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**Year 5/6 Quicksticks Hockey**

**Match Rules**

* Quicksticks is the primary version of hockey. As such the rules around the use of feet and back of the stick are more relaxed, however if there is no effort to do the right thing they will be considered a foul.
* 5 a-side (mixed girls/boys). There must be at least 2 boys and 2 girls on the pitch at all times.
* Squads may consist of up to 10 players, with at least 4 boys and 4 girls.
* Substitutions are rolling substitutions and can be made at any time.
* The length of matches will depend on the number of entries received.
* Following Quicksticks rules and equipment. No Unihoc sticks. Shin pads essential and gum shields recommended. Please bring bibs in case of any kit clashes.
* There are no goalkeepers. You are allowed a 'defensive' player that stands in front of the goal but they can only stop the ball with their stick.
* The match will start with a free pass from the centre of the pitch. Both teams must be positioned in their own half of the pitch.
* You must be in the final third of the pitch to score a goal. This should be marked by cones or lines.
* Following a goal, the non-scoring team should restart the game with a free pass from the centre of the pitch. This can be taken in any direction. Both teams must be positioned in their own half of the pitch.
* A goal is scored when the ball is struck or deflected off a player’s hockey stick from within the shooting circle (or ‘D’) and crosses the goal line.
* A penalty goal shall be awarded if a defender deliberately stops the ball crossing the goal line with their feet or body.
* No aerial passes.
* A free pass is awarded: if the ball goes out of play; if the ball is kicked, picked up or thrown by a player; if a player intentionally uses his/her body to play the ball; if the ball is played above knee height; if a player obstructs or impedes another player, and/or; in the event of dangerous play.
* Both teams must be 5 metres from free hits. If a free hit is in the shooting zone the ball must move 5 metres before you are allowed to shoot.
* If the ball goes off the back line by the attacking team, then restart with a free hit inline with the shooting zone line.
* If the ball goes off the back line by the defending team, then restart with a long corner inline with where the ball went off and from the shooting zone line.
* The ball is allowed to be lifted over a stick (a matter of inches) to perform a skill.
* No penalty corners or flicks.
* Self passing is allowed from free hits.
* Pitch size is 1 netball court on astro
* Teams will score 3 points for a win, 2 for a draw and 1 for a loss.
* When teams are tied on points the balance of scored goals to goals conceded will decide the result.