

**Kwiksticks Development Rules and Guidelines**  
**Intermediate Hockey**  
**Half Field - No Goal Keeper**  
**2022**

1. 6 field players per team on the turf at any one time. Substitutions at any time except during penalty corners. Substitution of a player is permitted only after that player has left the field and tagged the oncoming player.
2. Three periods of 15 minutes with five minutes between periods. Games are required to be played within the allocated time slot. If your games starts late you must still exit the turf before the allocated finish time. (Penalty corners are not played out at the completion of any time period).
3. Played on a ½ of a hockey turf. Where available, a drain flow pipe (or similar) will be placed between the two fields and will become the side-line board. The other side-line will be the 11 aside field baseline.
  - a. If the ball crosses the side-line or pops over the pipe, the opposing team takes a free hit/push at that place. Play continues where the ball hits the pipe but remains in play.
4. Footwear, mouth guards and shin pads **must** be worn by all players.
5. Standard hockey balls are to be used.
6. The ball may be pushed, slap hit or hit anywhere on the field, including in the circles.
7. Sticks are not to be raised, or used, in a dangerous manner, including lifting them over the heads of other players.
8. Free hits awarded to the attackers within 5 metres of the goal circle must be taken at the point the infringement occurred, and cannot be hit directly into the goal circle. Before the ball enters the circle the ball must either touch another player's stick or be dribbled 5 metres. ALL players must be 5 metres from the player taking the free hit, or if they are not they may not interfere with play.
9. A player may lift the ball skilfully over an opposing player's grounded stick in the field, including in the circle or when taking a shot at goal. **The ball must not be raised above "top of the shin pad" height at any time.**
10. There is no offside
11. Free hits: A free hit may be given when;
  - a. the ball is stopped or kicked deliberately by the player's foot, encourage children to get their feet out of the way.
  - b. a player deliberately turns and places their body between the ball and an opposing player who is within playing distance of the ball.
  - c. A player interferes with the ball carriers stick ("hacking").
  - d. For the sake of the flow of the game, when there is no advantage gained as a result of the infringement, umpires should let play continue.
12. When a free hit is being taken (including sideline hits, long corner and each start/restart of play from the halfway), all defending players should be at least 5m away from the ball or retiring / not interfere with play. (Umpires may allow advantage to the attacking team if a defender is less than 5m away.)

13. A long corner is awarded if a defender **ACCIDENTALLY** puts the ball over the back line. Long corners are taken approximately 20m from the goal line and in-line with where the ball went out. The ball cannot be hit directly into the circle; the ball must touch another player's stick OR travel (dribble or passed) 5m before it enters the circle.
14. Autopass: The player taking a free fit, centre pass or side-line hit has the option of passing to another player or making an auto or self pass, effectively a tap and go action. The opposition must either be back 5 metres, or if they are not, may not interfere with play.
15. Goals are scored when the ball is played by an attacking player within the circle. An attacker may hit, push or slap hit when shooting for goal. The ball must not go above backboard height. If no goals are available cones can be used to designate the goal in which case the ball must not go over the imagined height of the back board.
16. Penalty corners are awarded when there is an infringement in the circle by the defending team (including a defender **DELIBERATELY** hitting the ball over the back line);
  - a. defending team has 3 players behind their own goal line and 3 players within the **opposition goal circle**
  - b. attacking team stand outside the circle
  - c. ball can be hit or pushed out from the base line by an attacker
  - d. the ball must travel outside the circle, but does not need to be stopped, before a goal can be scored.
  - e. If the ball does not exit the circle play continues, but a goal cannot be awarded (the attackers can enter the circle to retrieve the ball)
  - f. A penalty corner should be taken within 30 seconds of being awarded.
17. If there are no goal circle marked on the turf a long corner is played instead.
18. There are NO penalty strokes.
19. Each team is to provide an umpire, with a whistle, for their own game. Team coaches are able to umpire, but not 'coach' when doing so.