

BLUFFER'S GUIDE

TO HOCKEY

MATCH DURATION

MATCHES LAST

70 MINUTES

DIVIDED INTO TWO HALVES OF 35 MINUTES

From 1 September 2014 matches at major international events such as the Champions Trophy, Hockey World League Final and Rio 2016 Olympic Games will be played in four 15-minute quarters

DRAG FLICK

TERM USED TO DESCRIBE THE SKILL OF FLICKING THE BALL QUICKLY

of with a low slinging motion. Often used at penalty corners



NO FEET

FIELD PLAYERS MUST ONLY PLAY THE BALL WITH THEIR STICK

Only the goalkeeper (or a field player with goalkeeping privileges) may use their feet and hands to propel the ball when defending their goal



SELF PASS

ONE OF HOCKEY'S GREATEST EVOLUTIONS OF RECENT TIMES.

A player taking a free hit or hit from the sideline may *play the ball to them-self* again, effectively passing to themselves.

HOW HIGH?

AT INTERNATIONAL LEVEL, UMPIRES WILL ALLOW A PLAYER TO CONTROL THE BALL USING THEIR **STICK ABOVE SHOULDER HEIGHT** SO LONG AS IT IS DONE SAFELY...

Defenders may use their stick to stop a shot at goal at any height.



FIELD GOAL

AN 'OPEN PLAY' GOAL WHERE ATTACKER PLAYS THE BALL INSIDE THE CIRCLE using a hit, flick, slap or deflection - and...


★ IT GOES IN THE GOAL! ★



PLAYERS

TRADITIONALLY, HOCKEY IS PLAYED BY 2 TEAMS OF 11 PLAYERS WITH UP TO SEVEN SUBSTITUTES

New smaller-sided formats are becoming increasingly popular, including the official version, Hockey5s, which comprises teams of five players.

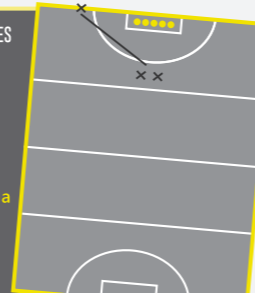


PENALTY CORNER

A SET-PIECE GOAL. ATTACKER 'INJECTS' THE BALL FROM THE BACK LINE TO TEAMMATES AT THE TOP OF THE CIRCLE. UP TO FIVE DEFENDERS (INCLUDING THE GOALKEEPER) LINE UP BEHIND THE GOAL LINE BEFORE BREAKING OUT TO DEFEND THE SHOT AT GOAL. **THE BALL MUST TRAVEL OUTSIDE THE CIRCLE BEFORE A SHOT AT GOAL MAY BE TAKEN.**

When the first shot is a hit or slap (as opposed to a flick or scoop), the ball must enter the goal no higher than the height of the backboard of the goal (460mm). If the first shot is a flick or scoop the ball may cross the goal line at any height

*Awarded for an offence by the defending team in its own circle or when a defender commits a particularly bad foul inside the 23m area.



OFFSIDE

OFF

THERE IS NO OFFSIDE RULE IN HOCKEY



ROLLING SUBSTITUTES

PLAYERS CAN BE SUBSTITUTED AS MANY TIMES IN A MATCH AS A TEAM WISHES

THE MATCH IS NOT STOPPED TO MAKE A SUBSTITUTION

Players replace one another by entering and leaving the pitch at the half-way line. Top teams can make up to 70 substitutions in a match



PENALTY STROKES

A shot at goal taken by an ATTACKER AGAINST A GOALKEEPER from the penalty spot.

MOST COMMONLY AWARDED FOR AN OFFENCE BY A DEFENDER

WHICH PREVENTS the probable scoring of a goal or for an intentional offence in the circle by a defender against an opponent who has possession of the ball or an opportunity to play it.



SCORING A GOAL - THREE WAYS TO SCORE... (1) FIELD GOAL, (2) PENALTY CORNER, (3) PENALTY STROKE

23M LINE

22.9M FROM EITHER BACK LINE


It represents a team's defensive quarter of the pitch



CIRCLE OR 'D'

THE SEMI-CIRCLE IN FRONT OF THE GOAL

A goal can only be scored from within the circle



UMPIRES

A match is controlled by... 2 UMPIRES

working cooperatively, each of whom takes responsibility for half of the field



PUNISHMENTS

GREEN CARD TWO MINUTES' TEMPORARY SUSPENSION

YELLOW CARD AT LEAST FIVE MINUTES' TEMPORARY SUSPENSION

RED CARD PERMANENT SUSPENSION FROM REMAINDER OF THE MATCH


*If a player is suspended, either temporarily or permanently, their team plays with fewer players.

KICKING BACK

MOST COMMONLY ADOPTED LATE IN DO-OR-DIE MATCHES BY A LOSING TEAM

A team may replace its goalkeeper with a field player to try to overrun its opposition. That player may be given goalkeeping privileges!

ALLOWING THEM TO PLAY THE BALL THEIR FEET AND HANDS WHILE NOT WEARING FULL PROTECTIVE EQUIPMENT.



SHOOT-OUTS


DRAWN KNOCKOUT MATCHES are decided by a **SHOOT-OUT**, a one-on-one contest between an attacker of one team and the goalkeeper of the other

- THE GOALKEEPER STARTS BEHIND THEIR GOAL LINE BETWEEN THE POSTS.
- THE ATTACKER STARTS BEHIND THE 23M LINE.
- THE BALL IS PLACED ON THE 23M LINE OPPOSITE THE CENTRE OF THE GOAL.
- THE ATTACKER AND GOALKEEPER CAN MOVE IN ANY DIRECTION.

LASTS A MAXIMUM OF EIGHT SECONDS

IT CONCLUDES WHEN EITHER:

- A GOAL IS SCORED
- THE EIGHT SECONDS ELAPSES WITHOUT A GOAL
- THE ATTACKER COMMITS AN OFFENCE
- THE GOALKEEPER COMMITS AN UNINTENTIONAL OFFENCE (IN WHICH CASE A RE-TAKE OCCURS)
- THE GOALKEEPER COMMITS AN INTENTIONAL OFFENCE (IN WHICH CASE THE GOAL IS AWARDED)
- THE BALL GOES OUT OF PLAY OVER THE BACK LINE OR SIDELINE



VIDEO REFERRALS

A VIDEO REFERRAL SYSTEM OPERATES AT TOP INTERNATIONAL TOURNAMENTS

- ONLY DECISIONS MADE WITHIN THE 23M AREA RELATING TO THE AWARD (OR NON-AWARD) OF GOALS, PENALTY STROKES AND PENALTY CORNERS CAN BE REFERRED.
- THE MATCH UMPIRE CAN ASK THE VIDEO UMPIRE TO LOOK AT THE VIDEO EVIDENCE AND OFFER ADVICE.
- EACH TEAM RECEIVES ONE TEAM REFERRAL PER MATCH. INCORRECT REFERRALS MEAN A TEAM LOSES ITS RIGHT TO REFER.
- IF THE VIDEO UMPIRE IS UNABLE TO HELP, OR IF THE REPLAYS ARE INCONCLUSIVE, THE ORIGINAL DECISION MADE BY THE MATCH UMPIRE STANDS.

