



**SCHOOL
GAMES**

**A GUIDE TO THE
L&S SCHOOL GAMES IN THE
LIVERPOOL CITY REGION (LCR)
YR5/6 MIXED
QUICKSTICKS HOCKEY
COMPETITION 2018**



COMPETITION INFORMATION:

DATE	4 th July 2018
TIMES:	9.30am arrival. 9.45am Opening Ceremony. 10-10.15am competition start time, until 4pm approx
VENUE:	Wavertree Sports Park
FACILITY	4G Astro pitch
YEAR GROUP(S):	Years 5/6
GENDER:	Mixed
SQUAD SIZE:	Maximum of 6 (3 boys and 3 girls)
TEAM SIZE:	4 (2 boys and 2 girls playing outfield at one time – no goalkeepers)
NUMBER OF TEAMS:	16
EVENT ORGANISER:	James Cunliffe
EVENT ORGANISER CONTACT DETAILS:	Please contact MSP for any queries regarding this sport via schoolgames@merseysidesport.com or 0151 427 3889



PRESENTATIONS:

- Gold medals for winners (+ winner trophy for team)
- Silver medals for runners up
- Bronze medals for 3rd placed team
- Spirit of the Games trophy presented to school most closely demonstrating the School Games Values throughout the event
- School Games Certificates given to all participants

IMPORTANT POINTS TO NOTE:

- **A Team Manager's Declaration Form must be completed online in advance of the event.** Details of the web address where you can access the form and deadlines by which it must be completed will be provided to you by your local School Games Organiser. No declarations forms will be available on the day of the event and teams who have not been registered in advance by the deadline will not be able to compete.
- **Players should bring a packed lunch and plenty of water to keep them hydrated throughout the day.** There are no onsite facilities for purchasing food or drinks throughout the day.
- **A Traffic Management Plan will be available via your School Games Organiser closer to the event date to advise on parking.**
- **Team Managers and their teams are responsible for ensuring that no litter is left by your school at the end of the competition.**
- **All teams should come equipped with clothing and footwear to suit both the sport and the weather conditions. Please bear in mind that sun cream may also be required** and that players must bring their own as none will be available via MSP due to health and safety guidelines.
- **All players must wear shin pads at all times and it is strongly recommended they wear mouth guards also.**
- Due to the regulations set by the venue **the footwear regulations for players and anyone else moving on the pitch above walking pace is as follows:** Preferably rounded, moulded plastic studs. No metal studs. No Astros or trainers (as these flatten the pitch). Blades are also not recommended.
- Please note, in the event of very hot weather, **the sport organiser reserves the right to shorten fixtures on the grounds of health and safety.**



COMPETITION RULES:

COMPETITION FORMAT:

Quicksticks is a 4-a-side introductory game of hockey, designed especially for 7-11 year olds to play. It can be played on any surface, and uses a larger, lighter and safer ball. Quicksticks is fun, fast, safe and exciting and has been designed so that teachers with little or no hockey knowledge or background can deliver the game.

STANDARD RULES:

Pitch size

- The field of play is the size of a standard netball court (30.5m long x 15.25m wide) or a quarter of a full sized hockey pitch (55m long x 22.9m wide).
- Areas referred to as the attacking 'circles' (netball court shooting circles; radius 4.9m) are marked by permanent or temporary measures (lines or cones).

Ball/Sticks

- Existing hockey sticks and Quicksticks 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.



COMPETITION RULES CONTINUED:

Starting and re-starting cont'd.

- 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.
- 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 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 – I 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).



COMPETITION RULES CONTINUED:

Free-pass continued

- 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 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 a side line. The free-pass 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).
- c) 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).
- d) Kicks*, propels, picks up, throws, or carries the ball. **Note: It is not an offence if the ball touches a player's foot and the whistle should only be blown if the incident breaks down play or creates a disadvantage. The umpires must be the judge..*
- e) Intentionally uses any part of their body to play the ball.
- f) Attempts to play at any high ball (over knee height) with the stick.
- g) Uses the rounded (back) side of the stick.
- h) Whilst striking the ball, causes any actual or possible danger to themselves or to other players.



COMPETITION RULES CONTINUED:

A free-pass is awarded when, continued:

- i) 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.
- j) Holds, charges, kicks, pushes, intentionally trips or strikes any player or umpire.
- k) Interferes with another player's stick or clothing.
- l) 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.*

Umpires

- a. Quicksticks Hockey shall be controlled by one or two umpires (preferably two).
- b. The umpires are responsible for all decisions and penalties.

Fair Play

The ideals of good sportsmanship and respect should permeate throughout all competitive and recreational sport. They are displayed by someone who abides by the rules of a contest, respects their opponents and accepts victory or defeat graciously.





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