



Rules of Hockey

2000

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PREFACE

RULES CHANGES

Rule 1: **FIELD OF PLAY**

1.3: **PITCH MEASUREMENTS**

The 1.83m lines marked at 22.90m and the centre line have no significance now that the distance from the ball at a free hit is 5 metres and not 4.55 metres. They have been removed.

1.4.d: A broken line 5 metres from the outside edge of the circle line has been introduced at International level to improve the flow of the game. National Associations will determine any introduction at a local level.

Rule 4: **THE STICK**

After considerable discussion, the Rule has been re-worded and re-styled. Manufacturers and suppliers have been notified of the new wording and what steps need to be taken to obtain FIH approval. As such a procedure takes time, whilst the new regulation is effective immediately, it will become mandatory that only approved sticks will be acceptable from 1st January 2001 at International level and 1st January 2003 for all other levels.

In the meantime, players should be aware that the majority of sticks in use have not been made for this type of hit, and manufacturers may refuse replacement in case of breakage as a consequence of using the edges for hitting the ball.

Rule 6: **SUBSTITUTION**

The Hockey Rules Board had considered allowing the replacement of a player directed to leave the field during a Penalty Corner

because of bleeding wound. However, it has been decided not to permit this substitution.

Rule 7.2.d:

DISCIPLINE

The Hockey Rules Board confirmed that the captain's responsibility for team discipline included their substitutes. The FIH and the Hockey Rules Board continue to be concerned by the level of misconduct, particularly off the field of play and directed at the umpire. The FIH has sent a Code of Conduct to all National Associations and they are being asked whether the Rule should be extended to include the team on the field being reduced in number following the showing of a yellow or red card to a substitute. This already works effectively in Indoor Hockey.

RULES INTERPRETATIONS

There is still concern that too many stop-pages arise following the ball unintentionally hitting a player's foot. The wording of the advice has been made more positive to emphasise those circumstances under which no penalty shall be awarded.

EXPERIMENTAL RULES

Current - Controversy still reigns over the use of the edge of the stick to hit the ball. Very few opinions have been received from National Associations or individual people. Opinions are still sought to ensure that all views can be considered when a decision is finally made in the next year.

Future - There has been much comment about the danger involved with the existing Penalty Corner Rule. Trials are being undertaken throughout the hockey family to test a

possible alternative which might be safer and less of a penalty when an unintentional foul has been committed. Opinions, particularly those based upon experience, are welcome. Whatever decision is finally reached, there will still be those for and against. Your views would help the Hockey Rules Board to reach a consensus view.

Rule 15.2.1.a: PENALTY CORNER

There has been considerable concern expressed about the level of wear on the injection spot for a Penalty Corner. This particularly results from practice sessions, but also the precise requirement within the Rule. This has now been altered to permit the injection to be taken at least 9.10m from the goal post, but inside the circle.

PROTECTIVE EQUIPMENT

The safety of players is of paramount 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 the developing and varied national standards.

In the meantime, the HRB asks all National Associations who can afford to enforce the wearing of permitted protective clothing to do so. It is particularly important that young people taking up hockey, and their coaches, are aware of the potential dangers and what they can wear to reduce them. Hand protectors, whether made in a single piece or otherwise, are accepted provided that goalkeepers are able to hold the stick in at least one hand and no attachments are permitted to hold the stick when not in the hand. There must be no danger to either the weaver or other players.

RULES APPLICATION

Although a players' game, hockey at all levels is even more enjoyable when it is played in the right spirit and supported

by competent umpires. The International Hockey Federation and the Hockey Rules Board are concerned that the standard of umpiring should keep pace with other developments in the game. All involved are asked to put in hand umpiring development programmes to ensure that the Rules are administered as effectively as intended. To assist in this effort, the FIH is producing a video for world wide distribution. It is suitable for all levels of umpiring.

The penalties available within the Rules should be applied strictly, but fairly and sympathetically.

CONCLUSION

The challenges and opportunities facing hockey over the next few years will require the attention of all involved in the game, at whatever level they are involved. The Rules will be only one part of meeting the future, and the Hockey Rules Board will play its part in keeping the game in the forefront of sport.

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**George Croft
Hon. Secretary**

The Rules and Guidance within this Book apply to all hockey players and umpires. The date of their implementation at national level is left to National Associations. They will be effective for inter-nations competition from 1 July 2000.

The Rules are issued under the Authority of the Hockey Rules Board on behalf of the International Hockey Federation.

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Rules Books should be ordered from the International Hockey Federation, except for those with addresses in the UK, who should direct orders to the English Hockey Association. Cheques for the Rules Book, at £2.00 each, should be made payable to the "International Hockey Federation", or for UK orders, to the English Hockey Association. Additional postage charges apply. See back of book for detailed ordering information.

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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

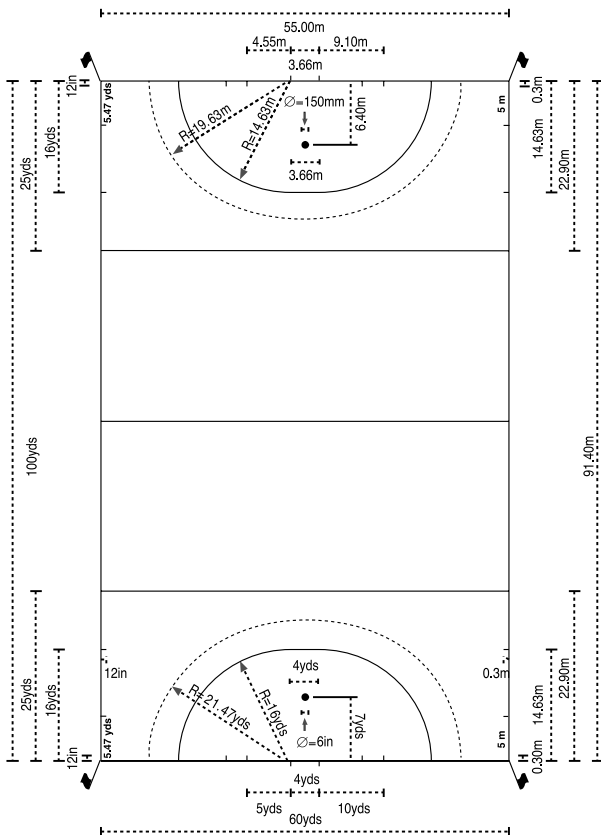
The area enclosed by the 22.90 metres lines, the relevant part of the side-lines, and the back-line is known as the 23 metres area.

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

- c. lines 300mm long are marked inside 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 inside 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 inside the field on each back-line on both sides of the goal at 4.55 metres and 9.10 metres from the outer edge of the nearer goal-post, such distance being to the further edge of these lines
- 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, 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 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.

The shape of both posts and crossbar must reflect the requirements of the relevant national legal standards.

2.2 Sideboards :

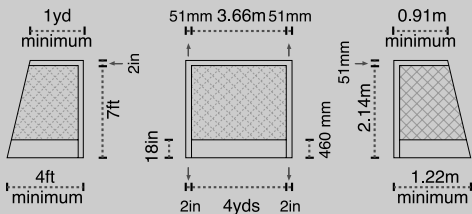
- a. length 1.20 metres (minimum); height 460mm
- b. positioned on the ground at right angles to the back-line, fixed to the back of the goal-posts but not increasing their width, and to the ends of the backboard
- c. painted in a dark colour on the inside.

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 :

- attached at intervals of not more than 150mm to the back of the goal-posts and crossbar, and be outside the backboard and sideboards
- 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
- fitted loosely to prevent the ball rebounding
- mesh not more than 45mm.



3 THE BALL⁽²⁾

The ball :

- shall be spherical, hard and of any material
- weight: minimum 156 grammes, maximum 163 grammes
- circumference: minimum 224mm, maximum 235mm
- surface: smooth but seam or indentations permitted
- 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 Shape

- a. the stick shall have a straight handle and a curved head
- b. the stick shall have a smooth flat face on the lower part of its left-hand side only (playing side)
- c. a stick with a deviation of up to 20mm from either edge of the face or the handle is acceptable (distance A-B and/or A1-B1 in the diagram)
- d. the curve of the head, as measured vertically from the lowest part of the flat face parallel to the handle, shall not exceed 100mm (distance C-D in the diagram)
- e. the stick shall have a smooth transition from the handle to the head
- f. the back of the stick or right-hand side or non-playing side is the remainder for the whole length. It shall be smooth and rounded
- g. all edges shall be rounded.

4.2 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

4.3 Size and weight

- a. inclusive of any additional coverings used, the stick shall pass through a ring having an interior diameter of 51mm
- b. the total weight shall not exceed 737 grams

4.4 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.

4.5 Playing side

- a. the playing side is the whole of the flat face and that part of the handle for the whole of the length which is above the flat face

Mandatory Experiment

- a. the playing side is the whole of the flat face and the edges and that part of the handle for the whole of the length which is above the flat face and the edges

4.6 Diagram

- a. the diagram describes the stick placed with the top of the stick to the positive X-axis and the curved part of the head to the positive Y-axis

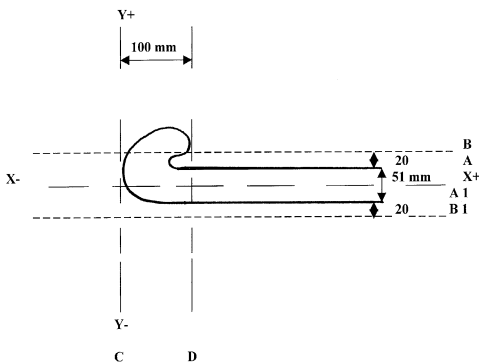
- b. the face of the stick is the part seen in the diagram; the back of the stick is the part not seen in the diagram (including edges)
- c. distance A-B is 20mm maximum
- d. distance C-D is 100mm maximum

4.7 Limitation

- a. the FIH shall retain the traditional shape of the stick and has the right to prohibit shapes which in its opinion deviate therefrom. The FIH also reserves the right to prohibit any type of stick which, in the opinion of the Hockey Rules Board, has been found demonstrably unsafe or likely to have a detrimental impact on the playing of 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 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

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 :

- a. permitted at any time except after the award and during the taking of a penalty corner when substitution is only permitted for injury to or suspension of the defending goalkeeper
- b. 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
- c. substitution of a player may be made only after a player from the same team has left the field
- d. time shall not be stopped for substitutions except for goalkeepers
- e. substitutes shall not be permitted for suspended players during their suspension
- f. after completing a suspension, a player may be substituted without first returning to the field
- g. 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 :

- a. an incapacitated or suspended goalkeeper shall be replaced immediately by another goalkeeper
- b. 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
- c. 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 on the field who must wear a distinctive arm-band.

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. indicate to the umpires any replacement captain
- c. be responsible for the substitution of 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 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.

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 9.10 metres from the goal-post or on the back-line between this mark and the circle line on whichever side the attacking team prefers
- 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. the ball is lodged in a goalkeeper's leg guard or player's or umpire's clothing
- d. 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

Unless played with consideration for others, hockey can be a dangerous game. This Rule prohibits or explains 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 stick in their hand
- c. play the ball above shoulder height with any part of the stick
- d. lift their sticks over the heads of players
- e. raise their sticks in a manner that is dangerous, intimidating or hampering to other players when approaching, attempting to play or playing the ball
- 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. Players should not be penalised when the ball is played into them. 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
- 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 Time-wasting

delay play by time-wasting

13.2 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

A goalkeeper lying on the ball should be considered under the obstruction Rule.

- b. stop or deflect the ball with the stick above their shoulder 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 of the stick or off any part of the body.

A goalkeeper may play the ball outside their own circle but then has 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 22.90 metres lines.

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.

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, the penalty may be progressed up to 10 metres, 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, outside it, 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: all players of both teams 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 9.10 metres from the goal-post or on the back-line between this mark and the circle line on whichever side the attacking team prefers
 - 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 4.55 metres of the ball; no attacker shall be within 5 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
- k. the ball may be passed or deflected by the attackers but if it remains within 5 metres of the circle must be stopped or come to rest on the ground outside the circle before a shot at goal is made
- l. 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
- m. 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
- n. the attacker putting the ball into play may not score directly even if the ball is played into goal by a defender
- o. 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
- 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 out of the circle over the back-line by an attacker or unintentionally by a defender
- f. the ball goes out of the circle over the circle line again (that is, for the second time) after the initial injection from the back-line

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 play

- 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
- 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
- l. the defending goalkeeper shall not remove unnecessarily any protective equipment in order solely to gain time.

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. 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 cannot 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.

EXPLANATIONS FOR MANDATORY EXPERIMENTS

■ *Rule 4.5a.*

Although Rule 4.5a. stated that “the playing side (of the stick) is the whole of the flat face ...”, umpires have been permitting players to play the ball with the edge of the stick. It has been decided to introduce this Mandatory Experimental Rule which will bring the Rules and umpires’ decisions into line. An additional reason for adopting this Mandatory Experiment is that shots at goal using the edge of the stick can be spectacular. However, in this instance as in all others, concern about potential danger remains paramount. One major reason for umpires not penalising edge-of-stick hitting in the past has been uncertainty that their decisions are accurate. The speed of the action makes accurate decisions very difficult.

To this point, advice on regulating edge-of-stick hitting has included stick face upwards, stick face downwards, guidance on position of feet and body, etc. Such advice has aimed to limit the extent of uncertainty and to limit the extent to which the back of the stick might otherwise be used. But uncertainty still reigns, and so we must clear it up through this experimental Rule. In the current Mandatory Experiment no such limitations are proposed, but it must be clearly understood that only the edge of the stick, and not the back, may be used.

The Mandatory Experiment is intended to seek a consensus on a stroke which can be spectacular but also potentially dangerous. However, bearing in mind the responsibility for safety incumbent upon Umpires, and within the Rules, it is emphasised that existing safety-related Rules must be applied. Danger can result not only from the hit but also the position/stance of the hitter.

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, striking or deflecting it with the stick.

- **Penalty Stroke**

A "penalty stroke" is a push, flick, or scoop of the ball from the penalty spot.

- **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 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 and a fair opportunity for players of both teams to play the game.**

Subjects are referred to in the same sequence as the related Rules.

■ REPLACEMENT OF SUSPENDED GOALKEEPERS (Rule 6.3)

A game of hockey cannot be played unless each team has a player equipped with at least protective headgear and shirt of a colour different from those of both teams, to act as goalkeeper. As a result, following the suspension of a goalkeeper, the captain has to choose between:

- a. replacing the goalkeeper with another goalkeeper
- b. nominating 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.

If option (a) is chosen, the replacement goalkeeper enters the field as a substitute for a field player. Thus, the team concerned will have one less player on the field.

If option (b) is chosen, the team will have one less player on the field.

At the end of the original goalkeeper's temporary suspension, the captain again has a choice :

- to re-instate the temporarily-suspended goalkeeper. In this case, the replacement goalkeeper should be substituted by a field player in the

normal manner, or should remove protective equipment, and change shirt colour to that of their team before becoming a field player. Time should be stopped while this is done.

- to continue to play with the replacement goalkeeper. In this case, another player can enter the field as a substitute and field player.

■ RESPONSIBILITY OF CAPTAINS (Rule 7.2)

The responsibilities of captains are clearly defined in the Rules. The 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 captain when their players, including substitutes, misbehave.

A captain who does not respond should be penalised for misconduct with a warning or suspension.

■ CENTRE PASS (Rule 10.1)

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

■ OFFSIDE (Rule 12)

Offside was withdrawn from hockey as a Mandatory Experiment in 1996 and was formally incorporated in the Rules from 1998.

■ TACKLING (Rule 13.1.1 f and g)

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.

Diving or sliding tackles can cause injury to tacklers and opponents. They can also cause unnecessary interruptions to

the game. 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.

Note that a diving or sliding player will often obstruct an opponent and should be penalised on this basis.

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

■ FOOT/BALL CONTACT (Rule 13.1.2)

This Rule should be studied carefully so that players and umpires understand it is **not** automatically an offence if the ball hits the foot. On most of the occasions when a ball hits a foot an offence will **not** have taken place and the game should continue.

The note to the Rule explicitly points out that 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, made no attempt to **avoid** the ball or was positioned with the clear **intention** to stop the ball with the foot or body (e.g. to stop the ball going into the goal) or **gains benefit**.

If umpires apply these interpretations accurately and consistently there will be fewer unnecessary and incorrect interruptions to the game unless a clear and significant advantage has been obtained by a player playing the ball with their foot. Although the guidance notes associated with this Rule have changed, the actual wording of the rule itself has not. The changes in the guidance notes and in the Rules' Interpretations above, together with the comments in the Preface to the Rules, are intended to promote a wide understanding of the true intention of this Rule.

Umpires should also carefully note the related Rules' Interpretations concerning the Manufactured Foul (Rule 13) later in this section.

■ RAISED BALL (Rule 13.1.3)

The raised ball over a long distance (the raised ball) 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 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.

A player receiving a raised ball must be given the opportunity to play it safely. 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. Any player doing so should be penalised. Defenders do not have a right to the ball if an attacker is the initial receiver.

■ BALL RAISED INTO THE CIRCLE (Rule 13.1.3 b)

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

It is important to realise that not every ball entering the circle off the ground is forbidden. A ball which bounces into the circle from a raised stroke or which otherwise enters the circle off the ground must be judged according to the dangerous play rule.

A ball raised from a hit should be penalised as dangerous if it is raised into the circle and into players. This does not mean that every hit which is not played along the ground is to be penalised. The raised ball which is played into the open 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.

■ OBSTRUCTION AND INTERFERENCE (Rule 13.1.4)

This note describes two primary playing circumstances: the stationary player and the moving player.

The principles are :

The Stationary Player

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

Having collected the ball the receiver may move away in any direction (except, of course, bodily into the tackler).

The Moving Player

The variations in this instance are many but the principles are:

- the onus is on the tackler to be in, and if necessary move to, a position from which a legitimate tackle can be made. Once in the correct position the following conditions must also be satisfied before obstruction can occur.
- there must be an intention to make a tackle. In essence 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).

This interpretation of obstruction allows 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.

However, umpires should note certain forms of obstruction which are often incorrectly overlooked. In particular, preventing a legitimate tackle by intentionally shielding the ball with the body or leg is obstruction. Stick obstruction and interference is prohibited; no player may strike at or interfere with an opponent's stick. The player with the ball may not use the stick to shield or protect the ball from a legitimate tackle.

Umpires should also look out for "third party" or "shadow" obstruction. Players who run in front of or block an opponent to deny them the legitimate and feasible opportunity to play the ball are obstructing. This can happen, for exam-

ple, at penalty corners when attackers run across or block defenders including the goalkeeper.

A sliding or diving tackle may also lead to obstruction either in its execution or once the player concerned is on the ground.

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

■ TIME-WASTING (Rule 13.1.5)

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. This also applies after the whistle has been blown to start a penalty stroke.

■ MANUFACTURED FOUL (Rule 13)

Play is often interrupted too many times during a game. Some of these interruptions result from offences which have been manufactured so that an opponent has been forced into unintentionally offending. Examples are :

- forcing an opponent into an obstructive position, 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. In these cases 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 fouls 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 fouls.

■ BALL PLAYED INTENTIONALLY OVER OWN BACK-LINE (Rule 14.2 d)

A penalty corner should be awarded if the defence intentionally plays the ball over their back-line. Goalkeepers are permitted by Rule 13.2 c intentionally to deflect the ball with their stick or any part of their body only over the cross-bar or around the goal-posts.

Defenders must show by their actions that it is not their intention to play the ball over the back-line. If a defender plays the ball in such a way that it can only finish up going out of play over the back-line, a penalty corner should be awarded.

Consistency of interpretation throughout the game and at both ends is of particular importance in view of the penalty involved.

■ FREE HIT (Rule 15.1)

The Rules require that a free hit is taken close to where the offence occurred and that the ball must be stationary before it is hit or pushed.

Regarding the appropriate place, teams which gain an advantage should be penalised. Regarding the stationary ball, there should be a little leniency if a legitimate attempt has been made to make the ball stationary.

The ball must be moved at least a metre. If it is not 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.

Although players of the opposing team are required to be at least 5 metres from the ball when the free hit is taken, they must be given sufficient time to move there before they are penalised. The free hit does not have to be delayed until they are. Such action would be detrimental to the flow of the game.

However, players of the opposing team who delay the taking of a free hit (for example by not withdrawing 5 metres, by hitting the ball away, by handling the ball before returning

it) should be penalised as appropriate. Persistent offences of this type should be penalised severely.

A free hit should not be penalised when the ball lifts slightly off the ground if the intention to play along the ground is clear and the free hit itself is not dangerous or leading to dangerous play.

■ PENALTY CORNER (Rule 15.2)

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, the ball should cross the goal-line no higher than the back-board or side-boards. If this hit is, or will be, too high at the 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 the back-board or side-boards during its flight before it crosses the 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.

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 stop.

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 the 460mm when it crosses the goal-line. Once the ball has been shot, the penalty corner is considered ended when:

- the ball crosses the back-line or goal-line
- a further penalty, against either side, is awarded.

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. Under these circumstances there is 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.

The possibility of any shot being dangerous should be considered if players are in the circle in front of goal.

It should be noted that the Penalty Corner may be taken again if the defenders enter the circle too early but, if the attackers do so deliberately or gain benefit from doing so, a free hit should be awarded to the defenders.

To put the ball back into play some players use a stroke which is different from the traditional hit or push. They use a dragging action in which the ball is moved from behind the front foot and not released from the stick until it has passed the front foot. This is acceptable provided the ball is played only once.

■ INTENTIONAL OFFENCES AND MISCONDUCT (Rule 15.4)

Players sometimes intentionally break the Rules to gain an advantage for their team. This includes 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, apparently “accidentally” colliding with an opponent or falling in front of them.

All intentional offences must be penalised by an appropriate penalty combined when necessary with a personal penalty of a caution, warning or suspension. Strict action taken early in a game will usually result in non-repetition of the offence.

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.

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.

■ SUSPENSION OF PLAYERS (Rule 15.4)

Players who break the Rules must be cautioned, warned or suspended when circumstances justify. 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. 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.

The main purpose of cards is to communicate decisions to the other umpire, players, team and technical officials and spectators. Some general principles apply to the use of cards. Under certain, relatively uncommon, circumstances 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. 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.

Oral cautions can be given to players in close proximity without stopping the game.

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

It should be noted that substitutes on the bench are also under the jurisdiction of the umpires. If necessary they should be cautioned or warned. If further action is required they can be suspended from the bench either temporarily or permanently.

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.

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

- 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**

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 Colour

From 1 January 1998 FIH requires the following dress regulations to be adhered to for all international matches and tournaments:

- players shall wear dark socks
- shoes shall be of a dark colour, but not green
- goalkeepers' leg guards and kickers shall be of a dark colour, but not green.

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 team entry form (or chosen from the players nominated for the match, if more than 16 players per team), but excluding any player who has been suspended by the Tournament Director or who has been excluded permanently (red card) from the field of play during the same match by the umpires, shall take a penalty stroke alternately against one and the same 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) If during the 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 goalkeeper, cannot be substituted.

If a stroke taker, any stroke the player should have been entitled to take will be counted as no goal. If a goalkeeper, the replacement may only be from one of the nominated stroke takers.

The player replacing the goalkeeper may con-

tinue to take penalty strokes but, when required to defend penalty strokes must wear protective headgear. This player may also wear other approved goalkeeping equipment.

2. The umpires shall choose the goal to be used and they shall toss a coin with the captains to decide which team shall take the first penalty stroke. The team having been 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 awarded, another series of penalty strokes shall be started with the same players, subject to incapacitated goalkeepers being replaced, and shall feature "sudden death", which shall mean that the winner shall be the first team to have been awarded one more goal than the opposing team after an equal number of strokes (no minimum) have been taken by each team. If necessary, this "sudden death" series may exceed ten penalty strokes, five for each team. The sequence 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 five nominated players will take the stroke using all five nominated players per round.
4. The team whose player has taken the first penalty stroke of the first series (see 1 a) shall not take the first penalty stroke of the "sudden death" series.
5. The team managers, goalkeepers and nominated stroke takers only may enter the field of play during a penalty stroke competition. All these persons will remain outside the 23 metres area unless a player is authorised by an umpire or technical table official to take or defend a penalty stroke.

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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
794	28
340	12
163	5 3/4
156	5 1/2

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- Payment should accompany each order.
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- Provide all necessary contact details, including name and full delivery address.
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Avenue des Arts 1-2, Box 5
1210 Brussels (Belgium)

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Milton Keynes, MK9 1HA (England)

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