

**QUICKSTICKS – PARTNERSHIP TOURNAMENT RULES**

**Field of play** – games will be played on a standard netball court.

**Goals** – 8ft wide x 2 ft high (cones will be used)

**Teams** – **No goalkeepers**

* **4 a side – 2 boys and 2 girls playing at the same time**

**Squad size – 8 players – can be mixed or single sex**

**Duration** – Dependant upon number of teams entering.

**Starting and re-starting** – start with a centre pass which can be passed in any direction

* Teams start alternately for each half
* Teams change ends for each half
* All players in their own half at each centre pass

**Penalty Goal** – awarded where a player deliberately uses feet or body to stop the ball

crossing the goal line.

**Free Pass** – given when an offence occurs

* Taken from where offence occurred
* All opposing players stand 3m back

**Free Pass awarded when**: - ball passes over sideline

* Ball crosses back line off attacker – taken from front of shooting circle
* Ball crosses back line off defender – taken from corner

**And where a player** - kicks, picks up, carries ball

* Attempts to play at a high ball (above knee height)
* Uses the round side of their stick
* Obstructs by running between the ball and an opponent thereby preventing opponent from playing the ball
* Plays the ball dangerously high
* Rough or dangerous play – could also incur a 2 min sin binning.

