



Rules of Hockey

2002

Date of Implementation

The Rules and other specifications in this Rules Book apply to all hockey players and umpires. The date of implementation at national level is at the discretion of National Associations. The date of implementation for men's inter-nations competition is 1 July 2002 and for women's inter-nations competition is 1 January 2003.

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PREFACE

THE CONTENT OF THE RULES BOOK

The International Hockey Federation through its Hockey Rules Board (HRB) regards the Rules Book as a very important means of communication. A consistent understanding of the Rules by players, coaches, umpires and other technical officials helps us all to play the game fairly and to enjoy the game even more.

It is important that the Rules are as clear and complete as possible. The HRB has therefore begun a review of the way the Rules and especially the accompanying appendices in the Rules Book are structured and presented. The aim is that the 2003 publication will be more clearly laid out, more logical in the order of its contents, include some additional information of relevance to all involved in our game, and therefore even more useful.

The new format will in due course also apply to the Rules of Indoor Hockey. The Indoor Rules are not being re-published in 2002 so the 2000 edition continues to apply. Copies are available from the same sources as this outdoor book – see inside the front cover of this book.

The first step in the process of revising the format of the outdoor Rules takes place in this 2002 edition with a revised text for Appendix B (Rules Interpretations).

RULES BOOK

Changes in the 2002 Rules are relatively minor and are indicated by marks in the margins of the text but the following are of special note.

Rule 4

The Stick

As indicated in the Preface to the 2001 Rules, the former Mandatory Experiment allowing the edge of the stick to be used to play the ball becomes a Rule with effect from this 2002 edition. The experiment had run for three years and, although there had been a range of views about it, on balance it is considered to be a desirable development in the game.

Rule 6

Substitution

It is now clear when the penalty corner is complete for substitution purposes (page 12).

RULES' INTERPRETATIONS

In the past, in addition to the Rules Interpretations included in the Rules Book, briefing papers have occasionally been prepared primarily for umpires at international tournaments. However, we all play the game by the same set of Rules so interpretations in the Rules Book should be as complete as possible. Additional papers should be unnecessary. Accordingly, Appendix B (Rules Interpretations) in this 2002 edition has been significantly revised. It now incorporates the other briefing papers referred to above. At the same time the layout and some parts of the text have been simplified.

Everyone is encouraged to read the full revised text of Appendix B. Elsewhere in the Rules Book we indicate changes by margin marks. However, the changes in layout and wording have been so extensive that to adopt this mechanism in Appendix B would probably result in the whole text being marked. Instead, the major new interpretations are referred to briefly below:

- a "dragging" action is sometimes used to play the ball but this is not permitted on certain occasions (page 34);
- the implications of the ball hitting the hand(s) holding the stick have been defined (page 35).
- the action of "slap" hitting the ball has been defined as a hit; this has implications if this action is used for the first shot at goal at a penalty corner (page 42);

PROTECTIVE EQUIPMENT

The safety of players continues to be of high importance to the FIH, the HRB and those involved with the Rules of the game. It will take time to establish specifications which will meet developing and varied national standards but in the meantime the HRB asks all National Associations to enforce the wearing of permitted protective clothing and other relevant articles whenever feasible. It is particularly important

that young people taking up hockey, and those who coach them, are aware of ways of making the game as safe as is reasonably possible.

RULES TRIALS

The HRB continues to consider ways in which the game might desirably develop. Its objectives include:

- ensuring the game is easily understood by players, umpires, spectators and the media.
- recognising the importance of safety, skill and fair play.
- retaining the distinct characteristics of the game.

In 2001 the HRB encouraged trials of three Rules variations. Evaluation of and feedback from these trials encouraged the HRB to continue one of them in the coming period.

The trial to be continued requires that at least three players from each team remain outside their own 23 metres area. Initial indications are that the 23 metres area is then less crowded and that more attractive attacking play occurs. Other beneficial effects include a reduction in the frequency of hard hits into the circle and therefore an improvement in safety.

The HRB hopes that National Associations will continue to conduct trials of this Rule at all levels of hockey. In addition, it is planned that the Rule will be used in a small number of international tournaments over the next year or so. This will provide an additional opportunity for rigorous assessment of its effects.

The trials and other Rules development activity are co-ordinated by the Rules Development Secretary, Peter von Reth. Peter is keen to receive feedback and comment on development ideas and can be contacted at Opaal 29, 5629 HP Eindhoven, Netherlands (email vonreth@iae.nl).

THE RULES AND THE INTERNET

During 2001, the FIH launched a revitalised and much extended internet site at www.FIHockey.org. The Rules are published simultaneously in print and on the FIH site in the Rules and Regulations section.

However, the HRB is also using the website to provide additional information about Rules matters. For example, there is a history of the development of the Rules of both indoor and outdoor hockey together with a history of the Board itself. There are also answers to some Frequently Asked Questions about how Rules are developed. The content of the site will be expanded as additional subjects and relevant resources are identified.

CONCLUSION

The aims of the HRB have been outlined above. Achieving these aims is not easy and will be an ongoing task. However, the HRB is keen to take on the challenges that they pose in the interests of making our game even more enjoyable.

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PREAMBLE

I. FIELD AND EQUIPMENT SPECIFICATION

1 FIELD OF PLAY⁽¹⁾ See plan on page 3

1.1 The field of play (field) is rectangular :

- a. length 91.40 metres
- b. width 55.00 metres
- c. clearly marked with lines, recommended to be white in colour, in accordance with the plan.

1.2 All lines are 75mm wide, part of the field and marked throughout their length :

- a. the longer perimeter (91.40 metres) lines are called the side-lines
- b. the shorter perimeter (55.00 metres) lines are called the back-lines
- c. the parts of the back-lines between the goal-posts are called the goal-lines.

It is recommended that minimum "run-off" areas be provided outside the back-lines (5 metres) and side-lines (4 metres).

1.3 Other markings :

- a. centre-line across the field
- b. 22.90 metres lines across the field, the edge nearer the centre-line being 22.90 metres from the outer edge of the nearer back-line

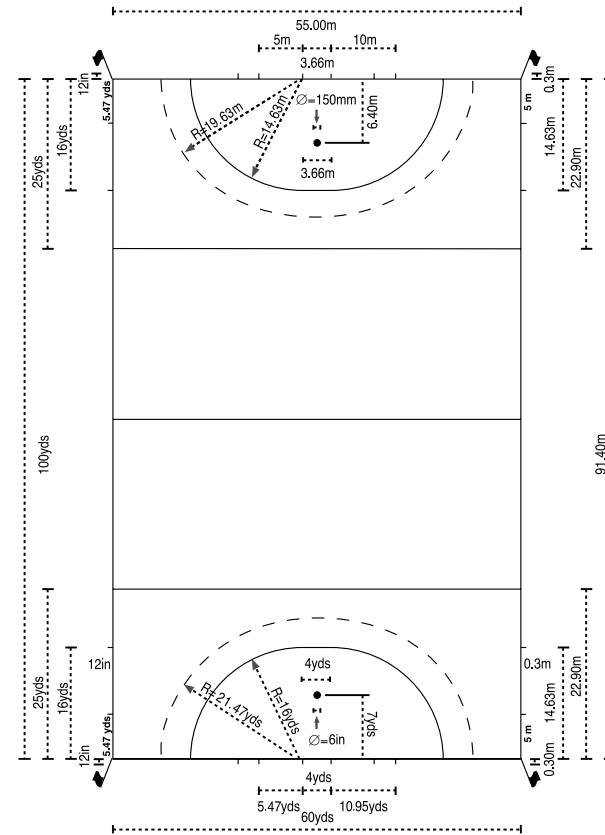
⁽¹⁾ Information about the specification of synthetic surfaces is included in Appendix E to these Rules

The area enclosed by and including the 22.90 metres lines, the relevant part of the side-lines, and the back-line is known as the 23 metres area.

- c. lines 300mm long are marked outside the field on each side-line, with the further edge of the lines being 14.63 metres from and parallel to the outer edge of the back-lines
- d. lines 300mm long are marked outside the field on each side-line, with the further edge of the lines being 5 metres from and parallel to the outer edge of the back-lines
- e. lines 300mm long are marked outside the field on each back-line on both sides of the goal at 5 metres and 10 metres from the outer edge of the nearer goal-post, such distance being to the further edge of these lines

Field markings in Rules 1.3 c, d and e have been moved from inside to outside the field with effect from 2001. The dimensions in Rule 1.3 e were converted to metric at the same time. These revised Rules apply to all new and re-marked fields. However, existing fields with the previously specified markings may continue to be used.

- f. lines 150mm long are marked outside the field on each back-line 1.83 metres from the centre of the back-line, such distance being to the nearer edge of these lines
- g. penalty spots 150mm in diameter are marked in front of the centre of each goal with the centre of each spot 6.40 metres from the inner edge of the goal-line.



1.4 The shooting circles :

- a. lines are marked inside the field opposite the centres of the back-lines, 3.66 metres long, parallel to and 14.63 metres from the back-lines, the 14.63 metres to be measured from the outside of the back-line to the outer edge of the lines
- b. these lines are continued uninterrupted each way to meet the back-lines in the form of quarter-circles with centres at the inside front corner of the nearer goal-posts
- c. these lines are called the circle-lines; the spaces enclosed by these lines, including the lines themselves, are called the shooting circles (referred to in these Rules as "the circle")
- d. broken lines are marked with their outer edges 5 metres from the outer edge of each circle-line; each solid section of the lines to be 300mm long; gaps between the solid sections to be 3 metres long; each broken line to start with a solid section at the top centre of the circle-line.

These broken lines are mandatory for international matches with effect from 1 June 2000. Their adoption for other matches is at the discretion of National Associations.

1.5 No marks other than those described in this Rule shall be made on the playing surface.

1.6 Flag-posts :

- a. between 1.20 and 1.50 metres high
- b. placed at each corner of the field
- c. must not be dangerous in any way
- d. when unbreakable be attached to a spring base
- e. must carry flags, not exceeding 300mm in width or length.

A detailed technical drawing of the field of play is available from the FIH Office in Brussels.

2 GOALS

2.1 At centre of each back-line :

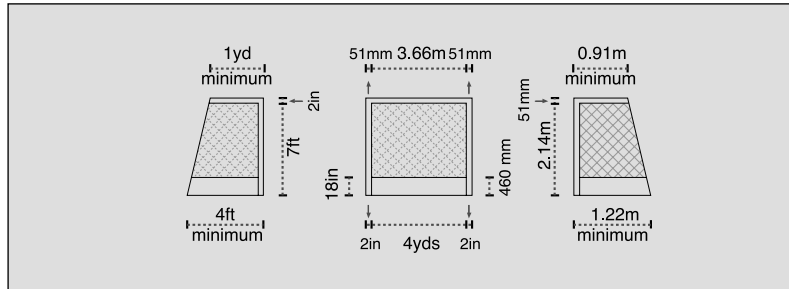
- a. goal-posts and crossbar to be white, rectangular, 51mm wide and 50mm to 75mm deep
- b. vertical goal-posts 3.66 metres apart (inside measurement)
- c. goal-posts must be placed on the external marks and have their front face touching the outer edge of the back-line
- d. horizontal crossbar 2.14 metres from the ground (inside measurement) fixed to the goal-posts
- e. goal-posts not to extend upwards beyond the crossbar
- f. crossbar not to extend sideways beyond the goal-posts.
- g. the goals to be a minimum of 0.91 metres deep at the cross bar and a minimum of 1.22 metres deep at the ground.

2.2 Sideboards :

- a. length 1.20 metres (minimum); height 460mm
- b. positioned on the ground at right angles to the back-line, fixed to the back of the goal-posts but not increasing their width, and to the ends of the backboard
- c. painted in a dark colour on the inside.

2.3 Backboards :

- a. length 3.66 metres, height 460mm
- b. positioned on the ground at the end of the sideboards.
- c. painted in a dark colour on the inside.



2.4 Nets :

- a. attached at intervals of not more than 150mm to the back of the goal-posts and crossbar, and be outside the backboard and sideboards
- b. shall be secured in such a manner as to prevent the ball passing between them and the goal-posts, crossbar, side-boards and back-boards
- c. fitted loosely to prevent the ball rebounding
- d. mesh not more than 45mm.

3 THE BALL⁽²⁾

The ball :

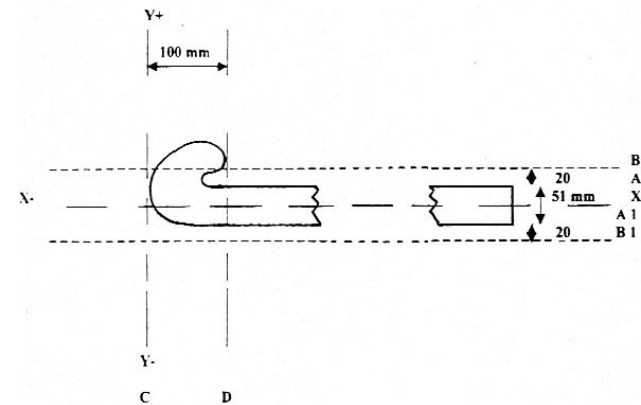
- a. shall be spherical, hard and of any material
- b. weight: minimum 156 grammes, maximum 163 grammes
- c. circumference: minimum 224mm, maximum 235mm
- d. surface: smooth but seam or indentations permitted
- e. colour: white or as agreed

⁽²⁾ Information about approved balls for playing hockey is included in Appendix E to these Rules.

4 THE STICK

4.1 Diagram

- a. descriptions and specifications in this Rule relate to the following diagram
- b. the diagram shows the curved end of the stick placed on the Y axis which coincides with the line C



4.2 Shape

- a. the stick shall be a straight with one curved end
- b. all edges shall be rounded
- c. the entire stick shall be smooth and free of any rough or sharp projection
- d. the stick in the area C - D shall be flat on the left hand side only (ie the side shown in the diagram)

4.3 Playing side

- a. the playing side is the entire side shown in the diagram and the edges of that side which shall be rounded

Players should be aware that manufacturers may refuse replacement of sticks which have been broken or damaged as a consequence of using the edge of the stick for hitting the ball as the majority of sticks have not been made for use in this way.

- b. the non-playing side shall be rounded

4.4 Dimension and weight

- a. the length of the extended open curved end of the stick in the direction of the positive X axis is 100mm maximum (shown by the line D)
- b. the stick may deviate from the line(s) A and/or A1 by a maximum of 20mm (shown by the lines B and B1 respectively)
- c. inclusive of any additional coverings used, the stick shall pass through a ring having an interior diameter of 51mm
- d. the total weight shall not exceed 737 grammes

4.5 Ball speed/stick speed ratio

- a. ball speed shall not be higher than 98% of stick speed

Method of Testing

Ball speed is determined at a stick speed of 80km/hour (5 times) in the simulator of one of the FIH approved laboratories.

Ball speed is calculated from the time the ball needs to pass two measuring points and is expressed as a ratio to the stick speed mentioned.

FIH approved hockey balls are used (see appendix E to these Rules).

The test is carried out at prevailing laboratory conditions: temperature approximately 20°C and relative humidity approximately 50%.

Manufacturers will be invited to submit (proto)types of sticks for testing and to send the results to FIH for approval. FIH retains the right to test randomly for control purposes.

4.6 Materials and colour

- a. the stick and possible additions may be made of or contain (wood or) any material other than metal or metallic components, provided it is fit for the purpose of playing hockey and is no risk to health
- b. tapes and resins may be applied provided the surface remains smooth

4.7 Limitation

- a. the FIH reserves the right to prohibit any stick which, in the opinion of the Hockey Rules Board, is unsafe or likely to have a detrimental impact on playing the game.

4.8 Liability

- a. players shall ensure that their equipment does not, by virtue of its quality, materials or design, constitute a danger to themselves or to others
- b. the FIH shall not be liable for any consequences deriving from the choice of the equipment used by the players, nor for any defects it may have or its non-compliance. Any verification of equipment that might have been conducted before the game is limited to ensuring compliance of the overall external appearance of that equipment with purely sporting requirements.

The stick has had a traditional shape and this will be retained. No particular design has been approved, but the introduction of new, more extreme shapes will not be permitted.

The Hockey Rules Board will continue to watch closely the performance of traditional and non-traditional materials and will restrict and/or forbid their use if they result in changes to the characteristics of the game or in danger to players.

5 PLAYERS' DRESS AND EQUIPMENT

5.1 Players

- a. of the same team shall wear uniform clothing approved by their Association or Club
- b. shall not wear anything that may be dangerous to other players

Field players are strongly recommended to wear shin, ankle and mouth guards.

5.2 Goalkeepers

- a. shall wear over any upper body protectors a shirt or garment of a colour different from that of their own team and of their opponents
- b. must wear secured protective headgear except when taking (not defending) a penalty stroke

Appropriate protective headgear: a helmet, incorporating fixed full-face protection and cover for all the head including the back and the throat is strongly recommended. A helmet designed and approved for use in ice hockey will usually meet the needs of most goalkeepers.

Goalkeepers are also strongly recommended to wear other protective equipment (for example to protect the body, hand, elbow, thigh, knee, etc.) at all times. The following are permitted for their use only: body protectors, leg guards, kickers, hand protectors, and protectors for thigh, upper arm, forearm and elbow.

- c. leg guards, kickers, hand protectors: no rough edges or protrusions are permissible
- d. leg guards: each a maximum 300mm wide when on the legs of the goalkeeper
- e. hand protectors: maximum 228mm wide when laid flat, face upwards; maximum 355mm long measured from the base to the extremity of the hand-protector; no additions to enable the stick to remain attached to the hand protector when not being held in the hand.
- f. shall not wear clothing or equipment additional to that permitted or which will artificially increase the size of their body or their area of protection

II. TEAMS, CAPTAINS AND UMPIRES

6 TEAMS

6.1 A game shall be played between 2 teams of not more than 16 players each, but not more than 11 players of each team shall be on the field at the same time. Each team is permitted to substitute from the maximum of 16 players.

6.2 Substitution :

6.2.1 Permitted at any time except that no player of either team shall be substituted after the award and before the completion of a penalty corner when substitution is only permitted for injury to or suspension of the defending goalkeeper; for substitution purposes, the penalty corner is complete when:

- a goal is scored
- an attacker breaches any Rule
- a defender commits a breach of a Rule except that if another penalty corner is awarded substitution may not take place until that penalty corner has been completed
- a defender commits a breach of a Rule for which a penalty stroke is awarded
- the ball travels more than 5 metres from the circle
- the ball is played over the back-line by an attacker or unintentionally by a defender
- after the initial injection from the back-line which resulted in the ball going outside the circle and being played back into the circle, the ball goes out of the circle over the circle line again (that is, for the second time)

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6.2.2

- no limit to the number of players who may be substituted at the same time nor to the number of times any player may substitute or be substituted
- substitution of a player may be made only after a player from the same team has left the field
- time shall not be stopped for substitutions except for goalkeepers
- substitutes shall not be permitted for suspended players during their suspension
- after completing a suspension, a player may be substituted without first returning to the field
- players leaving or entering the field shall do so at the centre-line or such other place on the side of the field decided by the umpires before the game.

6.3 Each team must have one goalkeeper on the field :

- an incapacitated or suspended goalkeeper shall be replaced immediately by another goalkeeper
- where no substitute goalkeeper is available, the field player replacing the goalkeeper must wear protective headgear and a shirt of a colour different from those of either team and shall be permitted to put on, without time-wasting, other protective equipment
- during the suspension of a goalkeeper, the team must have one less player on the field.

6.4 During play only players and umpires may be on the field unless authorised by the umpire.

7 CAPTAINS

7.1 Each team must have a captain who must wear a distinctive arm-band.

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7.2 Captains shall :

- a. toss a coin; the winner shall have choice of ends or possession of the ball to start the game
- b. if suspended, indicate to the umpires a replacement captain who must wear a distinctive armband
- c. be responsible for the substitution of their own players
- d. be responsible for the behaviour of all their team players including substitutes.

8 UMPIRES

Two umpires shall control the game and apply the Rules; they are the sole judges of fair play. Players and substitutes, whether on or off the field, including any period of temporary or permanent suspension, are under the jurisdiction of the umpires.

8.1 Umpires shall be :

- a. primarily responsible for the decisions in their half of the field, for the whole of the game without changing ends
- b. responsible for ensuring that the full or agreed time is played and for indicating the end of time for each half and the end of the first half and of the game if time is prolonged for completion of the penalty corner
- c. solely responsible for decisions on the ball going out of play for the full length of their nearer side-line and back-line
- d. solely responsible for decisions on corners, penalty corners, penalty strokes and goals in their own half and free hits in their own circle

- e. responsible for keeping a written record of goals scored and warnings/suspensions
- f. debarred from coaching during a game and during half-time.

8.2 Umpires shall blow the whistle to :

- a. start and end each half of the game
- b. enforce a penalty
- c. start and end a penalty stroke
- d. indicate, when necessary, that the ball has passed wholly outside the field
- e. signal a goal
- f. re-start the game after a goal has been scored or awarded
- g. re-start the game after a penalty stroke in which a goal was not scored or awarded
- h. stop the game for any other reason and re-start after such a stoppage.

III. APPLICATION OF THE RULES OF THE GAME

9 DURATION OF PLAY

Two periods of 35 minutes each unless otherwise agreed :

- a. half-time: 5 to 10 minutes as agreed : teams change ends
- b. each half starts when the umpire blows the whistle for the centre pass.

10 TO START AND RE-START THE GAME

10.1 Centre pass :

- a. played from the centre of the field
- b. a push or hit may be played in any direction; all players other than the player making the pass shall be in their half of the field
- c. made at the start of the game, by a player of the team which did not choose ends
- d. after half-time, by a player of the team which did not start the game
- e. after a goal, by a player of the team against which the goal was scored or awarded.

10.2 Centre pass and putting the ball back into play :

- a. all opponents at least 5 metres from the ball
- b. the ball to be pushed or hit
- c. the ball must move at least 1 metre
- d. after playing the ball, the player may not do so again nor remain or approach within playing distance of it until it has been played by another player
- e. the ball shall not be raised intentionally or such as to be dangerous or lead to dangerous play.

10.3 Ball outside the field :

When the ball passes completely over the side-line or back-line it shall be out of play and it or another ball shall be used to re-start play.

10.3.1 Over the side-line :

- a. on the side-line close to where the ball went out of play

- b. the player playing the ball is not required to be wholly inside or outside the side-line
- c. taken by a player of the opposing team.

10.3.2 Over the back-line :

by the attack when no goal is scored :

- a. up to 14.63 metres from and opposite where, or close to where, it crossed the back-line, in line parallel to the side-line
- b. taken by a defender.

10.3.3 Over the back-line :

unintentionally by the defence when no goal is scored :

- a. on the side-line on the 5 metres mark from the corner flag nearest to where the ball crossed the back-line
- b. taken by an attacker.

This is a corner.

10.3.4 Over the back-line :

intentionally by the defence (but see the actions allowed by goalkeepers) when no goal is scored:

- a. on the back-line on a mark 10 metres from the goal-post or on the back-line between this mark and the circle line on whichever side the attacking team prefers

For fields with 9.10 metres marks, the ball shall be placed on this mark.

- b. taken by an attacker.

This is a penalty corner.

10.4 Bully :

10.4.1 The game shall be re-started with a bully when :

- a. the ball in play has to be replaced
- b. there is a simultaneous breach of the Rules by players of both teams
- c. when time has been stopped for an injury or any other reason and there has been no offence.

10.4.2 The bully :

- a. on a spot chosen by the umpire but not within 14.63 metres of the back-line
- b. a player of each team shall face one another with their own back-line to their right
- c. ball shall be on the ground between the two players
- d. the two players tap with their stick the ground to the right of the ball then the flat face of the opponent's stick over the ball, three times alternately, after which either player may play the ball to put it into play
- e. all other players at least 5 metres away until the ball is in play.

11 SCORING A GOAL

- a. a goal is scored when the ball is played in the circle by an attacker and does not go outside the circle before passing completely over the goal-line and under the crossbar
- b. the ball may be played by or touch the stick or body of a defender before or after being played in the circle by an attacker
- c. after a stoppage of play inside the circle, the ball must again be played from inside the circle by an attacker before a goal can be scored

- d. a goal shall be awarded if a goalkeeper breaches the Penalty Stroke Rule preventing a goal being scored
- e. the team scoring the greater number of goals shall be the winner.

12 OFFSIDE

There is no offside in hockey.

13 CONDUCT OF PLAY

Hockey must be played with consideration for the safety of others. This Rule defines actions which affect the safety of all players.

Players shall not :

13.1.1 Use of stick and playing equipment

- a. play the ball intentionally with the back of the stick
- b. take part in or interfere with the game unless they have their sticks in their hand
- c. play the ball above shoulder height with any part of their sticks
- d. lift their sticks over the heads of players
- e. use their sticks in a manner that is dangerous, intimidating or hampering
- f. play the ball dangerously or in such a way as to be likely to lead to dangerous play

A ball is dangerous when it causes legitimate evasive action by players.

- g. hit, hook, charge, kick, shove, trip, strike at or personally handle other players or their sticks or clothing

- h. throw any object or piece of playing equipment on to the field, at the ball, at another player, or at an umpire.

13.1.2 Use of body, hands, feet by players other than goal-keepers

- a. stop or catch the ball with the hand

There is nothing to prevent players using their hands to protect themselves from dangerously raised balls.

- b. intentionally stop, kick, propel, pick up, throw or carry the ball with any part of their bodies

It is not automatically an offence if the ball hits the foot or body of a player. On many occasions when a ball hits the foot or body of a player an offence will not have taken place and play should continue.

It is only an offence if the ball hits the foot or body of a player and that player:

- *moved intentionally into the path of the ball, or*
- *made no effort to avoid being hit, or*
- *was positioned with the clear intention to stop the ball with the foot or body, or*
- *gains benefit.*

- c. use the foot or leg to support the stick in a tackle.

- d. intentionally enter their opponents' goal or stand on their opponents' goal-line

- e. intentionally run behind either goal

13.1.3 Raised ball

- a. intentionally raise the ball from a hit except for a shot at goal

To raise the ball unintentionally from a hit, including a free hit, anywhere on the field is not an offence unless it is dangerous or likely to lead to dangerous play.

- b. intentionally raise the ball so that it lands directly in the circle

Not every ball entering the circle off the ground is forbidden. A ball which bounces into or lands in the circle after a short distance must be judged solely on the intent or danger.

A ball raised over a player's stick or body when on the ground, even in the circle, must be judged solely on danger.

- c. approach within 5 metres of a player receiving a falling raised ball until it has been played and is on the ground

- d. raise the ball at another player.

13.1.4 Obstruction

obstruct an opponent from attempting to play the ball by :

- moving or interposing themselves or their sticks
- shielding the ball with their sticks or any part of their bodies
- physically interfering with the sticks or bodies of opponents

13.1.5 Manufactured offence

force an opponent into offending unintentionally

13.1.6 Time-wasting

delay play by time-wasting

13.2.1 Goalkeepers may, when the ball is inside their own circle :

- a. use their stick, kickers or leg guards to propel the ball, or any part of their bodies including the hands to stop but not propel or lie on the ball, provided such action is not dangerous or likely to lead to dangerous play

Goalkeepers lying on the ball should be considered as obstructing.

- b. stop or deflect the ball with their sticks above their shoulders unless dangerous or likely to lead to dangerous play
- c. deflect the ball over the cross-bar or around the goal-posts with the face or edges of their sticks or off any part of their bodies.

13.2.2 Goalkeepers may, when the ball is outside their own circle :

- a. not take part in the game outside their own half except when taking a penalty stroke
- b. play the ball but then have no special privileges

13.3 If the ball :

- a. strikes an umpire or any loose object on the field including any piece of playing equipment dropped unintentionally, the game shall continue.

14 PENALTIES

Advantage : a penalty shall be awarded only when a player or team has been clearly disadvantaged by an opponent's offence.

14.1 A free hit shall be awarded for:

- a. an offence by an attacker within the opponents' 23 metres area

- b. an unintentional offence by the defence outside their circle within their own 23 metres area
- c. any offence by any player between the 23 metres areas.

14.2 A penalty corner shall be awarded for :

- a. an intentional offence by the defence within their 23 metres area but outside the circle
- b. an intentional offence by a defender in the circle which neither prevents a goal being scored nor deprives an attacker of actual or likely possession of the ball
- c. an unintentional offence by the defence in their circle that does not prevent the probable scoring of a goal
- d. the defence intentionally playing the ball over their back-line.
- e. the ball becoming lodged in a goalkeeper's protective equipment or clothing when in their own circle.

14.3 A penalty stroke shall be awarded for:

- a. an intentional offence by a defender in the circle to prevent a goal being scored or to deprive an attacker of actual or likely possession of the ball
- b. an unintentional offence by a defender in the circle that prevents the probable scoring of a goal
- c. persistent early breaking off the back-line by defenders at penalty corners.

14.4 If there is another offence before the awarded penalty has been taken, a free hit may be progressed up to 10 metres, or the penalty may be upgraded and/or dealt with as misconduct or reversed if committed by the previously benefiting team.

15 PROCEDURES FOR PENALTIES

15.1 Free hit :

- a. more than 5 metres from the circle: close to where the offence occurred

"Close to" allows the free hit to be taken within playing distance of where the offence occurred. It is intended that no significant advantage be gained but the flow of the game maintained.

- b. outside the circle to the defence within 14.63 metres of the back-line: up to 14.63 metres from the back-line in line with the offence, parallel to the side-line

- c. inside the circle to the defence: anywhere within the circle or up to 14.63 metres from the back-line in line with the offence parallel to the side-line

- d. within 5 metres of the circle to the attack: close to where the offence occurred: in addition to players of the opposing team, all players of the taker's team other than the taker to be at least 5 metres from the ball

- e. the ball must be stationary

- f. the striker shall push or hit the ball; it must move at least a metre before another player of the same team is allowed to play the ball

- g. the ball shall not be raised intentionally or in such a way as to be dangerous or likely to lead to dangerous play

- h. after playing the ball, the striker may not play the ball again or approach within playing distance of it until it has been played by another player

- i. no player of the opposing team shall be within 5 metres of the ball.

If a player is standing within 5 metres of the ball in order to gain an advantage, the free hit need not be delayed.

15.2 Penalty corner :

- 15.2.1 a. the ball shall be placed on the back-line on a mark 10 metres from the goal-post or on the back-line between this mark and the circle line on whichever side the attacking team prefers

For fields with 9.10 metres marks, the ball shall be placed on this mark.

- b. an attacker shall push or hit the ball, without intentionally raising it

- c. the player taking the push or hit must have at least one foot outside the field

- d. no defender shall be within 5 metres of the ball; no attacker shall be within 5 metres of the ball

For fields with 4.55 metres marks, no defender shall be within 4.55 metres of the ball.

- e. the remaining attackers shall be on the field with sticks, hands and feet not touching the ground inside the circle

- f. not more than five defenders including the goal-keeper shall be behind the back-line with their sticks, hands and feet not touching the ground inside the circle

- g. the remaining defenders shall be beyond the centre-line

- h. until the ball has been played, no attacker other than the one taking the push or hit may enter the circle, nor may a defender cross the centre-line or back-line

- i. the attacker taking the push or hit may not play the ball again nor remain or approach within playing distance of it until it has been played by another player
- j. no shot at goal shall be made until the ball be stopped or come to rest on the ground outside the circle; the ball may be passed or deflected by the attackers but if it remains within 5 metres of the circle it must be stopped or come to rest on the ground outside the circle before a shot at goal is made
- k. if the first shot at goal is a hit, the ball must cross the goal-line, or be on a path which would have resulted in it crossing the goal-line before any deflection, at a height of not more than 460mm (the height of the backboard) for a goal to be scored, unless it touches the stick or body of a defender during its travel towards goal
- l. for flicks, deflections and scoops, and second and subsequent hits at goal, the ball may be raised to any height subject to there being no danger
- m. the attacker putting the ball into play may not score directly even if the ball is played into goal by a defender
- n. if the ball travels more than 5 metres from the circle, the penalty corner Rules no longer apply.

15.2.2 The penalty corner may be given again when :

- a. defenders stand with feet, hands and/or sticks touching the ground inside the circle
- b. defenders are within 5 metres of the ball before it is played

For fields with 4.55 metres marks, the penalty corner may be given again when defenders are within 4.55 metres of the ball before it is played.

- c. defenders cross the back-line or centre-line before the ball is played.

Attackers deliberately, or gaining benefit from, entering the circle before the ball is played should be penalised by a free hit.

15.2.3 At half-time and full-time the game shall be prolonged to permit completion of a penalty corner. For this purpose the penalty corner shall be considered completed when :

- a. a goal is scored
- b. an attacker breaches any Rule
- c. a defender commits a breach of a Rule except that if another penalty corner or penalty stroke is awarded the game shall be prolonged again to permit completion of the penalty
- d. the ball travels more than 5 metres from the circle
- e. the ball is played over the back-line by an attacker or unintentionally by a defender
- f. after the initial injection from the back-line which resulted in the ball going outside the circle and being played back into the circle, the ball goes out of the circle over the circle line again (that is, for the second time)

15.3 Penalty stroke :

15.3.1 Taking :

- a. time shall be stopped when a penalty stroke is signalled and re-started when the whistle is blown for resumption of open play following the completion of the penalty stroke
- b. the player taking the stroke shall stand close to and behind the ball prior to commencing the stroke

- c. all players, other than the defending goalkeeper and the player taking the stroke, shall stand beyond the nearer 22.90 metres line, on the field, and shall not influence the situation
- d. the defending goalkeeper shall continue to wear protective headgear and shall not remove unnecessarily any protective equipment in order to gain time
- e. the defending goalkeeper shall stand with both feet on the goal-line and shall not leave the goal-line or move either foot until the ball has been played
- f. the player may not take the stroke until the controlling umpire confirms that both the stroke taker and the goalkeeper are ready and has blown the whistle
- g. the ball may be pushed, flicked or scooped from the penalty spot
- h. the ball may be raised to any height
- i. the player may touch the ball only once and subsequently shall not approach either the ball or the goalkeeper
- j. in the process of taking the stroke, the player may take one step forward but the rear foot may not pass the front one until the ball has been played
- k. the player may not feint at playing the ball

15.3.2 Ending :

- a. a goal is scored or awarded
- b. the ball comes to rest inside the circle, lodges in the goalkeeper's leg guard, is caught by the goalkeeper, passes outside the circle or

the stroke-taker breaches the Rule and a goal is not scored or awarded.

15.3.3 Re-starting the game after a penalty stroke :

- a. if a goal was scored or awarded : by a centre pass
- b. if a goal was not scored or awarded: a push or hit by a defender 14.63 metres in front of the centre of the goal-line.

15.3.4 Penalties :

- a. free hit: for an offence by the stroke-taker, taken 14.63 metres in front of the centre of the goal-line
- b. goal awarded: for a breach of the Rules by the goalkeeper that prevents a goal being scored
- c. penalty stroke : may be taken again for an offence by any other player of either team.

15.4 Personal penalties :

- a. for rough or dangerous play, misconduct (including the failure of a captain to exercise responsibilities defined in the Rules), or any intentional offence, the umpire may award the appropriate penalty and may :
 - caution the offending player
 - warn the offending player: green card
 - temporarily suspend the offending player for a minimum of 5 minutes of playing time: yellow card
 - permanently suspend the offending player: red card
- b. temporarily suspended players shall remain silently in a designated place until permitted by the umpire who suspended them to resume play

- c. temporarily suspended players may rejoin their team at half-time, then return to the designated place to complete their suspension
- d. for misconduct by substitutes the umpire may caution, warn, temporarily or permanently suspend the offending player; for the duration of a temporary suspension the offending team shall play with one less player; for a permanent suspension the offending team shall play for the remainder of the game with one less player
- e. permanently suspended players shall not remain within the playing facility or its surrounds.

16 ACCIDENTS/INJURIES

- a. if a goal is scored before the game is stopped it shall be allowed if it would have been scored had the accident not occurred
- b. if a player is incapacitated, the umpire may stop the game
- c. an injured or bleeding player should leave the field as soon as it is safe to do so and receive treatment off the field unless medical reasons prevent this
- d. players shall not return to the field until their wounds have been dressed and no player remain on, enter or re-enter the field wearing blood stained clothing
- e. if an umpire is incapacitated, the game shall be stopped; if injured and unable to continue, should be replaced
- f. the game shall be re-started with a bully, with the appropriate penalty or with a centre pass if a goal was scored.

APPENDIX A

HOCKEY TERMINOLOGY

- **Centre pass**
The centre pass is a push or hit in any direction from the centre of the field with all players in their own half of the field.
- **Playing the ball**
Playing the ball is stopping, deflecting or moving the ball with the stick and, in the case of the goal-keeper with the leg guards or kickers or deflecting with the hand protector or any part of the body in the circle.
- **A Stroke**
A "stroke" is executed when the ball has been moved by playing or striking it with the stick.
- **Penalty Stroke**
A "penalty stroke" is a push, flick, or scoop of the ball from the penalty spot after the game has been stopped for taking the penalty stroke.
- **Hit**
A "hit" involves a swinging movement of the stick towards the ball.
- **Push**
A "push" moves the ball along the ground by a pushing movement of the stick after the stick has been placed close to the ball. When a push is made, both the ball and the head of the stick are in contact with the ground.
- **Flick**
A "flick" occurs when the ball is pushed and, as a result, is raised off the ground.

- **Scoop**

A "scoop" occurs when a stationary or slow-moving ball is raised off the ground by means of a shovel-movement of the stick, after the head of the stick is placed slightly under the ball.

- **Shot at goal**

Any stroke or deflection by an attacker from within the circle towards the goal.

- **Playing distance**

Playing distance is the distance within which a player is capable of playing the ball.

- **Persistent**

Persistent means the first time and all subsequent times after a warning or penalty is given for any particular offence.

- **Time-wasting**

Time-wasting is any action or lack of action which prevents play from continuing or commencing within a reasonable time.

- **Dangerous play**

Dangerous play is any action which is dangerous to the player or another player or could lead to a dangerous situation. Such circumstances could include a raised ball, tackling from the "wrong" position, playing the ball when lying on the ground, etc.

- **Misconduct**

Misconduct is rough or dangerous play, any delay which amounts to time-wasting, intentional offences, or any bad behaviour. Captains who fail to undertake their responsibilities satisfactorily should also be penalised for misconduct.

APPENDIX B

RULES INTERPRETATIONS

By the very nature of the game, the Rules of Hockey leave much to individual interpretation. The following explanations should ensure **more consistency of umpiring and a fairer opportunity for players of both teams to play the game.**

- **Rule 6.3 Each team must have one goalkeeper on the field**

If a goalkeeper is suspended the captain has a choice:

- replace the goalkeeper with another goalkeeper;
- or, nominate a field player who will put on protective headgear, other protective equipment if desired, and a shirt of a colour different from those of both teams. Time will be allowed for this.

In either case, the team must have one less field player for the duration of the suspension.

If the suspension is temporary, the captain again has a choice at the end of the suspension:

- re-instate the temporarily-suspended goalkeeper. The replacement goalkeeper should remove protective equipment and change shirt colour to that of their team before becoming a field player or should be substituted by a field player in the normal manner. Time should be stopped while this is done.
- or, continue to play with the replacement goalkeeper. In this case, another player can enter the field as a substitute and field player.

- **Rule 7.2 Captains**

Captains are explicitly responsible for the behaviour of their players on the pitch and for their team's substitutes.

- Umpires should not hesitate to call upon the captains when their players, including substitutes, misbehave.
- A captain must take responsibility for any player who directly abuses, confronts, or challenges an umpire.
- The captain should be called and required to exert authority.
- A captain who does not respond should be penalised for misconduct with a personal penalty of a caution, warning or suspension.

Captains are also responsible for the correct substitution of their players. If an incorrect substitution takes place an umpire may, if appropriate, impose a personal penalty on the captain.

■ **Rule 10.1 Centre pass**

Players, other than the striker of the ball, should not cross the centre line but umpires should not be unnecessarily strict over this point.

■ **Rule 13 Conduct of play: playing the ball**

A "dragging" action is sometimes used to play the ball. The 'drag' push/flick is not permitted at a penalty stroke; only the normal push, flick or scoop is allowed.

A free hit to the attacking team a small distance outside the circle cannot be dragged inside the circle; the ball must be released from the stick before entering the circle.

A "dragging" action may be used to play the ball on other occasions but when taking a free hit or hit in or when putting the ball back into play at a corner or penalty corner this must not result in the ball being played twice.

■ **Rule 13 Conduct of play: tackling**

Destructive tackling detracts greatly from the game.

- Umpires should be strict in penalising illegal tackles from the reverse-side, from behind the player with the ball or by diving or sliding.

- A reverse-side tackle or one from behind the player with the ball is not permitted if there is any body or stick contact between the players concerned before the ball is played by the tackler.
- Umpires should check that the tackler is not using a hand or arm to push an opponent in the back.
- Diving or sliding tackles can cause unnecessary interruptions to the game and injury to tacklers and opponents.
- Unless the tackler plays only the ball with the stick and there is no danger, diving / sliding into a shot or a player in possession of the ball should be penalised in most instances. The tackler should be trying to play the ball and should be trying to avoid contact with the opponent.
- An illegal tackle which grounds the player with the ball should be penalised appropriately, possibly including a caution, warning or suspension. However, this must not be confused with the occasion when the player who had the ball trips over the tackler or the tackler's stick after a legitimate tackle has been made.
- Umpires should be aware of players who fall intentionally across the path of an opponent to break-down the play and should penalise severely tackles designed to break down open skilful play.
- A sliding or diving tackle may also lead to obstruction by the tackler.

■ **Rule 13.1.2 Use of body, hands, feet; foot/ball contact**

This Rule should be studied carefully to promote a wide understanding of its true intention. If umpires apply the Rule accurately and consistently there will be fewer unnecessary and incorrect interruptions to the game.

Regarding the hand(s) holding the stick;

- No offence is committed if the ball hits the hand but would otherwise have hit the stick and there is no positive action to use the hand to play the ball.

- Using the hand on the stick to propel the ball is an offence.
- Using the hand in any way to stop the ball outside the circle in preparation for a shot at goal at a penalty corner is not allowed.

■ Rule 13.1.3 Raised ball

A raised ball must be judged explicitly on actual or potential danger and not solely on whether or not the ball is off the ground.

Shot at goal

A shot at goal should be considered dangerous if players are in close proximity to the shot and therefore have no time to react safely and to play the ball legitimately.

Hit and free hit

It is not an offence to raise the ball unintentionally from a hit, including a free hit, anywhere on the field unless it is dangerous play.

Flick or scoop

The ball raised over a distance using a flick or scoop action must be judged for actual or potential danger:

- where the ball is played
- during flight
- where the ball lands.

The offence should be penalised where the danger occurs, not necessarily where the ball was originally played:

- when the danger occurs where the ball was played, the penalty must be taken there;
- when the danger occurs during the flight of the ball, the penalty should be taken from where the ball was originally played;

- when a player of either team behaves in a dangerous manner in the area of the flight of the ball, the penalty must be applied where the player is positioned;
- when the danger occurs where the ball lands, the penalty must be taken there.

Any flick or scoop made with an oncoming opponent within 5 metres is almost certainly dangerous and should be penalised.

The raised ball which is played into open space or to a lone player should not be penalised unless dangerous.

A ball raised over an opponent's stick or body on the ground can be very skilful and is permitted subject, as always, to danger or leading to danger.

The ball may rebound a considerable distance from a goal-keeper's leg guards, kickers, or hand protectors especially if made of foam but this is not of itself an offence.

Flick shot at a penalty corner

If the defender is within five metres of the shot when struck below the knee, another penalty corner should be awarded.

If the defender is within five metres of the shot when struck above the knee in a normal stance, a free hit should be awarded to the defending team.

Ball raised into circle

Not every ball entering the circle off the ground is forbidden. A ball which bounces into the circle or which otherwise enters the circle off the ground must be judged according to danger. This means that it is incorrect to penalise every hit into the circle which is not played along the ground.

When a ball is intentionally raised over a long distance so that it falls directly into the circle, the penalty should be applied where the ball was raised.

Receiving player

A player receiving a raised ball must be given the opportunity to play it safely. If a player flicks or scoops the ball safely into free space and another player of the same team and an opponent reach the area where the ball will land at the same time, then the player of the team which played the ball shall give the opponent time and space to bring the ball under control.

Defenders do not have a right to the ball if an attacker is the initial receiver.

If the receiving player is clear of other players at the time the ball is raised, no players of the opposing team should approach within 5 metres until the ball has been received, controlled and is on the ground.

■ Rule 13.1.4 Obstruction

The interpretations of obstruction below allow players to receive a ball, play or pass it in any direction, and only to be penalised if obstruction takes place at the time a properly placed tackler tries to make the tackle.

It is important for umpires to be vigilant in observing the obstructions referred to in the following paragraphs. Players gain unfair benefit and opponents can become frustrated if the obstructions described are not penalised.

The stationary player

- The receiving, stationary, player may be facing in any direction.
- The onus is on the tackler to move into position to attempt a legitimate tackle.
- The tackler must not move bodily into the receiver and claim obstruction; such action should be firmly penalised possibly with a suspension.

The moving player

- The onus is on the tackler to be in a position to make a legitimate tackle. Once in the correct position there must be an intention to make a tackle.
- The tackler must be attempting to move the stick towards the ball.
- The timing of the tackle must be precise because, until the tackler is in a tackling position and intending to make the tackle, the player with the ball may move off with the ball in any direction (except bodily into the tackler).

Umpires should be aware of players who are in possession of the ball who:

- back into an opponent;
- turn and try to push past an opponent;
- shield the ball with body, leg or stick and stand still when under pressure;
- drag the ball near their back foot when moving down the side-line or along the back-line;
- shield the ball with the stick to prevent a legitimate tackle.

Third party or shadow obstruction

Players who run in front of or block opponents to deny them the legitimate and feasible opportunity to play the ball are obstructing. This can happen, for example, at penalty corners when attackers run across or block defenders including the goalkeeper.

■ Rule 13.1.5 Manufactured offence

Players must not be allowed to disadvantage opponents by forcing them to offend unintentionally. Examples of manufactured offences include:

- forcing an opponent into obstructing, often emphasised by running into an opponent or by waving the stick over an opponent's head. This action should be penalised.

- playing the ball clearly and intentionally into an opponent's foot, leg or body. The umpire may decide to let play continue or penalise the player who played the ball into the opponent.

Umpires should be vigilant in observing manufactured offences such as those described above and not be tempted to blow obstruction in the first instance and feet in the second. Applying these interpretations strictly will discourage players from attempting to manufacture offences and will avoid unnecessary interruptions to the flow of the game.

■ Rule 13.1.6 Time-wasting

Having taken up a proper position with the ball and with other players in their correct positions, a player is time-wasting if an unreasonable amount of time elapses before the ball is put into play. In hockey no time limit is defined.

Penalty stroke

Time-wasting also applies after the whistle has been blown to start a Penalty Stroke. Umpires should be strict with players who take undue time to prepare for or take a Penalty Stroke. Players can be cautioned, warned or suspended in such circumstances.

■ Rule 14.2.d The defence intentionally playing the ball over their back-line

If, given other options, it is clear that a defender plays the ball intentionally over their back-line, a penalty corner should be awarded. Defenders must show by their actions that it is not their intention to play the ball over the back-line.

Goalkeepers are permitted to deflect the ball with their stick or any part of their body over the cross-bar or around the goal-posts.

■ Rule 15.1 Free hit

Players must not get an unfair advantage from the position of a free hit. Umpires can be a little more lenient in the mid-field. Inside the 23 metres area, the position of a free hit should be more precise, especially when it is close to the circle.

Although the Rules specify that the ball should be stationary before a free hit is taken, there should be a little leniency if a legitimate attempt has been made to make the ball stationary.

Umpires should be strict and consistent with the one metre and five metres requirements in this Rule.

One Metre

If the ball does not move at least one metre and another player of the same team plays it or an opponent is prevented from playing it, a penalty should be awarded against the team taking the free hit.

Five Metres

Although players of the opposing team are required to be at least five metres from the ball when the free hit is taken, they must be given sufficient time to move there before they are penalised. However, if they are not influencing play the free hit does not have to be delayed until they are in position; this would be detrimental to the flow of the game. Umpires should establish the five metre rule early and before the free hit is taken to avoid unnecessary whistling and possibly destroying the opportunity of a quickly taken free hit.

Ten Metre Penalty

Opponents who delay the taking of a free hit (for example by not withdrawing five metres, by hitting the ball away, or by handling the ball before returning it) should be penalised appropriately. The free hit should be progressed up to 10 metres or a separate more severe penalty applied especially for persistent offences of this type.

Raised free hit

A free hit should not be penalised when the ball is raised if the intention to play along the ground is clear and the free hit itself is not dangerous or does not lead to dangerous play.

■ Rule 15.2 Penalty corner

Stopping the ball

- No shot at goal shall be made from a Penalty Corner until the ball has been stopped or has come to rest, unless it has travelled 5 metres outside the circle.
- The ball is considered to have come to rest even though it may be spinning on the spot, which sometimes happens on hard surfaces. There is no requirement that the ball necessarily be stopped by the stick; it could just cease to move along the ground.

If the first shot at goal is a hit

For the purposes of this rule, the first hit at goal is independent of the number of times the ball has been passed or deflected before or after the ball has been stopped.

- If this hit is, or will be, too high crossing the goal-line it should be penalised even if it is subsequently deflected downwards off the stick or body of another player.
- The ball may be higher than 460mm during its flight before it crosses the goal-line provided that there is no danger and provided that it would drop of its own accord to a legitimate height before crossing the line.
- Even if the ball touches the stick or body of a defender before the first shot at goal, that shot, if a hit, must still be below 460mm when it crosses the goal-line.

The "slap" hit

The action of "slap" hitting the ball involves a long pushing or sweeping stroke with the stick before making contact with the ball. The result of this action is defined as a hit. If this

action is used for the first shot at goal at a penalty corner, the shot is limited in height in the same way as any other hit shot.

Defence / Attack entering Circle too soon

The penalty corner may be taken again if defenders enter the circle too early but, if attackers do so intentionally or gain benefit from doing so, a free hit should be awarded to the defenders.

Five Metres from Circle

The ball is deemed to be in normal field play, and therefore only subject to the dangerous play rule, after it has gone 5 metres or more beyond the edge of the circle. There is then no requirement for the ball to be stopped before a shot at goal or to cross the goal-line at a height of not more than 460mm.

■ Rule 15.4 Personal penalties and Misconduct

Players including substitutes not on the field may be cautioned, warned, or suspended temporarily or permanently. These powers can be used in addition to other penalties awarded. It is important that such powers are used thoughtfully and have a clear purpose. Strict action taken early in a game will usually result in non-repetition of the offence.

Umpires should understand that if a card is used for an offence early in a game, a precedent has been set for the remainder of the game. It is important to think carefully before using a card. Oral cautions can be given to players in close proximity without stopping the game. The main purpose of cards is to communicate decisions to the other umpire, players, team and technical officials and spectators.

Intentional offences

Players who intentionally break the Rules to gain an advantage for their team should be penalised severely. Examples include:

- knocking the ball away after a free hit has been awarded;
- picking the ball up and carrying it away before returning it to the opposing team;
- playing the ball with the hand or above the shoulder with the stick;
- "accidentally" colliding with or falling in front of an opponent.

Physical play

There is a tendency for defending players (within the 23 metres area but outside the circle) and attacking players (within the attacking circle) to be more physical. Umpires should apply the various penalties available. Players who are skilful and play within the Rules should be protected.

Verbal abuse

Verbal abuse directed at an umpire, other technical officials or opponents is not acceptable. Umpires should deal with this type of misconduct promptly and firmly. The language used is immaterial: body language and attitude will be clear.

Upgrading a penalty

If players dissent at a penalty awarded against them, it is possible either to advance a free hit up to 10 metres or to increase the penalty, for example from an attackers' free hit inside the 23 metres area to a penalty corner if the dissent is from the defending team. However, a penalty corner cannot be upgraded to a penalty stroke in this instance.

Reversing a decision

If players dissent at a penalty awarded in their favour, umpires should be prepared to reverse the decision. This interpretation of the misconduct Rule is most effective. Where a decision is reversed umpires should blow the whistle again, indicate the new penalty and indicate the player causing the new decision.

Use of cards

Umpires should keep a note of players to whom cards have been awarded and of the duration of suspensions. They should exchange and confirm this information at half-time.

Some general principles apply to the use of cards:

- a player could receive two green or even two yellow cards for different offences during the same game;
- when an offence for which a card has been awarded is repeated the same card should not be used again;
- when a second yellow card is awarded it would be normal for the period of suspension to be significantly longer than the first suspension;
- there should be a clear difference between the duration of a yellow card suspension for a minor offence and the duration for more serious and / or physical offences;
- once a yellow card has been awarded to a player, that player should not be given a green card;
- any offence involving violence should not be followed by another card of the same colour;
- for example, a yellow card for violence must be followed by a red card for another violent offence;
- where a player intentionally strikes another with the stick or a fist, or intentionally kicks or spits at another player, the red card must be shown immediately.

APPENDIX C

UMPIRES' SIGNALS

- Time start Turn towards the other umpire with one arm straight up in the air
- Time stopped Turn towards the other umpire and cross fully-extended arms at the wrists above the head
- Time left For 2 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 finger. Once a signal has been acknowledged no further time signal is needed
- Hit-in from the side-line Indicate the direction with one arm raised horizontally; point downwards towards the side-line with the other arm
- Hit for behind the back-line Extend both arms horizontally sideways
- Hit-in from the side-line (corner) Point one arm at the corner flag nearer where the ball crossed the back-line
- Bully Move the hands in front of the body alternately up and down across each other with the palms facing each other

- Goal scored Point both arms horizontally towards the centre of the field
- Advantage Extend an arm high from the shoulder in the direction in which the benefiting team is playing
- Dangerous play and / or bad temper 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; indicate the penalty if necessary
- Free hit Indicate the direction with one arm raised horizontally and the open hand at face level
- Free hit progressed up to 10 metres Raise one arm vertically with fist clenched
- 5 metres distance Extend one arm straight up in the air showing an open hand with all fingers extended
- Penalty corner Point both arms horizontally towards the goal
- Penalty stroke Point one arm at the penalty spot and the other straight up in the air; this signal also indicates time stopped
- Obstruction Hold crossed forearms in front of the chest

- Obstruction (third party) Alternately open and close crossed fore-arms in front of the chest
- Ball not stopped at penalty corner Make a rolling movement with the hands
- Kicks Slightly raise a leg and touch it near the foot or ankle with the hand
- Raised ball Hold palms horizontally in front of the body, facing and approximately 150 mm from each other

Signals for kicks, obstruction and raised ball should be shown if there is doubt about the reason for the decision.

APPENDIX D

ADVICE TO UMPIRES

AIMS

Umpiring hockey is an enjoyable way to participate in the game but umpires also :

- help to raise the standard of the game at all levels by ensuring that players observe the Rules
- assist in the enjoyment of the game by players, spectators, and others
- ensure that every game is played in the right spirit.

To achieve these aims, umpires should :

- obtain and retain complete control of the game
- never allow a benefit to be gained by a breach of the Rules
- protect the skills and persons of players
- use the whistle as sparingly as possible
- co-operate at all times with colleague umpires to ensure consistency of interpretation, application, and effectiveness of the Rules.

PRINCIPLES

Umpires are advised to follow these principles :

- develop a thorough knowledge and understanding of the Rules and the Rules Interpretations; they should therefore be studied frequently and discussed with other umpires, players, coaches, and officials

- keep a calm and impersonal attitude to the game
- concentrate at all times so that nothing outside the game distracts attention; the mind should be alert throughout the game
- anticipate the run and flow of the game; by this means a good umpire looks beyond the action of the moment and is aware of potential developments in the game
- understand that it is not necessary to penalise every offence, for example, when no benefit is gained by the offender; unnecessary interruptions to the flow of the game cause undue delay and irritation
- apply the advantage Rule carefully in order to give maximum benefit to the player or team which has been offended against
- allow sufficient time to consider if advantage can be applied but, having decided that it did apply, not to give a second opportunity by reverting to what would have been the original penalty
- issue, in appropriate circumstances, a caution, warning, or a temporary or permanent suspension separately or in combination, with a penalty
- identify the relative seriousness of an offence and deal early and firmly with serious offences such as dangerous or rough play
- not be over-lenient
- penalise intentional offences firmly by, for example, awarding penalty corners for such action by defenders in their own 23 metres area or penalty strokes if defenders commit intentional offences in their circle to prevent goals from being scored
- make decisions decisively, clearly and consistently

- umpire in the spirit of the Rules, in the interest of and showing understanding for the players and the game itself.

Umpires should demonstrate that if players co-operate by playing fairly, the game will be interrupted only when essential for its proper conduct. Rough and dangerous play should be dealt with early and firmly; if a game gets out of control it will be difficult to pull it together again later. Players respect umpires who show they have a good understanding of the game and who enforce the Rules fairly.

CLOTHING

Umpires should wear appropriate clothing :

- to allow free movement
- which is clean, smart and similar in colour to each other but different from those of both teams
- with pockets for equipment
- to protect against bad weather when necessary
- which can include an eyeshade or peaked cap.

Footwear should :

- suit field conditions
- assist mobility.

EQUIPMENT

Umpiring equipment includes :

- a current book of Rules
- a loud and distinctive whistle
- a reserve whistle
- a stop watch

- a card and pencils to record the starting times of each half, the number or name and time of warnings to or suspension of any player, and the goals scored
- a green, a yellow, and a red card.

TECHNIQUES

Positioning

For general play :

- umpires should be in suitable positions to see clearly all offences and face the players all the time
- umpires operate primarily in half of the field with the centre line to their left and the defending goal to their right
- in general, the most suitable position for umpires is ahead of and on the right wing of the attack
- for play between the centre-line and 23 metres line on their side of the field, umpires should be near their own side-line
- when the ball and play are within their 23 metres area or circle, umpires should move inwards in the field and, when necessary, into the circle itself
- proximity to or being in the circle will help umpires to see that shots at goal are legitimate and to see important breaches by defenders or attackers
- umpires should be mobile to ensure an appropriate position for each part of the game and to be able instantly to judge the relative positions of players; it is impossible for static umpires always to give correct decisions

- umpires should not allow their positioning to interfere with the flow of play.

For corners and penalty corners :

- take up a position which gives a clear view of all potential action but which does not interfere with the play.

For penalty strokes :

- take up a position behind and to the right of the player taking the stroke.

Whistling

The whistle is an umpire's primary means of communication with players, a colleague umpire and others involved in the game :

- the whistle should always be blown decisively and loudly enough for all involved in the game to be able to hear it. This does not mean long loud whistles at all times. Players should be able to "hear" the seriousness of the offence.
- it should not normally be blown for the taking of free hits, balls over the back-line, hits-in, corners, penalty corners or bullies
- in rare cases it may be advisable to reverse a decision if it is obvious that a mistake has been made; the whistle must be blown and action taken at once. Players must then be allowed to get into a proper position.

Signalling

Umpires should note the signals as described in Appendix C to the Rules :

- remember when signals are required

- for signals in which the arm is horizontal, the arm should be straight with the open palm of the hand at eye level
- signals should be held up long enough to ensure that all players and the other umpire are aware of decisions
- umpires should not look away from the players when a signal or decision is made; this can otherwise result in further offences not being seen or in a loss of concentration, or can indicate a lack of self-confidence
- umpires should not signal across their bodies
- umpires should preferably be stationary when giving a signal.

- develop a good and consistent sense of judgement
- are not discouraged by an occasional genuine mistake
- dismiss any mistakes from their mind and concentrate still more
- recognise that there is no such person as a perfect umpire
- continuously strive to improve their standards
- **always umpire fairly, with a sense of justice and with integrity**

Preparation

Umpires should prepare thoroughly for each game :

- they should arrive at the field, prepared for the game, in good time and prepare themselves for the game
- before the game commences, umpires must check the field markings, especially the circle-lines and goal-lines, and the goals and their nets, check for any dangerous playing or field equipment, and ensure that necessary remedial action is taken.

Achieving high standards

These notes are not intended to be comprehensive, but offer general guidance on achieving high standards of umpiring.

Good umpires :

- practise regularly
- are mentally alert and decisive at all times

APPENDIX E

TECHNICAL INFORMATION AND ADVICE

■ FIELD OF PLAY

a. Pitch Information: Synthetic Surfaces

A complete listing of Approved Hockey Products is published and circulated to National Associations and copies can be obtained from the FIH Office in Brussels. The FIH requires the use of approved surfaces for specific international tournaments and information on the actual requirements is also available. The actual information is also available on the website FIHockey.org.

A Handbook on Performance and Test Requirements for Synthetic Turf Pitches, which includes advice on watering systems, is also available from the FIH Office in Brussels.

b. Artificial Lighting

With the assistance of Philips lighting a revised Guide to the Artificial Lighting of Hockey Pitches was produced in 2000 and copies were circulated to National Associations. Additional copies of the Guide can be obtained from the FIH Office in Brussels.

c. Advertising and Coloured Over-Runs

Advice on the requirements and regulations for advertising around the field of play and on coloured over-runs of pitches can be obtained from the FIH.

■ HOCKEY BALLS

Included in the publication of FIH Approved Hockey Products

you will find approved balls which are required to be used in specific tournaments.

■ PLAYERS' DRESS

a. Advertising

Specific regulations govern the approval of advertising on players' dress and equipment for play in *international* tournaments. For club-level events, Continental Federations are permitted to vary the requirements and advice should be sought from either the FIH or the appropriate Continental Federation.

b. Clothing / Stick Colour

From 1 March 2002 FIH requires the following dress/stick regulations to be adhered to for all international matches and tournaments:

- Players must not wear white socks.
- Shoes must be predominantly dark in colour, but not green. Shoes containing white manufacturer's logos, white lace-hole trims and/or white bottom and sides of the soles will be permitted.
- Goalkeepers must wear a shirt of a colour different from that of their own team and that of their opponents. The shirt may not be white. Leg guards, kickers and hand protectors may not be white.
- The stick, including tape added to it, may not be coloured white or green over the lowest 100 mm, as measured from the lowest part of the stick.

It should be noted that these regulations do not apply to domestic matches under the control of National Associations. There are also requirements for international matches regarding team colours

and players' numbers on their uniform clothing, but otherwise dress should conform to the Rules of Hockey (Rule 5).

■ SPONSORSHIP/TELEVISION

There are specific FIH requirements on sponsorship and televising of international tournaments, and advice should be sought from the FIH on these and related matters.

■ FIH OFFICE

Full information on the above topics and other related matters may be obtained from:

The International Hockey Federation
Avenue des Arts 1 Bte 5
B - 1210 Brussels
Belgium

Telephone: ++32 (2) 219 4537
Fax: ++32 (2) 219 2761
E-mail: FIH@FIHockey.org
Internet: <http://www.FIHockey.org>

APPENDIX F

PENALTY STROKE COMPETITION REGULATIONS

The following Regulations are from the FIH Technical Manual and are provided as guidance to those involved in this procedure.

- 1.a) Five players from each of the two teams, chosen by their respective team manager from the players listed on the entry form, or, in the case of a classification match, from the players nominated for that match, except as excluded hereunder, shall take a penalty stroke alternately against one and the same defending goalkeeper of the other team unless the latter has been incapacitated and replaced, making a total of ten penalty strokes, five for each team. The players must take the penalty strokes in the same sequence as the list of five players nominated and communicated by the team managers to the Technical Officer on duty prior to the start of the penalty stroke competition.
- b) No player who has been suspended by the Tournament Director, or in the case of a classification match, has been permanently suspended (red card) by the umpires during that same match, shall be permitted to take part in a penalty stroke competition.
- c) If during a penalty stroke competition a player (either a stroke taker or a goalkeeper) is suspended, then that player shall take no further part in that penalty stroke competition and, unless a defending goalkeeper, cannot be replaced.

If a stroke taker, any stroke the player should have been entitled to take will be counted as no

goal. If a defending goalkeeper, the replacement may only be from one of the nominated stroke takers.

The player replacing the defending goalkeeper may continue to take penalty strokes but, when required to defend penalty strokes must wear protective headgear. This player may also wear other approved protective equipment.

2. The umpires, after consultation with the Technical Officer on duty, shall choose the goal and shall toss a coin with the captains, the winner having the choice to take or defend the first penalty stroke. The team having been scored awarded the highest number of goals shall be the winner and the competition will cease once an outright winner has been established.

3. In the event of an equal number of goals having been scored or awarded, a second series of penalty strokes shall be started with the same players, subject to incapacitated defending goalkeeper(s) being replaced, and shall cease after a team shall have scored or been awarded one more goal than the opposing team after an equal number of strokes (no minimum, no maximum) have been taken by each team. That team shall be the winner of the second series.

The sequence of stroke takers does not need to be the same as in the previous series and the team manager has freedom of choice at the time of each stroke as to which of the nominated players shall take the stroke. In this second (unlimited) series, all five nominated players shall take a stroke before any of them are eligible to take a further stroke.

4. The team whose player has taken the first penalty stroke of the first series (see paragraph 1 a) above) must defend the first penalty stroke of the second (unlimited) series.

5. Only the team managers, defending goalkeepers and nominated stroke takers may enter the field of play during a penalty stroke competition. These persons will remain outside the 23 metres area unless a player is authorised by an umpire or technical official on duty to take or defend a penalty stroke.

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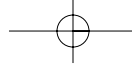
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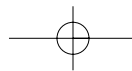
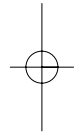
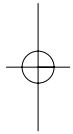
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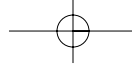
MEASUREMENT EQUIVALENTS	
mètres	yards
91.40	100
55.00	60
22.90	25
14.63	16
9.10	10
6.40	7
5	5.47
4.55	5
3.66	4
1.83	2
1	1.09
0.91	1
mètres	feet
2.14	7
1.50	5
1.20	4
millimètres	inches
460	18
355	14
300	12
235	9 1/4
228	9
224	8 13/16
150	6
100	4
75	3
51	2
38	1 1/2
millimètres	inches
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340	12
163	5 3/4
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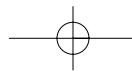
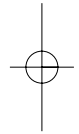
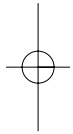
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- Payment should accompany each order.
- Remittances (drawn in Pounds Sterling on a UK bank or a Eurocheque) to be payable to the International Hockey Federation, or in the case of UK orders, to Welsh Hockey Umpires Association or WHUA.
- Provide all necessary contact details, including name and full delivery address.
- Orders should be addressed to:

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1210 Brussels (Belgium)

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24 Rheidol Drive
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Barry CF62 7HB, Wales

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Price

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