

## Quick Hockey - Quick Rules

### Rules

- Players can shoot from anywhere
- Neither the stick nor the ball can be raised above knee height
- A side-line ball is taken from the point of exit.
- When a rule is broken, the ball will be awarded to the opposing team. For these situations, the ball can either be passed to a team member or taken into play yourself (known as a self-pass).
- All players must be at least 5 m away from the ball when a free is being taken
- After a goal is scored, play is restarted from the centre of the pitch
- If the defending team knocks the ball goes over the end-line, a corner is taken at a 5m marker on the side-line
- If a rule is broken within 5m of the goal, a free is taken 10m from the end-line (in line with where the rule was broken)

The game involves no deliberate:

- Feet
- Use of the back of the stick
- Stick tackling
- Contact with other players

*Rules may be more strictly enforced for Quick Hockey competition such as Summer Leagues.*

### Equipment

- Quick Hockey is played with a standard hockey stick, however it has a unique larger lightweight ball
- The Quick Hockey goal is 2.5m wide but is less than 1m in height so that the ball stays low to the ground
- It is recommended that shin guards and a mouth guard are worn



### Format

- Ideally teams are 5-a-side but this can vary depending on pitch size
- Quick Hockey is very flexible and can be played in mixed or single gender teams
- It can be played on any surface, indoors or outdoors on pitches of various sizes
- Can be self-umpiring