

# Quicksticks Hockey

## **STANDARD RULES:**

### Age Groups

All participants must be from Year 5 &/or Year 6 (you can use Y4 if they are deemed suitable)

### Team Composition

- A squad consists of 6 players; 4 outfield pitch players and two substitutes. All players must be included during the competition
- There are no goalkeepers in Quicksticks.
- There should be 2 boys and 2 girls playing outfield at any one time.
- Substitutions are allowed at any time during the game.

### Player equipment & clothing

- It is strongly recommended that ALL players wear shin-protectors and mouth-guards at all times.

### Playing the Game

#### Starting and Re-starting

- Quicksticks starts with one team being given a centre-pass (taken from the centre of the pitch) which can be passed in any direction, once the umpires have blown a whistle.
- A centre-pass is also taken at the start of each period of the game, alternately by each team, and by the non-scoring team after a goal has been scored. The direction of play for teams is alternated at the start of each period of the game.
- When a centre-pass is taken at the start or re-start of the game, each team must be positioned in their own half of the pitch and the opposing players must be a minimum of 3 metres from the ball until the ball is played.

#### Scoring a Goal

- A goal is scored when the ball has been struck or deflected off a player's stick (either an attacker's or a defender's) from within the shooting area (circle), and it crosses completely over the goal-line between the goal-posts.
- A penalty goal will be awarded if a defending player deliberately stops a ball from crossing the goal-line with their feet or body.

#### Free-pass

- A free-pass is given when an offence occurs. For all free-passes (a – l below) the ball must be taken from where the offence took place. Until the free-pass is taken, all players from the opposing team must be 3 metres away from the ball.
- After touching the ball, the free-pass taker cannot touch the ball again, until it has been touched or played by another player. If the free-pass taker touches the ball twice the other side get a free-pass.

- If an offence is committed within 5 metres of the goal line (or within the shooting circle if a circle is being used), the free-pass should be taken 5 metres away from the goal line (or from outside the shooting circle).

A free-pass is awarded when:

- a) The ball passes completely over a side line. The free-pass should be taken by a player of the team which did not touch the ball last, and it must be played along the ground in any direction (on the pitch), from the point where the ball went off the pitch (i.e. where it crossed the side line).
- b) The ball passes completely over the back line and was last touched by an attacker. The free-pass should be taken by the defending team, from the top of the shooting circle in their third, in line with the centre spot. All players from the attacking team must retreat to their defending third of the pitch.
- c) The ball passes completely over the back line and was last touched by a defender. The free-pass shall be taken by the attacking team from the corner of the pitch nearest to where the ball crossed the line (this case is similar to a corner ball in football).
- d) Kicks\*, propels, picks up, throws, or carries the ball

**\*Note: It is not an offence if the ball touches a player's foot and the whistle should only be blown if the incident breaks down play or creates a disadvantage. The umpires must be the judge.**

- e) Intentionally uses any part of their body to play the ball
- f) Attempts to play at any high ball (over knee height) with the stick
- g) Uses the rounded (back) side of the stick
- h) Whilst striking the ball, causes any actual or possible danger to themselves or to other players
- i) 'Obstructs' by running between the ball and an opponent who is close enough to hit it, thereby unfairly preventing the opponent from playing the ball. Players must not use any part of their body or stick to obstruct another player
- j) Holds, charges, kicks, pushes, intentionally trips or strikes any player or umpire
- k) Interferes with another player's stick or clothing
- l) Plays the ball dangerously or in a way which leads to dangerous play. Rough or dangerous play will not be allowed, nor will any behaviour that, in the opinion of the umpires, amounts to misconduct.