

Field Hockey

Dr. Ameet D. Prabhu

History



- The roots of hockey are buried deep in antiquity. Historical records show that a crude form of the game was played in Egypt 4,000 years ago and in Ethiopia around 1,000BC. Various museums offer evidence that a form of the game was played by the Romans and Greeks as well as by the Aztecs several centuries before Columbus arrived in the New World.
- GREECE, c. **510** BC : Κερητιζειν (*kerētízein*), κέρας, *kéras*, in ANCIENT GREEK
- EGYPTIAN, c. **200** BCE: lawn-and-field sports like hockey and GROUND BILLIARDS
- EAST ASIA, **300** BC: carved wooden stick and ball prior
- INNER MONGOLIA: *BEIKOU* (last **1000** yrs)
- EUROPEAN **1400-1700** : near-identical depictions

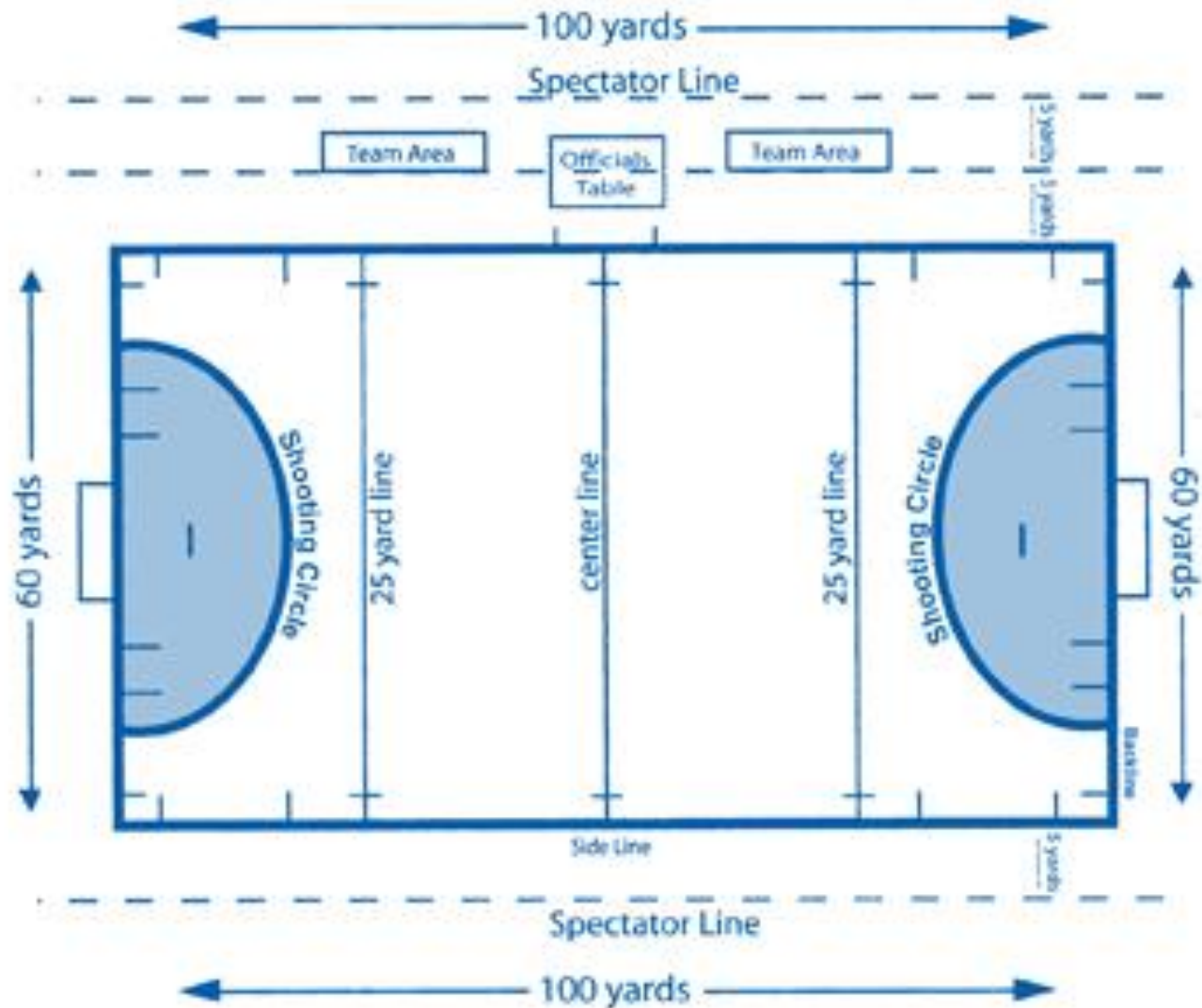
History

- The word hockey itself was recorded in **1363** when EDWARD III of England issued the proclamation:
"Moreover we ordain that you prohibit under penalty of imprisonment all and sundry from such stone, wood and iron throwing; handball, football, or hockey; coursing and cock-fighting, or other such idle games."
- China, Ming Dynasty (1368-1644): field hockey or ground billiards variant, called *suigan*
- Punjab State, India 1700: *khidokhundi* (*khido* refers to the woolen ball, and *khundi* to the stick)
- NORTHERN EUROPE (early middle ages): the sports of HURLING (Ireland) and KNATTLEIKR (Iceland), both team balls games involving sticks to drive a ball to the opponents' goal, date at least as far back as the .
- France & South Britan: *LA SOULE* or *choule*

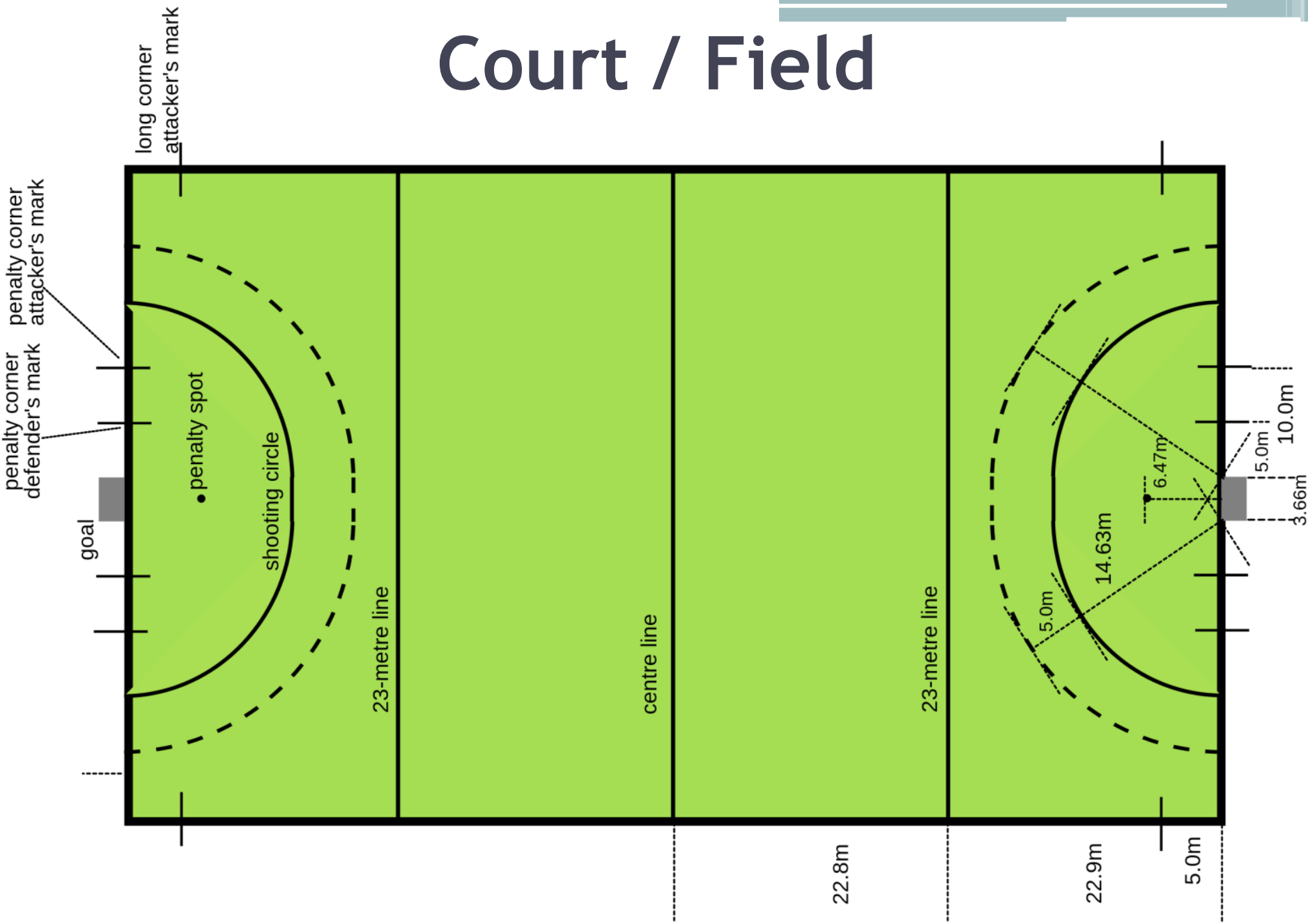
Modern Hockey

- The modern game grew from English PUBLIC SCHOOLS in the early 19th century. The first club was in 1849 at BLACKHEATH in south-east LONDON, but the modern rules grew out of a version played by MIDDLESEX CRICKET clubs for winter sport. TEDDINGTON Hockey Club formed the modern game by introducing the striking circle and changing the ball to a sphere from a rubber cube.
- The modern game of hockey emerged in **England** in the **mid-18th century** and is largely attributed to the growth of public schools, such as **Eton**.
- [Modern Hockey History](#)

Court / Field



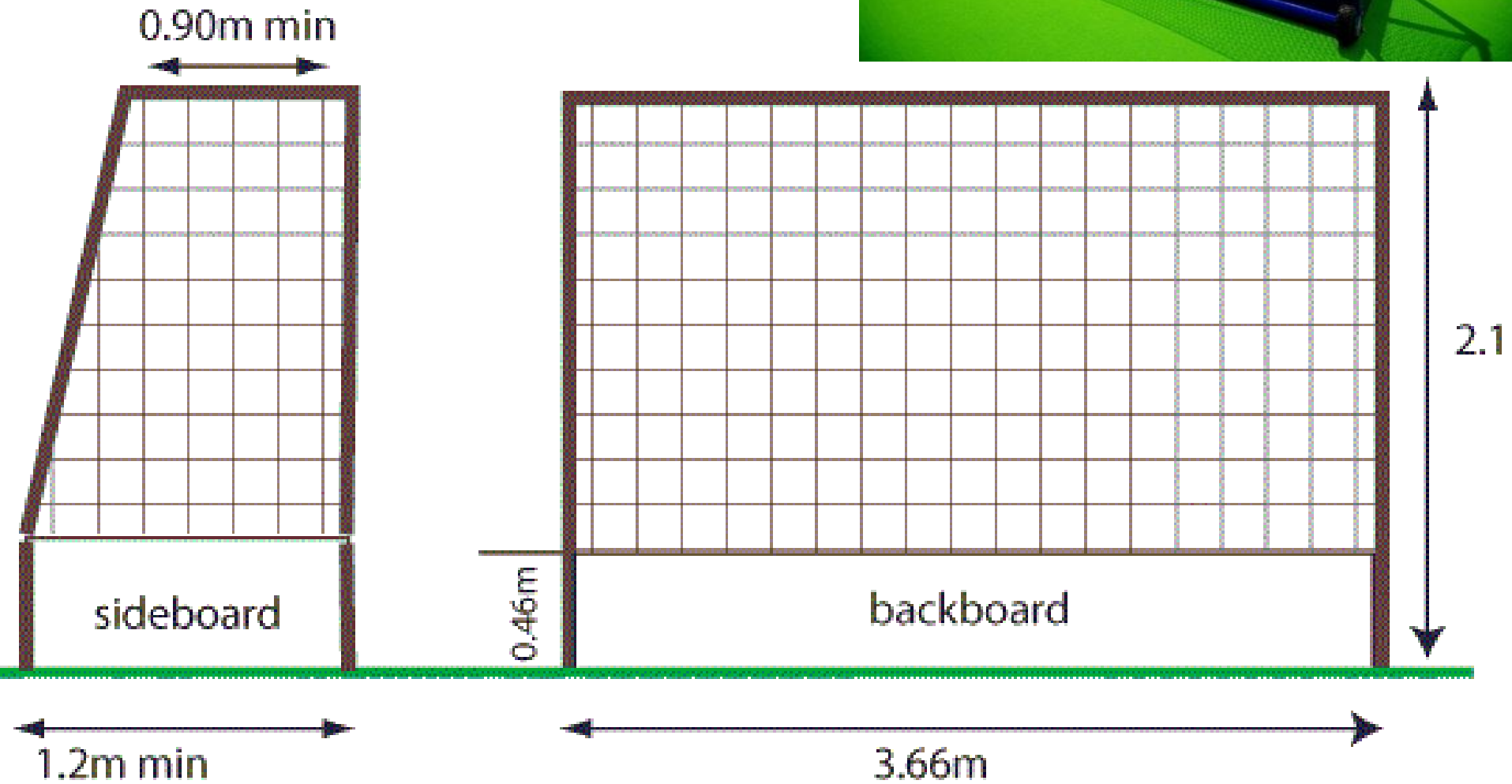
Court / Field



Court / Field

| | |
|---------------------|---|
| Field Measurements | 91.40 m x 55 m |
| Run Off areas | 3 m end lines, 2 m sidelines; 5 m end lines, 3 m sidelines |
| Marking | 75mm & white |
| 23 m areas | 22.90 m |
| Penalty Spots | 6.475m |
| Penalty Corner | 300 mm Long outside the field; 10 m both sides |
| Defender's Mark | 300 mm Long outside the field; 5 m both sides |
| Long Corners | 300 mm Long outside the field; 5 m from endline |
| Circles | 14.63m (<i>Striking/ Penalty/ Shooting Circles</i>) |
| Broken lines/Circle | 5 m from 14.63; 300mm long and gap of 3 m between each solid section |

Goals



Goals

| | |
|------------------------------|---|
| Goals | White, rectangular & 50mm wide F and between 50mm and 75mm deep F&G |
| Goal Posts | 3.66 m x 2.14 m (<i>inner edges</i>) AxB <i>Inner edges of the goal-posts is 3.66 m and the distance from the lower edge of the cross-bar to the ground is 2.14 m</i> |
| Behind the Goal posts | 0.90 m cross bar & 1.20 m Ground Level E&D <i>the space outside the field, behind the goal-posts and cross-bar and enclosed by the net, side-boards and backboard is a minimum of 0.90 metres deep at the cross-bar and a minimum of 1.20 metres deep at ground-level.</i> |
| Side& Back boards | side-boards 460mm high and a minimum of 1.20m long C&D back-boards 460mm high and 3.66m long C&A dark colour on the inside |
| Net | maximum mesh size is 45mm attachment to the back of the goal-posts and cross-baris at intervals of not more than 150mm the nets are secured so as to prevent the ball passing the nets hang outside the side-boards and back-board between the net and the goal-posts, cross-bar, sideboardsand back-boards the nets are fitted loosely to prevent the ball rebounding |

Equipment

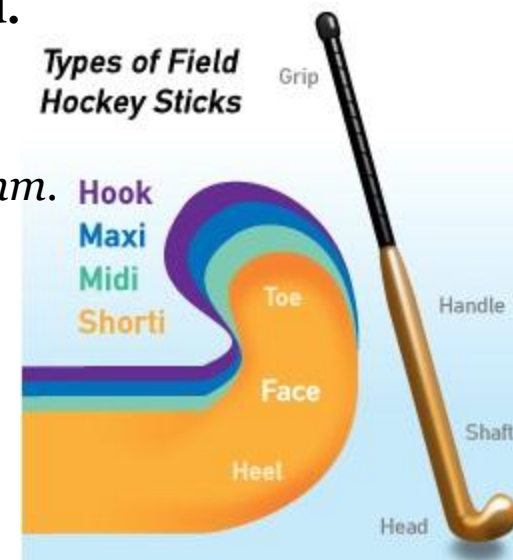
Stick: *traditional shape (handle and head). any material other than metal or metallic components provided it is fit for the purpose of playing hockey and is not hazardous.*

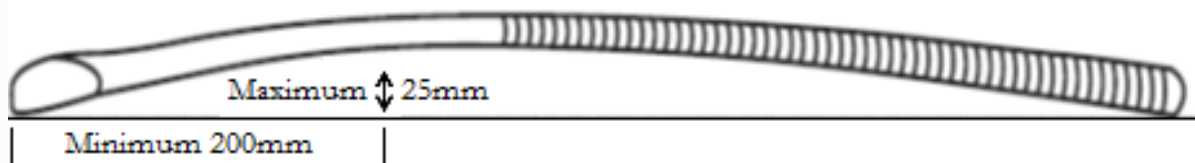
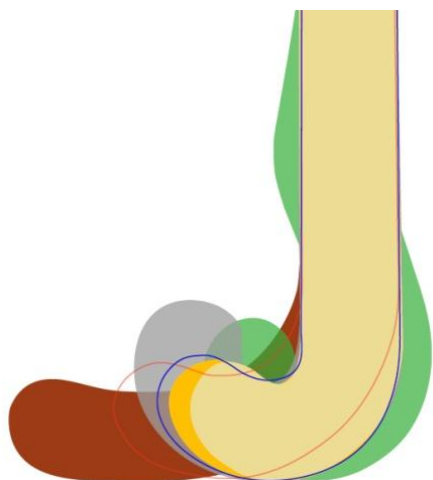
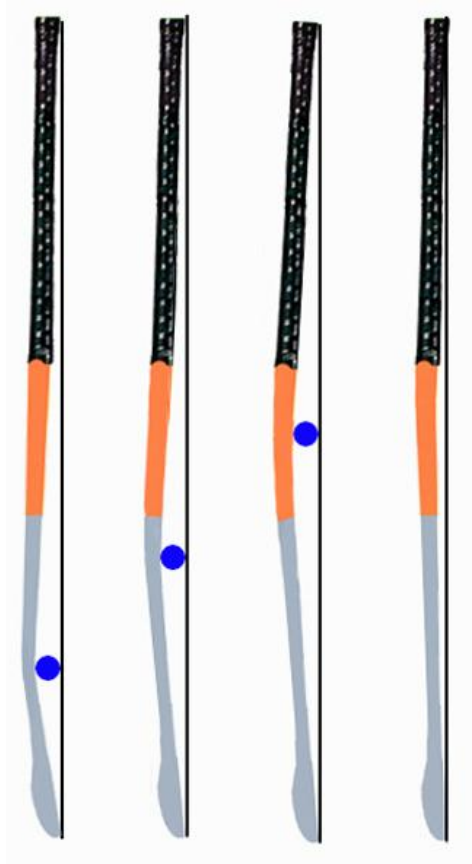
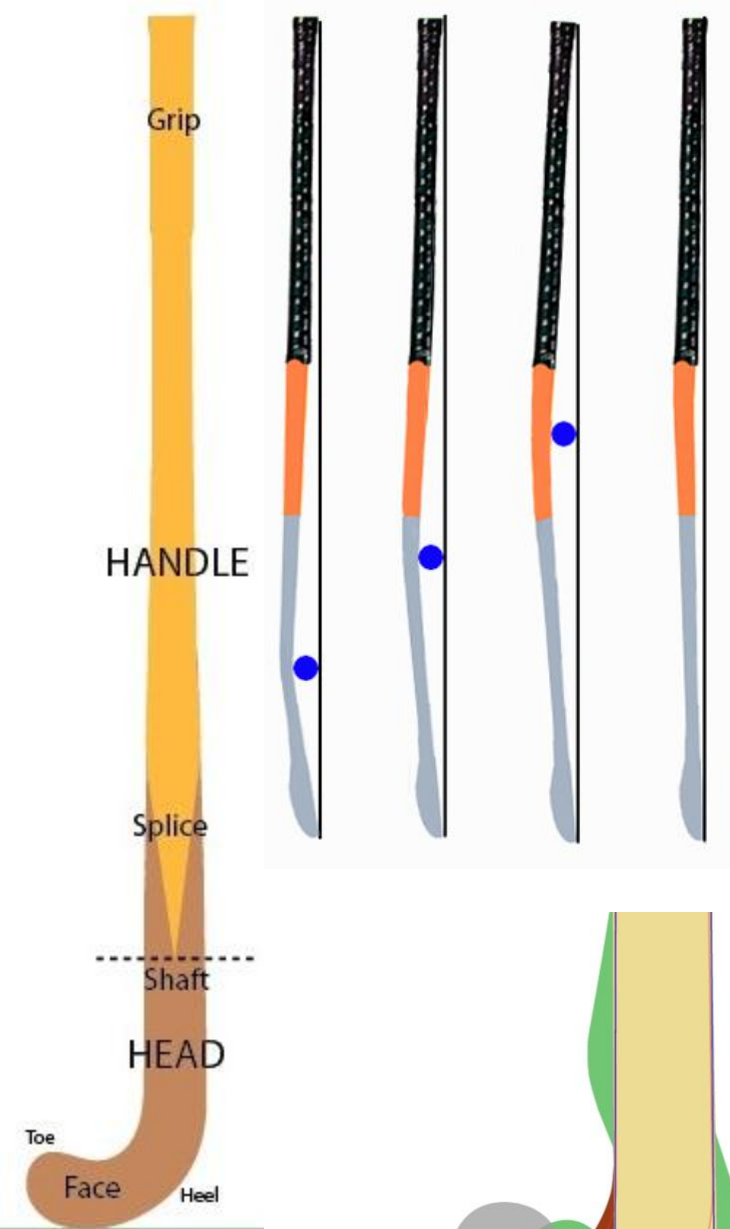
Head:

- **‘J’ or ‘U’ shape**
- must be flat on the left hand side only, Other indentations or grooves are not permitted on the playing side of the stick.
- A twist or twists along the flat playing side of the stick from the head and any continuation of it along the handle are not permitted.
- The edges and the non-playing side (back) of the stick must be rounded and must have a continuous smooth profile. Flat sections along the edges or back of the stick are not permitted.
- **Any stick which poses a potential risk for play is prohibited.**

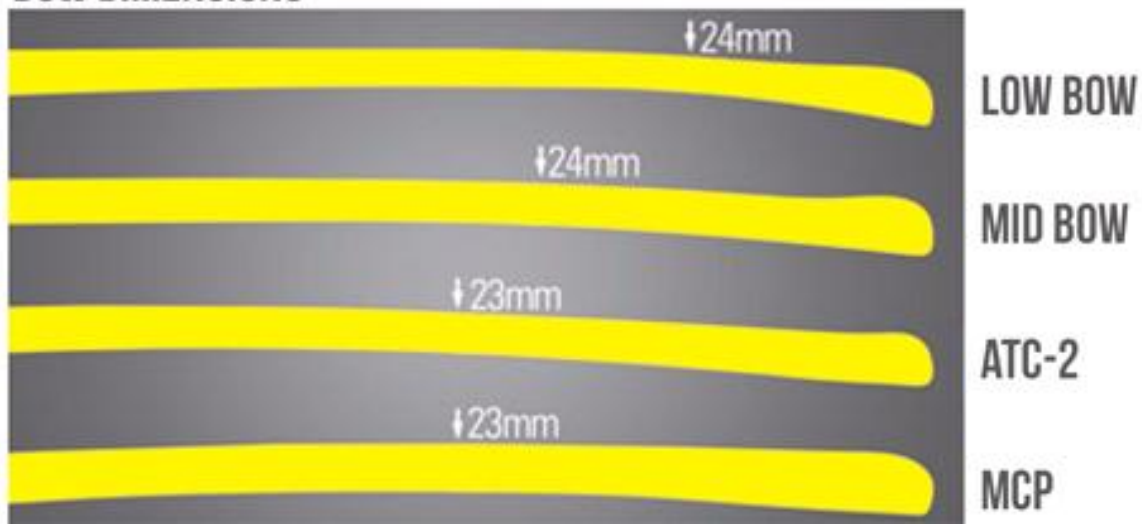
Stick Coverings & Dimensions

- *any covering, coating or fixing belonging to the stick.*
- *the stick must pass through a ring with an interior diameter of 51 mm.*
- *application of tapes and resins is permitted*
- Smooth, Flat & Continuous
- Weight: It must not exceed 737 grams.
- Height: Not more than 105 cm
- Ball Speed: must not be greater than 98 % of stick head speed under test conditions.





BOW DIMENSIONS



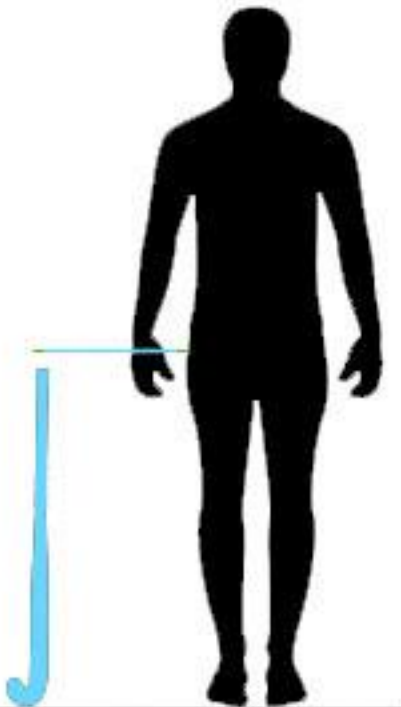
FIELD HOCKEY STICK SIZING

U.S. Method

Based on player height. Hold the stick at your side, the top should be 1-2 inches below your waist.

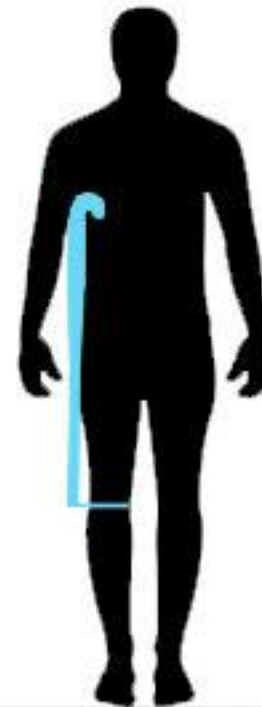
Common U.S. Size Chart

| Player Height | Stick Length |
|---------------|--------------|
| 5'9" and Up | 38" |
| 5'7" - 5'8" | 37" |
| 5'5" - 5'6" | 36" |
| 5'1" - 5'4" | 35" |
| 4'10" - 5'0" | 34" |
| 4'8" - 4'10" | 33" |
| 4'5" - 4'7" | 32" |
| 4'2" - 4'4" | 30" |
| Under 4'2" | 28" |



Dutch Method

Hold the head of the stick in your armpit. The ideal stick should end near the middle of the kneecap.



The sizing above should be used as a guideline only. Player preference and playing style has much to do with the ideal length of the stick. A defensive player or mid-fielder may prefer a longer stick to provide more reach and hitting power to clear out the defensive zone. Offensive players may prefer a shorter stick for more aggressive stick handling and control.

If you are still unsure about sizing, it is always advisable to consult with your coach.



Equipment

Ball

- Spherical – circumference of between 224 mm and 235 mm
- weighs between 156 grams and 163 grams
- made of any material and coloured white (*or an agreed colour which contrasts with the playing surface*)
- hard with a smooth surface but indentations are permitted.

Flag-posts

- Between 1.20 and 1.50 m in height
- placed at each corner of the field & must not be dangerous
- if unbreakable, flag-posts must be attached to a spring base
- flag-posts carry flags, not exceeding 300 mm in width or length.

ASTM F2713-09
approved goggles

Headband or
hair tie, OK

Jersey and
skirt, supplied
by team

Spandex

Full-length
shin guards

Team socks,
blue pair and
white pair

Stick

Turf shoes

Mouth
guard

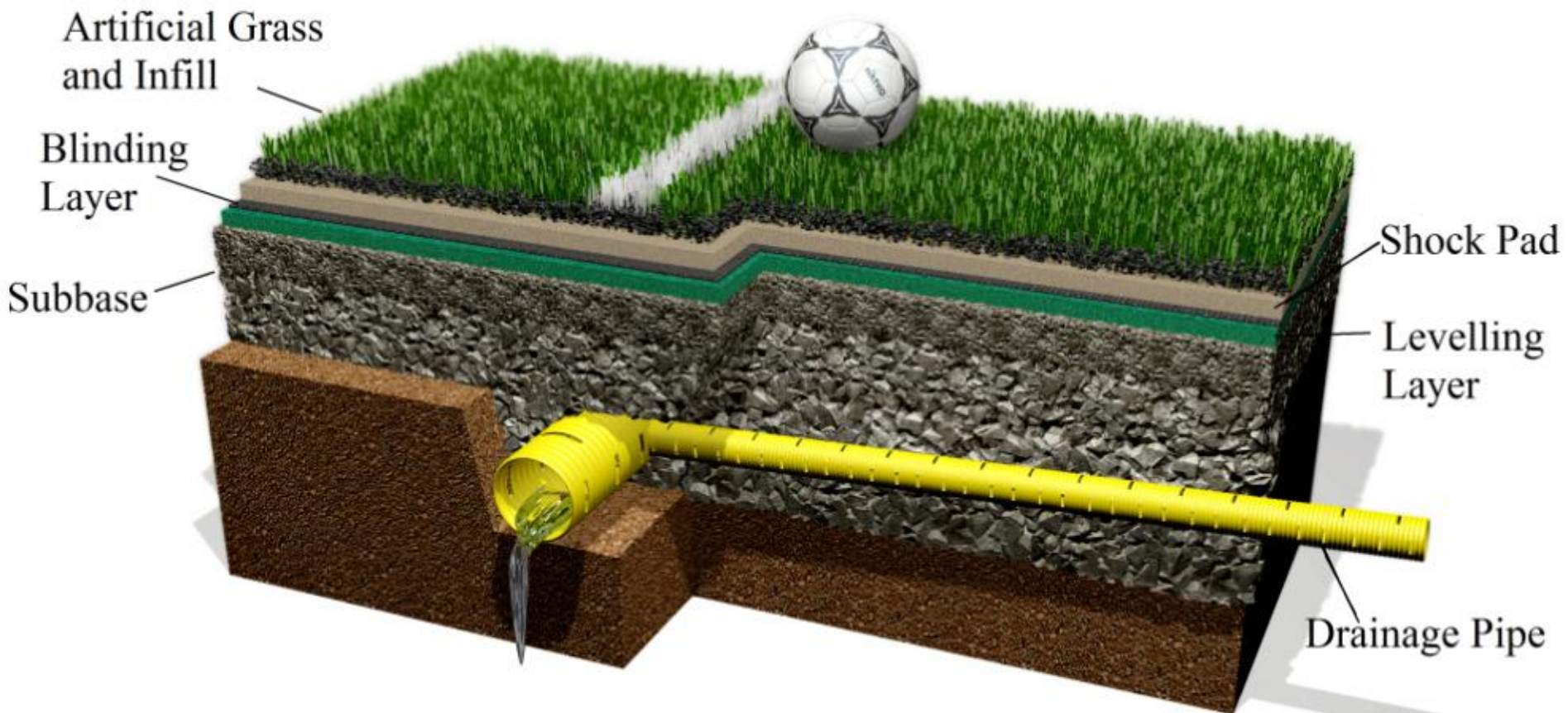
Note:
No jewelry, at all!

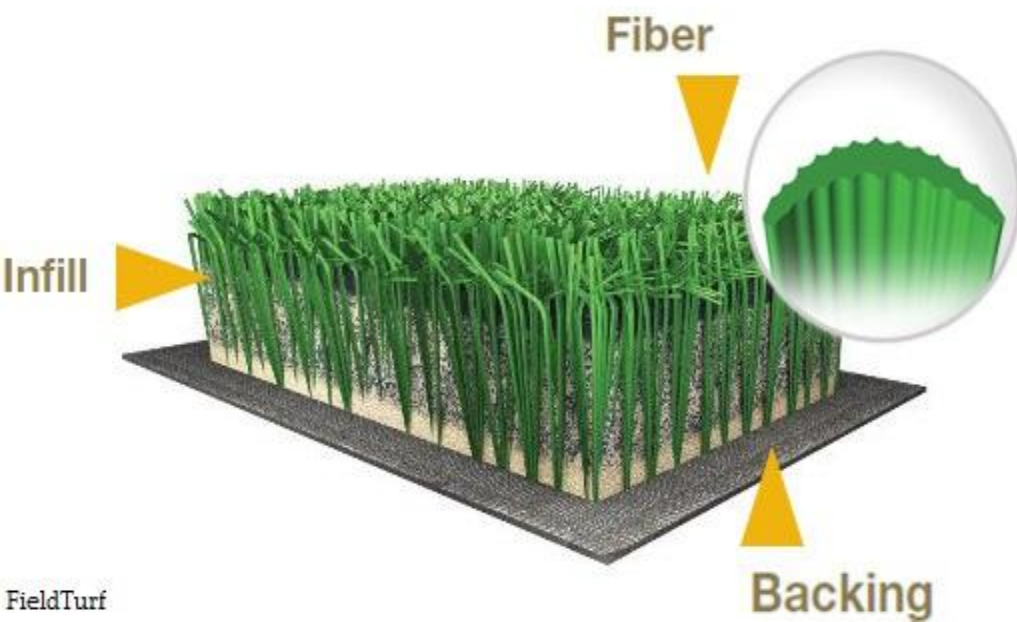
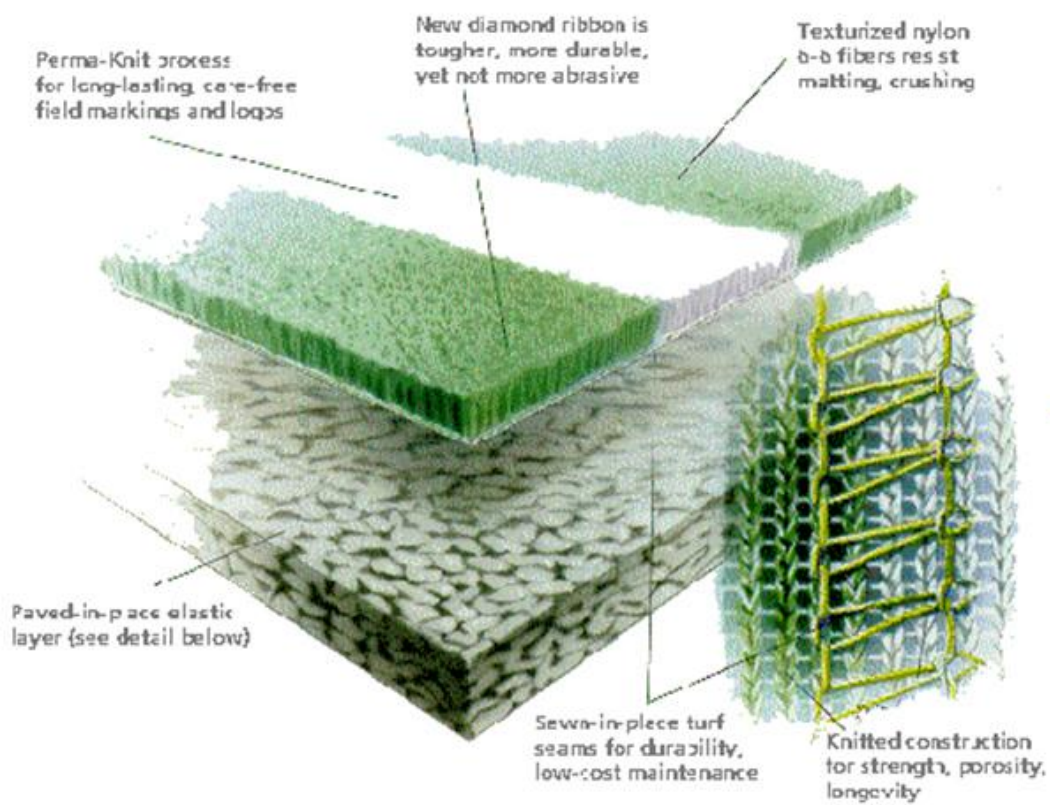


Goalkeeper's Equipment



CHOOSING ARTIFICIAL FIELD HOCKEY TURF





Duration & Start/Restart

| | |
|------------------------------------|--|
| Timings | <p style="text-align: center;"> Period 1 – Half-time Interval – Period 2 35 min – 5 min – 35 min 4 Halves 15 min – 2 min – 15 min – 5 min – 15 min – 2 min – 15 min </p> |
| Start & Restart | <p>Coin tossed to decide Side or the Pass</p> <p>Direction of play is reversed in the second half of the match.</p> <ul style="list-style-type: none"> • A centre pass is taken to start and restart: • to start the match by a player from the team winning the toss if they chose this option ; otherwise by a player from the opposing team • to re-start the match after half-time by a player of the team which did not take the centre pass to start the match • after a goal by a player of the team against which the goal was scored. |

Extra Time/Overtime

- **No Extra-Time or Overtime**
- Penalty Shootout
- 5 players from each team take 8 sec. shootout and try to score.
- Team scoring more goals wins
- Even if tie is not resolved then Sudden Death
- 1 player from each team takes shootout
- Difference in goal wins

Fouls

A player may not:

- Shield or obstruct the ball from an opponent with the body or stick. All players must have an equal chance to gain control of the ball as it is dribbled or passed down the field.
- Play the ball with the rounded side of the stick.
- Interfere in the game without a stick
- Charge, hit, shove or trip an opponent
- Play the ball in a potentially dangerous way.
- Use the foot or leg to support the stick in order to resist an opponent
- Raise the stick in a dangerous or intimidating manner while approaching, attempting to play or stop the ball
- Advance the ball by any means other than with the stick.
- Stop or deflect the ball in the air or on the ground with any part of the body
- Hit, hook, hold or interfere with an opponents stick: **Free Hit**

Contd.



- A free hit is awarded to the non-offending side following an infraction and are usually taken at the spot the foul occurs.
- No player of the opposing team may be within 5 yards of the ball when hit.
- The ball must be stationary and the striker must push or hit it. The hitter may not replay the ball until another player has touched it.
- If the infraction is committed by a defender within the shooting circle, the attacking team is awarded a penalty corner.
- Since 2015, the 23 metre line has also been used for the attacking team to resume play when it has gone over the back line (this replaced long corners).



playing ball with rounded edge



hitting ball above shoulder level



kicking or deflecting ball by any other means than with stick



tripping or shoving



obstruction

Skills

General Skills

- Grip
- Passing: Pushing, Tapping,
- Hitting / Sweep Hitting
- Trapping
- Ball Carrying/Dribbling:
Rolling & Indian Dribble
- Hitting
- Flick / Scoop & Reverse Flick
- Flip & Jink
- Tackle

Penalty Corner

- Pull out / Drag
- Stick Stop / Trap

Goalkeeping

- Stance
- Blocks
- Basic Movements
- Diving
- Sliding
- Kicking



Grip



Ball Carrying



Pushing / Push



Reverse Flick

Flick or Scoop



**H
I
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N
G**



**Penalty
Corner**



Slap Hitting

Rules of Hockey

The International Hockey Federation®
U.S. Field Hockey Association®

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 two 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 fingers. Once a signal has been acknowledged no further 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 (10-yard hit) 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 Have the hands in front of the body alternately up and down with the palms facing each other. | Goal scored Point both arms horizontally towards the center 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 coining movement by raising both hands horizontally palms downward, in front of the body, moving them slowly up and down, indicating 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 meters) Raise one arm vertically with fist clenched. | 5 meters 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. | Obstruction Hold crossed forearms in front of the chest. |
| Obstruction (third party) Alternately open and close crossed forearms in front of the chest. | Ball not stopped at penalty corner Make a coining movement with the hand. | 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 cm from each other. | Penalty stroke One arm points to the penalty spot, the other points straight in the air. |



Official NFHS Field Hockey Signals

| | | | |
|--------------------------------------|-----------------------------|-------------------------------------|----------------------------|
| 1 FREE HIT | 2 16-YARD HIT | 3 LONG HIT | 4 PENALTY CORNER |
| 5 PENALTY STROKE | 6 SIDE-IN | 7 ADD TEN | |
| 8 STICK INTERFERENCE | 9 ADVANCING | 10 DANGEROUS USE OF STICK | 11 OBSTRUCTION |
| 12 THIRD PARTY OBSTRUCTION | 13 DANGEROUS PLAY | 14 TIME-OUT | 15 GOAL SCORED |
| 16 BULLY | 17 ADVANTAGE | 18 RAISED BALL | 19 NO GOAL |



Thank You

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