

FIELD HOCKEY

HISTORY

Field Hockey is thought to be one of the oldest games played. Figures with hockey sticks appear in early Greek art and Egyptian hieroglyphics. It was introduced in 1901 by Miss Constance Applebee, an English lady, at a Harvard summer session.

The United States Field Hockey Association was founded in 1922, and the International Federation of Womens' Hockey Associations was formed in 1927.

FIELD HOCKEY RULES

The game consists of two halves, 35 minutes each in collegiate and international play, 30 minutes each in high school play.

There are eleven (11) players on a team, consisting of forwards, halfbacks, fullbacks, and a goalkeeper.

When you are on attack (trying to score), you are the offensive team; you are the defensive team when your team is defending it's goal.

A goal is scored when the ball goes over the end line, between the goal posts and from inside the striking circle. It is worth one (1) point. The goalkeeper is the only player allowed to kick the ball. She/he is required to carry a stick at all times.

The game is started with a center pass on the 50-yard line, and all players must be five (5) yards away and in their own half of the field.

The ball may not be played by the person taking the center pass until it has been touched by another player.

FOULS (PENALTIES)

- Advancing - when the ball touches the feet of a player.
- Playing the ball with the rounded side of your stick.
- Stick Obstruction - using your stick in such a manner as to prevent an opponent from effectively playing the ball. One may not hit, hook, or hold another players stick.
- Sticks - raising the stick above your shoulder or in a dangerous or intimidating manner.
- Charging, hitting, or shoving an opponent.

TECHNIQUES

Drive - Hands are placed together at the top of the stick to hit the ball along the ground.

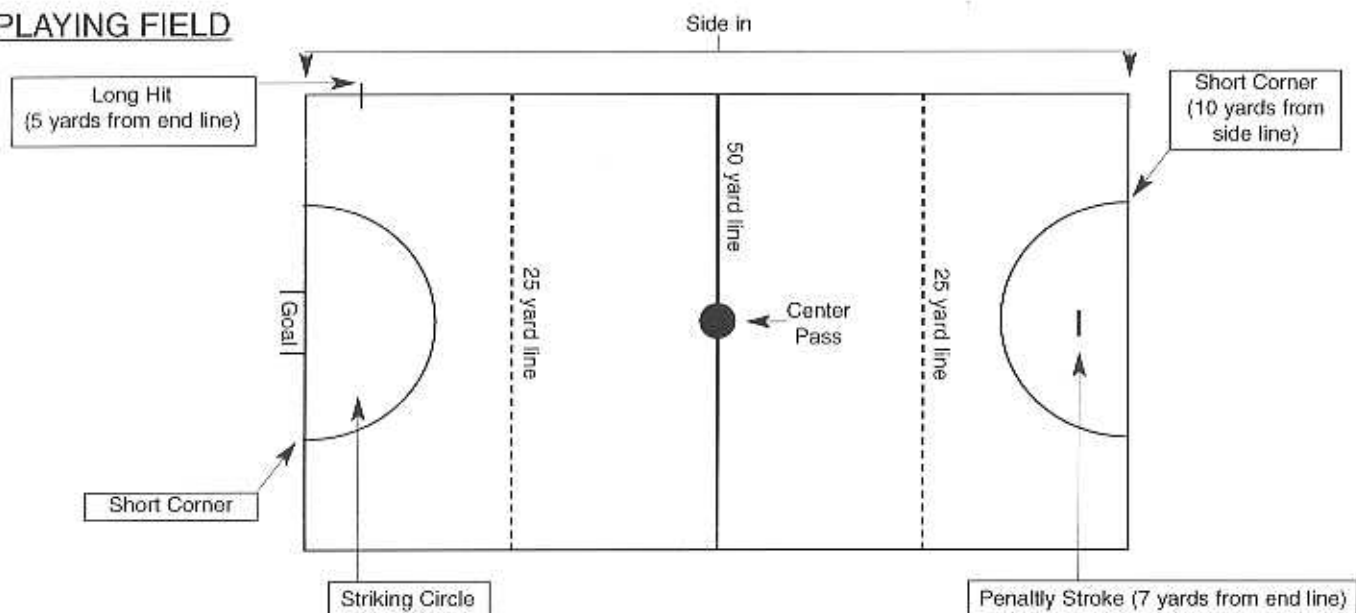
Push - Hands are separated on the stick and the ball is propelled along the ground (no backswing).

Flick - Similar to a push with the exception that the ball is lifted on a flick.

Scoop - The head of the stick is placed under the ball in order to lift the ball into the air.

Dribble - Using a series of small taps to move the ball down the field.

PLAYING FIELD



SIDE IN

Awarded when the ball goes out of bounds across the sideline. The ball is placed on the sideline where it went out and is put back into play by either a push or a drive of a player on the opposing team. The ball may not be lifted on a side in. All opponents must be five (5) yards away.

PENALTY CORNER

Awarded when the defense commits a foul inside the striking circle. The ball is placed on the end line at least ten (10) yards from the nearest goal post. An attacking player hits the ball to any one of his/her teammates lined up around the top of the circle. The five (5) defenders must line up behind the end line, and the remaining defenders must be positioned beyond the center line. The corner may be taken from either side of the goal cage.

LONG HIT

Awarded when the ball goes out of bounds over the end line, off of a defensive player (who does not have to be inside the striking circle). The long hit is taken by an attacking player.

FREE HIT

Awarded to the non-offending side following a rule infraction and always taken where the foul occurs. All opponents must be five (5) yards away. The hitter may not replay the ball until another player has touched it.

PENALTY STROKE

Awarded when the defensive team commits a foul in order to prevent a sure goal from scoring. The ball is placed seven (7) yards away from the center of the goal. An attacking player may then try to flick or push the ball into the cage while the goalkeeper is the only defensive player who may try to prevent the goal from scoring. The stroke is taken at the command of the official.

SIXTEEN-YARD FREE HIT

Taken by a defensive player as a result of an attacking player hitting the ball out of bounds across the end line. The sixteen (16) yard hit is taken directly across from where the ball went out of bounds.