

Quicksticks Hockey Rules



Teams

- Year 5/6 mixed teams
- No goalkeepers
- Squads of 6 players made up of 3 girls and 3 boys
- 4-a-side, with **2 girls and 2 boys on the pitch at all times**

Field of Play

- The Field of play is rectangular.
- Minimum dimensions is that of a netball court (30.5m long by 15.25m wide), maximum is a quarter of a full-size hockey pitch (55m long by 22.9 wide).
- Goals positioned outside of field of play touching the backline
- Attacking circles are denoted by lines or cones

Starting a Game

- Quicksticks starts with one team taking a centre pass from the centre of the pitch on the umpire's signal. The pass can go in any direction.
- A centre pass is also taken 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 3m 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 and crosses completely over the goal line from within the shooting area (circle).

Free Pass

- A free pass is given when an offence occurs. For all free passes the ball must be taken from where the offence took place. The ball must be stationary at a free pass.
- Until the free-pass is taken, all players must be 3m away from the ball.
- After taking the free-pass the taker shall not play the ball again until it has been touched by another player.

A free-pass will be awarded when;

- The ball passes completely out of play. It is played back into play (along the ground) by a member of the opposing team
- A player intentionally uses any part of their body to play the ball (except the hand to protect themselves from danger)
- A player plays at a high ball with the stick above shoulder height
- A player uses the rounded side of the stick
- A player when striking the ball, causes any actual or possible danger to themselves or to other players
- A player kicks the ball
- A player 'obstructs' by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball. Neither must they use any part of their body or stick to obstruct a player.
- A player hold, charges, kicks, pushes, trips or strikes any player or official