RULES OF HOCKEY

EFFECTIVE FROM 1 NOVEMBER 2026

Rules of Hockey

including explanations

Effective from 1 November 2026

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Responsibility and Liability

Participants in hockey must be aware of the Rules of Hockey and of other information in this publication. They are expected to perform according to the Rules.

Emphasis is placed on safety. Everyone involved in the game must act with consideration for the safety of others. Relevant national legislation must be observed. Players must ensure that their equipment does not constitute a danger to themselves or to others by virtue of its quality, materials or design.

The International Hockey Federation (FIH) does not accept responsibility for any defects or non-compliance of facilities and is not liable for any consequences resulting from their use. Any verification of facilities or equipment conducted before a match is limited to ensuring an overall appearance of compliance and sporting requirements.

Umpires play an important role in controlling the game and ensuring fair play.

Implementation and Authority

The Rules of Hockey apply to all hockey players and officials. The date of implementation for international competition is 1 November 2026. National Associations have discretion to decide the date of implementation at national level.

The Rules are issued by the FIH Rules Committee under the authority of the International Hockey Federation. Copyright is held by the International Hockey Federation.

Availability of the Rules

A copy of the Rules is available on the FIH website www.fih.hockey and is also available free in the ‘Hockey Scores Live’ app, available for iOS and Android.

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INTRODUCTION

RULES CYCLE AND RULES DEVELOPMENT

FIH believes that hockey is enjoyable to play, to officiate in and to watch. Nevertheless, FIH will continue to seek ways of making our sport even more enjoyable for all its participants while retaining its unique and attractive characteristics. This enables our sport to develop, which is necessary in a world that makes large demands on personal time and in which recreation and sport can contribute to personal wellbeing.

The FIH Rules Committee continuously reviews the Rules of Hockey and welcomes suggestions for rule developments or clarifications, especially from National Associations. These Associations remain an important primary source of advice and guidance, but, where appropriate, proposals or queries may also be sent directly to info@fih.hockey or to the FIH postal address.

In its review work, the FIH Rules Committee takes into account information and observations from a wide range of sources, including players, coaches, officials, media, spectators, match and competition reports, video analysis and Tournament Regulations which may differ from the Rules. Trials approved by the FIH Rules Committee in local or limited contexts are particularly valuable, as they allow potential changes to be based on practical experience.

Updates to the Rules may be introduced during a Rules cycle. Unless specified otherwise, the updates in this Rules Book apply with effect from 1 November 2026 at international level. National Associations have discretion to decide the date of implementation at national level. FIH will avoid any major rule changes before the 2028 Olympic Games in Los Angeles (USA).

In all future developments, the FIH Rules Committee will keep a particular focus on dangerous elements of the game and on player safety, ensuring that developments in the Rules support both the attractiveness and safety of hockey. The FIH Rules Committee will

also consider the fairness of rules – no undue advantage or disadvantage to any playing party and continually try to simplify the current and new rules of the game.

PLAYING RULES IN INTERNATIONAL MATCHES

It is the intention of the Rules and Competitions Committees to try to reduce as far as possible the number of variations to the Rules which occur through Tournament Regulations. These differences have led in the past to some confusion on the part of players, officials, spectators and television audiences.

The Rules of Hockey and FIH Tournament Regulations apply to all International Hockey. The FIH Executive Board has agreed that the same Rules and FIH Tournament Regulations which vary the Rules of Hockey also apply to the top domestic League level of National Association Hockey. This is mandatory at top domestic League level, unless a National Association wishes to opt out of particular Rules or Regulations which vary the Rules of Hockey by applying to FIH to do so.

A limited number of variations in the playing conditions through Regulation will continue to exist in top level international matches played at FIH Tournaments. These include the countdown clock for penalty corners, which requires additional technical table equipment and resources. Similarly, there will only be a video umpire at FIH Events where the contracted full television coverage and facilities enable a viable system. All other matches must be played in accordance with the Rules of Hockey unless otherwise agreed by FIH. National Associations may apply to FIH to opt out of particular Rules at levels below their top domestic Leagues and/or for particular age groups, should they so wish. The procedure for National Associations, and Continental Federations, to apply to FIH to opt out of particular Rules or Regulations which vary the Rules of Hockey continues to be available in the respective Workrooms on the FIH website.

RULES CHANGES

With the amendments introduced in this edition, no core elements of the game are being changed. The focus of the current Rules cycle is on clarifications, consistency of application and limited adjustments reflecting established practice and practical experience. This also applies to the amendments concerning personal penalties, which are intended primarily to support consistent disciplinary management within the existing structure of the Rules.

The following amendments are of particular note:

- Rule 1.9 has been amended so that flag-posts at the corners of the field are no longer mandatory under the Rules themselves. They are no longer generally considered necessary, particularly as, on modern artificial fields of play where most matches are played, the field boundaries are usually clearly visible. However, Regulations may still make use of flag-posts mandatory, for example at international tournaments with television coverage.

- Rule 1.11 has been introduced to clarify, as already provided in the Rules of Indoor Hockey, that team benches for substitutes and team officials are placed outside and along one side of the field of play.

- Rule 2.3 has been revised in relation to substitutions involving goalkeepers. It is no longer required to stop time for such substitutions, allowing a goalkeeper to leave the field during play and be replaced, including by a field player. Where the substitution takes place during play, it must be completed in the substitution area at the centre-line in the same way as any other substitution. However, a goalkeeper must not take part in play outside the 23-metres area they are defending (see Rule 10.1). At the request of a team, time may still be stopped to permit a substitution involving a goalkeeper, and specific Regulations may require such a request, in particular where technical officials are present. In addition, it has been clarified that, where time is stopped, a goalkeeper replaced by a field

player may leave the field near the defending goal and must go to their team bench.

- A new Rule 4.6 has been added to clarify that players must not use or be equipped with any device to receive and to send communication. This reflects the long-standing practice at international tournaments and ensures that the game on the field is kept free from digital assistance.

- In Rule 9.8 it has been clarified that the penalty is awarded where the danger arises. In line with established practice, an exception has been added for situations where a ball is deflected by a defender outside the defending circle and subsequently causes danger to an attacker inside the circle. In such cases, play is re-started with a free hit outside the circle at the place of the deflection.

- Rule 13.2 (b) has been clarified to specify when an opponent who was within 5 metres of the ball when a free hit was taken may play or attempt to play the ball again. Such a player must not do so until they are at least 5 metres from the ball or until the ball has either travelled at least 5 metres or been touched by a defending player who can legitimately play the ball.

- Rule 13.2 (f) has been simplified in its wording and now more clearly specifies the conditions under which the ball may enter the circle from an attacking free hit within the 23-metres area, including the location of the free hit awarded if the ball is played directly into the circle in breach of the Rule.

- In Rule 13.3 (a), it has been added that, as a general guideline, no more than 40 seconds should elapse between the award and the start of a penalty corner. Competition Regulations may make use of a 40-second countdown clock mandatory and may provide for specific consequences in the event of non-compliance. In Rule 13.3 (i), it has been clarified that the injector must play the ball immediately after the start of the penalty corner.

- Rule 13.3 (n) has been revised to improve the wording and

clarity of the provision. In addition, it now specifies the applicable penalties for breaches, distinguishing between offences occurring inside and outside the circle. It has also been made clear that the relevant offence in relation to penalty corner protective equipment is not leaving the 23-metres area as such, but taking part in play while wearing such equipment, in line with the approach reflected in Rule 10.1 for goalkeepers.

- The previous provision following Rule 6.5, which required a penalty corner to be re-taken where the conditions for a bully were met before completion of the penalty corner, has been removed. Following the amendment to Rule 13.5, a bully now, as a general principle, results in the completion of the penalty corner. This amendment avoids unnecessary re-takes in situations where the defending team has legitimately defended the penalty corner but play has been stopped for an apparent infringement; such situations have been observed in particular in matches where a Video Umpire is in use.

- In Rule 13.6, it has been clarified that the injector at a penalty corner must also go beyond the centre-line if the ball is played before the start of the penalty corner or is not played immediately after the start.

- Rule 14 (Personal Penalties) has been revised to provide clearer guidance on the progression and application of personal penalties. The same player or team official should not receive two green or two yellow cards during the same match, even for different types of offences. A player or team official who has already received a personal penalty must therefore receive a higher-category personal penalty for the next offence for which a card would otherwise be awarded. An exception applies to cards awarded for a team offence, for example under Rules 2.1 or 3.4 involving the captain; such cards are not taken into account for this purpose and the player may therefore receive a second green or yellow card. Regulations may provide for further consequences of a red card beyond the match in which it is awarded and may differentiate between such consequences depending on the

nature of the offence for which the red card was awarded.

- It has also been clarified that a yellow card suspension must be either 5 or 10 minutes of playing time, reflecting established practice in international competitions. National Associations are free to vary the duration of suspensions, in particular for yellow cards, where shorter match times apply, for example in youth competitions. In addition, it has been clarified how misconduct during an ongoing suspension is to be dealt with.

- The Rules now also explicitly provide for personal penalties to be imposed on team officials. A team official is defined in the Terminology section as “a person appointed by a team who is not a player and who is authorised to sit on the team bench, such as a head coach, team manager, physiotherapist and medical doctor.” Misconduct by a team official is treated in the same way as misconduct by a player. If a team official receives a green or yellow card, the team must therefore play with one fewer player for the duration of the suspension. This change aims to strengthen discipline on the team benches.

- At international tournaments, team benches are also supervised by tournament officials under the applicable Regulations. Their role is to identify and address potential issues at an early stage so that situations on the team bench do not develop into misconduct and umpires will rarely need to show a card to a team official. The applicable Tournament Regulations will further specify the relationship and allocation of responsibilities between umpires and technical officials, in particular with regard to bench control.

In addition, a number of editorial changes have been made without affecting the substance of the Rules:

- The Terminology section has been expanded, including the introduction of defined terms such as “injector” and “penalty corner protective equipment”, to improve clarity.

- The previous Rule 9.1, which stated that a match is played

between two teams with not more than eleven players of each team on the field at the same time, has been removed, as this is already covered by Rule 2.1.

- Rule 11.6 has been revised to clarify the situations in which umpires blow the whistle; in particular, no additional whistle is required to stop time for a penalty corner, as time and play are stopped on the award of a penalty corner, when a penalty corner is to be re-taken, or when another penalty corner is subsequently awarded.

- The wording of Rules 11.8 and 12.1 has been aligned to consistently refer to a team being disadvantaged.

To draw attention to all changes, a line appears in the margin of any text which has been changed.

APPLYING THE RULES

The FIH Rules Committee continues to be concerned that some Rules are not applied consistently.

Rule 7.4.c: ball intentionally played over the back-line by a defender and no goal is scored. If it is clear that the action is intentional, umpires should not hesitate to award a penalty corner.

Rule 9.10: aerial ball. Umpires must ensure that aerial balls can be received safely, if the ball is falling into a crowd of players, they should blow the whistle early to avoid danger.

Rule 9.12: obstruction. Umpires should penalise shielding the ball with the stick more strictly. However, only clear cases of using the stick to shield the ball from an opponent should be penalised. Care should be taken to distinguish such situations from legitimate ball carrying or dribbling where the player remains in contact with and controls the ball with their stick. Umpires should also look out for a tackling player who, by pushing or leaning on an opponent, causes them to lose possession of the ball.

Rule 13.2 (a): ball stationary at a free hit. Umpires are sometimes not strict enough in requiring the ball to be stationary, even if only briefly, before a free hit is taken, particularly when it is taken as a self-pass. There must be a clear, visible attempt to stop the ball.

MEMBERSHIP OF THE FIH RULES COMMITTEE 2026:

Chair:	Christian Deckenbrock
EB Liaison:	Marcos Hofmann
Athletes Representative:	PR Sreejesh
Members:	
Barry Dancer	Simon Mason
Michelle Meister	Ahmed Youssef
Tahir Zaman	Rene Zelkin
Secretary:	Elisabeth Fuerst

TERMINOLOGY

23-metres area
The area enclosed by and including the line across the field 22.90 metres from each back-line, the relevant part of the side-lines, and the back-line.

Attack (Attacker)
The team (player) which (who) is trying to score a goal.

Back-line
The shorter (55 metres) perimeter line.

Circle
The area enclosed by and including the two quarter-circles and the lines joining them at each end of the field opposite the centre of the back-lines.

Defence (Defender)
The team (player) which (who) is trying to prevent a goal being scored.

Deflect
Redirecting the ball's path using the stick or, in the case of a goalkeeper, their protective equipment or body, without stopping or taking possession of it.

Field Player
One of the participants on the field other than the goalkeeper.

Flick
Pushing the ball so that it is raised off the ground.

Forehand
Playing a ball which is to the right of the player in a forward direction.

Goalkeeper
One of the participants of each team on the field who wears full

protective equipment comprising at least headgear, leg guards and kickers and who is also permitted to wear goalkeeping hand protectors and other protective equipment.

Goal-line
The back-line between the goal-posts.

Hit
Striking the ball using a swinging movement of the stick towards the ball. This includes “slap” hitting the ball, which involves a long pushing or sweeping movement with the stick before making contact with the ball.

Injector
The attacker taking the push or hit from the back-line at a penalty corner.

Offence
An action contrary to the Rules which may be penalised by an umpire.

Penalty corner protective equipment
Protective equipment worn by field players when defending a penalty corner, including face masks, knee pads and any additional hand protection worn for this purpose.

Player
One of the participants in a team.

Playing distance
The distance within which a player is capable of reaching the ball to play it.

Playing the ball: field player
Stopping, deflecting or moving the ball with the stick.

Push
Moving the ball along the ground using a pushing movement of the stick after the stick has been placed in contact or close to the ball. When a push is made, both the ball and the head of the stick are in contact with the ground.

Scoop
Raising the ball off the ground by placing the head of the stick under the ball and using a lifting movement.

Shot at goal
The action of an attacker attempting to score by playing the ball towards the goal from within the circle.

The ball may miss the goal, but the action is still a "shot at goal" if the player's intention is to score with a shot directed towards the goal.

Side-line
The longer (91.40 metres) perimeter line.

Tackle
An action to stop an opponent retaining possession of the ball.

Team
A team consists of a maximum of sixteen persons composed of a maximum of eleven players on the field and up to five substitutes.

The maximum number of players and substitutes may be varied by Regulation.

Team official
A person appointed by a team who is not a player and who is authorised to sit on the team bench, such as a head coach, team manager, physiotherapist and medical doctor.

The role, number and accreditation of team officials may be further specified by Regulation.

1 Field of play

The information below provides a simplified description of the field of play. Detailed specifications of the field and equipment are provided in a separate section at the end of these Rules.

1.1 The field of play is rectangular, 91.40 metres long and 55.00 metres wide.

1.2 Side-lines mark the longer perimeters of the field; back-lines mark the shorter perimeters of the field.

1.3 The goal-lines are the parts of the back-lines between the goal-posts.

1.4 A centre-line is marked across the middle of the field.

1.5 Lines known as 23-metres lines are marked across the field 22.90 metres from each back-line.

1.6 Areas referred to as the circles are marked inside the field around the goals and opposite the centres of the back-lines.

1.7 Penalty spots 150 mm 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.

1.8 All lines are 75 mm wide and are part of the field of play.

1.9 Flag-posts between 1.20 and 1.50 metres in height may be placed at each corner of the field.

Flag-posts may be made mandatory by Regulation.

1.10 Goals are positioned outside the field of play at the centre of and touching each back-line. No equipment or items, such as penalty corner protective equipment, towels, water bottles etc. may be placed inside the goals.

1.11 A bench for each team is placed outside and along one side of the field of play.

Each team occupies one team bench for substitutes and team officials for the entire match as directed by Regulation or, if not available, by the umpires. More detailed provisions may be made by Regulation.

2 Composition of teams

2.1 A match is played between two teams, with not more than eleven players of each team on the field at any particular time during the match.

If a team has more than the permitted number of players on the field, time should be stopped to correct the situation. In cases where this situation materially affects the match, a yellow card must be awarded against the captain of the team involved. Decisions taken prior to correcting the situation cannot be changed if time and/or play has already been re-started.

Time and play are re-started with a free hit to the opposing team unless another penalty had been awarded against the offending team immediately before time was stopped in which case that penalty is taken.

2.2 Each team has either a goalkeeper on the field or plays only with field players.

Each team may play with:

– *a goalkeeper wearing a different colour shirt and protective equipment comprising at least headgear, leg guards and kickers; this player is referred to in these Rules as a goalkeeper; or*

– *only field players; no player has goalkeeping privileges and no player wears a different colour shirt; no player may wear protective headgear except a face mask when defending a penalty corner or a penalty stroke.*

Any change between these options must take place as a substitution.

2.3 Each team is permitted to substitute from its players not on the field:

a substitution is permitted at any time except within the period from the award of a penalty corner until after it has been completed; during this period substitution is only permitted for injury to or suspension of the defending goalkeeper

If another penalty corner is awarded before completion of the previous penalty corner, substitution other than for an injured or suspended defending goalkeeper must not take place until the re-taken penalty corner has been completed.

At a penalty corner, a defending goalkeeper who is injured or suspended may be substituted by another goalkeeper or by a field player.

If a team has only field players, no substitution is permitted at a penalty corner until it has been completed.

If the goalkeeper is suspended, the offending team plays with one fewer player.

b there is no limit to the number of players who are permitted to be substituted at the same time or to the number of times any player is permitted to substitute or be substituted

c substitution of a player is permitted only after that player has left the field

d substitutions are not permitted for suspended players during their suspension

e after completing a suspension, a player is permitted to be substituted without first returning to the field

f time and play are not stopped for substitutions; however, at the request of a team, time may be stopped to permit a substitution involving a goalkeeper

The time stoppage is not extended for a player to put on or take off protective equipment as part of a substitution including following a goalkeeper injury or suspension.

g players must leave or enter the field for substitution purposes within 3 metres of the centre-line on the team bench side of the field

Only if time is stopped, a substituted goalkeeper may leave the field near the defending goal when replaced by a field player; in such circumstances, the goalkeeper must proceed directly to their team bench.

2.4 Field players who leave the field for injury treatment, refreshment, to change equipment or for some reason other than substitution are only permitted to re-enter between the 23-metres areas on the side of the field used for substitutions.

Leaving and re-entering the field as part of play (e.g. when a defender puts on penalty corner protective equipment) takes place at any appropriate part of the field.

2.5 No persons other than field players, goalkeepers and umpires are permitted on the field during the match without the permission of an umpire.

2.6 Players on or off the field are under the jurisdiction of the umpires throughout the match including the quarter and half-time intervals.

2.7 A player who is injured or bleeding must leave the field unless medical reasons prevent this and must not return until wounds have been covered; players must not wear blood-stained clothing.

3 Captains

3.1 One player of each team must be appointed as captain.

3.2 A replacement captain must be appointed when a captain is suspended.

3.3 Captains must wear a distinctive arm-band or similar distinguishing article on an upper arm or shoulder or over the upper part of a sock.

3.4 Captains are responsible for the behaviour of all players on their team and for ensuring that substitutions of players on their team are carried out correctly.

A personal penalty is awarded if a captain does not exercise these responsibilities.

4 Players' clothing and equipment

Competition Regulations available from the FIH provide additional information and requirements about players' clothing, personal equipment and advertising. Refer also to regulations established by Continental Federations and National Associations.

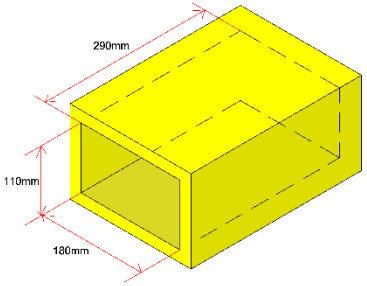
4.1 Field players of the same team must wear uniform clothing.

Each field player within a team can choose to wear shorts, a skort or a skirt, as long as they are the same colour and design.

4.2 Players must not wear anything which is dangerous to other players.

Field players:

– *are permitted to wear hand protection which does not increase the natural size of the hands significantly; any hand protection used, both for normal play and to defend penalty corners, must fit comfortably (without the need for compressing it) into an open-ended box of internal dimensions 290 mm long x 180 mm wide x 110 mm high;*



– *are strongly recommended to wear shin, ankle and mouth protection;*

– *are permitted to wear any form of body protection (including leg protection, or knee pads, when defending a penalty corner) underneath normal playing clothing; knee pads, used for this purpose, may be worn outside the socks provided that their colour is exactly the same as the colour of the socks or black;*

– *are permitted to wear throughout a match for medical reasons only a smooth preferably transparent or single coloured face mask which closely fits the face, soft protective head-covering or eye protection in the form of plastic goggles (i.e. goggles with a soft-covered frame and plastic lenses); the medical reasons must be assessed by an appropriate authority and the player concerned must understand the possible implications of playing with the medical condition;*

– *are strongly recommended to wear a smooth preferably transparent or single coloured*

face mask or metal grill face mask, which closely follows the contours of the face, when defending a penalty corner or penalty stroke;

– *are not permitted, when wearing face masks, to conduct themselves in a manner which is dangerous to other players by taking advantage of the protective equipment they wear;*

– *are not permitted to wear protective headgear (face mask or other protective head covering) in any other circumstances.*

4.3 Goalkeepers must wear a shirt or garment which is different in colour from that of both teams.

Goalkeepers must wear this shirt or garment over any upper body protection. Elbow protection does not need to be covered by the shirt or garment.

4.4 Goalkeepers must wear protective equipment comprising at least headgear, leg guards and kickers except that the headgear and any hand protectors may be removed when taking a penalty stroke.

The following are permitted for use only by goalkeepers: body, upper arm, elbow, forearm, and thigh protectors, leg guards and kickers.

4.5 Clothing or protective equipment which significantly increases the natural size of a goalkeeper's body or area of protection is not permitted.

4.6 Players must not use or be equipped with any device to send or receive communication.

4.7 The stick has a traditional shape with a handle and a

curved head which is flat on its left side:

a the stick must be smooth and must not have any rough or sharp parts

b inclusive of any additional coverings used, the stick must be able to pass through a ring with an interior diameter of 51 mm

c any curvature along the length of the stick (the rake or bow) must have a continuous smooth profile along the whole length, must occur along the face side or the back of the stick but not both and is limited to a depth of 25 mm

d the stick must conform with the specification agreed by the FIH Rules Committee.

4.8 The ball is spherical, hard and white (or an agreed colour which contrasts with the playing surface).

Detailed specifications of the stick, ball and goalkeeper's equipment are provided in a separate section at the end of these Rules.

5 Match and result

5.1 A match consists of four quarters of 15 minutes, an interval of 2 minutes between quarters 1 and 2 and between quarters 3 and 4, and a half-time interval of 10 minutes between quarters 2 and 3.

Other durations of periods and intervals may be agreed by both teams except as specified in Regulations for particular competitions. This includes the possibility to deviate from Rules 8.2 and 13.3 (a) with respect to stopping and re-starting time and play after the award of a goal or a penalty corner and from Rule 14.1 in relation to the duration of suspensions.

If time expires just before an umpire would otherwise have made a decision, umpires are permitted to make that decision immediately after the end of the quarter.

If an incident arises immediately before the end of a quarter which requires review by the umpires, the review may be conducted even though time has subsequently been completed and signalled. The review should take place immediately and action taken to revert to and correct the situation as appropriate.

5.2 The team scoring the most goals is the winner; if no goals are scored, or if the teams score an equal number of goals, the match is drawn.

Information about a Shoot-out competition as a way of reaching a result in a drawn match is available in the FIH tournament regulations.

6 Start and re-start play

6.1 A coin is tossed:

a the team which wins the toss has the choice of which goal to attack in the first half of the match or to start the first two quarters with a centre pass

b if the team winning the toss chooses which goal to attack in the first half of the match, the opposing team starts the first two quarters with a centre-pass

c if the team winning the toss chooses to start the first two quarters of the match with a centre-pass, the opposing team has the choice of which goal to attack in the first half.

6.2 Direction of play is reversed in the second half of the match.

6.3 A centre pass is taken:

a to start the first two quarters by a player from the team winning the toss if they chose this option; otherwise by a player from the opposing team

b to start the third and fourth quarter by a player of the team which did not take the centre pass to start the first two quarters

c after a goal by a player of the team against which the goal was scored.

6.4 Taking a centre pass:

a taken at the centre of the field

b it is permitted to play the ball in any direction

c all players other than the player taking the centre pass must be in the half of the field which includes the goal they are defending

d the procedures for taking a free hit apply.

6.5 A bully takes place to re-start play when time or play has been stopped for an injury or for any other reason and no penalty has been awarded:

a a bully is taken close to the location of the ball when play was stopped but not within 15 metres of the back- line and not within 5 metres of the circle

b the ball is placed between one player from each team who face each other with the goal they are defending to their right

c the two players start with their sticks on the ground to the right of the ball and then tap the flat faces of their sticks together once just over the ball after which either player is permitted to play the ball

d all other players must be at least 5 metres from the ball.

6.6 A free hit is taken by a defender 15 metres in front of the centre of the goal-line to re-start play when a penalty stroke has been completed and no goal has been scored.

7 Ball outside the field

7.1 The ball is out of play when it passes completely over the side-line or back-line.

7.2 Play is re-started by a player of the team which was not the last team to touch or play the ball before it went out of play.

7.3 When the ball travels over the side-line, play is re-started where the ball crossed the line and the procedures for taking a free hit apply.

7.4 When the ball is played over the back-line and no goal is scored:

a if played by an attacker, play is re-started with the ball up to 15 metres from and in line with where it crossed the back-line and the procedures for taking a free hit apply

b if played unintentionally by a defender or deflected by a goalkeeper, play is re-started with the ball on the 23-metres line and in line with where it crossed the back-line and the procedures for taking a free hit apply

With the ball being placed on the line, the re-start is effectively within the 23-metres area and the provisions for taking a free hit are applicable.

c if played intentionally by a defender, unless deflected by a goalkeeper, play is re-started with a penalty corner.

8 Method of scoring

8.1 A goal is scored when the ball is played within the circle by an attacker and does not travel outside the circle before passing completely over the goal-line and under the cross-bar.

The ball may be played by a defender or touch their body before or after being played in the circle by an attacker.

8.2 Time and play are stopped when a goal is scored and re-started when the teams are ready.

9 Conduct of play: players

9.1 Players are expected to act fairly and responsibly at all times.

9.2 Players on the field must hold their stick and not use it in a dangerous way.

Players must not lift their stick over the heads of other players.

9.3 Players must not touch, handle or interfere with other players or their sticks or clothing.

9.4 Players must not intimidate or impede another player.

9.5 Players must not play the ball with the back of the stick.

9.6 Players must not hit the ball hard on the forehand with the edge of the stick.

9.7 Players may stop, receive and deflect or play the ball in a controlled manner in any part of the field when the ball is at any height including above the shoulder unless this is dangerous or leads to danger.

9.8 Players must not play the ball dangerously or in a way which leads to dangerous play.

A ball is also considered dangerous when it causes legitimate evasive action by an opponent.

The offence is considered to occur where the danger arises. An exception applies where a ball is deflected by a defender outside the defending circle and subsequently causes danger to an attacker inside the circle; in such a case, a free hit is awarded outside the circle at the place of the deflection.

9.9 Players must not intentionally raise the ball from a hit except for a shot at goal.

A raised hit must be judged explicitly on whether or not it is raised intentionally. It is not an offence to raise the ball unintentionally from a hit, including a free hit, anywhere on the field unless it is dangerous. If the ball is raised over an opponent's stick or body on the ground, even within the circle, it is permitted unless judged to be dangerous.

Players are permitted to raise the ball with a flick or scoop provided it is not dangerous. A flick or scoop towards an opponent within 5 metres is considered dangerous. If an opponent is clearly running into the shot or into the attacker without

attempting to play the ball with their stick, they should be penalised for dangerous play.

9.10 Players must not approach within 5 metres of an opponent receiving a falling raised ball until it has been touched by the receiver. The ball may be intercepted within 5 metres but outside of playing distance provided it is done safely.

The initial receiver has a right to the ball. If it is not clear which player is the initial receiver, the player of the team which raised the ball must allow the opponent to receive it.

9.11 Field players must not stop, kick, propel, pick up, throw or carry the ball with any part of their body.

It is not always an offence if the ball touches the foot, hand or body of a field player. The player only commits an offence if they gain an advantage or if they position themselves with the intention of stopping the ball in this way.

It is not an offence if the ball touches the hand holding the stick but would otherwise have touched the stick.

9.12 Players must not obstruct an opponent who is attempting to play the ball.

Players obstruct if they:

- *back into an opponent*
- *physically interfere with the stick or body of an opponent*
- *shield the ball from a legitimate tackle with their stick or any part of their body.*

A stationary player receiving the ball is permitted to face any direction.

A player with the ball is permitted to move off with it in any direction except bodily into an opponent or into a position between the ball and an opponent who is within playing distance of the ball and attempting to play it.

A player who runs in front of or blocks an opponent to stop them legitimately playing or attempting to play the ball is obstructing (this is third party or shadow obstruction). This also applies if an attacker runs across or blocks defenders (including the goalkeeper) when a penalty corner is being taken.

9.13 Players must not tackle unless in a position to play the ball without body contact.

Reckless play, such as sliding tackles and other overly physical challenges by field players, which take an opponent to ground and which have the potential to cause injury should attract appropriate match and personal penalties.

9.14 Players must not intentionally enter the goal their opponents are defending or run behind either goal.

9.15 Players must not change their stick between the award and completion of a penalty corner or penalty stroke unless it no longer meets the stick specification.

9.16 Players must not throw any object or piece of equipment onto the field, at the ball, or at another player, umpire or person.

If the ball touches any loose object on the field (that has not been thrown by a player), play continues unless otherwise specified in Rule 13.3 (n).

9.17 Players must not delay play to gain benefit by time-wasting.

10 Conduct of play: goalkeepers

10.1 A goalkeeper must not take part in the match outside the 23-metres area they are defending, except when taking a penalty stroke.

Protective headgear must be worn by a goalkeeper at all times, except when taking a penalty stroke.

10.2 When the ball is inside the circle that goalkeepers are defending and they have their stick in their hand, goalkeepers are permitted to use their stick and body to deflect the ball over the back-line or to play the ball in any other direction.

Goalkeepers are not permitted to conduct themselves in a manner which is dangerous to other players by taking advantage of the protective equipment they wear.

10.3 Goalkeepers must not lie on the ball.

10.4 When the ball is outside the circle they are defending, goalkeepers are only permitted to play the ball with their stick.

11 Conduct of play: umpires

11.1 Two umpires control the match, apply the Rules and are the judges of fair play.

11.2 Each umpire has primary responsibility for decisions in one half of the field for the duration of the match.

11.3 Each umpire is responsible for decisions on free hits in the circle, penalty corners, penalty strokes and goals in one half of the field.

11.4 Umpires are responsible for keeping a record of goals scored and of suspension cards used.

11.5 Umpires are responsible for ensuring that the full time is played and for indicating the end of time for each quarter and for the completion of a penalty corner if a quarter is prolonged.

11.6 Umpires blow the whistle to:

a start and end each quarter of the match

b indicate, when necessary, that the ball is out of play

c start a bully

d award a penalty

e indicate that a penalty corner is to be re-taken

f start a penalty corner

g start and end a penalty stroke

h indicate a goal and re-start time and play

i re-start time and play after a penalty stroke when a goal was not scored

j stop time and play for the substitution onto or off the field of a fully equipped goalkeeper if requested by a team and re-start time and play on completion of the substitution

k stop time and play to issue a personal penalty and to re-start time and play

l stop time and play for any other reason and to re-start time and play.

If a dedicated timekeeper is available, they may be responsible for timing the match and suspensions and for indicating when a player or team official has completed their suspension. More detailed provisions may be made by Regulation.

11.7 Umpires must not coach during a match.

11.8 If the ball touches an umpire or unauthorised person on the field, play shall continue unless one team is disadvantaged; in such cases, play shall be re-started with a bully.

12 Penalties

12.1 Advantage: a penalty is awarded only when a player or team has been disadvantaged by an opponent breaking the Rules.

12.2 A free hit is awarded to the opposing team:

a for an offence by any player between the 23-metres areas

b for an offence by an attacker within the 23-metres area their opponents are defending

c for an unintentional offence by a defender outside the circle but within the 23-metres area they are defending.

12.3 A penalty corner is awarded:

a for an offence by a defender in the circle which does not prevent the probable scoring of a goal

b for an intentional offence in the circle by a defender against an opponent who does not have possession of the ball or an opportunity to play the ball

c for an intentional offence by a defender outside the circle but within the 23-metres area they are defending

d for intentionally playing the ball over the back-line by a defender

Goalkeepers are permitted to deflect the ball with their stick, protective equipment or any part of their body in any direction including over the back-line.

e when the ball becomes lodged in a player's clothing or equipment while in the circle they are defending.

12.4 A penalty stroke is awarded:

a for an offence by a defender in the circle which prevents the probable scoring of a goal

b for an intentional offence in the circle by a defender against an opponent who has possession of the ball or an opportunity to play the ball.

12.5 If there is another offence or misconduct before the awarded penalty has been taken:

a a more severe penalty may be awarded

b a personal penalty may be awarded

c the penalty may be reversed if the subsequent offence was committed by the team first awarded the penalty.

13 Procedures for taking penalties

13.1 Location of a free hit:

a a free hit is taken close to where the offence occurred

'Close to' means within playing distance of where the offence occurred and with no significant advantage gained.

The location from which a free hit is taken must be more precise inside the 23-metres area.

b a free hit awarded to the defence within 15 metres of the back-line is taken up to 15 metres from the back-line in line with the location of the offence, parallel to the side-line

A free hit to the defence awarded in the circle may be taken anywhere in the circle.

13.2 Procedures for taking a free hit, centre pass and putting the ball back into play after it has been outside the field:

All parts of this Rule apply as appropriate to a free hit, centre pass and putting the ball back into play after it has been outside the field.

a the ball must be stationary

b opponents must be at least 5 metres from the ball

If an opponent is within 5 metres of the ball, they must not interfere with the taking of the free hit or must not play or attempt to play the ball. If this

player is not playing the ball, attempting to play the ball or influencing play, the free hit need not be delayed.

An opponent who is within 5 metres of the ball when the free hit is taken must not play or attempt to play the ball until they are at least 5 metres from the ball, or until the ball has either travelled at least 5 metres or been touched by a defending player who can legitimately play the ball.

The offence is considered to occur at the place where the opponent interferes with play.

c when a free hit is awarded to the attack within the 23-metres area, all players other than the player taking the free hit must be at least 5 metres from the ball, except as specifically indicated below for attacking free hits awarded within 5 metres of the circle

d the ball is moved using a hit, push, flick or scoop

The player taking the free hit may continue to play the ball without another player having touched it (self-pass).

e the ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit

f from a free hit awarded to the attack within the 23-metres area, the ball must not enter the circle until it has been played by an attacker after it has travelled at least 5 metres, not necessarily in a single direction, or has been touched by a player of the defending team.

If the free hit is taken as a self-pass (i.e. no defending player has yet touched it), the player taking the self-pass may play the ball any number of times, but the ball must travel at least 5 metres before that player plays it into the circle.

Alternatively, once a defending player has touched the ball, the requirements of this Rule no longer apply and the ball may enter the circle.

It is permitted to play the ball high above the attacking circle so that it lands outside the circle subject to Rules related to dangerous play and that the ball is not legitimately playable inside or above the circle by another player during its flight.

Any breach of this Rule is considered to occur at the point where the ball enters the circle.

If the free hit is awarded within 5 metres of the circle and is taken immediately the defenders who are inside the circle within 5 metres of the free hit may shadow around the inside of the circle a player who takes a self-pass, provided that they do not play or attempt to play the ball or interfere with play until it has either travelled at least 5 metres or alternatively been touched by a defending player who can legitimately play the ball. If the attacker chooses not to take the free hit immediately, all other players must be at least 5 metres from the ball before the free hit is taken.

Other than as indicated above, any playing of the ball, attempting to play the ball or interference by a defender or an attacker who was not 5 metres from the ball, should be penalised accordingly.

13.3 Taking a penalty corner:

a time and play are stopped on the award of a penalty corner and re-started when the teams are ready

Teams should take up their positions for the taking of a penalty corner and put on penalty corner protective equipment without delay (as a guide up to 40 seconds).

b the ball is placed on the back-line inside the circle at least 10 metres from the goal-post on whichever side of the goal the attacking team prefers

c the injector must have at least one foot outside the field

d the other attackers must be on the field, outside the circle with sticks, hands and feet not touching the ground inside the circle

e no defender or attacker other than the injector is permitted to be within 5 metres of the ball when the push or hit is taken

f not more than five defenders, including the goalkeeper, must be positioned behind the back-line with their sticks, hands and feet not touching the ground inside the field

If the team defending a penalty corner has chosen to play only with field players, none of the defenders referred to above has goalkeeping privileges.

g the other defenders must be beyond the centre-line

h until the ball has been played, no attacker other than the injector is permitted to enter the circle and no defender is permitted to cross the centre-line or back-

line

i the injector pushes or hits the ball immediately after the start of the penalty corner without intentionally raising it

j after playing the ball, the injector must not play the ball again or approach within playing distance of it until it has been played by another player

k a goal cannot be scored until the ball has travelled outside the circle

l if the first shot at goal is a hit (as opposed to a push, flick or scoop), the ball must cross the goal-line, or be on a path which would have resulted in it crossing the goal-line, at a height of not more than 460 mm (the height of the backboard) before any deflection, for a goal to be scored

The requirements of this Rule apply even if the ball touches the stick or body of a defender before the first shot at goal.

If the first shot at goal is a hit and the ball is, or will be, too high crossing the goal-line it must be penalised even if the ball is subsequently deflected off the stick or body of another player.

The ball may be higher than 460 mm during its flight before it crosses the goal-line provided there is no danger and provided it would drop of its own accord below 460 mm before crossing the line.

m for second and subsequent hits at the goal and for flicks, deflections and scoops, it is permitted to raise the ball to any height but this must not be dangerous

A defender who is clearly running into the shot or

into the taker without attempting to play the ball with their stick must be penalised for dangerous play.

Otherwise, if a defender is within 5 metres of the first shot at goal during the taking of a penalty corner and is struck by the ball below the knee, another penalty corner must be awarded. If the defender is struck on or above the knee in a normal stance, the shot is judged to be dangerous and a free hit must be awarded to the defending team.

- field players should remove their penalty corner protective equipment safely and as soon as they are able to do so after the penalty corner is completed.

  It is permitted, but not recommended, to remove penalty corner protective equipment before the completion of the penalty corner provided it is done safely.

  The primary objective of penalty corner protective equipment is player safety. Therefore, if no suitable opportunity to remove penalty corner protective equipment arises, field players may continue to wear it after the completion of the penalty corner, subject to the following provisions: All field players must remove all penalty corner protective equipment before taking part in play outside the 23-metres area they are defending. When the ball is played over the back-line or the side-line by an attacker, or a free hit is awarded to the defending team, defenders who are still wearing penalty corner protective equipment must remove it. As the sole exception, a player may immediately pass the ball while still wearing such equipment, provided that the pass is played from within the 23-metres area they are defending. Thereafter,

no player wearing penalty corner protective equipment may take part in play until the equipment has been removed. Any breach is penalised with a free hit to the opposing team if it occurs outside the circle, or a penalty corner if it occurs inside the circle, unless for the action itself a more severe penalty is appropriate.

Following a penalty corner, if the ball touches any discarded penalty corner protective equipment, a free hit shall be awarded if this occurs outside the circle, whereas if it occurs inside the circle a penalty corner shall be awarded unless the action prevents the probable scoring of a goal, in which case a penalty stroke shall be awarded.

Following a penalty corner, it is considered dangerous and negligent behaviour if a defender throws any penalty corner protective equipment and it strikes an opponent, an umpire, or it strikes any other person outside the field of play. In such cases, this player must be suspended (yellow card) if the person is struck on or above the knee in a normal stance. If time and play are stopped for this reason and the ball is outside the circle at the time of the incident, play will be re-started with a free hit to the opposing team at the place where the ball was. If the ball is inside the circle when time and play are stopped, play shall be re-started with a penalty corner, unless the conditions of Rule 12.4 are met, in which case a penalty stroke shall be awarded.

13.4 The match is prolonged at the end of each quarter to allow completion of a penalty corner or any subsequent penalty corner or penalty stroke.

13.5 The penalty corner is completed when:

a a goal is scored

b a free hit is awarded to the defending team

c the ball travels more than 5 metres from the circle (beyond the broken line)

d the ball is played over the back-line and a penalty corner is not awarded

e a defender commits an offence which does not result in another penalty corner

f a penalty stroke is awarded

g a bully is awarded.

13.6 For an offence during the taking of a penalty corner:

a the injector does not have at least one foot outside the field: the penalty corner is taken again

b the injector plays the ball before the start of the penalty corner, does not play the ball immediately after the start or feints at playing the ball; the offending player is required to go beyond the centre-line but is replaced by another attacker: the penalty corner is taken again

If this feinting leads to what otherwise would be a breach of this Rule by a defender, only the attacker is required to go beyond the centre-line.

c a defender, other than the goalkeeper, crosses the back-line or goal-line before permitted, the offending player is required to go beyond the centre-line and cannot be replaced by another defender: the penalty corner is taken again

If a defender at this or any subsequently re-taken penalty corner crosses the back-line or goal-line before permitted, the offending player is also required to go beyond the centre-line and cannot be replaced.

If a defender crosses the centre-line before permitted, the penalty corner is taken again.

d a goalkeeper crosses the goal-line before permitted, the defending team defends the penalty corner with one fewer player: the penalty corner is taken again

The defending team nominates which player is required to go beyond the centre-line, and they cannot be replaced by another defender.

If the action of breaking the line too early is repeated during the same penalty corner, the defending team is required to nominate a further player to go beyond the centre-line, and they cannot be replaced.

A penalty corner is considered as re-taken until any of the conditions of Rule 13.5 for its completion are met.

A subsequently awarded penalty corner, as opposed to a re-taken penalty corner, may be defended by up to five players.

e an attacker enters the circle before permitted, the injector is required to go beyond the centre-line: the penalty corner is taken again

Attackers who are sent beyond the centre-line may not return for re-taken penalty corners, but may do so for a subsequently awarded penalty corner.

f for any other offence by attackers: a free hit is awarded to the defence.

Except as specified above, a free hit, penalty corner or penalty stroke is awarded as specified elsewhere in the Rules.

When a penalty corner is to be re-taken or another penalty corner is subsequently awarded, time and play are stopped and re-started when the teams are ready. Teams should take up their positions for the re-taken or subsequently awarded penalty corner without delay.

13.7 Taking a penalty stroke:

a time and play are stopped when a penalty stroke is awarded

b all players on the field other than the player taking the penalty stroke and the player defending it must stand outside the 23-metres area and must not influence the taking of the penalty stroke

c the ball is placed on the penalty spot

d the player taking the penalty stroke must stand behind and within playing distance of the ball before the whistle is blown to start the penalty stroke

e the player defending the penalty stroke must stand with both feet on the goal-line and, once the whistle has been blown to start the penalty stroke, must not leave the goal-line or move either foot until the ball has been played

f if the player defending the penalty stroke is a goalkeeper they must wear protective headgear; if the player defending the penalty stroke is otherwise

taking part in the game as a field player, they may wear only a face mask as protective equipment

If the team defending a penalty stroke has chosen to play only with field players and not to use a substitute goalkeeper to defend the penalty stroke, the defender may only use their stick to make a save.

g the whistle is blown when the player taking the penalty stroke and the player defending it are in position

h the player taking the penalty stroke must not take it until the whistle has been blown

The player taking the penalty stroke or the player defending it must not delay the taking of the penalty stroke.

i The player taking the penalty stroke must not feint at playing the ball

j the player taking the penalty stroke must push, flick or scoop the ball and is permitted to raise it to any height

Using a 'dragging' action to play the ball at a penalty stroke is not permitted.

k the player taking the penalty stroke must play the ball only once and must not subsequently approach either the ball or the player defending the penalty stroke.

13.8 The penalty stroke is completed when:

a a goal is scored

b the ball comes to rest inside the circle, lodges in the

goalkeeper's equipment, is caught by the goalkeeper, or goes outside the circle.

13.9 For an offence during the taking of a penalty stroke:

a the penalty stroke is taken before the whistle is blown and the ball enters the goal: the penalty stroke is taken again

b the penalty stroke is taken before the whistle is blown and a goal is not scored: a free hit is awarded to the defence

c for any other offence by the player taking the penalty stroke: a free hit is awarded to the defence

d for any offence by the player defending the penalty stroke including moving either foot before the ball has been played: the penalty stroke is taken again

If the player defending the penalty stroke prevents a goal being scored but moves either foot before the ball has been played, this player may be cautioned and for any subsequent offence must be suspended (green card).

If a goal is scored even though there has been an offence by the player defending the penalty stroke, the goal is awarded.

e for an offence by a player of the defending team and a goal is not scored: the penalty stroke is taken again

f for an offence by a player of the attacking team other than the player taking the penalty stroke and the ball enters the goal: the penalty stroke is taken again.

14 Personal penalties

14.1 For any offence the offending player or team official may be:

a cautioned (indicated by spoken words)

b temporarily suspended for 2 minutes of playing time (indicated by a green card)

c temporarily suspended for 5 or 10 minutes of playing time (indicated by a yellow card)

d permanently suspended from the current match (indicated by a red card).

The same player or team official should not receive two green or two yellow cards during the same match, even for different types of offences. A player or a team official who has already received a personal penalty must be sanctioned with a higher-category personal penalty for the next offence for which a card would otherwise be awarded. Cards awarded for a team offence (for example under Rule 2.1 or 3.4 involving the captain) are not taken into account for this purpose; in such cases the player may receive a second green or yellow card.

A personal penalty may also be awarded in addition to the appropriate match penalty.

14.2 Temporarily suspended players on or off the field and team officials must remain in a designated place until permitted by the umpire who suspended them to resume play. While suspended, they must not coach, shout or engage in any other loud verbal communication with players, team officials or umpires, or undertake any team

duties. For the duration of each temporary suspension the offending team plays with one fewer player.

The temporary suspension commences when the player is seated in the designated place.

Temporarily suspended players and team officials are permitted to re-join their team at a quarter or half-time interval after which they must return to a designated place to complete their suspension.

Temporarily suspended players must return to the field within 3 metres of the centre-line after the expiry of their suspension unless they are substituted.

14.3 Misconduct by a player or team official while suspended must be sanctioned with a higher-category personal penalty.

If a further personal penalty is awarded, the duration of the new suspension starts from the time it is imposed; any remaining time of the previous suspension is not included.

As an exception, if the intended duration of a temporary yellow card suspension is 5 minutes, it may be extended to 10 minutes; in this case the additional 5 minutes are added to the remaining suspension time.

14.4 Permanently suspended players and team officials must leave the field and its surrounding area. The offending team plays for the remainder of the match with one fewer player.

UMPIRING

1 Objectives

1.1 Umpiring hockey is a challenging but rewarding way to participate in the game.

1.2 Umpires contribute to the game by:

a helping to raise the standard of the game at all levels by ensuring that players observe the Rules

b ensuring that every game is played in the right spirit

c helping to increase the enjoyment of the game for players, spectators, and others.

1.3 These objectives can be achieved by umpires being:

a consistent: umpires maintain the respect of players by being consistent

b fair: decisions must be made with a sense of justice and integrity

c prepared: no matter how long an umpire has been officiating, it is important to prepare thoroughly for every match

d focused: concentration must be maintained at all times; nothing must be allowed to distract an umpire

e approachable: a good understanding of the Rules must be combined with a good rapport with the players

f skilled: umpires must aim to become better with each and every match

g natural: an umpire must be themselves, and not

imitate another person, at all times.

1.4 Umpires must:

a have a thorough knowledge of the Rules of Hockey but remember that the spirit of the Rule and common sense must govern interpretation

b support and encourage skilful play, deal promptly and firmly with offences and apply the appropriate penalties

c establish control and maintain it throughout the match

d use all the available tools for control

e apply the advantage Rule as much as possible to assist a flowing and open match but without losing control.

2 Applying the Rules

2.1 Protecting skilful play and penalising offences:

a the relative seriousness of an offence must be identified and serious offences such as dangerous or rough play dealt with early and firmly in a match

b intentional offences must be penalised firmly

c umpires must demonstrate that if players co-operate, skilful play will be protected, and play will be interrupted only when essential for its proper conduct.

2.2 Advantage:

a it is not necessary for every offence to be penalised when no benefit is gained by the offender;

unnecessary interruptions to the flow of the match cause undue delay and irritation

b when the Rules have been broken, an umpire must apply advantage if this is the most severe penalty

c possession of the ball does not automatically mean there is an advantage; for advantage to apply, the player/team with the ball must be able to develop their play

d having decided to play advantage, a second opportunity must not be given by reverting to the original penalty

e it is important to anticipate the flow of the match, to look beyond the action of the moment and to be aware of potential developments in the match.

2.3 Control:

a decisions must be made promptly, positively, clearly and consistently

b strict action early in a match will usually discourage repetition of an offence

c it is not acceptable for players or team officials to abuse opponents, umpires or other technical officials verbally or through body language and attitude. Umpires must deal firmly with abuse of this sort and in appropriate circumstances issue a caution, a temporary suspension (green or yellow card) or a permanent suspension (red card). Cautions and suspensions can be given in isolation or in combination with another penalty

d cautions can be given to players in close proximity without stopping the match

e there must be a clear difference between the duration of a yellow card suspension for a minor offence (5 minutes) and the duration for a more serious and/or physical offence (10 minutes)

f when a player or team official intentionally misbehaves in a serious manner towards another player, umpire or other match official the red card must be shown immediately.

2.4 Penalties:

a a wide range of penalties is available

b two penalties can be used together to deal with bad or persistent offences.

3 Umpiring qualities & skills

3.1 The main umpiring qualities and skills are:

a match preparation

b whistling

c signalling

d co-operation

e communication

f mobility and positioning.

3.2 Match preparation:

a umpires must prepare thoroughly for each match by arriving at the field in good time

b before the match commences, both umpires must

check the field markings, the goals and the nets and check for any dangerous playing equipment or field equipment

c the two umpires must wear similar colours to one another, but different from those of both teams

d clothing appropriate to the conditions must be worn

e footwear must suit field conditions and assist mobility

f umpiring equipment includes access to the current Rules, a loud and distinctive whistle, a stopwatch, coloured cards (green, yellow and red) to indicate personal penalties and a way to record match details.

3.3 Whistling:

a the whistle is the main way in which umpires communicate with players, each other and other persons involved in the match

b the whistle must be blown decisively and loudly enough for all involved in the match to be able to hear it. This does not mean long loud whistling at all times

c the tone and duration of the whistle must be varied to communicate the seriousness of offences to players.

3.4 Signalling:

a signals must be clear and held up long enough to ensure that all players and the other umpire are aware of decisions

b only the official signals must be used

c it is preferable to be stationary when giving a signal

d directional signals must not be made across the body

e it is bad practice to look away from the players when a signal or decision is made; further offences might be missed, concentration can be lost, or this can indicate a lack of confidence.

3.5 Co-operation:

a good team-work and co-operation between umpires including good eye-contact and, if available, the effective use of the communication system throughout the match is essential

b prior to a match, umpires must discuss and agree how they are going to work together to assist each other

c umpires must take responsibility and be prepared to assist when their colleague is unsighted or has difficulty seeing certain parts of the field. If necessary and if mobility is good, umpires must be prepared to cross the centre-line and go as far as appropriate into a colleague's half of the field to assist. This helps to reassure players that decisions are correct

d a record of goals scored and cards issued must be kept by both umpires and confirmed at the end of the match.

3.6 Communication:

a in addition to whistle communication and signals, verbal communication should be used only where appropriate to prevent offences, manage players or address player welfare

b explanations of decisions should be concise and must not lead to prolonged discussion

c umpires must remain calm, respectful and confident in all interactions

d appropriate use of tone and body language can assist match control and flow

e unnecessary or excessive communication must be avoided.

3.7 Mobility and positioning:

a umpires must be mobile so they can move to appropriate positions throughout the match.

b static umpires cannot view play clearly enough to make correct decisions at all times

c fit, mobile and well positioned umpires are better able to concentrate on the flow of the match and on the decisions which need to be made

d each umpire operates mainly in half of the field with the centre-line to their left

e in general, the most suitable position for umpires is ahead of and on the right of the attacking team

f for play between the centre-line and 23-metres area, umpires must be positioned near their side-line

g when play is in the 23-metres area or circle, umpires must move further into the field away from the side-lines and, when necessary, into the circle itself to see important offences and to judge whether shots at goal are legitimate

h for penalty corners and after the ball has gone outside the field, umpires must take up a position which gives a clear view of all potential action

i for penalty strokes, the controlling umpire must take up a position behind and to the right of the player taking the penalty stroke, the supporting umpire takes up a position on the back-line, to the left of the goal

j umpires must not allow their positioning to interfere with the flow of play

k umpires must face play all the time.

4 Umpiring signals

4.1 Timing:

a start time: turn towards the other umpire with one arm straight up in the air

b stop time: turn towards the other umpire and cross fully-extended arms at the wrists above the head

c two minutes of play remaining: raise both hands straight up in the air with pointing index fingers

d one minute of play remaining: raise one hand straight up in the air with pointing index finger.

Once a timing signal has been acknowledged no further time signal is needed.

4.2 Bully: move hands alternately up and down in front of the body with palms facing each other.

4.3 Ball out of play:

a ball out of play over the side-line: indicate the direction with one arm raised horizontally

b ball out of play over the back-line by an attacker: face the centre of the field and extend both arms horizontally sideways

c ball out of play over the back-line unintentionally by a defender: using right or left arm as appropriate, with the arm well below shoulder level, draw an imaginary line from the point where the ball crossed the back-line to the point on the 23-metres line from which the re- start should be taken.

4.4 Goal scored: point both arms horizontally towards the centre of the field; this signal also indicates time stopped.

4.5 Conduct of play:

Signals for conduct of play offences must be shown if there is doubt about the reason for the decision.

a dangerous play: place one forearm diagonally across the chest

b misconduct and/or bad temper: stop play and make a calming movement by moving both hands slowly up and down, palms downward, in front of the body

c kick: slightly raise a leg and touch it near the foot or ankle with the hand

d raised ball: hold palms facing each other horizontally in front of the body, with one palm approximately 150 mm above the other

e obstruction: hold crossed forearms in front of the chest

f third party or shadow obstruction: alternately open and close crossed forearms in front of the chest

g stick obstruction: hold one arm out and downwards in front of the body half-way between vertical and horizontal; touch the forearm with the other hand

h 5 metres distance: extend one arm straight up in the air showing an open hand with all fingers extended.

4.6 Penalties:

a advantage: extend one arm high from the shoulder in the direction in which the benefiting team is playing

b free hit: indicate the direction with one arm raised horizontally

c penalty corner: point both arms horizontally towards the goal; this signal also indicates time stopped

d penalty stroke: point one arm at the penalty stroke mark and the other straight up in the air; this signal also indicates time stopped.

FIELD AND EQUIPMENT SPECIFICATIONS

Diagrams are provided to assist interpretation of these specifications, but they are not necessarily drawn to scale. The text is the definitive specification.

1 Field and field equipment

1.1 The field of play is rectangular, 91.40 metres long bounded by side-lines and 55 metres wide bounded by back-lines.

The playing surface must continue (to create "run-off" areas) for a minimum of 2 metres at the back-lines and 1 metre at the side-lines with an additional unobstructed 1 metre in each case (that is, a total of 3 metres at the ends and 2 metres at the sides of the field). These are minimum requirements with the respective recommended areas being 3 plus 2 metres and 2 plus 1 metres (that is, a total of 5 metres at the ends and 3 metres at the sides of the field).

1.2 Markings:

a no marks other than those described in this Rule are to be made on the playing surface

This is only mandatory for fields on which Senior international hockey matches will be played. For fields for other matches, the relevant National Association or Continental Federation should be contacted for further guidance.

b lines are 75 mm wide and must be clearly marked along their entire length

c the side-lines and back-lines and all markings

enclosed between them are part of the field

d all marks must be made in white.

White lines and markings are mandatory for fields on which Senior international hockey will be played, and recommended for fields for other matches, however it is recognised that multi-sport surfaces may have both different colour lines and markings, as well as lines and markings for other sports. Where hockey is not the priority sport, lines are often yellow. Additionally, on sand filled surfaces, when the sand is white, yellow marks give greater visibility.

1.3 Lines and other marks:

a side-lines: 91.40 metres long perimeter lines

b back-lines: 55.00 metres long perimeter lines

c goal-lines: the parts of the back-lines between the goal-posts

d centre-line: across the middle of the field

e 22.90 metres lines across the field 22.90 metres from each back-line as measured between the furthest edges of each line

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

f lines 300 mm long marked outside the field on each side-line with the further edge of the lines 14.63 metres from and parallel to the outer edge of the back-lines

g lines 300 mm long marked outside the field on each back-line on both sides of the goal at 5 metres and 10 metres from the outer edge of the nearer goal-post, as measured between the furthest edges of each line

These markings apply to all new and re-marked fields. However, existing fields with the previously specified markings may continue to be used.

h lines 150 mm long marked outside the field on each back-line 1.83 metres from the centre of the back-line, as measured between the nearest edges of these lines

i penalty spots 150 mm in diameter marked in front of the centre of each goal with the centre of each spot 6.475 metres from the outer edge of the goal-line.

1.4 Circles:

a lines 3.66 metres long and parallel to the back-lines are marked inside the field with their centres in line with the centres of the back-lines; the distance from the outside edges of these 3.66 metres lines to the outside edges of the back-lines is 14.63 metres

b these lines are continued in uninterrupted arcs in both directions to meet the back-lines in the form of quarter-circles with centres at the inside front corner of the nearer goal-posts

c the 3.66 metres line and the arcs are called the circle-lines; the spaces enclosed by these lines, including the lines themselves, are called the circles

d broken lines are marked with their outer edges 5 metres from the outer edge of each circle-line; each broken line starts with a solid section at the top centre

of the circle-line and each solid section is 300 mm long with gaps between the solid sections 3 metres long

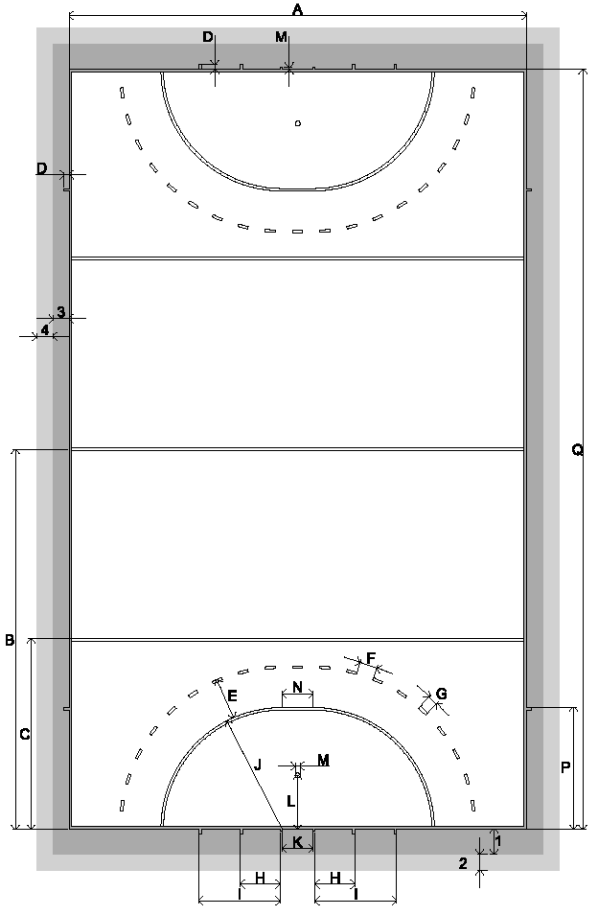
These broken lines are mandatory for Senior international matches. Their adoption for other matches is at the discretion of National Associations.

Field Dimensions

Code	Metres	Code	Metres
A	55.00	M	0.15
B	45.70	N	3.66
C	22.90	P	14.63
D	0.30	Q	91.40
E	5.00	1	minimum 2.00
F	3.00	2	1.00
G	0.30	(1 + 2)	minimum 3.00
H*	4.975*	3	minimum 1.00
I*	9.975*	4	1.00
J	14.63	(3 + 4)	minimum 2.00
K	3.66		
L	6.475		

** Dimensions H and I are measured from the goal-post line and not from the goal-post itself; the dimensions from the goal-post are 5.00 metres and 10.00 metres respectively.*

Figure 1: Field of Play



1.5 Goals:

a two vertical goal-posts joined by a horizontal cross-bar are placed at the centre of each back-line on the external marks

b the goal-posts and cross-bar are white, rectangular in cross section, 50 mm wide and between 50 mm and 75 mm deep

c the goal-posts must not extend vertically beyond the cross-bar and the cross-bar must not extend horizontally beyond the goal-posts

d the distance between the inner edges of the goal-posts is 3.66 metres and the distance from the lower edge of the cross-bar to the ground is 2.14 metres

e 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.

1.6 Goal side-boards and back-boards:

a side-boards are 460 mm high and a minimum of 1.20 metres long

b back-boards are 460 mm high and 3.66 metres long

c side-boards are positioned on the ground at right angles to the back-line and are fixed to the back of the goal-posts without increasing their width

d back-boards are positioned on the ground at right angles to the side-boards and parallel to the back-line, and are fixed to the end of the side-boards

e side-boards and back-boards are of a dark colour on the inside.

1.7 Nets:

a the maximum mesh size is 45 mm

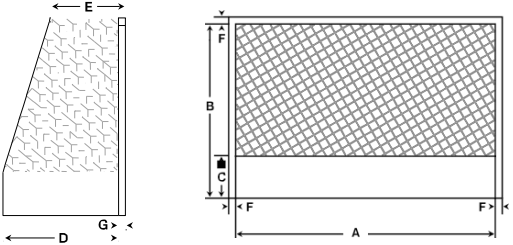
b attachment to the back of the goal-posts and cross-bar is at intervals of not more than 150 mm

c the nets must hang outside, or be attached to, the side-boards and back-board, in such a way that the nets are loose and there is no possibility that a ball could rebound off the nets back into the field of play

d the nets are secured so as to prevent the ball passing between the net and the goal-posts, cross-bar, side-boards and back-boards

e the nets are fitted loosely to prevent the ball rebounding.

Figure 2: Goal



Goal Dimensions

Code	Metres	Code	Metres
A	3.66	E	minimum 0.90
B	2.14	F	0.050
C	0.46	G	0.050 to 0.075
C	Minimum 1.20		

1.8 Flag-posts:

a flag-posts may be placed at each corner of the field

b flag-posts are between 1.20 and 1.50 metres in height

c flag-posts must not be dangerous

d if unbreakable, flag-posts must be attached to a spring base

e flag-posts carry flags, not exceeding 300 mm in width or length.

1.9 Benches and table:

a a bench for each team is placed outside and along one side of the field

b a table for timekeeping may be placed outside and, preferably, at the centre of the field on the same side as and between the team benches.

The position of the benches and table must not be dangerous to players or umpires.

2 Stick

All measurements are made and other specifications assessed with any coverings or additional fixings attached to the stick (that is, with the stick in the form in which it is used on the field).

2.1 This section specifies the properties of the stick. Properties outside the specifications are not permitted. Although the properties are described as explicitly as possible, the FIH reserves the right to prohibit any stick which, in the opinion of the FIH Rules Committee, is unsafe or likely to have a detrimental impact on playing the game.

2.2 The shape and dimensions of the stick are tested by placing the stick playing side downwards on a flat surface marked with the lines shown in figures 3 and 4. Lines A, A1, B, B1 and Y are parallel and are perpendicular to lines C and X. The dimensions in figures 3 and 4 are:

line A to line A1	51 mm
line A to line B	20 mm
line A1 to line B1	20 mm
line A to line Y	25.5 mm
line C to line X	100 mm

2.4 The stick has a traditional shape, consisting of the handle and the head:

a the stick is positioned in figures 3 and 4 so that the line Y passes through the centre of the top of the handle; the handle of the stick starts at line C and continues in the direction Y+.

b the base of the head of the stick is positioned touching line X; the head of the stick starts at line X and terminates at line C.

2.5 The stick is assessed with any covering, coating or fixing belonging to the stick.

2.6 In any of the specifications below, the following definitions apply:

a "smooth" means without any rough or sharp parts. The surface must be even and regular, free from perceptible projections or indentations and not rough, wrinkled, pitted, grooved or scored. No edge shall have an angle with radius smaller than 3 mm.

b "flat" means without any curved, high or hollow parts having a radius smaller than 2 m, transforming smoothly to an edge with a radius not smaller than 3 mm.

c "continuous" means all along the defined subject without interruption.

2.7 The playing side of the stick is the entire side shown in figures 3 and 4 and the edges of that side.

2.8 The transition from handle to head must be smooth and continuous without any unevenness or other discontinuity.

2.9 The head must be a 'J' or 'U' shape the upturned or open end of which is limited by the line C.

2.10 The head is not limited between lines C and X in the direction X- or X+.

2.11 The head must be flat on the left hand side only (the side which is to the player's left when the stick is held with the open end of the head pointing directly away from the

player's front, i.e. the side shown in the diagrams).

2.12 A single convex or concave deviation with a smooth continuous profile and of maximum 4 mm at any point is permitted across the otherwise flat playing side of the head of the stick and any continuation of it along the handle.

Deviation is tested by placing a straight edge of length 53mm across the stick at any point along the playing side and using a standard pointed depth gauge; the device used to measure bow or rake and shown in figure 6 can also be used for this purpose. The depth of concave curvature below the straight edge must not exceed 4 mm.

Other indentations or grooves are not permitted on the playing side of the stick.

2.13 The flat playing side of the head of the stick and any continuation of it along the handle must be smooth.

2.14 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; i.e. the intersection of the plane comprising the flat playing side of the stick with any plane comprising all or part of the flat side of the handle must remain parallel to line C-C.

2.15 It is permitted for the handle to be bent or curved to protrude beyond the line A once only to the limiting line B at maximum or but not also to be bent or curved to protrude beyond the line A1 once only to the limiting line B1 at maximum.

2.16 Any curvature along the length of the stick (the bow or rake) must have a continuous smooth profile along the whole length, must occur along the playing side or the back of the stick but not both and is limited to a depth of 25 mm. The point of maximum bow must not be closer to the base of the head (line X in figure 3) than 200 mm. Multiple curves are not permitted.

The stick is laid playing side downwards on a flat surface in its natural resting position as shown in figure 5. The device shown in figure 6 is used to measure the bow or rake and is placed with its base on the testing surface. The 25mm high end of the device must not pass freely more than 8mm under the stick at any point; i.e. this end of the device must not pass freely under the stick to the extent that the edge of the stick touches the remaining part of the device.

Figure 3: The stick

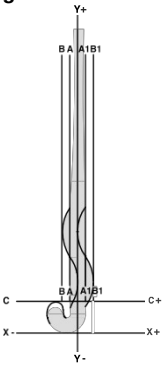


Figure 4: The Head of the stick

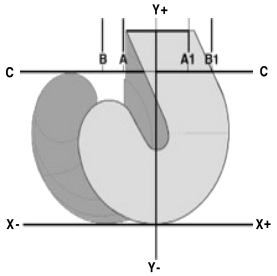


Figure 5: The stick rake or bow

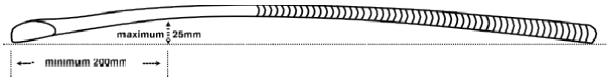
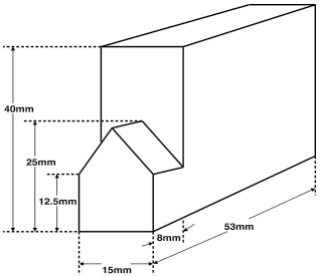


Figure 6: Device for measuring stick bow or rake



2.17 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.

> *Smooth and shallow undulations or indentations on the back of the handle are permitted to a maximum depth of 4 mm. No undulations or indentations are permitted on the back of the head of the stick.*

2.18 Inclusive of any additional coverings used, the stick must pass through a ring with an interior diameter of 51 mm.

2.19 The total weight of the stick must not exceed 737 grams. The length of the stick as measured from the top of the handle to the bottom of the head of the stick (line X in Figure 3) shall not be more than 105 cm.

2.20 Ball speed must not be greater than 98 % of stick head speed under test conditions.

Ball speed is determined over a series of 5 tests at a stick speed of 80 km/hour in the simulator of an FIH approved laboratory. Ball speed is calculated from the time the ball passes two measuring points and is expressed as a ratio to the specified stick speed. FIH approved hockey balls are used. The test is carried out at prevailing laboratory conditions with a temperature of approximately 20°C and relative humidity of approximately 50 %.

2.21 The entire stick must be smooth.

Any stick which poses a potential risk for play is prohibited.

2.22 The stick and possible additions may be made of or contain any material other than metal or metallic components provided it is fit for the purpose of playing hockey and is not hazardous.

2.23 The application of tapes and resins is permitted provided that they are not hazardous and that the stick conforms to the specifications.

3 Ball

3.1 The ball:

a is spherical

b has a circumference of between 224 mm and 235 mm

c weighs between 156 grams and 163 grams

d is made of any material and coloured white (or an

agreed colour which contrasts with the playing surface)

e is hard with a smooth surface but indentations are permitted.

4 Goalkeeper's equipment

4.1 Hand protectors:

a each have a maximum width of 228 mm and maximum length of 365 mm when laid flat, palm upwards

b must not have any additions to retain the stick when the stick is not held in the hand.

4.2 Leg guards: each have a maximum width of 300 mm when on the leg of the goalkeeper.

The dimensions of goalkeeper's hand protectors and leg guards are measured using gauges with the relevant internal dimensions.

ADDITIONAL INFORMATION AVAILABLE

The International Hockey Federation can provide information on various topics to assist participation in the sport which can be found on the FIH website www.fih.hockey

or from the FIH Office:

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