

YEAR 3 /4: HOCKEY

Competition Format

Quick Stick

Squad Information

Minimum Squad Size 4

Maximum Squad Size 6

Year Groups

3 or 4

Gender

2 Boys and 2 Girls on pitch

Equipment (Schools need to provide / take to competition)

Bag of Quick Sticks

Players must wear shin pads and mouth guards are recommended

Competition Rules

Players

- There is no Goalkeeper; all players must be on the pitch
- Rolling substitutions are allowed.

Playing area

- The field of play is rectangular and that of approx. a netball court.
- There is no markings for the "D/ Circle"

The Game

- All teams must have 2 boys and 2 girls on the pitch at all times.
- Each game will be centrally time for a designated period subject to number of pitches, teams and times allowing.
- Quick sticks starts with one team being given a centre pass, which can be passed in any direction, once the umpire has blown a whistle to indicate start of play.
- When a centre pass is taken at the start or restart of the game, each team must be positioned in their own half of the pitch and the opposing players must be 3 metres from the ball until the ball is touched
- A free pass is given when an offence occurs, for all free passes, 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
- A free pass is awarded when :
 - The ball passes completely over a side line
 - The ball passes completely over the back line
 - Where a player (Intentionally) kicks, propels, picks up or carries the ball
 - Intentionally uses any part of his body to play the ball
 - Attempts to play at any high ball (over knee height) with the stick
 - Uses the rounded (back) of the stick
 - Whilst pushing the ball, causes any actual/possible danger to themselves or to other players
 - "Obstructs" by running between the ball and the opponent who is close enough to hit it, therefore unfairly preventing the opponent from playing the ball
 - Holds, charges, kicks, pushes, intentionally trips or strikes any player or the umpire
 - Interferes with another players stick or clothing.
 - Plays the ball dangerously or in a way which leads to dangerous play
 - Playing the stick above shoulder high.
 - PUSHING BALL ONLY – NO HITTING.

Scoring in a game

- A goal is scored when the ball has been push or deflected off a players stick (either an attacker or defender) from within the designated shooting area, and it crosses completely over the goal line between the posts/cones
- You must be in the attacking half of play to score a goal.
- A penalty goal is awarded if a defending player deliberately stops the ball on from crossing the the goal-line with their feet or body.

FORMAT

DEVELOP EVENT

First Aid & Emergency Procedures

Schools are responsible for the provision and administration of their own first aid.

The Competition organiser will brief all school staff prior to the start of the competition, and will provide information about emergency procedures.