

## **RULE CHANGES FOR JUNIORS**

### **KIWI STICKS / KWIK STICKS SIXES BEGINNER GRADE**

We no longer have Penalty Corners for these grades. We have introduced a 1 v 1 Shootout.

- Defending team has 1 player behind the goal line, a Goalie if one is playing or a field player.
- Attacking team has 1 player who begins 2m outside the circle.
- Both teams remaining players stand in the other circle.
- On the whistle both players move, no time limit. The other players can rejoin the game once the whistle has been blown for the shootout to begin.
- If the defending player is a field player then the ball can only be pushed at goal by the attacker, no hitting allowed unless there is a Goalie.
- Shoot out is like the start of play and only ends with a goal scored or the ball goes over the backline or a free hit is awarded.
- Players defending and attacking Shoot Outs should be rotated so different players get the opportunity to have a go.

### **KWIK STICKS**

Penalty Corners have now changed to PC Light.

- Attacking team has 1 player to inject the ball, 1 player to trap and shoot the ball
- Defending team has 1 player behind the goal line, a Goalie if one is playing or a field player.
- Both teams remaining players to stand at the half way line. (Or for 6 aside games the opposite circle)
- Once the PC commences the players at half way can rejoin the game.
- If the defending player is a field player then the ball can only be pushed at the goal by the attacker, no hitting is allowed unless there is a Goalie.
- Players defending (if field player and not Goalie) and attacking should be rotated so different players get the opportunity to have a go.

### **KWIK STICKS – 6 ASIDE GAMES**

Some Kwik Sticks grades will be playing 4-5 weeks of 6 aside games. Your team has been allocated a normal full field one hour time slot. Please split your team in half and you will play one half of your opposition for 25 minutes, have a 5 minute half time then swap and play the other half of the team for 25 minutes.

Scoring will be as follows:

If you win your game you get 2 points, if you draw you get 1 point and if you lose you get 0 points. Your result for the entire match will be your 4 game scores added up. This means the maximum score would be 8-0. e.g:

Western A team (half of the Western Team) beats Roskill Eden A team (half of the Roskill Eden Team). Western A is awarded 2 points and the Roskill Eden A team 0 points.

Western B team (Other half of the Western Team) loses to Roskill Eden B team (Other half of the Roskill Eden Team). Western B is awarded 0 points and the Roskill B team 2 points.

HALF TIME

Western A draws with Roskill Eden B. Western A is awarded 1 point and Roskill Eden B 1 point.

Western B beats Roskill Eden A. Western B is awarded 2 points and Roskill Eden 0 points.

FULL TIME

The Full time score would be Western 5 points Roskill Eden 3 points. The score should always add up to 8.