

Mini (Hard Court) Hockey Rules (Quicksticks)

The first game should begin at 4.00 PM. Please do not arrive before 3.45 as there will be congestion on the school site and parking will be extremely limited.

Pete Gwynn has some Quicksticks equipment that can be borrowed if necessary. (Enough for 2 teams). Please let him know when confirming your entry to this event if you will need to borrow this.

General Rules:

- Squads should be made up to 8 players. 4 players will on court at any time with a minimum 1 boy or 1 girl on pitch at any time (depending on format agreed at cluster meeting). (or 2:2 if playing 6 a side)
- There will be no goalkeepers and players are not allowed to stop the ball from entering the goal using any means than their sticks. Players should NOT be expected to constantly "stand guard" over the goal, but should enter into the fluidity of the game.
- Rolling substitutions are allowed at any stage of the matches with the referee's permission.
- Games will be played on a league basis with 4 points for a win, 2 for a draw and 1 for a loss.
- Goals will be 2M wide and 0.5 metres high.
- Pitch size is 30.5 x 12.5 Metres.
- Players can only score if the shooting action was started inside the shooting area (netball circle). The ball must be pushed from inside the circle (deflections do not count).
- Quicksticks should be used and players may only use the flat side of the stick. Quicksticks balls (a larger and lightweight version) will be used.
- The ball may *not* be deliberately lifted off the ground.
- The length of games will be dependent on the amount of teams entering. All matches will be "one-way", with no half time. Matches will be centrally timed.
- The ball can be played off the sides of the pitch, but is out of play once the ball crosses the goal (back) line. Play is restarted with a *free pass* from the edge of the shooting circle.
- If a defender is the last to touch the ball before it crosses the goal line a *corner* will be awarded. All defending players and their sticks must remain behind the back line until the corner has been played.

Players should be encouraged:

- To find space on the pitch.
- To call to each other if they are in space to be passed to.
- To use the width of the pitch and help each other to keep possession of the ball.

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Ethos of the event:

The Manager/Coach role should rotate the team throughout the games and competition. **The overall responsibility for the game is held by the two Match Officials.**

Staff / Managers, Players and spectators should be encouraged to participate in a sportsman-like manner, and accept that umpire's decision will be final. The aim of the festival is encourage good team and individual player, and most importantly, have fun playing.

Starting and Re-starting Quicksticks

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 deliberately deflected off a player's stick (either an attacker's or 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.

A free-pass is awarded when:

- a] 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.
- b] 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). All defenders and their sticks must remain behind the line until the corner has been passed in.

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And where a player:

- c] Kicks*, propels, picks up, throws, or carries the ball
(*Note: It is not an offence if the ball touches a player's foot. The whistle should only be blown if the incident breaks down play or creates a disadvantage. The umpires will be the judge.)
- d] Intentionally uses any part of their body to play the ball.
- e] The ball is lifted off the ground.
- f] Uses the rounded (back) side of the stick
- g] Whilst striking the ball, causes any actual or possible danger to themselves or to other players.
- h] '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.
- i] Holds, charges, kicks, pushes, intentionally trips or strikes any player or umpire.
- j] Interferes with another player's stick or clothing.
- k] 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.*

(*Note: The overall Match Officials shall send any player who persists in breaking this rule off the pitch for a two-minute suspension in the sin bin. For the duration of a temporary suspension, the offending team plays with one player less.)

Please note: Simplicity is the ideal of Quicksticks and therefore we will not be adopting the new self pass rule.

When playing Quicksticks and the related Challenges, all participants should adhere to the England Hockey Code of Ethics and Behaviour. A copy of this can be downloaded from the England Hockey website at www.englishockey.co.uk/equityandethics.

Players' Clothing and Equipment

Even though the Quicksticks ball is safe, you (as the person responsible) should still recommend that shin pads and mouth-guards are worn by players on the pitch (as in of practice sessions). These are available from local sports shops (for approximately £2) and can be semi-moulded. Players of the same team should wear the same colour tops or bibs. Players must not wear anything which is dangerous to other players; this includes jewellery, baseball caps with a stiffened peak, and any sharp object. It is advised that if eyewear is essential, it should be made from plastic rather than glass.

