



Sticky's beginners guide to hockey

unravelling the basics

Two **UMPIRES** control the game. Working together, each is responsible for the area on their side of the line A.

There is no **OFF - SIDE**.

A GAME OF HOCKEY LASTS 70 MINUTES and is played 11-a-side with 5 players interchanging off the bench.

MOST COMMON FOULS

- Use of the feet or the rounded side of the stick.
- Stick tackling or obstruction using the stick or body.
- Dangerous play through use of the body or lifting the ball.

A goal can only be scored when the ball, inside the circle or D, is struck or deflected by an attacker.

1 3 4 3 SYSTEM

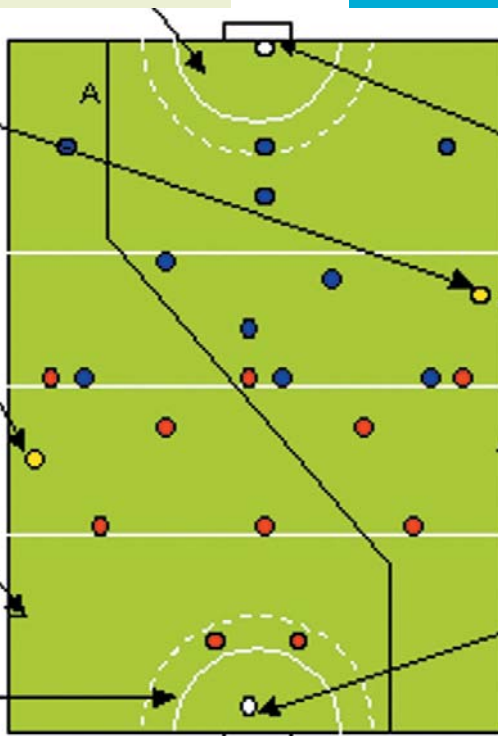
Teams will play different **SYSTEMS** to suit a more attacking or defensive style of play.

1 2 3 5 SYSTEM

When attackers play the ball over the baseline, the defending team restart the game up to 15 m from and in line with where the ball went out.

THE GOALIE may use the feet, but only in the D.

Circle or "D".

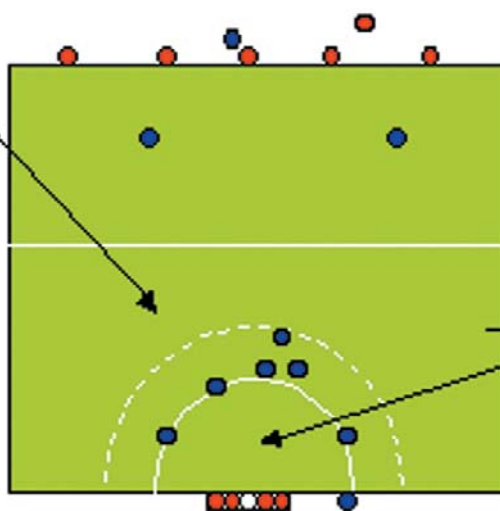


PENALTY CORNER

This is a Set play awarded to the attacking team following a breach by the defence.

5 defenders start in or close to the goal, and the attackers remain outside the D until the ball is played. The remaining defenders must start from beyond the half way line

Once played the players may enter the D. The attackers must allow the ball to come outside the D, before shooting for goal.



PENALTY STROKES

are awarded for deliberate fouls inside the circle.

DISCIPLINE!



Green card
Warning



Yellow card
Minimum
5 minute suspension



Red Card
Permanent suspension

