

HOCKEY



History

- One of the oldest of competitive pastimes, the sport of field hockey dates back well before the Ancient Olympic Games.
- 4,000-year-old drawings found in the tomb at Beni-Hasen in the Nile Valley of Egypt depicted men playing the sport.
- Variations of the game were played by a spectrum of cultures ranging from Greeks and Romans to Ethiopians and Aztecs.
- The modern game of field hockey evolved in England in the mid-nineteenth century.
- The first men's hockey club, Blackheath, was formed in 1849, and led to the establishment of the Hockey Association in London in 1886.
- The British army introduced the game to India and throughout the British colonies, leading to the first international competition in 1895.
- Hockey first appeared on the Olympic program at the 1908 London Games and again in 1920 at Antwerp.
- By 1887, the first women's hockey club appeared in East Mosley, England, and was quickly followed by the creation of the All England Women's Hockey Association in 1889.
- The sport spread across the Atlantic in 1901 when English Physical Education instructor Constance Applebee introduced the sport to the U.S. while attending a seminar at Harvard.
- Appalled at the parlor games passing for exercise among young American women, Applebee borrowed some sticks and a ball and staged the first hockey exhibition in the United States behind the Harvard gymnasium.
- By the early 1920s, several colleges and clubs sponsored field hockey teams for women.
- In April of 1993, the FHAA and the USFHA, at the urging of the United States Olympic Committee, merged to form one national governing body for both women's

and men's field hockey.

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Hockey Equipment:

Stick

- The stick consists of a straight handle with a curved head.
- The lower part of the stick's left-hand side (playing side) is smooth and flat.
- The back of the stick (right-hand side or non-playing side) is smooth and rounded for the entire length of the stick.
- The stick is made of hardwood and is 36 to 38 inches long. ~ Only the flat side of the stick may be used to strike the ball.

The Ball

- The ball is slightly larger than a baseball and weighs between 5 1/2 ounces and 5 3/4 ounces with a circumference of 8¹³/16 inches to 9¹/4 inches.
- Usually white in color, other colors may also be used.

Goal Cages

- Goal cages are 7 feet (2.14 meters) high, 12 feet (3.66 meters) wide, and 4 feet (1.22 meters) deep.
- Boards on the back and side of the cages are 18 inches high.

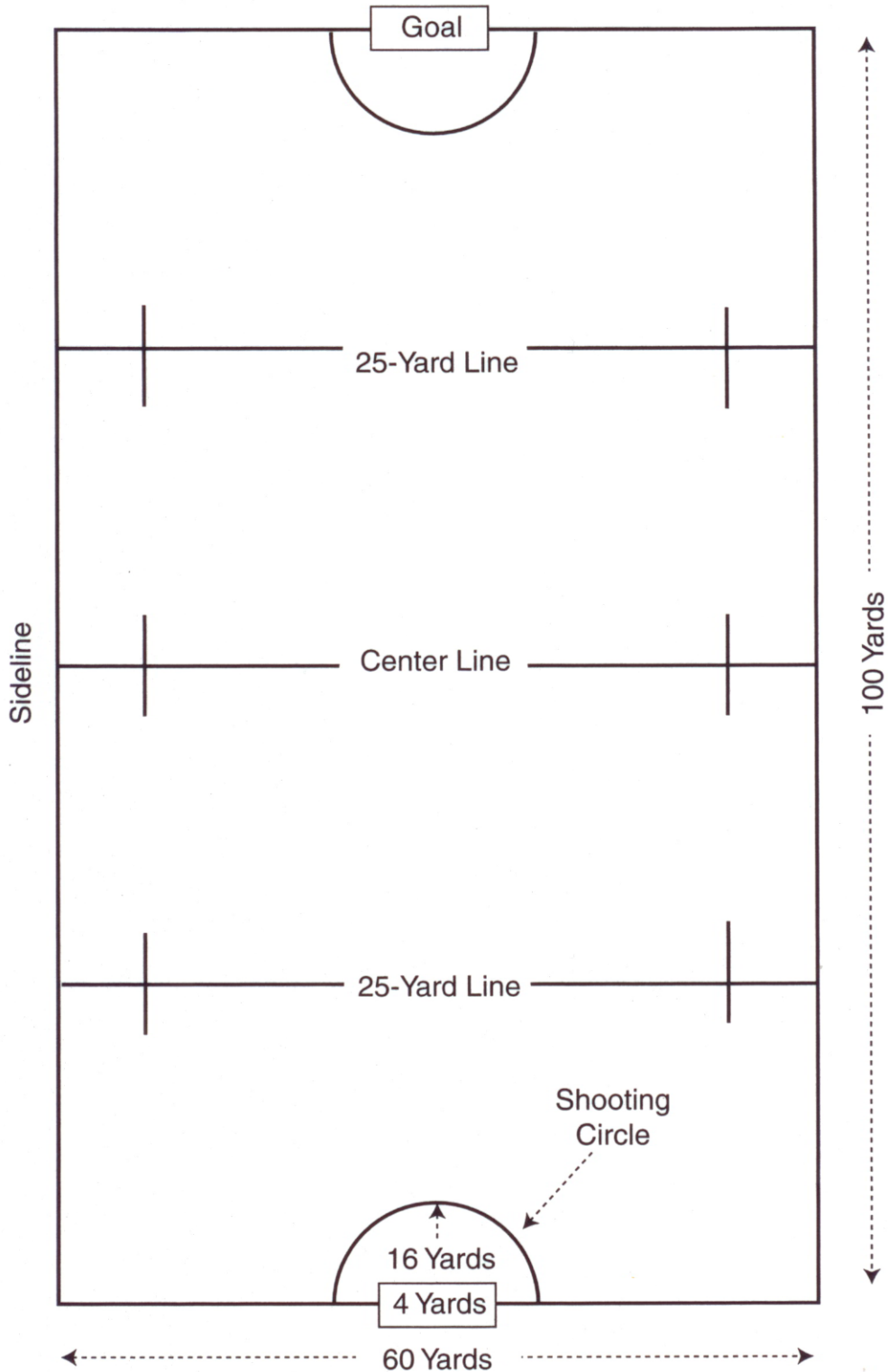
Goalkeeper's Equipment

- Protective headgear includes a full helmet with full-face protection.
- Leg pads not to exceed 12 inches wide and hand protectors not to exceed 9 inches wide and 14 inches long.

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Field/Floor Hockey Field

The playing field (pitch) is 100 yards by 60 yards (91.40 meters by 55.0 meters), divided by a center line and a 25-yard line on each half of the field. The striking circle is a semicircle measured out 16 yards from each goal post.



Hockey Rules:

Games:

- The game consists of two halves, 35 minutes each in collegiate and international play, 30 minutes each in high school play.
- Eleven players per side, including the goalkeeper.
- Two umpires on the field officiate the match.
- A goal is scored when an attacker strikes the ball into the goal from within the striking circle.
- Players may not shield the ball using their body or stick.
- All players must have an equal chance to play the ball.
- Using sticks that are flat on one side and curved on the other, teams hit and dribble a solid ball down the field using the flat side of the stick and try to shoot it past a goalkeeper into a goal cage.
- Shots may only be taken from within the striking circle.

Extra Time/Overtime:

- In **International** play for classification rounds or games that require a winner to advance to the next round, overtime of two 7½-minute periods is played if the score is tied after regulation. The game is ended when one team scores a goal. If the score remains tied after overtime, penalty strokes may be used to determine the winner. In penalty-stroke competition, each team selects five players to take alternating penalty strokes against the opposing goalkeeper.
- In **High School Federation** play, if the score is tied after regulation time has expired, an overtime period of two 1½-minute halves is played with each team reducing the number of players to seven per side. If the score remains tied after overtime, penalty strokes may be used to determine the winner. In penalty-stroke competition, each team selects five players to take alternating penalty strokes against the opposing goalkeeper.
- Use the foot or leg to support the stick in order to resist an opponent.
- Raise the stick in a dangerous or intimidating manner while approaching or attempting to play or stop the ball.
- Advance the ball by any means other than with the stick.
- Stop or deflect the ball in the air or on the ground with any part of the body.
- Hit, hook, hold, or interfere with an opponent's stick.

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Fouls:

A Player May Not:

- Shield or obstruct the ball from an opponent with the body or stick.
 - Play the ball with the rounded side of the stick.
 - Interfere in the game without a stick.
 - Charge, hit, shove, or trip an opponent.
 - Play the ball in a potentially dangerous way.

Free Hit:

- A free hit is awarded to the non-offending side following an infraction and is usually taken at the spot the foul occurs.
- No player of the opposing team may be within five yards of the ball when hit.
- Ball must be stationary and the striker must push or hit it.
- Hitter may not replay the ball until another player has touched it.
- If the infraction is committed by a defender within the shooting circle, the attacking team is awarded a penalty corner.

Penalty Corner:

- In a penalty corner, the ball is placed on the goal line at least 10 yards from the nearest goal post.
- One attacking player hits the ball to a teammate just outside the striking circle line.
- No shot on goal may be taken until the ball is stopped or comes to rest on the ground outside the circle.
- All attackers must be outside the circle before the hit is taken.
- On defense, a maximum of five defenders may be behind the goal line while the remaining defenders must be positioned beyond the center line.
- The attacking player taking the free hit passes the ball to her teammates positioned outside the striking circle.
- An offensive player will stop the ball with the stick while another player will strike the ball at the goal.
- A penalty corner is awarded for the following offenses:
 - Any breach of the rule by a defender within the circle that would have resulted in a free hit to the attacking team if the breach had occurred outside the circle.
 - Any intentional breach of the rule by the defenders outside the circle but within the 2S-yard line.
 - An intentional hit over the goal line by a defender from any part of the field.

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Penalty Stroke:

- A penalty stroke is a one-on-one confrontation between an offensive player seven yards in front of the goal versus a goalkeeper on the goal line.
- All other players must stand behind the 2S-yard line.

Games:

- The goalkeeper must stand with both feet on the goal line and may not move either foot until the ball has been played.
- The offensive player may push, flick, or scoop the ball from the penalty spot.
- A penalty stroke is awarded for any intentional breach by the defenders in the circle or for an unintentional breach by the defenders that prevents a sure goal.

16 Yard Hits:

- When the attacking team plays the ball over the back line, the defense receives a 16 yard hit.
- The free hit is taken 16 yards from the spot where the ball crossed the back line.

Push in or Hit in:

- A push-in or hit-in is awarded to the opposition if a player hits the ball wholly over the sideline.
- All other players and their sticks must be at least five yards away from the spot where the ball is put into play.

Offenses & Misconduct:

For rough or dangerous play, misconduct, or any intentional offense, the umpire may:

- Caution the offending player.
- Warn the offending player with a green card.
- Temporarily suspend the offending player for a minimum of 5 minutes with a yellow card.
- Permanently suspend the offending player with a red card.

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Terminology:

- A. **Bully**- A neutral restart to play following a stop in the action. The ball is placed on the ground between two players, one from each team. The players tap the ground with their sticks, then tap their sticks together three times before going for the ball.
- B. **Center Pass**- A pass back from the center of the field used to start the game or restart the action following a score.
- C. **Flick**- A pushed ball that is raised off the ground
- D. **Obstruction**- An infraction for shielding the ball from an opponent with a player's body or stick. All players must have an equal chance to gain control of the ball as it is dribbled or passed down the field.
- E. **Penalty Corner**- A free hit awarded to an offensive player from a point on the goal line at least 10 yards from the nearest goal post. One attacking player hits the ball to a teammate just outside the striking circle line. No shot on goal may be taken until the ball is stopped or comes to rest on the ground outside the circle. All attackers must be outside the circle before the hit is taken. A maximum of five defenders may be behind the goal line while the remaining defenders must be positioned beyond the center line.
- F. **Pitch**- The playing field. It is 100 yards by 60 yards, divided by a center line and a 25-yard line on each half of the field.
- G. **Push**- Moving the ball along the ground by a pushing movement of the stick. Both the head of the stick and the ball are in contact with the ground.
- H. **Scoop**- The lifting of the ball off the ground by placing the head of the stick under the ball and shoveling the ball forward
- I. **Striking Circle or "Circle"**- A semicircle measured 16 yards from each goal line from which all goals must be struck.