Quicksticks – Key Rules

* Each half starts with a centre pass. Teams must be on their own side of the pitch and the ball can be passed in any direction. The opposition must be at least 3m away.
* Goals are scored by the ball crossing the goal line.
* If a defender deliberately stops a goal with their feet or body then a penalty goal is awarded.
* A ’Free-pass’ is awarded if a player:
  + Kicks/picks up/throws/carries the ball
  + Plays the ball dangerously (undercutting/lifting)
  + Intentionally plays the ball with feet or body
  + Brings their stick above knee height
  + Uses the back (rounded) side of their stick
  + Deliberately obstructs the opposition
  + Holds/charges/kicks/pushes/trips/strikes any player
  + Interferes with another player's stick or clothing
  + Hits the ball off the side line
  + Hits the ball off the opposition back line
* If a defending player hits the ball over their own back line then a corner is given to the attacking team.
* A Free-pass is taken by passing/hitting the ball in any direction. The opposition must be 3m away. The player taking the free-pass can only touch the ball once.
* A free-pass cannot be taken within 3m of the goal.
* You cannot shoot from a free-pass.
* There is no offside.