Basic Rules of Field Hockey

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As in any sport, the rules and regulations must be followed while playing the game. A sport is not the same if it is played with rules that are different from the ones originally set by the founder of the sport. While field hockey is popular in high schools and colleges throughout the United States, it is played all over the world. While the rules may vary for different competitions, there are some rules that have been standardized by the International Hockey Federation. The main rule is that every player must carry a hockey stick, using any part of the stick except for the curved side of the head.

With eleven players on the team positions include fullbacks, midfielders, forwards and a goaltender. The goaltender must wear a different color shirt than the other team members.

If more players than what is allowed is one the fields, the other team gets a free hit.

Substitutions are allowed at any time, without any limits, except for the period when a penalty is being taken.

The two opposing teams are called the attackers and the defenders. The attackers are the team that has the ball. Two umpires watch half of the field each.

The game is divided in two halves. Each half is 35 minutes long. At the beginning of the game a coin is tossed to see which team gets the ball first. The other team gets the ball in the second half.

The play starts at the center of the field at the start of each half. This is the same after a goal is scored.

Players start in their defensive half of the field. However, the ball can be played in either direction. The attacking players can not push the defending player out of the way. If a ball goes out of play, the other team gains possession of the ball.

A ball must pass completely over the goal line and under the cross bar of the goal post for a goal to be scored. The shot must be taken from the scoring circle to count as a goal. It is not a goal if the shot comes from any other part of the field. However, if the shot is reflected from a defender and it goes into the goal, it is still considered a goal for the attacking team.

Whenever a player or a team disadvantages the other team by breaking a rule, penalties are awarded. Free hits are given whenever offences are committed between the 23 meter lines. Penalty corners and strokes are awarded when offenses occur in the scoring circles. These are given if the defender breaks a rule and prevents the attacker from scoring a goal.

The umpires use different colored cards when they give a warning. A green card is a warning for minor offenses and fouls. A yellow card is used if a person is continuously causing fouls. The player is suspended for five minutes, without a substitute player. If a player gets a red card, he has been ejected from the game. These warnings are used for more serious offenses such as fighting.

Reference:

http://en.wikipedia.org/wiki/Field\_hockey