

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