



Guide to Small Sticks

What is Small Sticks??

This guide has been designed to help assist our Hawke’s Bay schools, and their coaches and managers, through the Small Sticks structure.

Hockey New Zealand invested in the development of a nationally branded participation programme to assist with the growth and development of hockey, as a result Small Sticks was created. The aim of Small Sticks is to attract children (aged 4-13) into hockey and foster a lifelong love of the sport through a games-based approach built on skill development.

Small Sticks includes the following age groups/grades:

- Fun Sticks – Year 1 & 2
- Mini Sticks Development & Mini Sticks – Year 3 & 4
- Kiwi Sticks Development & Kiwi Sticks – Year 5 & 6
- Kwik Sticks Development & Kwik Sticks – Year 7 & 8

Here is a quick reference Small Sticks Guide to understand the differences between the above:

	Mini Sticks Dev	Mini Sticks	Kiwi Sticks Dev	Kiwi Sticks	Kwik Sticks
Year Level	Yr 3 & 4	Yr 3 & 4	Yr 5 & 6	Yr 5 & 6	Yr 7 & 8
Days of Play	Saturday	Saturday	Saturday	Saturday	Tuesday & Friday
Time	8.40am	8.40am 9.30am	10.20am 11.10am	8.20am 9.10am 10.00am 10.50am 11.10am 11.40am	Tuesday Nights – played between 4pm and 7.15pm Friday Nights – played between 4pm and 9.15pm
Length of season	10 weeks	10 weeks	10 weeks	10 weeks	10 weeks
Game Duration	30 minutes	40 minutes	40 minutes	40 minutes	50 minutes – 11-a-side 40 minutes – 7-a-side
Skill Level	New to hockey	Previous years players including Fun Sticks	New to hockey	Previous years players	Divisions 1-5
Suggested team size	6-8 players 6-a-side	8-10 players 6-a-side	8-10 players 6-a-side	8-10 players 6-a-side plus optional goalie	13-16 players/11-a-side Division 1-3 10-12 players/7-a-side Division 4-5
Field size	1/8 turf	1/4 turf	1/4 turf	1/2 turf	Full turf – 11-a-side 1/2 turf – 7-a-side
Goalie	No Goalie	No Goalie	No Goalie	Goalie optional	Goalie recommended for Division 1-3 11-a-side, optional for Division 4-5 7-a-side
Total cost for season	\$150.59 per team	\$235.00 per team	\$322.45 per team	\$463.21 per team	\$957.89 per team – 11-a-side \$479.67 per team – 7-a-side

Game Protocol

- Games start on time. Saturday competitions start and end on the hooter.
- 5-minute half time for all games. Games can start the second half earlier if both teams and umpires are ready to go.
- 2-minute allowance prior to games and post games to allow time for teams to enter and leave turf between games. There is no time allocated for warm up on the turf prior to games commencing.
- Substitutions to be made from the backline (not behind the goal for safety reasons). Teams must not substitute from the side as this is an area of play. This is not applicable to Kwik Sticks (Year 7 & 8) full field competitions where substitutions can be made from dugouts.

Draws

Draws can be found on the Hawke's Bay Hockey Association website (via this link) <https://drawsresults.sportsrunner.net/?org=HBH> or on the HB Hockey App.

Results

Results for games are collected through match cards and score sheets. These are found:

- Napier – in the pavilion, and posted at the front door in the mailbox
- Hastings – in the middle dugout of the full turf, and post in the metal box found in the middle dugout

No card or sheet posted, means no result recorded.

Venues

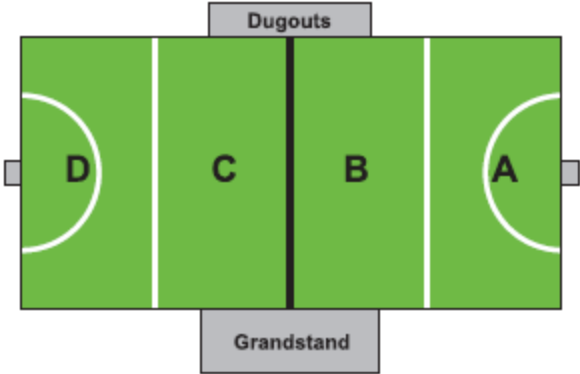
Cape Physio turf and Big Save turf are located at Park Island Hockey Stadium, 44 Clyde Jeffrey Drive, Napier. Cape Physio turf is to the left as you enter the stadium, and Big Save turf is to the right as you enter the stadium.

UHS (Unison Hockey Stadium) turfs are located at Mitre 10 Park, Percival Drive, Hastings. The full turf is referred to as UHS1 and the half/small turf is referred to as UHS2. Please note there is reserved carparking areas for users of the Hawke's Bay Community Fitness Centre, and cars will be towed if found parked in this area.

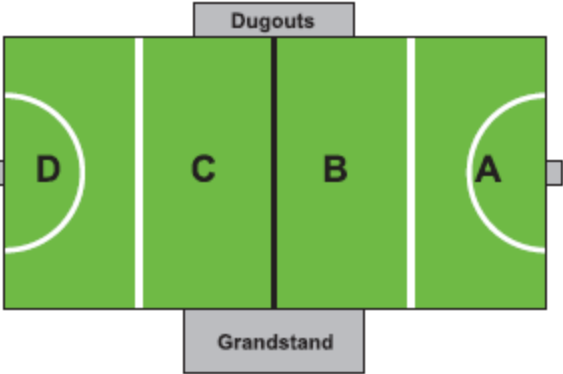
Please see following venue maps outlining turf locations for Saturday morning competitions.

CAPE PHYSIO TURF

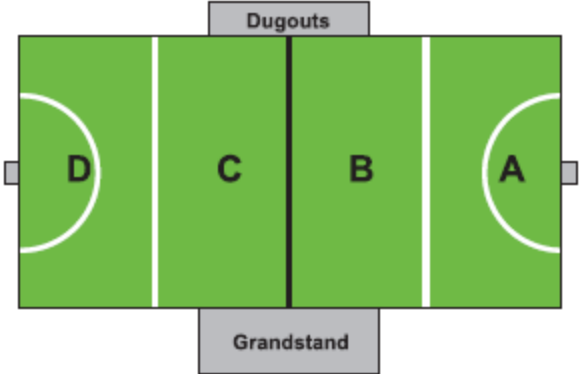
8:40am - Ministicks



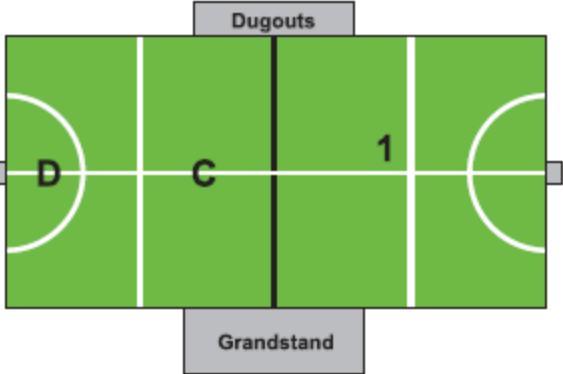
9:30am - Ministicks



10:20am - Kiwisticks Development



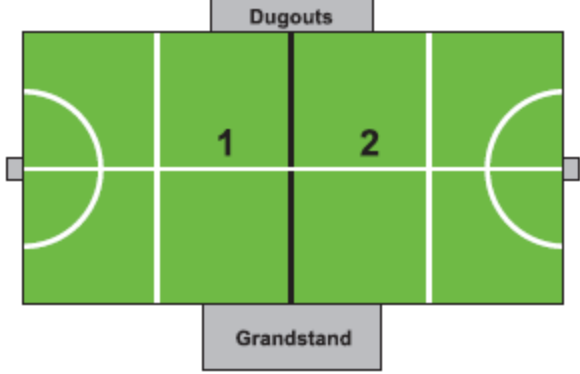
11:10am - Kiwisticks Development
Kiwisticks



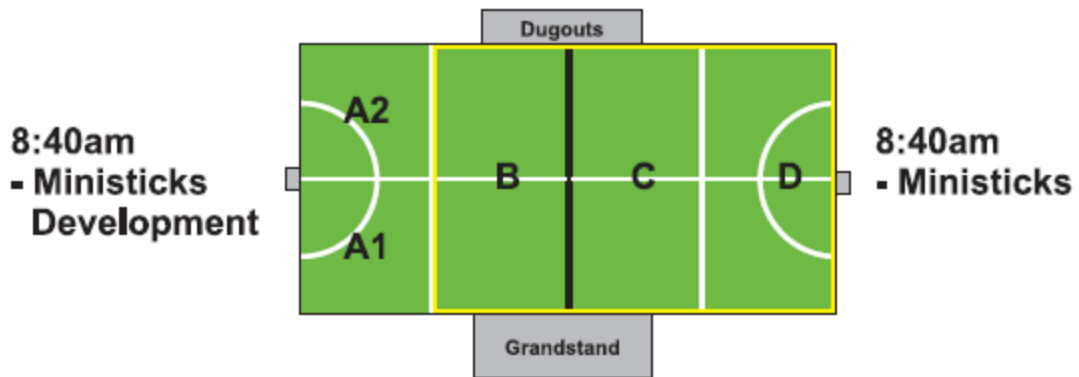
BIG SAVE TURF

Kiwisticks

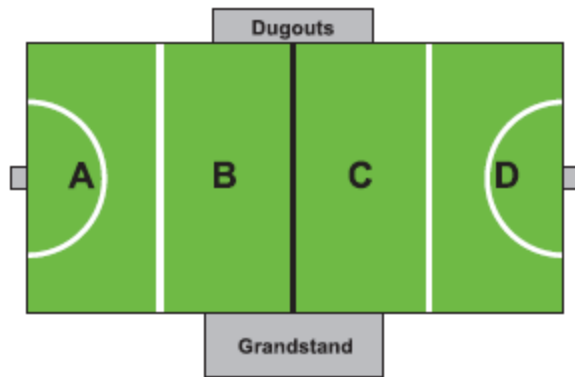
8:20am 9:10am
10:00am 10:50am
11:40am



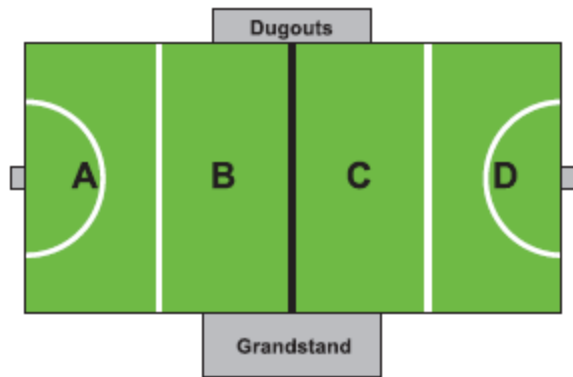
UNISON HOCKEY STADIUM



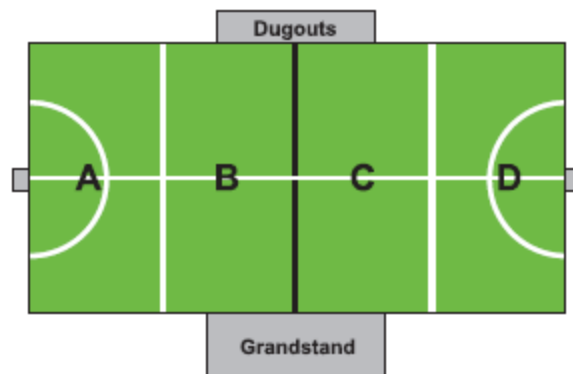
9:30am - Ministicks



10:20am - Kiwisticks
Development



11:10am - Kiwisticks Development



Rules and Guidelines

Year 3 & 4 (u9) Mini Sticks DEVELOPMENT

The development module is for children new to hockey, it is an introductory module that familiarises children with hockey.

SIX-A-SIDE

TEAM: 6-8 members
FIELD SIZE: 22m x 27m approx.
SUGGESTED PLAYING AREA:

- 1/8 of a hockey turf
- Tennis or netball court
- School hall

INCLUDES:

- Basic skill development is enhanced with small group games and an understanding of the rules is introduced
- Goals: Modified (pop up)
- Balls: Modified (light balls)
- Auto Pass: No
- Goalkeeper: No
- Penalty Corners: No

DURATION: 30 minutes

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 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 5 metre line (no direct shot on goal allowed)
- Long corner at cross of 5 metre line and sideline (no direct shot on goal allowed)
- A goal is scored when the ball is pushed into the goal from inside the 5 metre zone



Local Rule Changes

Play on when the ball hits the black pipes, excluding fields that have a side-line and not black pipe. When the ball leaves the field, it is treated as out. Ball to be taken as free hit from same place ball left field.

Year 3 & 4 (u9) Mini Sticks

The module is for children who are familiar with hockey and have an understanding of the game.

SIX-A-SIDE

TEAM: 8-10 members

FIELD SIZE: 25m x 55m approx.

SUGGESTED PLAYING AREA:

- 1/4 of a hockey turf
- Netball court
- School hall

INCLUDES:

- Concepts of attacking, defending and basic rules are introduced
- Goals: Modified
- Balls: Modified (light balls)
- Auto Pass: No
- Goalkeeper: No
- Penalty Corners: No.

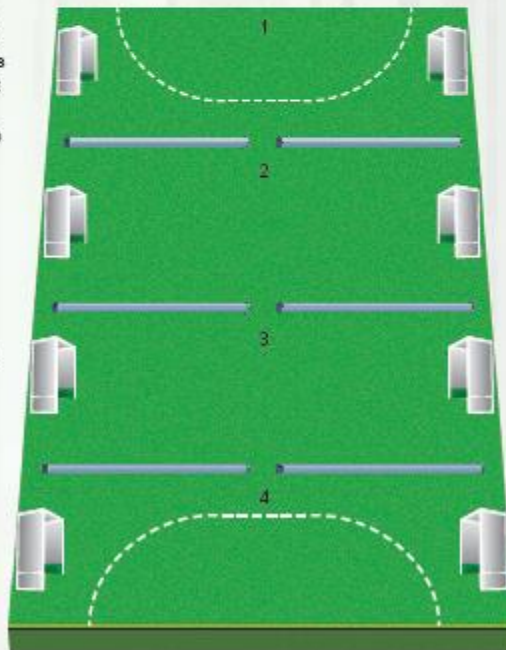
DURATION: 40 minutes

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 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 10 metre line (everybody 5 metres away and no direct shot on goal allowed)
- Long corner at 5 metres from corner on the sideline (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 10 metre 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 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 attacking and defending.



Local Rule Changes

Play on when the ball hits the black pipes, excluding fields that have a side-line and not black pipe. When the ball leaves the field, it is treated as out. Ball to be taken as free hit from same place ball left field.

Year 5 & 6 (u11) Kiwi Sticks DEVELOPMENT

The development module is for children new to hockey, it is an introductory module that familiarises children with hockey.

SIX-A-SIDE

TEAM: 8-10 members

FIELD SIZE: 25m x 55m approx.

SUGGESTED PLAYING AREA:

- 1/4 of a hockey turf
- Netball court
- School hall

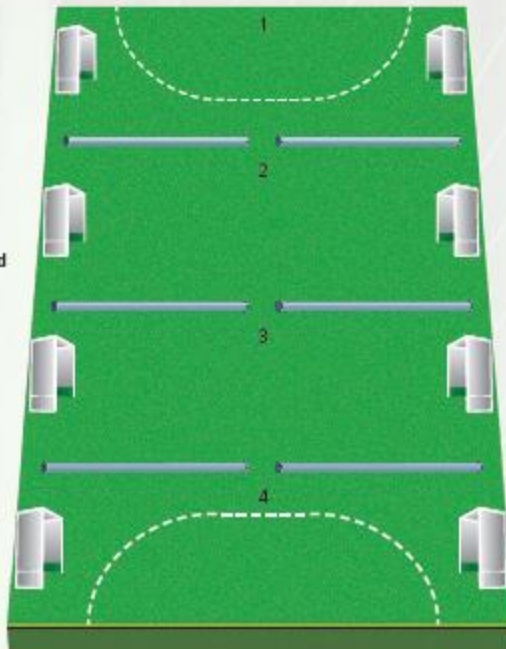
INCLUDES:

- Team dynamics, decision making and defensive and attacking concepts
- Goals: Modified
- Balls: Modified (light ball)
- Auto Pass: No
- Goalkeeper: No
- Penalty Corners: Optional

DURATION: 40 minutes

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 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 sideline hit: only the opponent needs to be 5 metres away
- Penalty corner or, if there are no circles, free hit on 15 metre line (everybody 5 metres away and no direct shot on goal allowed)
- Long corner at 5 metres from corner on the sideline (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 circle or inside the 10 metre zone.



Local Rule Changes

Play on when the ball hits the black pipes, excluding fields that have a side-line and not black pipe. When the ball leaves the field, it is treated as out. Ball to be taken as free hit from same place ball left field.

Year 5 & 6 (u11) Kiwi Sticks

The module is for children who are familiar with hockey and have an understanding of the game.

FIELD SIZE: 45m x 55m approx.

SUGGESTED PLAYING AREA:

- 1/2 of a hockey turf
- School hall
- Sports field

INCLUDES:

- Team dynamics; decision making; defensive and attacking concepts; positional understanding and concepts of space
- Goals: Standard
- Balls: Modified (light ball)
- Auto Pass: Yes
- Goalkeeper: Optional
- Penalty Corners: Optional.

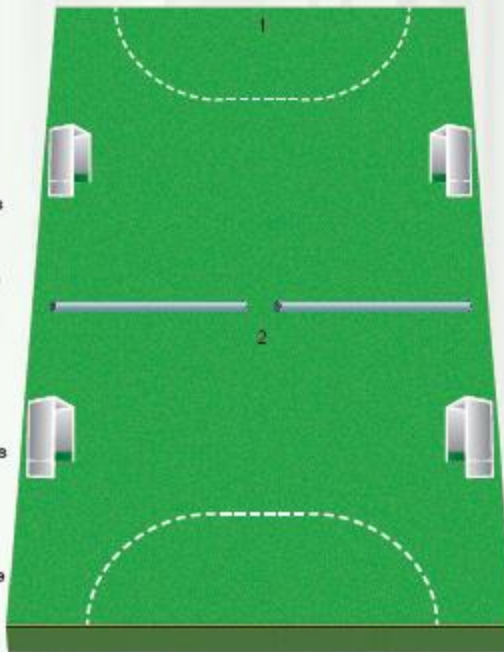
DURATION: 40 minutes

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 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 sideline hit in: only the opponent needs to be 5 metres away
- Penalty corner or, if there are no circles, free hit on 15 metre line (everybody 5 metres away and no direct shot on goal allowed)
- Long corner at 5 metres from corner on the sideline (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 circle or inside the 15 metre zone
- Penalty stroke at 6.4 metres from goal (standard distance)
- If goalkeepers are used they must be wearing full protective gear.

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.



Local Rule Changes

Please see over for Local Rule Changes to the above. The following rules supersede any contradicting in the above.

Kiwi Sticks (Year 5 & 6 – half field)

HBHA Local Rules

The following rules have been adopted locally for HBHA Kiwi Sticks (half field) Competitions.

1. Hitting – Hitting is allowed as long as it is not deemed dangerous.
2. Balls can be played off the black pipe and sideboards, there are no outs other than the base line.
3. Penalty Corners – are to be played according to the FIH rules of Hockey (Rule 13.3)
 - a. The ball is placed on the back line inside the circle at least 10m from the goal post on whichever side of the goal the attacking team prefers.
 - b. An attacking player pushes or hits the ball without intentionally raising it.
 - c. The attacker taking the push or hit must have one foot outside the circle.
 - d. The remaining attackers must be outside the circle with sticks, hands and feet not touching the ground inside the circle.
 - e. No defenders or attackers other than the attacker taking the push or hit are permitted to be within 5m of the ball when the push or hit is taken.
 - f. Not more than five defenders, including the goalkeeper (if there is one) must be positioned behind the back line with their sticks, hands and feet not touching the ground inside the field.
 - g. The other defenders must be inside the opposition's circle until the ball is played.
 - h. Until the ball has been played, no attacker other than the one taking the push or hit from the back line is permitted to enter the circle and no defender is permitted to cross the back line or the opposition's circle.
 - i. After playing the ball, the attacker taking the push or hit from the back line must not play the ball again or approach within playing distance until it has been played by another player.
 - j. A goal cannot be scored until the ball has travelled outside the circle.
 - k. If the first shot at goal is a hit, the ball must cross the goal line no more than 460mm above the ground (the height of the back board)
4. A goal is scored when the ball is played into the goal from inside the circle.
5. Goal keepers – This grade includes the use of goal keepers.
 - a. To be considered a goal keeper they must be fully padded in full goal keeping equipment.
 - b. Goal Keepers are allowed to use their stick, kickers, leg guards, gloves or any other part of the body to propel the ball, stop the ball or deflect it in any direction.
 - c. If a team does not have a fully padded goal keeper they are not allowed to replace them with an extra field player, or place an unprotected field player in the goal to act as a goal keeper with goal keeping privileges. The team will only be able to play with six field players.
6. Safety rule – Players must not play the ball dangerously or in a way which leads to dangerous play.
 - a. A ball is considered dangerous when it causes legitimate evasive action by players (FIH rules of Hockey 9.8). The penalty is awarded where the action causing the danger took place.

7. Long Corners - played on the sideline 5m inside the field from the baseline. The ball must travel 5m or be passed to another team member prior to entering the circle. **The new long corner rule is not adopted into HBHA Small Sticks hockey!**
8. A goal is scored when the ball completely crosses the goal line.
9. No penalty strokes.
10. No drag flicking.
11. No overheads or deliberately raised ball (over knee height).

All other rules comply with the FIH rules of Hockey

<http://www.fih.ch/inside-fih/our-official-documents/rules-of-hockey/>

Also available through Apple App Store or Google Play

Year 7 & 8 (u13) Kwik Sticks DEVELOPMENT

The development module is for children new to hockey, it is an introductory module that familiarises children with hockey.

SIX-A-SIDE

TEAM: 6-10 members

FIELD SIZE: 45m x 55m approx

SUGGESTED PLAYING AREA:

- 1/2 of a hockey turf
- School hall
- Sports field

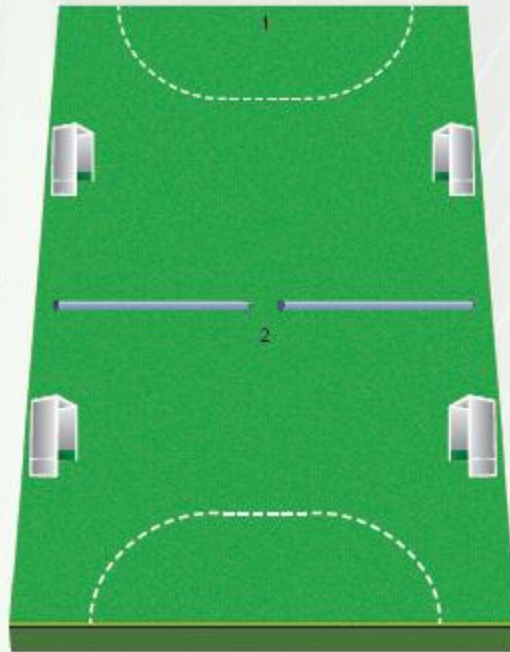
INCLUDES:

- Team dynamics; decision making; defensive and attacking concepts; positional understanding and concepts of space
- Specialist skills/strategies
- Goals: Standard
- Balls: Standard
- Auto Pass: Yes
- Goalkeeper: Yes
- Penalty Corners: Yes.

DURATION: 40 minutes

RULES:

- Standard FIH Rules of Hockey apply except for only 6 players per team on half field



Local Rule Changes

- These rules relate to Friday night Kwik Sticks (Year 7 & 8) half field competitions.
- 7-a-side competition (not 6-a-side as indicated above).
- Goalkeepers are optional, so teams can play 6 field players plus goalkeeper or can play 7 field players.
- Recommended team size is 10-12 players.
- Please see over for Local Rules.

Kwik Sticks (Year 7 & 8 – half field)

HBHA Local Rules

The following rules have been adopted locally for HBHA Kwik Sticks (half field) Competitions.

1. Hitting – Hitting is allowed as long as it is not deemed dangerous.
2. Balls can be played off the black pipe and sideboards, there are no outs other than the base line.
3. Penalty Corners – are to be played according to the FIH rules of Hockey (Rule 13.3)
 - a. The ball is placed on the back line inside the circle at least 10m from the goal post on whichever side of the goal the attacking team prefers.
 - b. An attacking player pushes or hits the ball without intentionally raising it.
 - c. The attacker taking the push or hit must have one foot outside the circle.
 - d. The remaining attackers must be outside the circle with sticks, hands and feet not touching the ground inside the circle.
 - e. No defenders or attackers other than the attacker taking the push or hit are permitted to be within 5m of the ball when the push or hit is taken.
 - f. Not more than five defenders, including the goalkeeper (if there is one) must be positioned behind the back line with their sticks, hands and feet not touching the ground inside the field.
 - g. The other defenders must be inside the opposition's circle until the ball is played.
 - h. Until the ball has been played, no attacker other than the one taking the push or hit from the back line is permitted to enter the circle and no defender is permitted to cross the back line or the opposition's circle.
 - i. After playing the ball, the attacker taking the push or hit from the back line must not play the ball again or approach within playing distance until it has been played by another player.
 - j. A goal cannot be scored until the ball has travelled outside the circle.
 - k. If the first shot at goal is a hit, the ball must cross the goal line no more than 460mm above the ground (the height of the back board)
4. A goal is scored when the ball is played into the goal from inside the circle.
5. Goal keepers – This grade includes the use of goal keepers.
 - a. To be considered a goal keeper they must be fully padded in full goal keeping equipment.
 - b. Goal Keepers are allowed to use their stick, kickers, leg guards, gloves or any other part of the body to propel the ball, stop the ball or deflect it in any direction.
 - c. If a team does not have a fully padded goal keeper they are not allowed to place an unprotected field player in the goal to act as a goal keeper with goal keeping privileges. The team will only be able to play with seven field players.
6. Safety rule – Players must not play the ball dangerously or in a way which leads to dangerous play.
 - a. A ball is considered dangerous when it causes legitimate evasive action by players (FIH rules of Hockey 9.8). The penalty is awarded where the action causing the danger took place.

7. Long Corners - played on the sideline 5m inside the field from the baseline. The ball must travel 5m or be passed to another team member prior to entering the circle. **The new long corner rule is not adopted into HBHA Small Sticks hockey!**
8. A goal is scored when the ball completely crosses the goal line.
9. No penalty strokes.
10. No drag flicking.
11. No overheads or deliberately raised ball (over knee height).

All other rules comply with the FIH rules of Hockey

<http://www.fih.ch/inside-fih/our-official-documents/rules-of-hockey/>

Also available through Apple App Store or Google Play

Year 7 & 8 (u13) Kwik Sticks

The module is for children who are familiar with hockey and have an understanding of the game.

ELEVEN-A-SIDE Full Field

TEAM: 13-16 members

FIELD SIZE: 91m x 55m approx.

SUGGESTED PLAYING AREA:

- Full sized hockey turf
- Sports field.

INCLUDES:

- Team dynamics; decision making; defensive and attacking concepts; positional understanding and concepts of space
- Introduction to full field eleven-a-side
- Specialist skills/strategies
- Goals: Standard
- Balls: Standard
- Auto Pass: Yes
- Goalkeeper: Yes
- Penalty Corners: Yes.

DURATION: 50 minutes

RULES:

- Standard FIH Rules of Hockey

Game Time

The children in this age category are ready to be introduced for full field hockey. Players are exposed to advanced technical skills and will learn by repetition. Player positions may become more specialised, with position specific skills being developed. Team strategies can be developed to encourage structure and the use of the space on the full field.



These rules relate to Kwik Sticks (Year 7 & 8) Divisions 1, 2 & 3 full field competitions, played on Tuesday and Friday nights.

All rules comply with the FIH rules of Hockey

<http://www.fih.ch/inside-fih/our-official-documents/rules-of-hockey/>

Also available through Apple App Store or Google Play