reserve: 80 min time slot – 4x 15 minute quarters - 2 minute quarter time, 5 minute half time

Duration Premier: 90 min time slot – 4x 17 minute quarters - 2 minute quarter time, 5 minute half time

All Premier men's and women's competition matches will be allocated a 90 minute time slot.

- There is 10 minutes between matches to allow watering of turf and warm up and a 3 minute injury time allowance.

All Senior Reserve competition matches will be allocated an 80 minute time slot.

- There is 10 minutes between matches to allow watering of turf and warm up

The umpires and their watches control match times. **Teams must be on the field and ready to start at the time specified on the [Play HQ virtual match card](#)** regardless of if your team has had the allocated warm up time or not.

Any warm up time on the turf will be reliant on the previous matches starting and finishing on time.

It is for this reason that all teams and umpires must try to keep matches on time.

COMPETITION FORMAT

Senior Reserve Girls:

- Start date: **30th April**
- After 4 rounds, the draw will be split into a top 4, bottom 5 structure for a full round.
- Semi final dates and structure to be added once team entries are in
- Finals date: **6th August**

- Games will be in Cromwell & Queenstown
 - Game times: 4.30pm, 5.50pm and 7.10pm

Senior Reserve Boys

- Start date: **1st May**
- After 4 rounds, the draw will be split into a top 4, bottom 5 structure for a full round.
- Semi final dates and structure to be added once team entries are in
- Finals date: **7th August**

- Games will be in Cromwell & Queenstown
 - Game times: 4.30pm, 5.50pm in Cromwell, 5:00 in Queenstown

Premier Men:

- Start date: **18th April**
- Finals date: **8th Aug**

- Games are played in Cromwell
 - Game times: 11am 12.30pm, 2pm, 3.30pm, 5pm

Premier Women:

- Start date: **18th April**
- Finals date: **8th Aug**

- Games are played in Cromwell
 - Game times: 11am 12.30pm, 2pm, 3.30pm, 5pm

COMPETITION POINTS

Competition points shall be awarded as follows

- Win - 3 points
- Draw - 1 points
- Loss - 0 point

DEFAULTS / RESCHEDULE GAME

Teams must advise the COHA via the [Cancellation of Game Form](#) through their club delegate, at least 48 hours prior to the match's advertised start time of both their intention to default, and their reasons for the default.

A defaulting team shall be deemed to have lost the match by 5-0.

Teams failing to either play or notify at least 48 hours before the game will be fined the sum of \$120.00 to cover the turf booking.

Any team forfeiting two matches in succession, or three during a season, will be deemed to have withdrawn from the competition.

Teams that do not take the field or cannot field at least 7 registered players, including a goalkeeper (or field player with GK privileges) within 10 minutes of the advertised start time, without reasonable explanation acceptable to the Competitions Manager will be considered to have defaulted the match. This late default will be subject to the above stated late default penalties.

If your team has a valid reason, you may request a reschedule of the game via the correct [Match Reschedule form](#).

PLAYER MOVEMENT BETWEEN TEAMS

The following rules apply to all grades in the Senior Reserve and Premier grades:

- No registered player is permitted to play in any division below that in which the team for which they are registered is playing.
- If a club has multiple teams in the same division, players of the higher ranked team are not permitted to play in the lower ranked team of that club. Players from the lower ranked team may play up following the floating player rules outlined below.
- The higher ranked team is determined by either; (a) the rankings earned the previous season, (b) earned in any competition held in the current season, or (c) rankings set after the grading rounds played at the start of the current season.
- In cases where results, following one round of competition for a team contradict the original seeding, the Competitions Manager will review the situation and communicate their decision with the club/s involved.
- Floating players (referred to as “floaters”) may “float up” from their regular team to fill a gap in a higher ranked team when required.
- A player filling in for a higher graded team can fill in 3 times in the round robin portion of the season. If they fill in a 4th time, the player will be regraded into the higher ranked team and is not eligible to play down for the remainder of the season.

Note: Play-offs do not count towards the total number of games a player has filled in

for a higher ranked team and therefore a player will not be re-graded during playoffs.

COHA will not be playing police on the player movement between teams rules, rather if a club feels that their opposition was in breach of these rules, they will be able to protest via the [Dispute/ Issues Form](#). If the COHA agrees that the rules have been breached, full points will be awarded against the team in breach.

If you are in doubt of any of the above, then please email competition@coha.org.nz. If you need to request a player dispensation, please complete the [Player Dispensation Request Form](#).

PLAYER ELIGIBILITY FOR PLAYOFFS

Failure of a club to pay any fees, levies, penalties, or fines by the due date may lead to the COHA Board declaring that the Club's teams are ineligible for finals.

No player shall be eligible to play a semi or final unless that player is registered and played a minimum of 3 games for that team before the playoffs.

Applications for an exemption to waive this regulation will only be granted in extraordinary circumstances.

Examples of extraordinary circumstances include players returning from severe injury and players returning from overseas. This will be assessed on a case-by-case basis and a match committee will be formed if it is a complex situation.

All applications must be submitted to the Competition Manager the week prior to the play off match via the [Player Dispensation Request Form](#).

DETERMINING RANKING after round robin

Round robin matches ending in a draw shall stay as a draw. Once the pool play/round robins have been completed this process will follow:

- a) In each grade, teams will be ranked according to the number of points each has accumulated in the competition
- b) If at the end of the competition two or more teams have the same number of points for any place, these teams will be ranked according to their respective number of matches won
- c) Should there still remain equality between two or more teams, then these teams will be ranked according to their respective goal difference (which means 'goals for' less 'goals against')
- d) If there still remains equality between two or more teams, then these teams will be ranked according to their respective number of 'goals for'
- e) If there still remains equality between two or more teams then the result(s) of the match(es) played between (only) those teams involved will be taken into

consideration to determine the ranking of the tied teams. If more than two teams are involved, then a ranking based upon the results of the matches between (only) them shall determine their respective position

- f) Should there still remain equality between two teams, then the matter will be settled by a penalty stroke competition between those teams
- g) If more than two teams are involved, then each team will play a penalty stroke competition against the other teams

Semi-finals and finals in all senior divisions shall be decided with a five-person penalty shoot-out if the score is drawn at full time.

PRIZEGIVING TROPHY LIST - ALL YEARS

The list of winners for each season can be found following this link: [COHA Competition Results - All Years](#)

COHA would like to record the past and future winners of each grade. If you know any final results of previous seasons, please let us know so we can update our records.

PENALTY SHOOT OUT PROCEDURE

In the event of a draw at the conclusion of a Semi or Final game COHA follow the HNZ tournament guidelines as stated below:

- a) Respective team managers nominate five players to take, and one player to defend, the shootouts from those on the team registration form except as excluded below. A player nominated to defend the shootouts can also be nominated to take a shootout. No substitutions/replacements are permitted during the shootout competition, other than as specified below.
- b) A player who is suspended by the Competitions Committee at the time the shootout competition takes place, or has been excluded permanently (red card) during the match which leads to the shootout competition, cannot take part in that shootout competition. A player who has been warned (green card) or temporarily suspended (yellow card) may take part in the shootout competition even if the period of their suspension has not been completed at the end of the match.
- c) The Umpires will specify in advance the goal to be used.
- d) The Competitions Manager will specify in advance of any possible shootout competition the method of timing taking account of the facilities available and the need to control time accurately.
- e) A coin is tossed; the team that wins the toss has the choice to take or defend the first shootout.
- f) All players on the team entry form, other than any player who has been excluded permanently (red card) during the match which leads to the shootout competition, are permitted to enter the field of play outside the 23m area used for the shootout

but must be at least 10 m from the spot where the ball is placed at the start of the shootout.

- g) The goalkeeper/defending player of the team taking a shootout shall wait on the back-line outside the circle.
- h) A player taking or defending a shootout may enter the 23m area for that purpose.
- i) If a player taking a shootout is also defending the shootouts taken by opponents, (s)he is allowed reasonable time to take off his/her protective equipment to take his/her shootout and subsequently to put his/her protective equipment on again.
- j) Five players from each team take a shootout alternately against the goalkeeper/defending player of the other team making a total of 10 shootouts.
- k) Taking a shootout:
 - i) The goalkeeper/defending player starts on or behind the goal-line between the goal posts.
 - ii) The ball is placed on the nearest 23m line opposite the centre of the goal.
 - iii) An attacker stands outside the 23m area near the ball. T
 - iv) The umpire blows the whistle to signal the start of the shootout; the attacker and the goalkeeper/defending player may then move in any direction.
 - v) The shootout is completed when:
 - 8 seconds has elapsed since the starting signal, or
 - A goal is scored, or
 - The attacker commits an offence, or
 - The goalkeeper/defending player commits an unintentional offence inside or outside the circle in which case the shootout is re-taken by the same player against the same goalkeeper/defending player, or
 - The goalkeeper/defending player commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken, or
 - The ball goes out of play over the back-line or side-line; this includes the goalkeeper/defending player intentionally playing the ball over the back-line.
- l) Hockey NZ Representative Tournament Rules March 2019 Page 21 of 23 l) If a penalty stroke is awarded as specified above, it is able to be taken by anyone on the match sheet who has not been suspended.
- m) A player may be suspended by a yellow or red card but not by a green card during the shootout competition.
- n) If during a shootout competition (including during any penalty stroke which is awarded) a player (either an attacker or a goalkeeper/defending player) is suspended:
 - i) That player takes no further part in that shootout competition and, unless a goalkeeper/defending player, cannot be replaced.
 - ii) The replacement for a suspended goalkeeper/defending player can only come from the five players of that team nominated to take part in the shootout competition: - the replacement goalkeeper/defending player is allowed reasonable time to put on protective equipment similar to that which the goalkeeper/defending player (s)he is replacing was wearing. - for taking his/her own shootout, this player is allowed reasonable time to take off

- his/her protective equipment to take his/her shootout and subsequently to put it on again. A
- iii) Any shootout (or penalty stroke) due to being taken by a suspended player counts as no goal; the shootouts taken by this player and scored before being suspended count as a goal.
- o) If during a shootout competition, a defending goalkeeper/defending player is incapacitated;
- i) That goalkeeper/defending player may be replaced by another player from among the players listed on the team entry form for that particular match, except as excluded in Clause b) of this Appendix or unless suspended by an umpire during the shootout competition (in this situation, clause n) ii) applies).
 - ii) The replacement goalkeeper. - is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper / defending player was wearing. - if this replacement is also nominated to take a shootout, this player is allowed reasonable time to take off his protective equipment to take his shootout and subsequently to put it on again.
- p) If during a shootout competition, an attacker is incapacitated, that attacker may be replaced by another player from among the players listed on the team entry form for that particular match, except as excluded in Clause b) of this Appendix or unless suspended by an umpire during the shootout competition.

If an equal number of goals are scored after each team has taken five shootouts;

- q) A second series of five 'sudden death' shootouts is taken with the same players, subject to the conditions specified in this Appendix.
- i) The sequence in which the attackers take the shootouts need not be the same as in the first series.
 - ii) The team whose player took the first penalty shootout in a series defends the first penalty shootout of the next series.
 - iii) When one team has scored or been awarded one more goal than the opposing team after each team has taken the same number of shootouts, not necessarily being all five shootouts, that team is the winner (viz., 'sudden death').
- r) If an equal number of goals are scored or awarded after a second series of five shootouts, additional series of shootouts are taken with the same players subject to the conditions specified in this Appendix:
- i) The sequence in which the attackers take the shootouts need not be the same in any subsequent series. Hockey NZ Representative Tournament Rules March 2019 Page 22 of 23
 - ii) The team which starts each shootout series alternates for each series.

Shootout between three or more teams

- s) During a shootout between three (or more) teams;

i) A round of shootouts is played between each of the teams ie. Each team plays each other once.

- i) Teams will play in the order determined by the Tournament Director
- ii) Rule j) of this Appendix will apply to each shootout (viz., five players from each team will take a shootout, making a total of ten shootouts).

NB. Rules q) and r) of this Appendix will not apply (viz., no shootout will go to 'sudden death').

- A ranking will then be established based upon the results of the round of shootouts only
- In each shootout points will be awarded three (3) points to the team having scored or been awarded the highest number of goals, one (1) point to each team having scored or been awarded an equal number of goals and zero (0) points to the team having scored or been awarded the lowest number of goals.
- After each team has played a shootout against every other team, a ranking will be established based upon the total number of points awarded during the round of shootouts.
- If equality remains between any two or more teams, then the teams having an equal number of points shall be ranked according to Rules 16.2 b), c) and d) (refer to Points Pool Competition) applied to goals recorded during the shootout competition.
- If equality remains (a) between two teams, then procedure in q) and r) above shall be used to rank the teams. (b) between three (or more) teams, then procedure s) above shall be repeated until a ranking is determined