

RULES OF HOCKEY

Hockey or "field hockey" as it is also known (to differentiate it from ice hockey) is an 11-a-side game played on a pitch 100 yards by 60 yards (91.4 metres x 55 metres) with a ball which has a 23cm circumference. Each player has a stick with a rounded head to play the ball with the ultimate aim of scoring goals by putting the ball in the other team's goal.

The rules of hockey are very similar to the rules of football except that players must use sticks instead of their feet to play the ball. There are 11 players on a team made up of a Goalkeeper, Defenders, Midfielders and Attackers. The only player on the field who is allowed to use their feet and hands as well as their stick is the goalkeeper.

TERMINOLOGY

Player

One of the participants in a team.

Team

A team consists of a maximum of sixteen persons composed of a maximum of eleven players on the field and up to five substitutes.

Field Player

One of the participants on the field other than the goalkeeper.

Goalkeeper

One of the participants of each team on the field who wears full protective equipment comprising at least headgear, leg guards and kickers and who is also permitted to wear goalkeeping hand protectors and other protective equipment.

Field Player with Goalkeeping Privileges

One of the participants on the field who does not wear full protective equipment but who has goalkeeping privileges ; this player wears a different colour shirt to their other team members as identification.

Attack (Attacker)

The team (player) which (who) is trying to score a goal.

Defence (Defender)

The team (player) which (who) is trying to prevent a goal being scored.

Back-line

The shorter (55 metres) perimeter line.

Goal-line

The back-line between the goal-posts.

Side-line

The longer (91.40 metres) perimeter line.

Circle

The area enclosed by and including the two quarter circles and the lines joining them at each end of the field opposite the centre of the back-lines.

23 metres area

The area enclosed by and including the line across the field 22.90 metres from each back-line, the relevant part of the side-lines, and the back-line.

Playing the ball : field player

Stopping, deflecting or moving the ball with the stick.

Shot at goal

The action of an attacker attempting to score by playing the ball towards the goal from within the circle.

The ball may miss the goal but the action is still a “ shot at goal ” if the player’s intention is to score with a shot directed towards the goal.

Hit

Striking the ball using a swinging movement of the stick towards the ball.

Push

Moving the ball along the ground using a pushing movement of the stick after the stick has been placed close to the ball.

When a push is made, both the ball and the head of the stick are in contact with the ground.

Flick

Pushing the ball so that it is raised off the ground.

Scoop

Raising the ball off the ground by placing the head of the stick under the ball and using a lifting movement.

Forehand

Playing a ball which is to the right of the player in a forwards direction.

Playing distance

The distance within which a player is capable of reaching the ball to play it.

Tackle

An action to stop an opponent retaining possession of the ball.

Offence

An action contrary to the Rules which may be penalised by an umpire.

Draw a Field of play (1 cm = 10 yards) 1 yard = 0.914 m

1. The field of play is rectangular, 91.40 metres (_____yards) long and 55.00 metres (_____yards) wide.
2. Side-lines mark the longer perimeters of the field ; backlines mark the shorter perimeters of the field.
3. The goal-lines are the parts of the back-lines between the goal-posts.
4. A centre-line is marked across the middle of the field.
5. Lines known as 23 metres lines are marked across the field 22.90 metres (_____yards) from each back-line.
6. Areas referred to as the circles (radius = 14.6 m) (_____yards) are marked inside the field around the goals and opposite the centres of the backlines.
7. Penalty spots 150 mm in diameter are marked in front of the centre of each goal with the centre of each spot 6.40 metres (_____yards) from the inner edge of the goal-line.
8. All lines are 75 mm wide and are part of the field of play.
9. Flag-posts between 1.20 and 1.50 metres in height are placed at each corner of the field.
10. Goals are positioned outside the field of play at the centre of and touching each back-line.
11. Goals dimensions are 3.6 m (_____yards) in width and 2.1 m (_____yards) in height.

Site utile

http://www.sportspectator.com/fancentral/field_hockey/guide05.html#obstruction

Videos

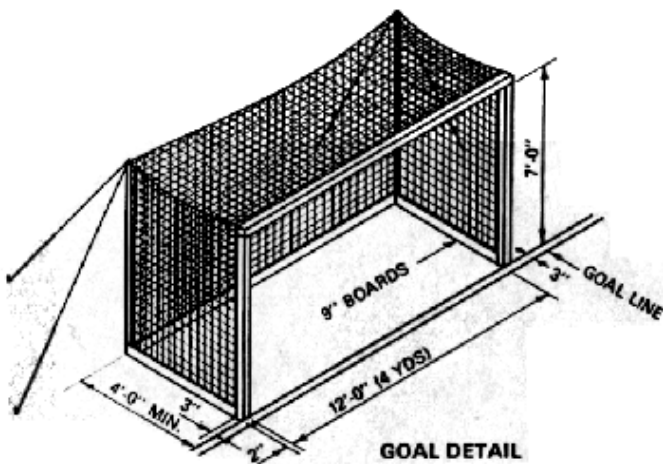
<http://www.youtube.com/watch?v=wqGumHoOuzg>

Female

<http://www.youtube.com/watch?v=FeWZkO6kzIO>

Advices

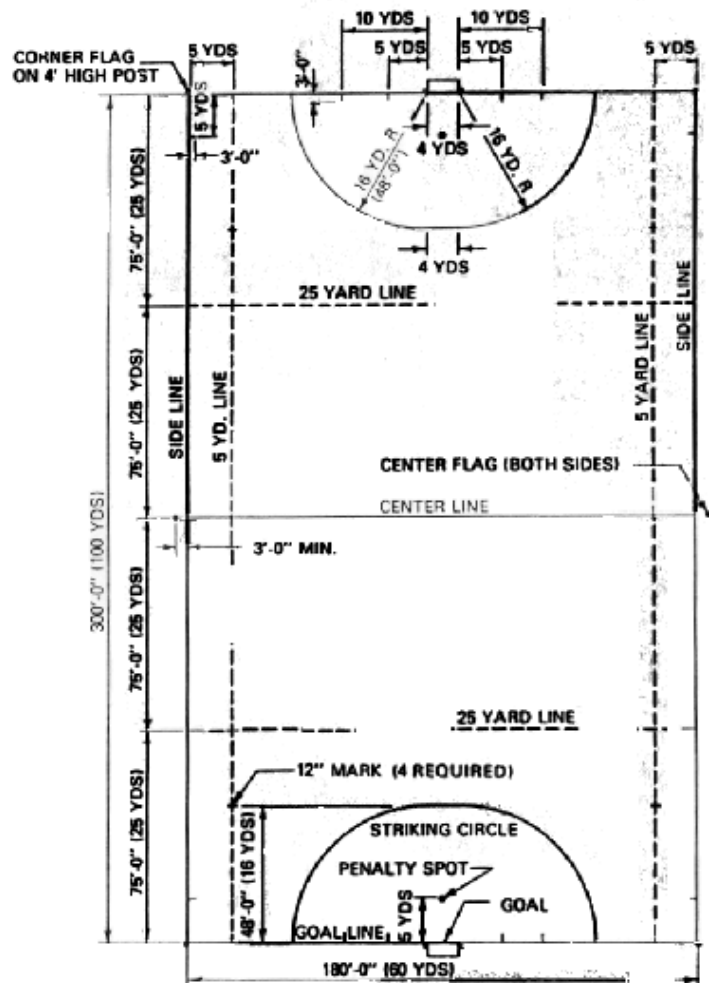
- 1 : <http://www.youtube.com/watch?v=fKVvkbe1W1Q> defending (3'30)
- 2 : https://www.youtube.com/watch?v=U_KCr5FMdOQ push, hit, drive (4'45)
- 3 : <https://www.youtube.com/watch?v=XEtPqpd95nM> dribling, push (2'50)
- 4 : <https://www.youtube.com/watch?v=NPnrKxFwInc> basics of hockey (2'30)



NOTES: 1

All measurements shall be made from the inside edge of lines marking boundaries.

Solid and broken lines shall be white, 3" wide and marked with a non-toxic material which is not injurious to the eyes or skin.



FIELD LAYOUT

