



What is Field Hockey??

- Field Hockey is a popular sport for men and women in many countries around the world. It is the oldest known stick and ball game. It is a game in which players pass the ball down the field and attempt to score by putting the ball in a goal. Each team consists of eleven players: five forwards, three halfbacks, two fullbacks, and a goalkeeper. Each player uses a curved stick to advance a ball towards the opponent's goal.
- The objective of the game is to score more goals than the other team.

EQUIPMENT

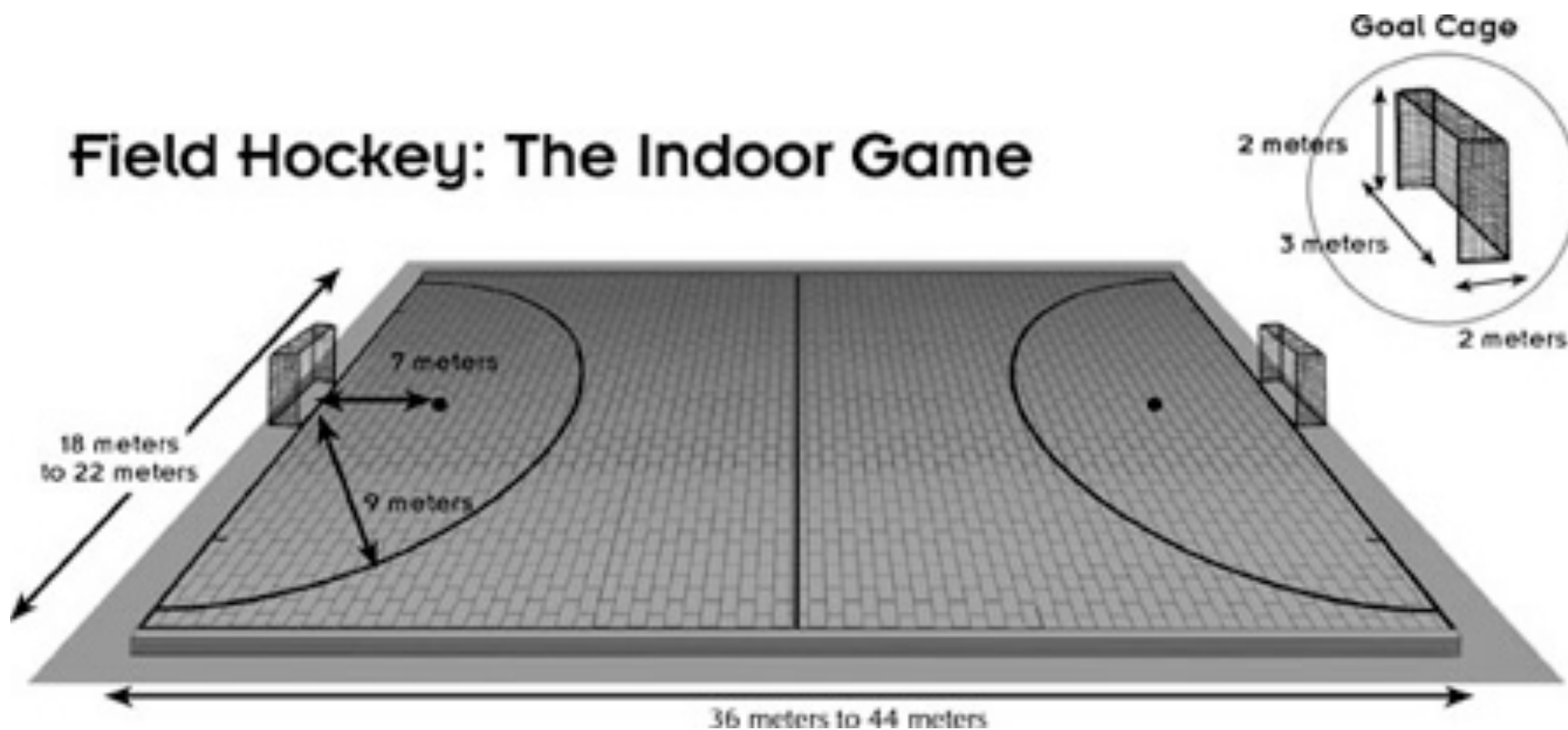


- Hockey Stick
- Goal Cage
- Hockey Ball
- Goalie Equipment
- Shin Guards
- Mouth piece
- Shoes



- **Field Hockey can be played both indoor or outdoor.**
- **Field hockey is usually played indoors in the winter.**

Field Hockey: The Indoor Game



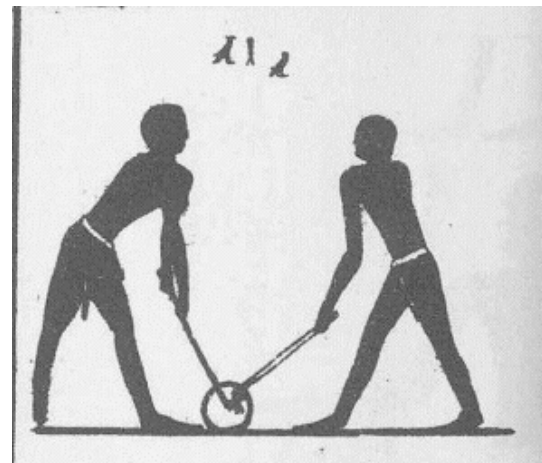
History

The history of field hockey dates back to the Egyptians, Greeks, Persians, Romans, and Arabs, where stick and ball games were first invented to play a game similar to hockey.

A similar sport called Hurling started during the 1st millennium BC in Ireland.

Men's field hockey was first played as an Olympic Game in 1908.

Women started playing field hockey in the Olympic Games in 1980's.



Facts About Field Hockey



1. Field Hockey is the oldest known stick and ball game.
2. In the U.S., only 10% of the field hockey players are men.
3. A field hockey match is officiated by two umpires.
4. Field Hockey has several regular, international tournaments for men and women including the Olympic Games, the quadrennial World Cups, and the annual Champions Trophies.
5. Field Hockey is played indoors during the winter months but it differs from outdoor field hockey.

Field Hockey

- What are some good web sites???



<http://www.fieldhockeystuff.com>

<http://www.planetfieldhockey.com>

<http://www.usfieldhockey.com>

<http://home.earthlink.net/~fishplumi/fieldhockey>

<http://www.fh1fieldhockey.com>

[http://www.hometeamonline.com/
htosportsteam/default.asp?](http://www.hometeamonline.com/htosportsteam/default.asp?)

<http://www.mantishockey.com/store/>

[http://www.chiff.com/recreation/sports/field-
hockey.htm](http://www.chiff.com/recreation/sports/field-hockey.htm)

<http://www.fieldhockeytraining.com>

Field Hockey is fun for any one who plays it.



Terminology For Field Hockey

Advancing- Foul committed when the ball rebounds from a player's body.

Center pass- Technique used to start a game at the beginning or at halftime and to restart play after a goal.

Covering- A back-up defensive position used to support a teammate who is beaten or to pick up a free player moving into attack position.

Defense hit- Term used to denote how play is resumed when the attacking team hits the ball over the end line or commits a foul within the attacking 16 yard area. The ball is placed 16 yards from the end line opposite the spot where it left the field or the foul was committed.

Dodge- Play used to evade an opponent while maintaining control of the ball.

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Foul- Infringement of rules. Penalty may be a free hit, penalty corner, or penalty stroke.

Free Hit- A method used to restart play following certain infringement of rules. It is taken by a player on the team fouled against.

Hit- A skill used to pass the ball that provides power and distance. This skill involves backswing into the ball.

Long hit- A method used to restart play after the ball is hit unintentionally over the end line by the defending team.

Marking- Guarding an opponent without the ball, which is performed with ball side-goal side defensive positioning.

Non-stick side- A player's left side, which is not easily defended by the stick.

Obstruction- A foul made by placing the body between the opponent and the ball so as to interfere with the opponent's effort to play or reach the ball.

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Penalty corner- The play awarded to the attack team for a foul by the defense inside the circle when the defense intentionally hits the ball the end line.

Penalty stroke- A shot awarded to the attacking team when a defensive player commits a foul to protect a sure goal or flagrantly fouls the opponent in a circle.

Push back- Technique used to start a game at the beginning or at half time and to restart play after the goal.

Reverse stick- Turning the stick over to play a ball to the left.

Stick side- A player's right side, where the stick can easily be extended to play the ball.

Tackle- A skill used to dislodge the ball from an opponent.

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Dribble- A skill used to move the ball on the field while maintaining constant control.

Fielding- Controlling an approaching ball before it is passed or played.

Flick- A skill that causes the ball to lift off the ground in a controlled fashion. Useful for shooting, lifting the ball over an opponent's stick, and in penalty strokes.

Field Hockey Glossary

Artificial Turf: Artificial turf was first used for Olympic field hockey at the 1976 Games in Montreal. Today all international matches are played on a synthetic surface.

Ball: Made of solid plastic, weighing between 5 1/2 ounces and 5 3/4 ounces with a circumference of 8 13/16 inches to 9 1/4 inches. Usually white in color, other colors may be used as agreed.

Bully: A neutral re-start to play following a stop in the action, much like a face-off in ice hockey. The ball is placed on the ground between two players, one from each team. The players alternate taps to the ground with taps to the flat side of their opponent's stick, three times, before going for the ball.

Centre pass: A pass from the center of the field used to start the game or restart the action following halftime or a score.

The "D": Slang for the striking circle. The D-shaped area formed by the 16-yard semicircle line of the striking circle joining the goal line.

Dangerous Play: Any action that could result in danger or injury to the player or another player. Dangerous play could include a raised ball, an illegal tackle or playing the ball while lying on the ground.

Flick: A pushed ball that is raised off the ground.

Hit: Moving the ball following a swinging movement of the stick.

Misconduct: Offenses such as rough or dangerous play, intentional offenses, time-wasting or any bad behaviour. In addition to any penalty, umpires may issue warnings (Green Card) or suspension (Yellow or Red Card) for misconduct.

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.

Penalty Corner: A free hit awarded to an offensive player from a point on the goal line 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 come 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.

Pitch: The playing field. 100 yards by 60 yards, divided by a center line and a 25-yard line of each half of the field.

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.

Scoop: The lifting of the ball off the ground by placing the head of the stick under the ball and shoveling the ball forward.

Striking Circle: or "circle". A semicircle measured out 16 yards from each goal line. All goals must be struck from within this circle.

Time-wasting: Any action or non-action which prevents play from continuing or commencing within a reasonable time.

Watered-Down: The soaking of the artificial surface in all international matches. A wet turf "holds" the ball to the ground better than dry turf and it is better for the health of the athletes.

Constance M. K. Applebee

Born: 24 February 1873, Chigwell, Essex

Died: 26 January 1981, Burley, England

Education:

* British College of Physical Education, London

Occupation: Coach, physical education director, instructor.

* **Honors**

Distinguished Service Award, AAPHER

Association of Intercollegiate Athletics for Women (AIAW) Award of Merit

College of William & Mary Hall of Fame

Honorary Life Member, All-England Women's Hockey Association

Career Highlights

- 1901 -----Introduced the sport of field hockey to the United States during a physical education seminar at Harvard
- 1904-1929-----Named Director of Outdoor Sports, Bryn Mawr (Pa.) College. Served as the annual visiting coach and in other capacities before retiring "for the last time" 1971 at the age of 97.
- 1906 -----Appointed physical education director, Bryn Mawr College
- 1908 -----Formed Bryn Mawr's health department
- 1922 -----Helped found the United States Field Hockey Association
Produced and Edited "The Sportswoman" Magazine
- 1923 -----Opened Tegawitha Hockey Camp, Mt. Pocono, Pa.
- 1939-1946-----During World War II, raised funds for ambulances. Four ambulances shipped to England bore the inscription "Donated by the Women Hockey Players of the USA" on the doors.

Basic Field Hockey Rules

Using sticks that are flat on one side and curved on the other, two teams hit and dribble a solid plastic ball down the field and try to shoot it past a goalkeeper into a goal cage. Goals can only be scored when a shot is taken from within the striking circle; a semicircle extending 16 yards from the goal.

The team with the most goals at the end of the game is declared the winner.

The Game

Two Halves, 35 minutes each in collegiate and international play, 30 minutes in high school play

11 players per side, including the goalkeeper

the back and side of the cages are 18 inches high.

Two umpires on the field officiate the match. An additional umpire may sit at the scorer's table.

The ball must be passed or dribbled down the field with the flat side of the stick.

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.

The Equipment

The Field

The field, or pitch, is 100 yards long and 60 yards wide (91.40m x 55.0m) divided by a center line and a 25-yard line on each side of the field. A striking circle is marked 16 yards (14.63m) out from each goal post. Although the game is often played on grass, all official international matches are played on watered down artificial turf.

The Stick

The stick has a curved head, is rounded on one side and is flat on the left-hand side. The ball can only be touched with the flat side of the stick. The stick is made of hardwood with a minimum weight of 12 ounces and maximum weight of 28 ounces.

The Ball

The ball, slightly larger than a baseball, weighs between 5 1/2 ounces and 5 3/4 ounces with a circumference of 8 13/16 inches to 9 1/4 inches. The hardwood sticks are 36-38 inches long. Players may strike the ball only with the flat side of the stick.

The Goals

Goal cages are 7 feet (2.14m) high, 12 feet (3.66m) wide and 4 feet (1.22m) deep. Boards on

Extra Time/Overtime

In international play, in classification rounds or games that require a winner to advance to the next round, if the score is tied after regulation, extra time of two, 7 1/2 minute periods is played. 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, 10-minute halves is played with each team reducing the number of players to 7 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.

Fouls

A player may not

Shield or obstruct the ball from an opponent with the 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.

- * 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.
- * 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, 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 opponents stick

Free Hit

- * A free hit is awarded to the non-offending side following an infraction and are usually taken at the spot the foul occurs.
- * No player of the opposing team may be within 5 yards of the ball when hit.
- * The ball must be stationary and the striker must push or hit it. The 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. A goal cannot be scored until the ball has traveled outside the circle. A shot on goal may be attempted once the ball is played back into 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.
- * if the first shot at goal is a hit (as opposed to a push, flick or scoop), the ball must cross the goal-line, at a height of not more than 460 mm (18 inches - the height of the backboard) before any deflection, for a goal to be scored.
- * 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 25-yard line;
 - * An intentional hit over the goal line by a defender from any part of the field. A penalty stroke is one-on-one, offensive player seven yards in front of the goal vs. goalkeeper on the goal line, with all other players beyond the 25-yard line.
 - * A penalty stroke is awarded for any intentional breach by the defenders in the circle or for an unintentional breach by the defenders which prevents a sure goal.

Penalty Stroke

* A penalty stroke is a one-on-one confrontation between an offensive player seven yards in front of the goal vs. a goalkeeper on the goal line. All other players must stand behind the 25 yard line. 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 which prevents a sure goal.

16-Yard Hits

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

The Push-In/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 a least 5 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



The End