



## Year 7 & 8 Kwik Sticks

With a focus on development and encouraging a lifelong love of sport, our competition formats should encourage this. There are no grades to enter teams into with only one competition. We will create groups to mix up teams, so they face different opposition each week, mindful that we want good, meaningful competition for our participants.

### 7 a side

**Team:** 8-10 players including 1 fully padded goalkeeper. At any one time you will be permitted to have a maximum of 6 field players on the field regardless of you having a goalkeeper or not.

**Playing Area:** Half field with standard goals (or modified goals if required).

**Game length:** Games will be 4 x 12-minute quarters with 2-minute breaks between each quarter.

**Rules:** The standard rules of hockey apply with the following exceptions or modifications.

- No overheads or deliberately raised ball (over knee height)
- No penalty strokes to be awarded, penalty corner to be awarded
- No drag flicking at penalty corner
- Two defending field players to start from opposition circle when penalty corner has been awarded
- Long corner will be taken from approximately halfway, in line with where the ball crossed the baseline

### Focuses

We strongly encourage rotation of playing positions for all players. This encouraging development of different, transferable skills and conceptual understanding across all players.

When umpiring game, rules of the game are to be pulled up when essential or when a team gets an unfair advantage due to infringement.

**More touches!**

**More involvement!**

**Faster game!**

**More goals!**

**More development!**

**More FUN!!**

