

Basic Field Hockey Rules

The Game:

- Two halves 20 minutes each with a 5 minute half time.
- 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. The striking "circle" is actually a 16 yard half-circle around the front of the goal.

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. NO screens like basketball.
- Play the ball with the rounded side of the stick.
- Charge, hit, shove or trip an opponent.
- Play the ball in a potentially dangerous way.
- Raise the stick above the waist in a dangerous manner while 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, including their feet.
- Hit, hook, hold or interfere with an opponent's stick.

Penalty Corner:

- In a penalty corner, the ball is placed on the goal line at least 10 yards from the nearest goal post. One attacking player hits the ball to a teammate just outside the striking circle line.
- No shot on goal may be taken until the ball is stopped or comes to rest on the ground outside the circle. All attackers must be outside the circle before the hit is taken.
- On defense, a maximum of five defenders (goalkeeper included) may be behind the goal line while the remaining defenders must be positioned beyond the 50 yard line.
- The initial shot **MUST** be on the ground. The only exception is if the initial shot does **NOT** have a back swing. If no backswing, the shot can go anywhere on goal.

A penalty corner is awarded for the following offenses:

- A defender fouling in the penalty circle.
- An intentional hit over the goal line by a defender from any part of the field.

Free Hits:

- When a foul occurs outside of the scoring circle, a free hit is awarded.
- The player taking the free hit can pass or dribble themselves.

Field Hockey Field Diagram:

