GAME BASED QUICKSTICKS ADVISORY GUIDELINES

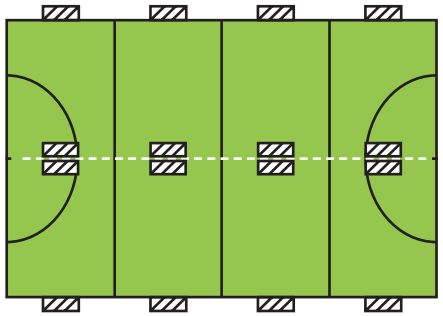
Note: these are guidelines only and you can use the STEP principle; Adapting Space, Time, Equipment and number of Players / rules to suit your needs.

Field of Play

The field of play is rectangular and is that of a standard netball court (30.5m long x 15.25m wide). Areas referred to as attacking 'circles' or 'shooting areas' (netball court shooting circles; radius 4.9m) are marked by permanent or temporary measures (lines or throw down markers). Note where there are no pitch markings, a marked rectangular area can be substituted or the outer thirds of the court can be deemed the shooting areas.

Where festivals are being held and a full size astroturf pitch is available then eight Quicksticks pitches can be placed on one pitch: two pitches per quarter, with goals on the side lines and back-to-back in the middle of each quarter.

An example of a full-sized hockey pitch layout for a Quicksticks Festival.



The pitch format shown for a Festival is only to be used when using a Quicksticks ball. A mini or standard hockey ball will travel too far and quickly and there is a potential for these hockey balls to enter surrounding pitches, leading to risk of injuries. The Quicksticks ball is lighter and travels slower and may still travel onto surrounding pitches but is larger and more easily seen.

Goals

The size of goal should be suitable for the space of your playing area and ability of the group.

The front of each goal is to be positioned against the outer edge of the back-line, in line with the centre of the pitch. Please secure (moor) for safety where necessary.

Balls

The Quicksticks ball is larger, lighter and safer. The larger size makes it easier for beginners to control. It has been specifically designed for use on various surfaces including playgrounds, netball courts, astroturf, grass and in sports halls.



Target hockey goals and Quicksticks balls can be purchased from the Hockey Hub shop - https://hockeyhub.englandhockey.co.uk/shop

Teams

There are NO Goalkeepers in Quicksticks. A team consists of six players; four of which are on the field of play at any one time, with the remaining two team members encouraged to take on leadership roles such as umpiring and managing. It is suggested that the leadership roles are rotated among the team at the end of each playing period.

In a competitive situation the gender balance within the teams should be adjusted to provide equitable standards of play. In all situations (competitive or otherwise) the entire game will be managed and supervised by Match Officials (who will be nominated adults or qualified Young Leaders). The Match Officials have overall responsibility to ensure safety and should stop the game at once if any dangerous situation occurs. They will also exercise the overall role of assisting and developing players and officials and ensuring fair play.

Players' Clothing and Equipment

Even though the Quicksticks ball is safe, you (as the person responsible) may still recommend that shin-protectors and mouth-guards are worn by players on the pitch (inclusive of practice sessions).

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.

Duration

Quicksticks is a game of three periods. This is so that all players rotate with the two Officials' roles at the end of each playing period and experience both playing and umpiring or managing. The guidance is:

7–8 year olds: 3 x 7 minute playing periods and a change-over interval of two minutes between each period. The game will therefore last 25 minutes in total.

9–11 year olds: 3 x 8–10 minute playing periods and a change-over interval of two minutes between each period. The game will therefore last 28–34 minutes in total.

Alternative match periods and intervals may be agreed by both teams.

Result

The team scoring the most goals is the winner; if no goals are scored, or if the teams score an equal number of goals, the match is drawn.

Penalty Runs

If a winner is deemed necessary then penalty runs can be taken.
Note: Penalty runs will increase the total duration of a game.

Teams get three penalty runs each and take them alternately. One attacker starts with the ball from the centre spot and tries to score against one defender. The defender starts outside the shooting circle/area.

The penalty run is over when a goal is scored or the ball goes outside the playing area (edges of the pitch and the half way line) or 10 seconds have lapsed.

If a foul is committed outside the shooting area, the attacker regains the ball at the position of the foul. If a foul is committed inside the shooting area, a penalty goal is awarded.

If after the six penalty runs the score is still even, then sudden death penalty runs will be held. One player from each team takes a penalty run. This continues until a result is achieved, that is, until one team scores and the other doesn't.

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