

# MOM'S FIELD GUIDE<sup>®</sup>

## FIELD HOCKEY

Your pocket game-time guide to the basic rules of play.

### The Basics!

Field hockey teams use composite sticks to dribble, pass and shoot a ball along a field in an effort to score goals. A goal counts as one point and is scored when the ball, having been hit by a player inside the "shooting circle," completely crosses the opposing goal line between the posts and under the crossbar. The team scoring the greater number of goals in the allotted time wins the game.

### What's Needed!

A field hockey stick, a ball, team kit (or shorts), cleats, or turf shoes, shin guards, and mouthpiece.

### How Long Is A Game?

A game is divided into two halves. Depending on league rules, each half ranges from twenty-five to thirty-five minutes, with a break at halftime. Each half begins with a "pass back" at center circle. Teams switch playing sides at halftime and each team is given two 60-second time-outs per game. If a game ends in a tie, teams may play an extra ten-minute period of sudden death; the team to score first wins. If the game is still tied after the sudden death period, another ten-minute sudden death period is played. Teams are only allowed seven players, including the goalie, on the field during overtimes.

### Who Plays Where?

Two teams of eleven players are on the field at one time. Teams may line up in varying "formations," usually consisting of four forward-line players, three midfielders, three defenders, and one goalkeeper. Substitutions may take place at anytime.

**Forwards** - These players make up the front line of the offensive attack. They advance the ball down the field and set up scoring opportunities.

**Midfielders** (or Links) - Considered the most versatile players on the field as they play both offense and defense. Links are generally positioned between the forwards and the defenders. They are mainly responsible for moving the ball from the defense up to the forwards.

**Backs and Sweeper** - They play in their team's defensive half in front of the goalkeeper. Defenders help keep the ball out of the shooting circle by clearing it up to the midfielders. They are the

final line of defense against an opposing drive.

**Goalkeeper** - Plays directly in front of the goal to block shots by the opposing players. The goalie is the only player on the field allowed to touch the ball with any part of her body but can do so only when she is inside her own shooting circle. For their protection, goalies must always wear a helmet, chest protector, throat guard, leg guards, and gloves.

### Drive The Ball!

**Drive** - The most frequently used stroke in the game. Players drive on passes, "free hits," and shots on goal. On a drive, a player takes a hard stroke at the ball using a good backswinging motion with both hands together at the top of the hockey stick.

**Flick** - A player snaps her wrists to lift the ball in the air for quick passes or shots. The ball must not lift more than eighteen inches above the ground.

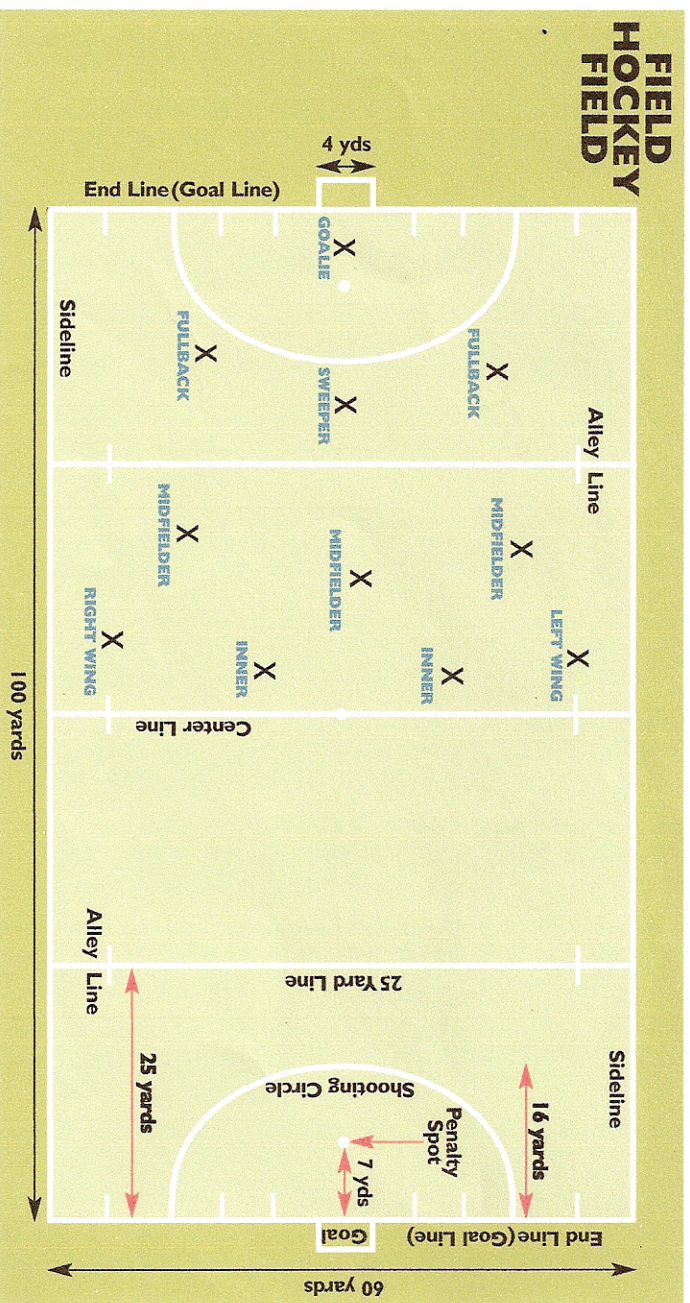
**Scoop** - The flat side of the stick is used to scoop the ball up and over the front of an opponent's stick. Players scoop the ball when "dodging" a "tackle," and when taking a free hit out of the striking circle.

**Push Pass** - Using a quick wrist stroke with no backswinging, the ball is pushed and directed along the ground. It is considered the most accurate pass in the game.

**slap shot** - A hard, quick pass or shot on goal done with a half a backswinging with hands slightly apart on the stick.

### Foul Play!

A player may only strike the ball with the flat (blade) side of the



stick, and may not raise the stick above the shoulders when playing the ball. "stick interference," "backsticks," "undercutting," and touching the ball with the feet are all rule violations. Furthermore, players may not trip, push, charge, interfere with, or physically handle an opponent in any way. All fouls result in a free hit or a "penalty corner" for the non-offending team.

**Obstruction** - Called against a player who cuts between an opponent and the ball or uses her stick, shoulder, or body as an obstruction to the ball.

**Third-party Obstruction** - Occurs when a player positions herself between the ball and an opponent allowing a teammate an unobstructed play on the ball.

**Advancing** - Called against a player who shoves, pushes, or advances the ball in any way, using her feet, hands or body. Backsticks-Striking the ball with the rounded back side of the hockey stick.

**Stick Interference** - Called against a player who intentionally or unintentionally uses her stick to hit an opponent's stick.

**Undercutting** - Chopping at the ball, to lift it in an unsafe manner.

**Sticks** - A foul called against a player who raises her stick unsafely to a nearby player, or plays the ball while carrying her stick above shoulder level.

## Take A Free Hit!

**Free Hit** - A free play awarded on any infraction that occurs outside the scoring circle. It usually takes place at the location of the violation. All opposing players must stand at least five yards from where the hit is taken. A free hit is most often taken as a drive, a push pass. Players are not allowed to lift the ball in any way on a free hit.

**Penalty Corner** - A hit on the ball awarded to the team on offense when the defense either commits a foul inside the shooting circle or intentionally hits the ball out of bounds over the end line. A penalty corner is taken by an attack player along the end line at a spot ten yards away from the nearest goal post. All other attack players must stand with both their sticks and feet

outside of the striking circle. Five defenders, including the goalie, stand behind the end line until contact is made with the ball. All remaining offensive and defensive players then rush into the circle to either help defend or shoot the ball at the goal. Except for the five defensive players in the cage, the rest of the defending team must wait behind the 50-yard line until the ball is inserted.

**Penalty Stroke** - Awarded to the team on offense when an official believes that a defensive infraction within the shooting circle has prevented what would have been a goal. A stroke also occurs when the goalie sits on, lays on, or covers the ball in a way that completely prevents players from getting to it. The ball is spotted seven yards from the goal with a striking player going one on one with the goalie. The shooting player may take one step and has five seconds to shoot. The goalie may not move off the goal line until the player has touched the ball with her stick.

**16-yard Hit** - A free hit awarded to the defensive team when the attacking team either sends the ball over the end line or commits an infraction in the shooting circle. The ball is placed outside the circle, 16 yards from the end line, and straight up from where the foul or out of bounds occurred.

**Long Hit** - This occurs when the ball goes over the end line by the fault of the defense. The ball is placed on the sideline, five yards up from the end line.

## Learn The Lingo!

**Attack** - The team possessing the ball as it advances toward the opposing goal.

**Clearing** - When the defense stops an offensive attack and passes or dribbles the ball up field away from its goal. Clearing is usually done by the goalie.

**Covering** - A defensive maneuver in which a player positions herself between an opposing player and the ball in an effort to intercept a long pass or to tackle an opponent moving with the ball.

**Dodge** - An offensive maneuver in which a player moving with the ball steps aside to evade an opponent while still maintaining control of the ball. Common dodges that are used are called "pulls."

**Drawing** - When an offensive player moves her body to try to pull a defender out of her position.

**Dribbling** - Advancing the ball using a continuous series of short strokes. This is how players maintain control and move with the ball on the field.

**Formation** - The lineup of players as positioned on the field. A team may vary the number of forwards, midfielders, and backs among the eleven players.

**Jab** - A technique of poking at the ball until the player with the ball loses possession.

**Lunge** - A defensive move in which a player attempts to steal the ball away on the opponent's blade side of the stick.

**Marking** - When a defender closely guards an opponent on or off the ball.

**Passback** - Starts play at the beginning of each half or after a goal has been scored. All players on both teams line up on their respective playing sides and a forward on the offensive team passes the ball back to a teammate.

**Reverse Sticks** - When a player turns her stick so that the blade points right, enabling that player to hit or push the ball in the same direction (to the right). Side-in-Putting the ball in play after it has gone out of bounds. Possession goes against the team that last made contact with the ball.

**Stick Side** - The player's right side.

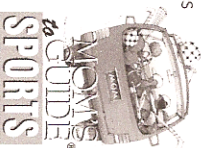
**Shooting Circle** - The semicircle area in front of each goal from where direct shots on goal are permissible. A goal may be scored off a hit from outside this circle, but only if the ball first touches an attack player within the circle before it goes in the goal.

**Tackle** - A defensive maneuver in which a player uses her stick in an attempt to take the ball away from an opponent.

**Tackle Back** - When a player takes the ball back after an opposing player has just successfully stolen it away with a tackle.

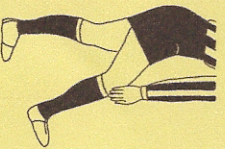
## Did You Know That?

Modern Field Hockey was first played in 1895 with the establishment of the first All England Women's Field Hockey Association. In 1901, an English woman named Constance Applebee introduced the game to women in the United States while a summer student at Harvard. Applebee went on to teach the game at women's colleges throughout the Northeast. It was not until 1928 that men began playing the game in the United States.

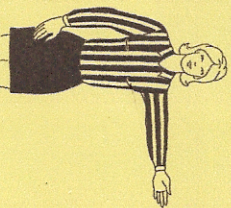


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## FIELD HOCKEY SIGNALS



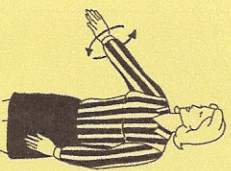
ADVANCING



FREE HIT



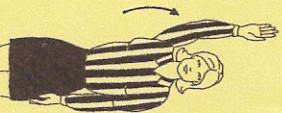
STICK INTERFERENCE



OBSTRUCTION



THIRD PARTY OBSTRUCTION



GOAL