



WINTER GAMES



GREATER MANCHESTER SCHOOL GAMES 2017

YEAR 5/6 QUICKSTICKS HOCKEY COMPETITION

Tuesday 21st March 2016

The Armitage Centre (Opening Ceremony in Outdoor Arena first)

SCHOOL GAMES BACKGROUND INFORMATION:

The Greater Manchester School Games aims to further revive the culture of competitive sport in schools. This exciting new concept will harness the power of the Olympics and Paralympics and is designed to motivate and enthuse more young people than ever before to participate in high quality, meaningful competition within and across schools, supporting them in achieving their own personal best in sport and in life.

The competition will run across three distinct, but integrated levels (see below) providing a simple and progressive pathway culminating in a multi sport festival (Level 3) that will showcase the very best of competitive sport across the County.

Level 3 – Greater Manchester School Games

Level 2 – Inter-school competition

Level 1 – Intra-school competition



Teams from Primary, Secondary and Special Schools will win the right to compete in the Level 3 Games having qualified through their local level 2 inter-school competitions. The 'Winter Games' will feature thirteen sports; all of which will be delivered simultaneously utilizing a number of the City's world class sporting facilities.





COMPETITION PATHWAY:

In partnership with England Hockey, the Greater Manchester Local Organising Committee proudly presents the Year 5/6 Quicksticks Hockey Competition.

Quicksticks is a 4-a-side introductory game of hockey, designed especially for 7-11 year olds to play. It can be played on any surface, and uses a larger, lighter and safer ball. Quicksticks is fun, fast, safe and exciting and has been designed so that teachers with little or no hockey knowledge or background can deliver the game.

The School Games competition is open to all schools; however they must have qualified through their local SGO area/borough heats in order to progress to the County Final.

The competition works at two stages:

1. SGO Area/Borough Stage

Primary schools within an SGO Area/Borough will be encouraged to enter their local rounds of the competition. The top 2 placed schools from each Borough will then be invited to the County Final.

2. Greater Manchester School Games County Final

This stage of the competition will be organised by the England Hockey and will comprise of 20 school teams representing the 10 Boroughs of Greater Manchester.

NB An athlete can only represent their school in one sport at the GM School Games County Final.

STANDARD RULES:

Age Groups

All participants must be from Year 5 &/or Year 6.

Team Composition * the officiating will be done by Young Leaders at Level 3

- A team consists of 6 players; 4 outfield pitch players and two 'officials'* (one manager/coach and one umpire). All players must rotate with the two official's roles within the game.
- There are no goalkeepers in Quicksticks.
- The game is played in three periods. Rotations of the above roles should take place at the end of each period.
- There should be 2 boys and 2 girls playing outfield at any one time.
- Substitutions are allowed at any time during the game.

Pitch size

- The field of play is the size of a standard netball court (30.5m long x 15.25m wide) or a quarter of a full sized hockey pitch (55m long x 22.9m wide).
- Areas referred to as the attacking 'circles' (netball court shooting circles; radius 4.9m) are marked by permanent or temporary measures (lines or cones).

Goal size

- Ideally samba goals should be used – 8ft wide x 2ft high. Width: 3.6 metres.



Ball/Sticks

- Existing hockey sticks and balls can be used; however a special range of equipment has been developed specifically for the game to aid the delivery of Quicksticks. Sticks should have a flat face side and a rounded side.

Player equipment & clothing

- It is strongly recommended that all field players wear shin-protectors and mouth-guards at all times.

Competition Format

At SGO area/Borough level, local organisers will decide on the format i.e. 'home & away' leagues, Central Venue festivals or one off tournament. Leagues are the preferred model to encourage regular participation.

Duration/Length of matches

A suggested format has been produced by England Hockey to ensure a level of consistency; however there can be a degree of flexibility in running SGO Area/Borough level competition.

- Quicksticks is a game of three 10 minute periods with a change-over interval of two minutes between each session. This may be changed as long as agreed by both teams.

Playing the Game

Starting and Re-starting

- Quicksticks starts with one team being given a centre pass (taken from the centre of the pitch) which can be passed in any direction, once the umpires have blown a whistle.
- A centre pass is also taken at the start of each period of the game, alternately by each team, and by the non-scoring team after a goal has been scored. The direction of play for teams is alternated at the start of each period of the game.
- When a centre pass is taken at the start or re-start of the game, each team must be positioned in their own half of the pitch and the opposing players must be a minimum of 3 metres from the ball until the ball is played.

Scoring a Goal

- A goal is scored when the ball has been struck or deflected off a player's stick (either an attacker's or a defender's) from within the shooting area (circle), and it crosses completely over the goal-line between the goal-posts and under the cross-bar.
- A penalty goal will be awarded if a defending player deliberately stops a ball from crossing the goalline with their feet or body.



Free-pass

- A free-pass is given when an offence occurs. For all free-passes (a – l below) the ball must be taken from where the offence took place. Until the free-pass is taken, all players from the opposing team must be 3 metres away from the ball.
- After touching the ball, the free-pass taker cannot touch the ball again, until it has been touched or played by another player. If the free-pass taker touches the ball twice the other side get a free-pass.
- If an offence is committed within 5 metres of the goal line (or within the shooting circle if a circle is being used), the free pass should be taken 5 metres away from the goal line (or from outside the shooting circle).

A free-pass is awarded when:

- a) The ball passes completely over a side line. The freepass should be taken by a player of the team which did not touch the ball last, and it must be played along the ground in any direction (on the pitch), from the point where the ball went off the pitch (i.e. where it crossed the side line).
- b) The ball passes completely over the back line and was last touched by an attacker. The free-pass should be taken by the defending team, from the top of the shooting circle in their third, in line with the centre spot. All players from the attacking team must retreat to their defending third of the pitch.
- c) The ball passes completely over the back line and was last touched by a defender. The free-pass shall be taken by the attacking team from the corner of the pitch nearest to where the ball crossed the line (this case is similar to a corner ball in football).
- d) Kicks*, propels, picks up, throws, or carries the ball

*Note: It is not an offence if the ball touches a player's foot and the whistle should only be blown if the incident breaks down play or creates a disadvantage. The umpires must be the judge.

- e) Intentionally uses any part of their body to play the ball
- f) Attempts to play at any high ball (over knee height) with the stick
- g) Uses the rounded (back) side of the stick
- h) Whilst striking the ball, causes any actual or possible danger to themselves or to other players
- i) 'Obstructs' by running between the ball and an opponent who is close enough to hit it, thereby unfairly preventing the opponent from playing the ball. Players must not use any part of their body or stick to obstruct another player
- j) Holds, charges, kicks, pushes, intentionally trips or strikes any player or umpire
- k) Interferes with another player's stick or clothing
- l) Plays the ball dangerously or in a way which leads to dangerous play. Rough or dangerous play will not be allowed, nor will any behaviour that, in the opinion of the umpires, amounts to misconduct.*



*Note: The overall Match Officials shall send any player who persists in breaking this rule off the pitch for a two-minute suspension in the sin bin. For the duration of a temporary suspension, the offending team plays with one player less.

Umpires

- a. Quicksticks Hockey shall be controlled by one or two umpires (preferably two).
- b. The umpires are responsible for all decisions and penalties.

Fair Play

The ideals of good sportsmanship and respect should permeate throughout all competitive and recreational sport. They are displayed by someone who abides by the rules of a contest, respects their opponents and accepts victory or defeat graciously.

HEALTH & SAFETY:

Before any matches take place, the following **MUST** be read and adhered to:

- No jewellery should be worn.
- Long hair must be tied back.
- All loose clothing must be tucked in and shoelaces tied.
- No chewing gum/sweets allowed.
- It is recommended players bring plenty of liquid refreshment with them.
- All players are advised to warm up appropriately before each match.
- When not competing, players are reminded to remain off the pitch and do not get in the way or distract the officials at any time.
- Medical supplies that players may need i.e. asthma inhalers should be brought with them on the day.
- All team teachers must ensure their pupils are under adult supervision at all times, even when playing. During this time players can watch and encourage their fellow team members.
- Please ensure that your pupils have been thoroughly briefed with regards to health and safety.

DEADLINE FOR ENTRY: FRIDAY 3rd MARCH 2017*

***please note if you enter past this deadline your school will not feature in pre- press material or the lanyard.**

