

U11 Quicksticks

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> ● 4 (Squad Size 8 - 2 boys and 2 girls should be on the pitch at all times) - Substitutions can be made at any time 	<ul style="list-style-type: none"> ● Year 5 & 6

Competition Format & Basic Rules

- The game 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 each team must be positioned in their own half of the pitch and the opposing team must be 3 metres from the ball until the ball is played.
- A goal is scored when the ball has been struck or deflected off a players stick (either an attackers or a defenders) from within the shooting area, and it crosses over the goal line between the goal-posts and under the cross bar. A penalty goal will be awarded if the defending player deliberately stops a ball from crossing the goal line with their feet or body.
- Self-Pass can be played.

A free pass is awarded when:

- The ball passes over a side line. The free pass should be taken by a player of the team which did not touch the ball last, from the point where the ball went off the pitch.
- The ball passes over the back line and was touched by an attacker. The free pass should be taken by the defending team, from the top of the shooting area in line with the centre spot. All players from the attacking team must retreat into their defending third of the pitch.
- The ball passes over the back line and was touched by a defender. The free pass shall be taken by the attacking team from the *half way line in line with where the ball crossed the back line.*

And where a player:

- Propels, picks up, throws or carries the ball or intentionally uses any part of their body to play the ball. (It is not an offence if the ball touches a player's foot and the whistle will only be blown if the incident breaks down play or creates a disadvantage)
- Attempts to play at a high ball (over knee height) with the stick.
- Uses the rounded (back) of the stick.
- Whilst striking the ball causes any possible danger to themselves or others or holds, kicks, charges, pushes or intentionally trips any player.