

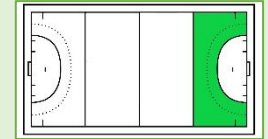
# ADVANCED FIELD HOCKEY RULES

## FREE HIT WITHIN THE OFFENSIVE ZONE

### What is the « OFFENSIVE ZONE » ?

- What we call the « Offensive Zone » is the opponent's own 23 meters area, outside the circle ;
- If the 23 meters are not applicable (U10, U12 & U15 Chal), this zone is defined as the opponent's own half, outside the circle.

### Where is it ?



### How is it played ?

- A free hit awarded to the attack in this zone is subject to a few rules :
  - All players, except the attacker taking the free hit, must stand 5 meters (re 3m) away from the ball when the free hit is being taken ;
  - The ball can not be played intentionally directly into the circle ;
  - Instead, it (the ball) has to « travel » 5 meters outside the circle (re 3m), either by a pass to a teammate or by dribbling, before it can be played intentionally into the circle, unless a defender touches the ball in the meantime ;
  - Once these rules have been met, play resumes as normal.
- Note : a DEF can be less than 5m away from the ball if he is in his circle, but he can not come out of it until the ball has traveled 5m outside from it. The DEF can « shadow » the attacker along the circle line, but if he comes out of the circle and attacks the ball carrier before the ball traveled 5 m, a PC must be given.

### Why are these rules important ?

- It is all players' dream, and aim, to score a goal, this goes without saying ;
- Having such a free hit near the circle is a good opportunity to do so ;
- Historically, attackers in this position would just « fire a missile » into the circle, hoping for a deflection and a goal, or for a Penalty Corner (PC) ;
- The FIH (International Hockey Federation) decided that this kind of game was dangerous and could lead to injuries, thus these rules.



## PENALTY CORNER (PC)

### When does it occur ?

- When an **unintentional** foul (foot, backstick, ...) is committed by a defender inside the defending circle ;
- When an **intentional** foul is committed by a defender outside the circle but within the attacking zone (23m when applicable, or halfway line).

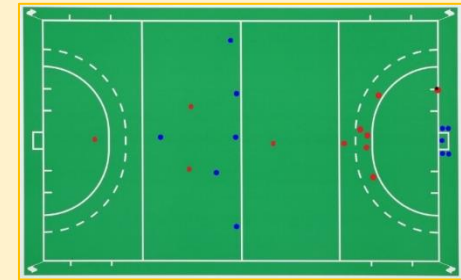
Note : if a PC is awarded just before the end of a Period, we still play the PC

### Umpire Signal



### Setup

- 5 defenders (1 GK + 4 defenders) only can defend ; the other « defenders » must be behind the halfway line ;
- The defenders have to stay behind the goal line, 5m away from the ball ;
- As many attackers as wanted may take part in the offense (around the circle) ;
- The ball is being played from the goal line, at least 10m away from the closest goal post, « inside » the circle ;
- Except for the « injector », who must have at least 1 foot outside the pitch, all the player must stand out of the circle, sticks included (but one can be above the circle).



### Action

- No player is allowed to enter the circle before the ball has been played (« Early break out ») :
  - if a defender breaks this rule, he has to go to the halfway line, and can not be replaced – the PC is being replayed with 1 less defender ;
  - if an attacker breaks this rule, he has to go to the halfway line (can be replaced), the PC is being replayed.
- The « injector » can not feint at injecting the ball to make the defenders break the previous rule : if he does so, he has to be replaced, the PC is being replayed.
- For a goal to be valid, the ball has to travel outside the circle at least 1 time.
- Subsequently, if the 1st attempt towards the goal is :
  - a hit (shoot or « slap hit »), the ball must be on a path where it would enter the goal below the board's height (before any deflection) ;
  - a push, there is no height limit (except if dangerous).

### End

The PC is over when :

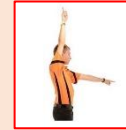
A goal is scored, **OR** the ball goes behind the goal line, **OR** a foul is awarded to the defence, **OR** the ball travels 5m outside the circle.

## PENALTY STROKE (PS)

### When does it occur ?

- When an **unintentional foul** (foot, backstick, ...) is committed by a defender that **prevents a goal from being scored** ;
- When an **intentional foul** is committed by a defender inside the circle.

### Umpire Signal



### Setup

- The time and play is stopped.
- All the players, except the defending GK and the attacker taking the PS, must stand outside the 23m area where the PS is taking place.
- The ball is placed on the penalty spot (« 7m ») ; the attacker stands behind the ball, within playing distance.
- The GK must have his 2 feet on the goal line : once the whistle is blown, he/she can not move either foot before the ball has been played.

### Action

- The umpire blows the whistle for the beginning of the stroke.
- If the attacker plays the ball before the whistle is blown ...
  - ... and scores : the PS is being replayed ;
  - ... and misses : free hit for the defence.
- The attacker can not feint at playing the ball.
- The attacker must **PUSH, FLICK** or **SCOOP** the ball : **NO HIT, NOR « DRAGGING » MOTION is allowed.**
- The attacker must play the ball only once, and may not subsequently approach the ball or the player defending it (GK).

### End

The PS is over when :

- a goal is scored ;
- the ball comes to rest inside the circle, lodges in the goalkeeper's equipment, is caught by the goalkeeper ;
- the ball goes outside the circle, or behind the goal line.

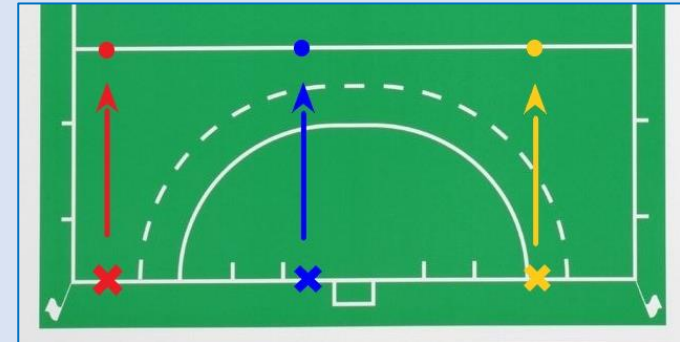
## LONG CORNER

### When does it occur ?

- When the ball is being played **unintentionally** behind the goal line by a defender, the attacking team is awarded a long corner ;
- Note : if the ball is being played **intentionally** behind the goal line by a defender, the umpire can award a Penalty Corner (PC) to the attacking team.

### Setup & Action

- The ball is being placed on the 23m line (or on the halfway line when applicable), at the vertical of where the ball has gone behind the goal line.  
Ex : if the ball has gone out behind the goal line where the red cross is, then the ball will be played where the red spot is, etc.
- All players, except the attacker taking the Long Corner, must stand 5m away from the ball.
- The ball can not be played directly into the circle : in the same way than for an offensive free hit, it has to « travel » 5 meters outside the circle before being played intentionally in the circle. If this rule is respected, play resumes as normal.



## REMEMBER

Officials volunteer their time and energy to umpire your kids' games.

To err is human, and they remain humans, not machines.

Remember to thank them and show your respect.

**NO RESPECT – NO OFFICIALS – NO GAME**

