

# Field Hockey 101

A beginners guide to field hockey



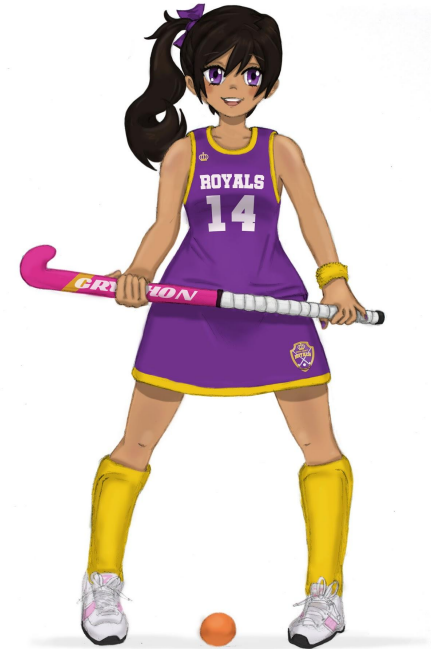
By the South County Royals



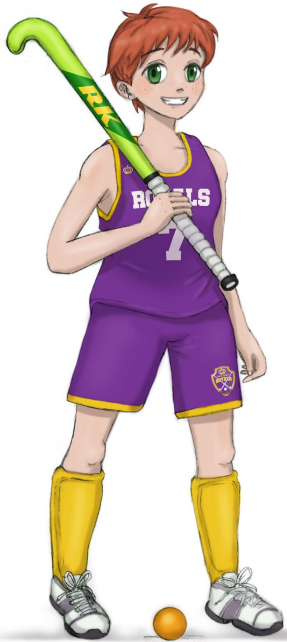
# What is Field Hockey?

Field Hockey is a dynamic team sport played on grass or AstroTurf, at all levels from club, high school, NCAA up to the Olympics. It involves many elements from soccer and lacrosse, so if your child enjoys one of these sports, they should really love field hockey!

Please do not mistake it for ice hockey; these are quite different sports, especially in terms of contact.



# What sort of equipment is needed?



The only required equipment needed to play field hockey is a stick, mouth guard, and shin guards. Shoes must be closed toed, and have laces. Sports shoes are preferred, but not required, and soccer cleats are accepted.

Extra equipment that is allowed, but not required is protective eye goggles and/or gloves. Goalies are an exception to this and require different equipment.

# Is Field Hockey a contact sport?

**No.** However, although field hockey is classified as a non-contact sport, injuries may result from contact with a stick, the ball, another player or the playing surface or goal cage.

Protective equipment such as mouth guards, eye shields and padded gloves can also be worn to reduce injury. The rules of field hockey are also designed to penalize dangerous play and reduce risk of injury.



# Is it OK for boys and girls to play?

Yes. While traditionally considered a female sport within the USA, it is played by males around the world at an Olympic level. Some clubs have teams with both genders, and some tournaments will allow a limited number of boys on the pitch for predominantly girl-sided tournaments.

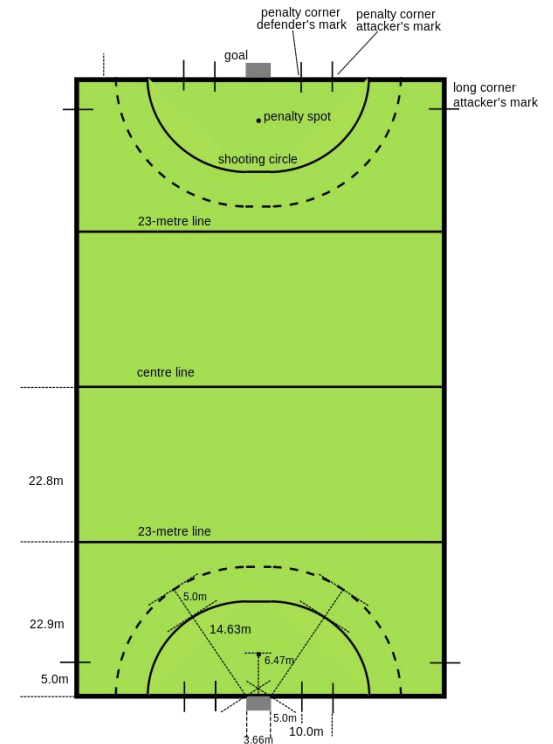
**The SC Royals encourage both boys and girls to play.**



# Field hockey pitch dimensions

The field hockey pitch is similar in dimensions to a soccer pitch. It can be played on short-mown grass or astroturf.

A larger view of the pitch can be viewed by [clicking here](#).



# What are the basic rules of the game?

## Gameplay & structure

- Two Halves, 35 minutes each in collegiate and international play, 30 minutes in high school play
- 11 players per side, including the goalkeeper
- The ball must be passed or dribbled down the field with the flat side of the stick.
- A goal is scored when an attacker strikes the ball into the goal from within the striking circle.
- Players may not shield the ball using their body or stick. All players must have an equal chance to play the ball.

# What are the basic rules of the game?

## Gameplay & structure

- Two umpires on the field officiate the match. An additional umpire may sit at the scorer's table.
- The pitch is 100 yards long and 60 yards wide (91.40m x 55.0m) divided by a center line and a 25-yard line on each side of the field. A striking circle is marked 16 yards (14.63m) out from each goal post.
- Goal cages are 7 feet (2.14m) high, 12 feet (3.66m) wide and 4 feet (1.22m) deep. Boards on the back and side of the cages are 18 inches high.



# What are the basic rules of the game?

## 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 (the back) 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.

# What are the basic rules of the game?

## Fouls (cont.)

### **A player may not:**

- 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 opponent's stick

# What are the basic rules of the game?

## Free hits

- 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.

# Is there a main organization for this?

There are multiple organizations for field hockey, but the main one in the United States is [USA Field Hockey](#), the official governing body for field hockey in the USA. They have an official set of rules and regulations for the game that is used during tournaments, games, etc... Any questions you may have most likely will be answered on their webpage (see above link).



# Are there any other teams in the area?

Some other field hockey teams in Southern California include (click to view details):

- [Orange County Tangerines](#)
- [Coastal Clash](#)
- [Monarcas](#)
- [HB Surfers](#)
- [Hot Sticks](#)
- [Mystics](#)

