

# RULES FOR GAME BASED QUICKSTICKS



A Quicksticks team consist of six players; four of which are on the field of play (there are no goalkeepers) at any one time and the remaining two players encouraged to take on leadership roles such as managing and umpiring. The game is specifically designed to have simple, easy to manage rules and is the perfect opportunity for players to undertake a variety of different roles. It is suggested that the roles are rotated at the end of each playing period.

The emphasis of Quicksticks is on participation and fun. In a competitive situation the gender balance should be adjusted to provide equitable standards of play. Games are played in thirds and last for between five to seven minutes (depending on the age of the players) with a two minute break between periods.

## Starting & Restarting

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 three 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- posts and under the cross-bar.

If players are finding scoring a challenge change the game by increasing the shooting area to the last third of the pitch.

A penalty goal is awarded if a defender deliberately stops the ball from crossing the goal-line with their feet or body. With beginners it is likely the ball will touch their feet accidentally as they get used to Quicksticks throughout the game; encourage umpires to keep the game flowing unless the foul is deliberate.

## Free Pass

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 three metres away from the ball until the free pass has been taken. The free pass taker is able to take a self pass (move the ball themselves) or attempt to pass the ball to a team mate.

If an offence is committed within five metres of the goal line or within the shooting circle (if a shooting circle is being used) the free pass should be taken five metres away from the goal line or outside the shooting circle.

A free pass is awarded when:

- 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. It must be played along the ground in any direction (on the pitch) from the point where the ball went off the pitch.
- 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.
- 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.

Or where a player:

- Deliberately kicks, propels, picks up, throws or carries the ball.
- 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.
- Intentionally uses any part of their body to play the ball.
- Uses the rounded (back) of the stick to play the ball.
- Attempts to play the ball over knee height with the stick.
- Whist striking the ball, causes any actual or possible danger to themselves or to other players.
- Obstructs by running between the ball and any opponent who is close enough to play the ball, thereby unfairly preventing the opponent from playing the ball.
- Holds, charges, kicks, pushes, intentionally trips or strikes any player, umpire or manager.
- Interferes with another player's stick or clothing.
- Plays the ball dangerously or in a way which leads to dangerous play.

