

FIELD HOCKEY BASICS

THE GAME

Two halves, 35 minutes each in international and collegiate play

Eleven players per side, including the goalie.

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

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

BASIC RULES

Ball must be passed or dribbled down the field with the flat side of the stick

Players may not shield or "obstruct" access to the ball with their body or stick

A goal can only be counted if the shot is taken from inside the shooting circle

A free hit is awarded to the non-offending side following an infraction. No player of the opposing team may be within 5 yards of the ball when hit

Penalty corners are awarded against defenders for deliberately playing the ball over the goal line, committing a foul within the striking circle or committing an intentional foul within the 25 yard line

16 yard hits: When the attacking team plays the ball over the back line. The defensive receives a 16 yard. hit. It's taken 16 yards up from where the ball crosses the back line.

Penalty Stroke: a one-on-one confrontation between an offensive player seven yards in front of the goal vs. a goalkeeper on the goal line.

