



WEST VANCOUVER FIELD HOCKEY CLUB

Home of North Shore Field Hockey

UMPIRING CLINIC
CLUB RULES

GEOFF MATTHEWS | WEST VANCOUVER | MARCH 2023

Welcome

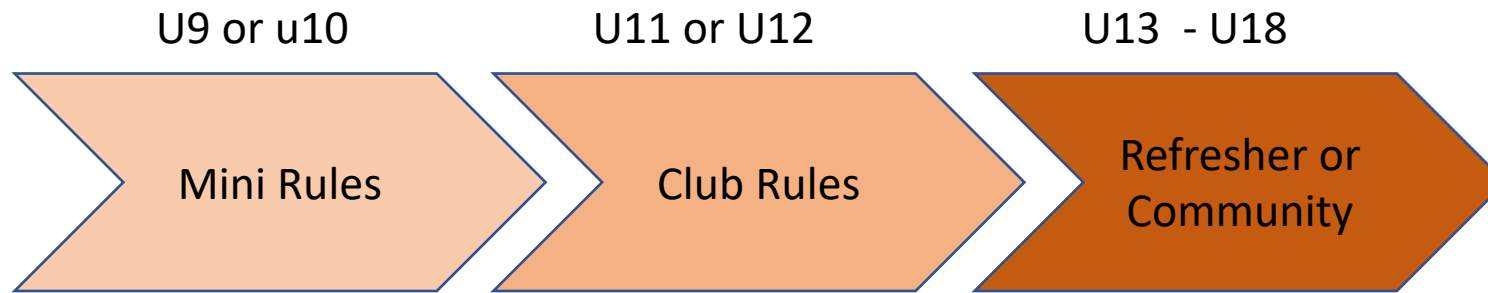


- ✓ Introductions
- ✓ Payments and scheduling
- ✓ Field sizes
- ✓ Rules & Hand signals

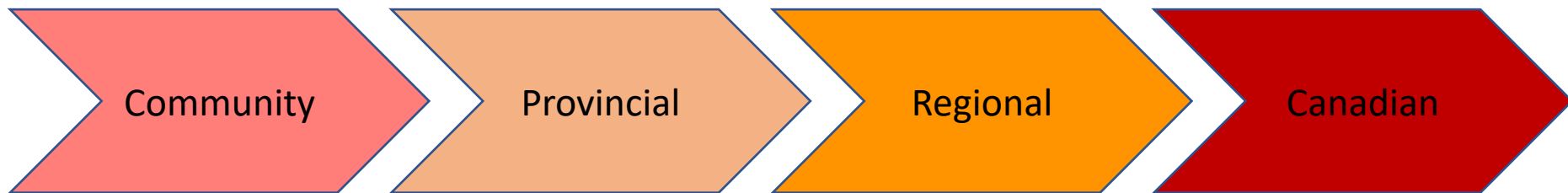
Umpiring Pathway



WVFHC Umpiring Pathway – Spring League



Field Hockey Canada Umpiring Pathway



Umpiring Mentors



One of the most important things to have as an umpire is a mentor.

WVFC has senior umpires who can help beginner umpires by coming out to their first games and coaching them to get them started. Take advantage of your mentor and ask him or her questions – having a mentor is more valuable than any rule book ever will be.

Getting scheduled



Using Assigner – You or your parent will receive an email

assignr.com | West Vancouver FHC

Geoff Matthews (gmatthews)

Home

Games

People

Availability

Searches

Messages

Reports

Videos

Registration

Maintenance

Home

All Games

Mar 29 – Apr 4, 2020

today < > day week list month

Help: Let's Get Started!

Saturday, April 4

Assign Games...

9:00am - 9:59am	● Ambleside E / U9
10:00am - 10:59am	● Ambleside E / U9
11:00am - 11:59am	● Ambleside E / U9

Payments



WVFC is committed to improving the number and quality of technical officials at the club. The current payscale has two opportunities for umpires to increase their game rate of pay.

All umpires (Mini rules, Club rules & Community umpires) are required to attend ONE MANDATORY clinic. To receive the "Education Incentive" bonus, umpires will need to attend a 2nd clinic. This 2nd clinic will ensure there is an adequate understanding of the theory required to be a successful umpire and to give umpires the opportunity to get feedback from experienced mentors.

We value committed umpires who want to improve. All umpires who umpire 5 games or more will receive a "Commitment Incentive" bonus.

We also encourage all umpires to get assessed by a Mentor. This assessment will give you real-time feedback and will help with decision-making and positional play.

Once a bonus incentive has been activated, you will receive back-pay on your previous games.

2023/24 Payments



UMPIRE PAY SCALES

Umpire Rating	2023 Basic Rate	Commitment Incentives (>8 games)
Mini Rules	\$12.50	\$1.50
Club Rules	\$17.50	\$1.50
Community Un-rated	\$17.50	\$1.50
Community Rated	\$23.50	\$1.50
Provincial	\$26.50	\$1.50
Regional	\$31.50	\$1.50
Canadian	\$36.50	\$1.50

Payments



WVFC will pay umpires directly at 2 points during Spring League (approximately once a month). Cheques will be issued and mailed to each umpire. Any umpire earning over \$500 in one year will receive a T4 from WVFC.

- Payment of each umpire will be based on the weekly umpire schedules that are issued by the Umpire Schedulers.
- The Umpire scheduler issues a weekly schedule assigning umpires to games. This will be posted on wvfhc.com and circulated to all umpires

Each week, it is the responsibility of **every umpire** to:

- Check the weekly schedule and make sure they are aware which games they have been assigned
- Ensure that they are umpiring the right game at the field
- Notify WVFC if they are unable to make a game as soon as possible – this should be done by the US
- Email wvumpires@wvfhc.com if there are any changes or substitutions to the posted schedule

Contact information



Geoff Matthews – geoff@wvfhc.com

Umpire Coordinator – wvumpires@wvfhc.com



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INTRODUCTION TO UMPIRING BASIC RULES

GEOFF MATTHEWS | WEST VANCOUVER | MARCH 2022

What do you need to start umpiring?



Here is a list of some equipment you will need to do your job:

- Whistle
- Watch with a stop-watch feature
- Pen and paper for recording score and cardings
- A set of cards (green, yellow, and red)* (only for the older age groups)
- Coin for toss
- Appropriate footwear: running shoes or turf boots for artificial turf
- A shirt that is different in colour from both teams – WVFC supplies a light blue umpiring shirt that should not clash with any teams
- Current rulebook (this booklet will suffice for beginning umpires)



FIH

RULES
OF HOCKEY
2007-2008

World Hockey

The Field of Play

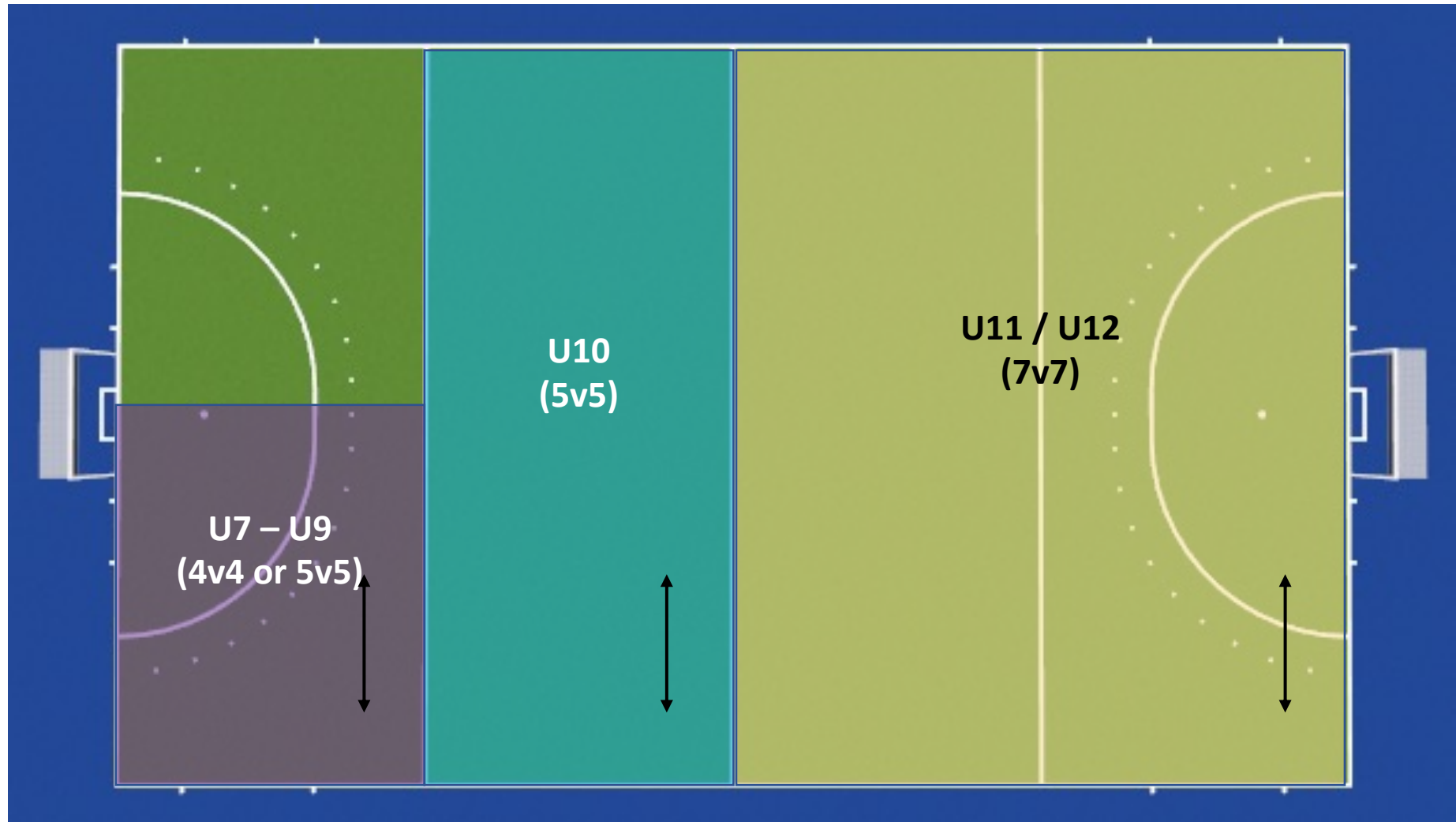


U13-U18 and adult field hockey uses the same basic playing field with a halfway line, 2x 23m lines, and 2 shooting circles.

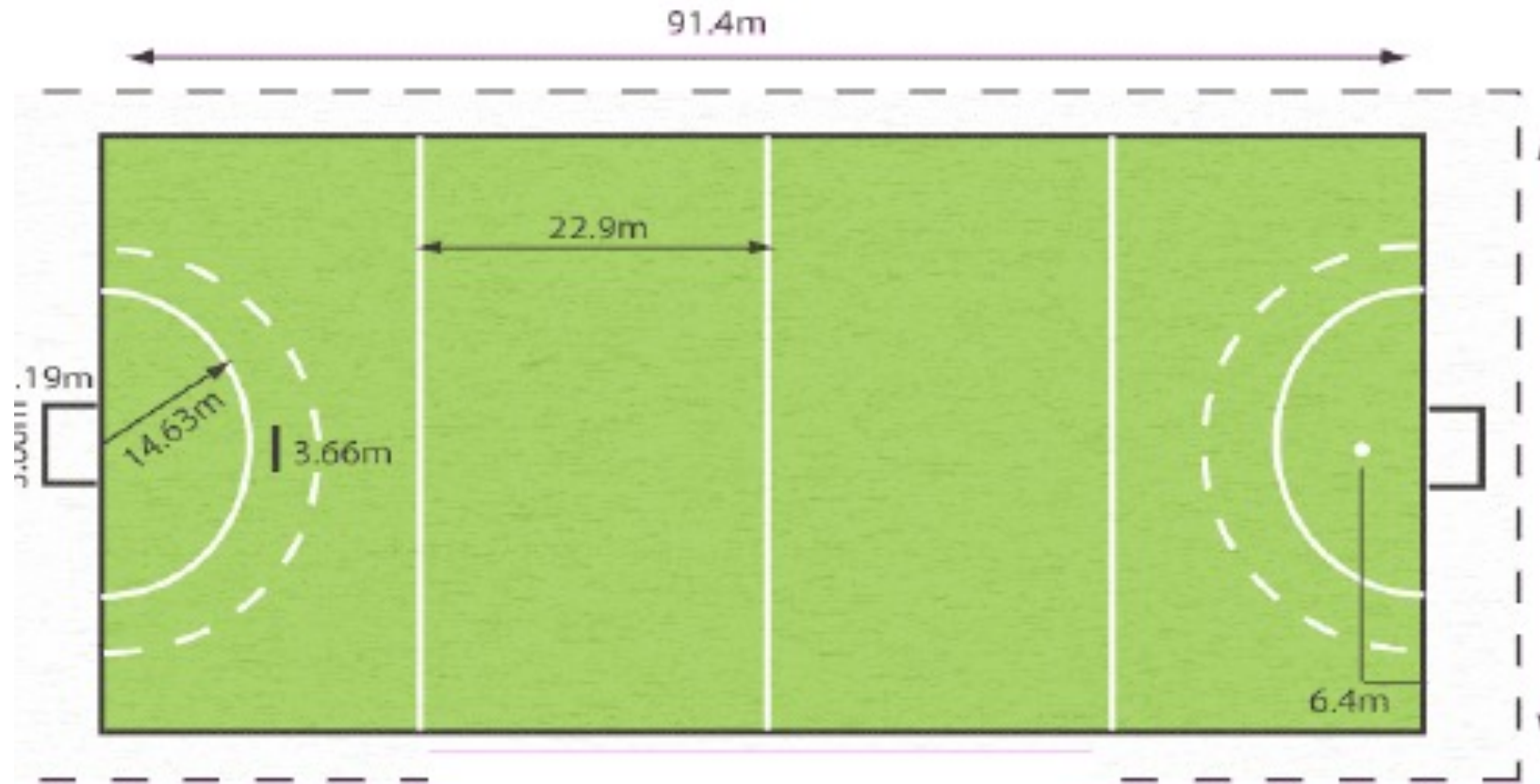
For U11 and U12 field hockey, this field format has been modified so that it fits into half of a normal playing field; the sidelines of a normal playing field become the end-lines of the modified U11-U12 field. Everything is the same, only smaller.

U9 & U10 play in 1/4 of the field (1 x 23m area), and U7 & U8's play in half of that size (1/8 of the field)

The Field of Play – Different sizes



The Field of Play – Full Field



Positioning for team umpiring

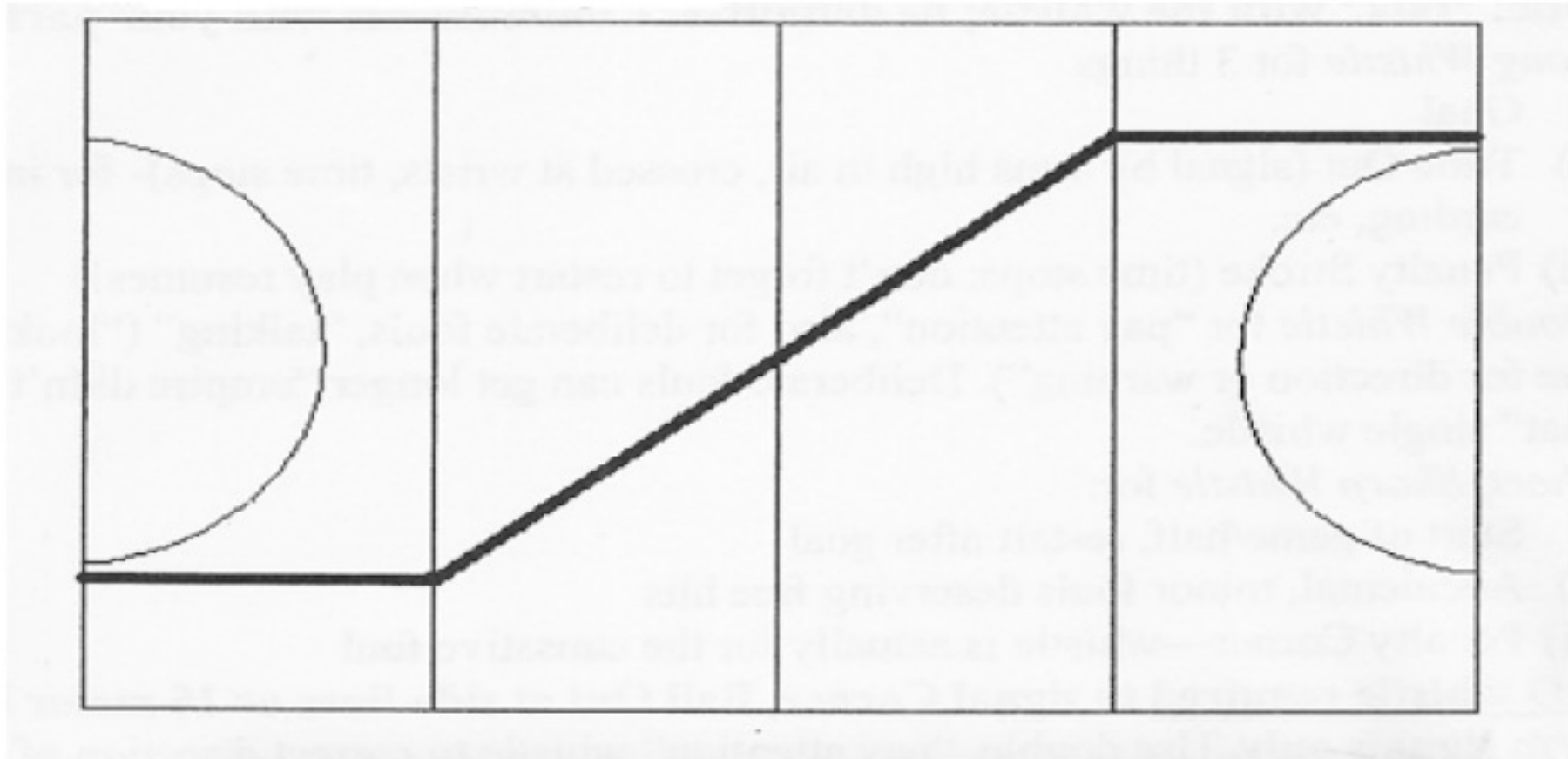


Good positioning is very important in umpiring. Being in a good position will help you see fouls and will allow you to anticipate the play. It will also allow you to help your other umpire out.

Basic Positioning

- Your “area of control” is your sideline and the goal on your **RIGHT**.
- Your partner takes the opposite side and works the same pattern to his/her right
- Umpire stay on the same sides after half-time – they do NOT switch ends
- Place yourself so you can see the ball, both teams and your partner.
- When play is in the middle of the field, stay closer to the sideline; when play is in the circle, be closer to the goal.
- Be ahead of and to the right of all play moving toward your circle. It is OK to trail when play is moving toward your partner's circle.
- Don't call in your partner's area unless unsighted.
- NEVER call in your partner's circle; doing so is disrespectful, and your partner likely has a much better view of what is going on in there than you do!
- Do not guess about fouls...if you can't see it, you cannot call it. The better your positioning, the more sure you will be!

Positioning for team umpiring



Work as a team



It's important to talk to your other umpire before each game, especially if you don't know them or have never umpired with them before. A pre-game talk is a good way to get more comfortable with your partner and to make sure you are on the same page.

Some things to discuss:

- What side of the field you will each take
- Who is keeping time
- How you interpret and call certain rules
- Whether you will be using advantage
- Whether either of you knows anything about the teams playing
- How much support do you want in your area of control
- Anything else you are unsure about....

Player equipment



- Mouth guards and shin guards are MANDATORY.
 - Goalkeepers MUST wear a protective helmet and different coloured jersey (the jersey should be worn over any chest and/or arm protection).
 - At U11 and U12, both teams must play with a goalkeeper; at U13 and higher, a goalkeeper is optional.
 - ALL players, including goalkeepers, must play with a stick in their hands at all times.
- **If you notice a player who is not using the mandatory equipment, please let the coach know that that player should not play until they are using that equipment.

How to use your whistle?



This is the primary way of communicating with the players.
Make sure your whistle is LOUD and CLEAR

There are several different ways to use your whistle:

Short whistle

- Start of game or half
- Accidental, minor fouls deserving free hits
- Penalty corner – the whistle is actually for the causative foul

Long whistle

- Goal has been scored
- Time out for injury, cards, etc.
- Penalty stroke
- Serious or deliberate fouls – a long whistle says “I didn't like that!” or “Don't do that again!”

How to use your whistle?



Double whistle

- For “pay attention” - used to direct the players' attention to you so you can give them verbal instructions

“Singing” whistle

- Ending the half or game

NO whistle for:

- Calling a long corner
- Calling a 15m hit
- Signaling a free hit from the side-lines if the ball has gone out of play

**** Use the tools in your belt!**

- Voice, body language, and whistle! ... and of course cards when you get into higher level games.

Signals



Arm and hand signals communicate to the players and to your other umpire what you have called. They should be big, clear, and confident. Try to make eye contact with your partner on all calls – the more you communicate, the easier it is to work together. Make sure to hold your whistle in your hand (not in your mouth or around your neck) to avoid making awkward signals.

Foot foul

- Touch your upturned foot

Back-stick

- Pat the back of your hand

Dangerous play

- Cross your right arm across your chest with your hand over your heart

Obstruction

- Crossed arms in front of your chest

Hacking/Stick Obstruction

- One hand chopping at the opposite forearm

Signals



Free hit

- Point arm in the direction the team taking the hit is attacking

15m hit

- Both arms stretched out at shoulder height (you look like the letter “T”)

Long Corner

- Point arm into the corner on the side the ball went off the end-line
- Then point to the 23m line where the long corner should be taken

Penalty corner

- Point with both hands to the goal

Penalty stroke

- Point your right hand to the stroke mark and your left straight in the air

Goal

- Point with both hands to the center line

Signals



Time out

- Wrists crossed above your head

Time in

- One hand straight in the air

5 meters

- Hand held out in front of you showing five fingers

Bully

- Hand starting 1m apart and coming up to meet each, repeated

Raised first shot on penalty corner

- Hands held horizontally in front of body, one up one down, about one meter apart

One/Two minutes remaining

- One or two fingers held high above your head – not necessary to signal

Rules of Hockey

The International Hockey Federation®
U.S. Field Hockey Association®

Umpires' Signals

<p>Time Start</p>  <p>Turn towards the other umpire with one arm straight up in the air.</p>	<p>Time Stopped</p>  <p>Turn towards the other umpire and cross fully-extended arms at the wrists above the head.</p>	<p>Time Left</p> <p>For two minutes, raise both hands straight up in the air with pointing index fingers. For one minute, raise one hand straight up in the air with pointing index fingers. Once a signal has been acknowledged no further signal is needed.</p> 	<p>Hit-In from the side-line</p>  <p>Indicate the direction with one arm raised horizontally; point downwards towards the side-line with the other arm.</p>	<p>Hit for behind the back-line (16-yard hit)</p>  <p>Extend both arms horizontally sideways.</p>
<p>Hit-in from the side-line (corner)</p>  <p>Point one arm at the corner flag nearer where the ball crossed the back-line.</p>	<p>Bully</p>  <p>Move the hands in front of the body alternately up and down with the palms facing each other.</p>	<p>Goal scored</p>  <p>Point both arms horizontally towards the center of the field.</p>	<p>Advantage</p>  <p>Extend an arm high from the shoulder in the direction in which the benefiting team is playing.</p>	<p>Dangerous play and/or bad temper</p>  <p>Stop play and make a calming movement by raising both hands horizontally palms downward, in front of the body, moving them slowly up and down; indicating the penalty if necessary.</p>
<p>Free hit</p>  <p>Indicate the direction with one arm raised horizontally and the open hand at face level.</p>	<p>Free hit progressed up to 10 meters</p>  <p>Raise one arm vertically with fist clenched.</p>	<p>5 meters distance</p>  <p>Extend one arm straight up in the air showing an open hand with all fingers extended.</p>	<p>Penalty Corner</p>  <p>Point both arms horizontally towards the goal.</p>	<p>Obstruction</p>  <p>Hold crossed forearms in front of the chest.</p>
<p>Obstruction (third party)</p>  <p>Alternately open and close crossed forearms in front of the chest.</p>	<p>Kicks</p>  <p>Slightly raise a leg and touch it near the foot or ankle with the hand.</p>	<p>Raised ball</p>  <p>Hold palms horizontally in front of the body, facing and approximately 150 mm from each other.</p>	<p>Penalty stroke</p>  <p>One arm points to the penalty spot, the other points straight in the air.</p>	

Duration of the games



U11-12 will be playing 15 min quarters this year

U13-U18 will be playing 17 min quarters

- 2 minute break in between quarter 1 & 2, and 3 & 4
- Half-time is 5 minutes; teams switch ends at the end of half-time.
- Time is running for everything during the half, including goals.
- Time is stopped for goalkeeper substitutions, injury, serious warnings and cards, penalty strokes, and extraordinary circumstances (eg: lost or broken ball)

Start of the game or half



- A coin is tossed at the beginning of the game - winner may choose to have first ball OR which end to defend; the loser gets the remaining option.
- The visiting or “away” team traditionally gets to call the coin toss.
- At the start of the second half, the team that did not get first ball gets the first hit.
- Play begins with a free hit from the center of the field once the umpire has started time.
- When the center pass is taken, players should be on their own side of the field, except for the player taking the hit, who may stand on either side.
- If a goal is scored, play restarts with a center pass just like at the start of the game.

Putting the ball into play



Remember that for all free hits the ball must be stationary to start . The only strokes that should be used at a free hit are a push or a hit. Flicks and scoops are allowed from a free hit as long as no danger occurs.

If the ball goes off the side-line, a free hit is awarded to the team that did not hit it off the field.

- No whistle
- The ball should be placed on the line close to where it went out.
- Remember that the line is part of the field, and if the ball goes directly off the field from the hit, it is the other team's ball. With very young players who are still learning, allow them to take the hit again.

Putting the ball into play



If the ball is hit off the end-line by an attacker, a 15m hit is awarded to the defense.

- No whistle
- The ball should be (but does not have to be) brought up in line with the top of the circle (i.e.: 15m from the end-line) and in line with where it went out.

If the ball is unintentionally hit off the end-line by a defender, a long corner hit is awarded to the attack.

- No whistle
- The ball should be placed on the 23m line where in line with where the ball crossed the baseline.
- All players should be 5m away from the ball as per the 23m area free hit rule
- DO NOT use the long-corner hash mark on the side of the field

Putting the ball into play



If a foul occurs in the field of play, a free hit is awarded to the team that did not commit the foul.

- Blow your whistle to stop play when a foul occurs.
- The ball should be placed as close as possible to where the foul occurred.

If a defender commits a foul inside the circle, or intentionally hits the ball off the baseline, a penalty corner is awarded to the attack.

- Blow your whistle to stop play when a foul occurs.
- Follow the procedure for setting up a penalty corner.

If an attacker commits a foul inside the circle, a free hit is awarded to the defense.

- If the defense elects to take the free hit from inside the circle, the defense can take the free hit anywhere inside the circle – but if taken just outside the D, then the free hit has to be taken inline with where the foul occurred

Putting the ball into play



- If the foul occurred within the 23m but below the 15m mark, the defense may move the ball up to the 15m mark, in line with where the foul occurred.
- The defense must be 5m from the player taking the hit on all free hits, including penalty corners
- **Deliberately refusing to give 5m is a foul; the umpire may choose to issue a green card**
- When a free hit is awarded to the attacking team inside the 23m, all players from both teams must be 5m from the player taking the hit. (Introduced: 2009)
- For attacking free hits within the 23m, the ball must not be hit directly into the circle

Putting the ball into play



- If the player taking the hit uses a “self-pass” or “auto-pass,” the ball must travel 5m before that player may play it into the circle, OR it may be passed to a teammate who may then play the ball into the circle.
- If a free hit is awarded to the attacking team within 5m from the edge of the shooting circle, the free hit must now be taken where the foul took place (New rule 2016).
- If the “self-pass” is being used, the “pass” and any subsequent hitting, pushing, dribbling etc. must be two separate movements: i.e. The player may not simply dribble the ball once the ball has been placed for a free hit.

Substitutions



Unlimited and can be carried out at any time, **EXCEPT** during a penalty corner.

- Substituting players may not go onto the field until the player they are replacing has left the field.
- Must take place at the center-line.
- Both teams should make substitutions from the same side of the field.
- For substitutions involving a fully-kitted goalkeeper, time must be stopped.

Scoring a goal



The ball must be touched by an attacker inside the shooting circle before it crosses the goal-line for a goal to be scored.

- If a defender hits the ball over the goal-line and an attacker has NOT touched the ball inside the circle, a long corner should be awarded.
- The whole ball must completely cross the goal-line for a goal to be awarded.

Bullies



Bullies are used to restart play after a “no fault” stoppage where no foul has occurred. This might occur if an incidental injury happens, or an event unrelated to the play requires the game to be stopped (ie: a dog runs onto the field and takes off with the ball). While most umpires try to avoid calling bullies, sometimes they are necessary.

- The ball is placed close to where it was when play stopped – if it was in one of the shooting circles, it must be taken outside the circle.
- The two players taking the bully line up on either side of the ball facing the sidelines, with their own goal on their right.
- Players start with their sticks on the ground.
- When the umpire blows the whistle to restart time, the players bring their sticks up to tap their opponent's stick once and then may attempt to play the ball.

Field Players



Field players are players who do not have goalkeeping privileges and do not wear any kind of goalkeeping equipment.

They may play anywhere on the field and may use only their stick to play the ball.

Each team may have 10 field players on the field at any time if they are playing with a goalkeeper or kicking back, or they may choose to play without a goalkeeper, in which case they may have 11 field players on the field.

In U11 and U12 games, teams play with only 8 field players and must have a goalie on the field.

Both U9 and U10 games will be played with 5 players per a side.

Goalkeepers



Goalkeepers in field hockey have equipment and privileges unique to their position. They must play with a helmet and a different coloured shirt, and may also use foot, leg, hand, and body protection. There are no more "kicking backs" allowed.

Goalkeepers are not allowed to leave their own 23m area, and they lose their goalkeeping privileges if they leave the shooting circle – outside the circle they are treated like a field player.

- Goalkeepers may use their stick and any part of their body or equipment to stop the ball.
- Goalkeepers may use only their feet, legs, or stick to propel the ball; they may propel the ball with any part of their body if it is part of a goal-saving action.
- Goalkeepers may stop or deflect the ball with their stick above the shoulder, unless dangerous.
- Unlike in ice hockey, field hockey goalkeepers may not cover or lie/sit on the ball. If this happens, award a penalty stroke; at younger levels, award a penalty corner and warn the goalkeeper.

Goalkeepers



- Sometimes the ball will be under the goalkeeper's body unintentionally, especially if they play on the ground a lot. If he/she is making a legitimate effort to get off of the ball, do not call a penalty stroke. If he/she is not able to get off the ball quickly, consider calling a penalty corner to avoid potential danger.
- If the goalie is attempting to get off the ball, and the attacking players are hitting it into him/her and thereby lodging it further underneath him/her, award a free hit to the defense; this is dangerous and unfair to the goalie.
- If the ball becomes lodged in the goalkeeper's equipment, it is an automatic penalty corner.
- If the goalkeeper kicks the ball so that it is raised into oncoming players, this is dangerous and should be penalized with a penalty corner.

Fouls



When a foul occurs, the umpire should blow their whistle and award the appropriate penalty depending on who has fouled and where. As you become a better, more experienced umpire, you can learn to apply advantage to allow the game to flow better

When calling fouls:

- Blow your whistle to stop play.
- Signal which foul you are calling (eg: obstruction, foot foul, etc.)
- Signal which teams is awarded the ball due to the foul (point in the direction of play)
- With younger players it is helpful to verbalize what you are calling, as most of them will not understand your arm signals; it may also be helpful for you so the thought process of recognizing a foul and awarding a penalty becomes more routine.
- Award the appropriate penalty.
- Depending on where the foul occurs and who commits it, it may be a free hit, penalty corner, or penalty stroke.

Fouls – Players may not...



Players may not do the following:

- Play without their stick in their hands (including goalkeepers)
- Play or stop the ball with the rounded side of the stick (ie: the “wrong side”)

Foul: Back-stick

- Play the ball with the forehand edge of the stick; the back-hand edge is OK.

Foul: Back-stick – explain to the player why the foul was awarded.

- Play or stop the ball with their feet.

Foul: Foot foul

- The ball hitting a player's foot is not automatically a foul unless it is intentional, or the player's team gains a clear benefit. Use your judgment and call sparingly.
- Use their sticks in a dangerous way or to impede another player.

Foul: Dangerous play

Fouls – Players may not...



- Touch, handle, or interfere with another player, their stick, or their clothing.

Foul: Dangerous play and/or obstruction

- Play the ball above shoulder height except that defenders are allowed to use their stick above shoulder height to stop or deflect a shot on goal.

Foul: Dangerous play

- Use their stick or body to prevent another player from attempting to play the ball.

Foul: Obstruction or third-party obstruction

- This can include backing into another player, intentionally shielding the ball, running in front of an opponent to prevent them from playing the ball (third-party obstruction), using a stick to hold an opponent's stick back to prevent them from playing the ball, etc.
- In order to be obstructed, the player must be within playing distance from the ball, and be attempting to play the ball. With younger players, only penalize this if it is intentional or the player's team gains a clear advantage.

Fouls – Players may not....



Play the ball in a way that is dangerous or that leads to danger.

Foul: Dangerous Play

- A ball raised into oncoming players is dangerous; if the ball is raised, but no players are around, it is not necessarily dangerous.
- Think danger, NOT height. A ball can be raised to head height and still not be dangerous.
- If a play makes you feel uncomfortable or causes a rush of fear and you think it might be dangerous, do not hesitate to call it. The safety of the players is very important!
- Stop, kick, propel, pick up, throw, or carry the ball with any part of their body.
- Self-defense with hands is permitted.
- A player's hands are considered part of the stick when they are holding the stick, so it is not a foul for the ball to hit their hands if they are holding the stick.
- Goalkeepers have special privileges.

Fouls - Players may not...



Players may under no circumstances:

- Intimidate or behave in an unsportsmanlike manner toward opponents, coaches, spectators, or officials.
- This includes using swear words directed at other people, making threats, or intentionally trying to injure someone, among other things.
- If players, coaches, or spectators are behaving in this manner, treat it very seriously. Use cards if you have them, and make sure to report it to your umpire coordinator (if it is directed at you) and/or the team's age group coordinator (if it is directed at opponents) after the game.
- If you ever feel uncomfortable while umpiring because of the actions of others, you have the right to stop the game and leave the field. You will not be penalized. Make sure you tell someone – nobody should be made to feel bad about umpiring, and we want this to be a positive experience for you!

Cards



Green card

- Warning card – tells all players on the field you do not want to see this behavior again.
- Temporary suspension of 2 minutes

Yellow card

- Temporary suspension – minimum of 5 minutes, more if the umpire deems it necessary.
- The suspended player should sit on with his or her team on the sidelines and the penalized team will play short.
- Awarded for VERY serious, intentional fouls, or for repeating a foul that has already been green-carded.

Red card

- Expulsion – a red-carded player must leave the field of play.
- Very, very rare – some umpires go their whole career without issuing a red card.

You will most likely only start to use cards in the older age groups



How to give a card



- Long whistle and stop time
- Call the offending player over
- Briefly explain to them why they are being carded
- Hold the appropriate card high above your head
- Make eye contact with your other umpire and signal to them the foul that you have carded

Cards should be a last resort in most cases. Usually a verbal warning will suffice – players will often respond to a verbal warning and the problem will be solved without having to use cards.

Penalty Corners



Penalty corners are awarded for unintentional fouls by defenders within their own shooting circle, or intentional fouls by defenders within their own 23m area (this will happen only very rarely, perhaps never, with younger players). Remember that there are no substitutions allowed once a penalty corner has been awarded until it is over.

Where are the players?

- The defending team may have 5 defenders (including the goalkeeper) behind the goal-line or end-line with the feet and sticks behind the line. If the team is playing without a goalkeeper, they have 5 field players back. They may not cross the end-line or goal-line until the ball has been played; if they do break early, award another penalty corner right away.
- As with any free hit, the defenders must be 5m away from the player who is taking the hit.
- All players on the defending team who are not defending the penalty corner must be behind the center line.
- The attacking players may be anywhere on the field except that they must be outside the circle they are attacking. They will usually be lined up around the outside of the circle. They may not enter the circle until the ball has been played.
- As with any attacking free hit within the 23m area, they must be 5m away from the player taking the hit.
- One attacking player has the ball at the designated hash-mark on the end-line on either side of the goal. He/she will be playing the ball to start the corner. He/she must keep one foot outside the field until the ball has been played..

Penalty Corners



Where are the umpires?

- The “controlling” umpire (the one who has called the penalty corner) should be standing several meters off the end-line, slightly back from the nearest goal post.
- If the push is being taken on the side nearest to the controlling umpire, a good position is slightly back from, or even with, the end-line about halfway between the nearest goal post and the edge of the circle.
- The “supporting” umpire should be near the 23m line, several meters inside the sideline.

Once the ball has been played...

- The ball must come outside the circle before a shot has been taken.
- If the attack takes a shot and the ball has not come outside the circle yet, award a free hit to the defense.
- The first shot at goal must cross the goal line at or below the height of the back board.
- Any subsequent shots can be at any height.
- If the first shot is a flick or a scoop, it can be at any height.
- The ball can be deflected into the goal at any height, providing the first shot was at a legal height.
- This rule no longer applies once the ball has gone at least 5m outside the circle.

Penalty Corners



If a penalty corner happens at the end of the game or half...

- The match is prolonged until the penalty corner is completed.
- For the purposes of ending a half or game, or for substitution, a penalty corner is over when:
 - A goal is scored
 - The ball goes over the end-line
 - The ball goes outside the circle for a second time
 - The ball goes 5m or further outside the circle
 - A defender commits an offense that does not result in another penalty corner
 - And attacker commits an offense
 - A penalty stroke is awarded

Penalty Strokes



Penalty strokes are awarded for intentional fouls by the defense or goalkeeper inside their circle, or an unintentional foul by a defender that prevents a SURE goal from being scored.

They are going to be very rare in U11-U14 field hockey. You may not ever have to call one. If you do have to call one, the players will likely not have the skill to execute it properly. They will probably also not know what to do, so you will need to explain to them where to stand and what they can and cannot do: remember to explain this to both the stroke-taker and the goalkeeper. Time is stopped for a penalty stroke – don't forget to start your watch again when play resumes!

Substitutions ARE allowed on penalty strokes. If a team is electing to play with only field players and a penalty stroke is awarded, they may substitute in a goalkeeper. If they do not have goalie equipment, the defender may wear a face mask for protection and may ONLY stop the ball with his/her stick.

Penalty Strokes



Where are the players?

- All players except for the goalkeeper and the stroke-taker should be behind the 23m line.
- The goalkeeper should be standing with her feet on or over the goal-line.
- The stroke-taker should be standing within playing distance of the ball, which has been placed on the penalty stroke mark.

Where are the umpires?

- The “controlling” umpire (the one who called the penalty stroke) should be several meters behind and to the right of the stroke-taker.
- The “supporting” umpire should be on the end-line to the right of the goalkeeper; a good spot is around the mark for where the first defender usually stands on a penalty corner.

Penalty Strokes – Playing out



The controlling umpire blows the whistle to let the striker know that he/she may take the stroke

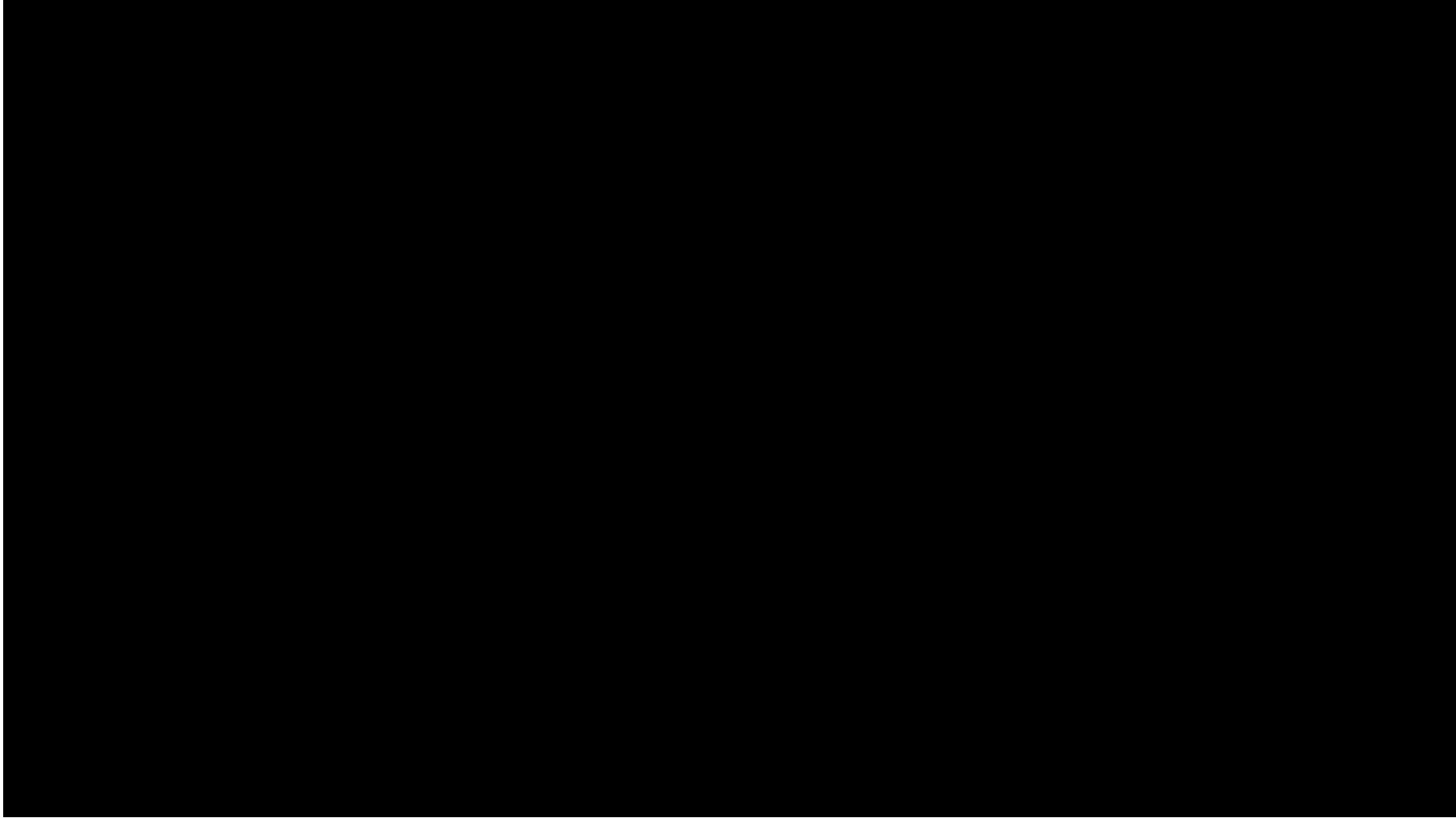
- With younger players, it is a good idea to ask both the goalkeeper and striker if they are ready.
- If the striker takes the stroke before the umpire blows the whistle, it is a foul and a free hit is awarded to the defense.
- The striker must start within playing distance to the ball. They may take as many steps as they want before playing the ball.
- The striker may only push, flick, or scoop the ball. They may NOT hit the ball.
- If the striker hits the ball, it is a foul and a free is awarded to the defense.
- It is NOT a foul if there is a noise or tapping sound when the striker plays the ball, as long as he/she has not hit it.
- The goalkeeper may not move off the line until the ball has been played; do not be overly strict, as understandably they will likely react a bit to the striker moving to play the ball.
- If the goalkeeper clearly moves before the striker has played the ball, the stroke should be re-taken.

Penalty Strokes – Playing out

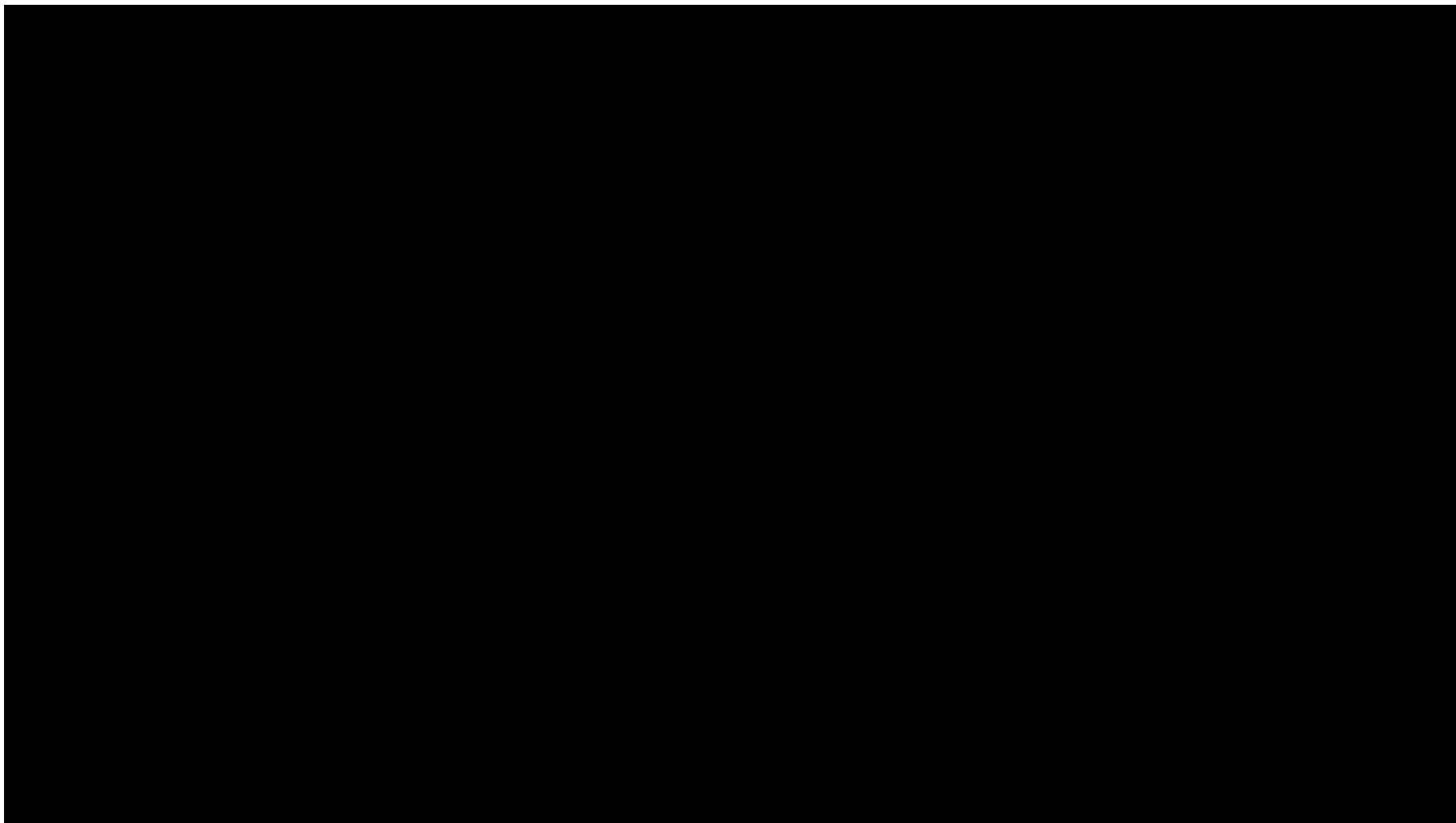


- The striker may not feint/fake taking the stroke. If he/she makes a motion that looks like feinting, it is a foul and a free hit is awarded to the defense.
- If the goalkeeper saves a goal in an illegal way (eg: throws her stick to save the ball, or saves the ball with the wrong side of her stick, etc.), a goal is awarded. Goalies may, however, lie or sit on the ball when making a save on a penalty stroke.
- A penalty stroke is over when: a goal is scored, the goalkeeper has made the save, or the ball has gone over the end-line.
- Restart after a save or the ball going over the end-line is a 15m hit to the defense.
- Restart after a goal is a center pass.

Video - Aerial



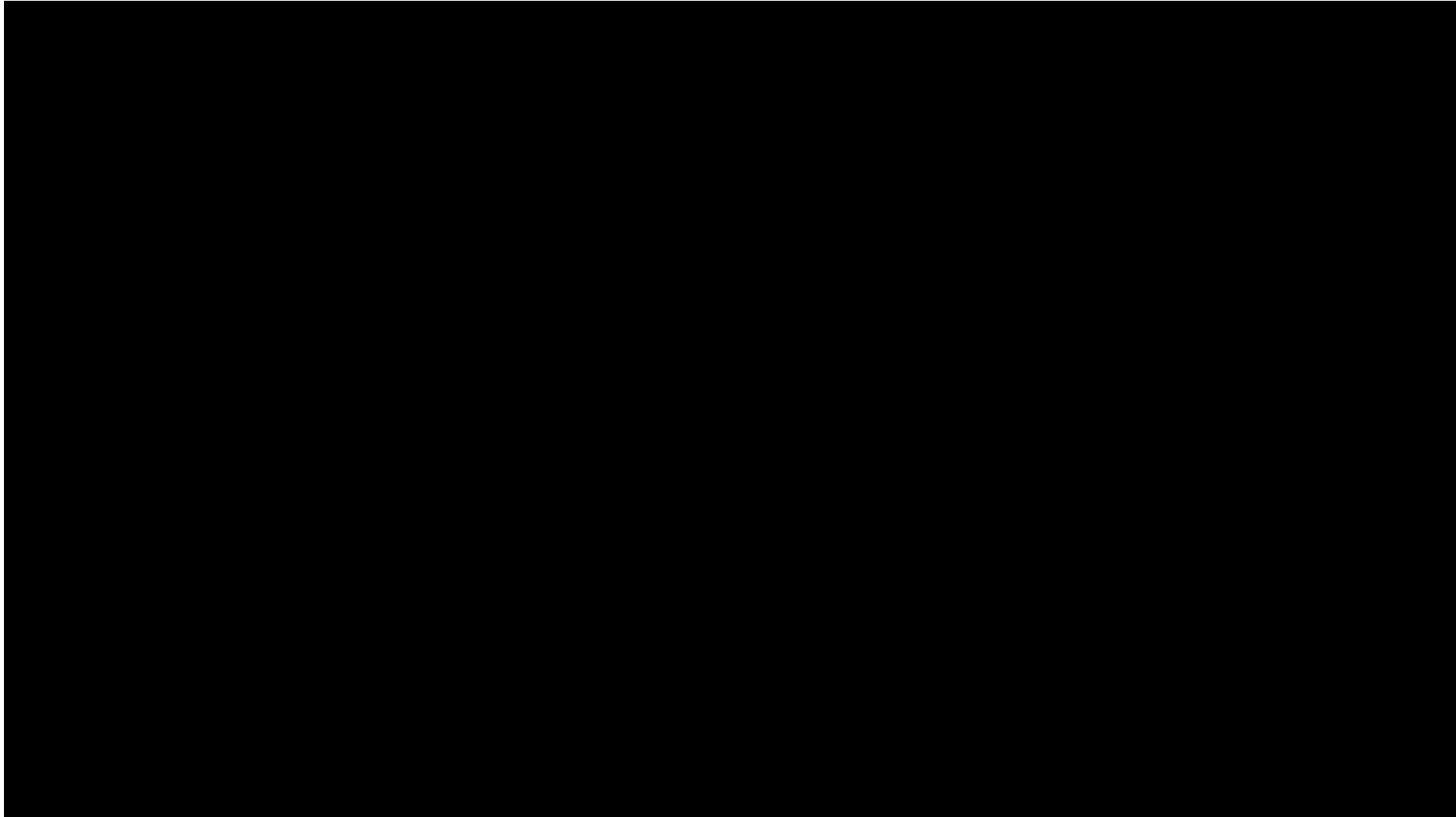
Video - PC



Video - PC



Video - PC



Video



Contact information



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Have fun!

