

Quick Sticks Hockey (A Team)

Competition Details:

Date: Monday 2nd March 2026

Time: 4:00 PM – 5:30 PM

Venue: Pate's Grammar School – Astro Turf

Team Information:

- Open to Year 5 and Year 6 pupils only
- One team per school
- Teams must have **2 girls and 2 boys** on the pitch at all times
- Players **must not** have been selected for the B Team Hockey competition
- **Participation in this event makes players ineligible** for the separate B Team competition

Quicksticks is a fast-paced, fun-filled 4-a-side hockey game specifically designed for children aged 7–11. Played without goalkeepers, the game encourages more touches on the ball and greater involvement from every player. It uses a larger, lighter, and safer ball and can be played on any surface.

Safety Guidance:

While not compulsory, England Hockey strongly recommends the following protective equipment:

- Shin guards
- Gum shields (especially at Level 2)