

FIELD HOCKEY RULES

There are 11 players on the field at one time. There are usually 5 forwards, 3 halfbacks, 2 fullbacks and 1 goalie. A team may choose to set up differently depending on the strengths and weaknesses of the players. A game consists of two halves of 30-35 minutes with a running clock. There is a 5-10 min. break between halves.

The Pass Back

It is used at the start of the games, to restart after half-time and after a goal is scored. All players must remain on their own half of the field until the ball has been passed to a player on the team that has possession of the ball.

Bully

An onside bully can be used when fouls are committed by opposing teams at the same time.

Goal

When the whole ball enters the goal after it was shot or touched by an attacking player in the striking circle.

Fouls

1. Sticks: A player may not raise the stick above the shoulder.
2. Using the round side of the stick
3. Interference with opponent's stick (hooking, hitting it away from ball)
4. Advancing: using any part of the body to move the ball or using any part of the body except the hand to stop the ball
5. Offside: when a player is ahead of the ball on opponent's side of the field with fewer than two opponents between him and the goal line.
6. Obstruction: placing any part of the body on stick, ball or opponent who is trying to play the ball

7. Dangerous play
8. Unnecessary roughness

Penalties

1. FREE HIT: -used when foul occurs between 16 yd. lines
-ball is placed where infraction occurred
-opponent given opportunity to pass to teammate.
-all players must be 5 m. away.
2. DEFENSE HIT: -used when attacking team commits a foul in
opponent's circle
-ball is placed anywhere within the circle or
within 16 m. of goal line parallel to where
the infraction occurred
3. 16 M. HIT: -used when attacking team commits a foul outside
of circle but within 16 yd. line
-ball is placed up to 16 m. from goal line
parallel to where the infraction occurred and then
played as a free hit.
4. PENALTY CORNER: -used when defending team commits a foul in
its own circle
5. CORNER: -used when defending team unintentionally sends ball
over endline
-same as a penalty corner but the ball is placed 5 m
from sideline
6. PUSH-IN: -used when ball goes out of bounds over sidelines
-ball is placed on line where it went out. Member
of opposing team uses a drive or a push pass to
put the ball in play. All players are 5 m. away.
7. PENALTY STROKE: -used when deliberate foul is committed to
prevent goal from scoring
-ball is placed on penalty mark. Attacking team
member flicks ball at goal after hearing whistle.

-Goalie stands behind goal line at cage and may not move until ball is played. All others must be behind the 50 yd. line.