

## Wellington Junior Hockey

### Kwik Sticks (6-a-side)

**Age:** Year 7&8

**Team:** 6 players, a fully kitted goalkeeper is optional.

**Field Size:** Games are played on half-sized turfs.

**Game Length:**

- Games are 2 x 20 minute halves with 3 minutes for half time.

**Rules:**

- Standard FIH rules of hockey with the following exceptions;
  - No drag flicking
  - No over heads
  - No stick above shoulders
  - If no circles are available, the circle will be deemed to be an 11-yard line from the baseline. The ball must be within the 11-yards to score a goal.
  - If no circles are available, the ball must travel beyond the 11-yard line on a penalty corner before a goal can be scored.

**Umpires:** Coaches will be required to umpire the games