

***PRIMARY YR 5/6 QUICKSTICKS HOCKEY RULES***

*Ball/Sticks*

*Existing hockey sticks and Quickstick balls can be used; however a special range of equipment has been developed specifically for the game to aid the delivery of Quicksticks. Sticks should have a flat face side and a rounded side.*

*Playing the Game*

 *Substitutions are allowed at any time during 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.*

*Competition Rules - continued*

*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 and under the cross-bar.*

*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 freepass 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.*