**Field hockey**

**Field hockey**, or simply **hockey**, is a team sport of the hockey family. The earliest origins of the sport date back to the Middle Ages in Scotland, the Netherlands, and England.The game can be played on a grass field or a turf field as well as an indoor board surface. Each team plays with eleven players including the goalie. Players use sticks made out of wood or fiber glass to hit a round, hard, rubber like ball. The length of the stick depends on the player's individual height.There are no left hand sticks in field hockey, and only one side of the stick is allowed to be used. The uniform consist of shin-guards, cleats, skirts or shorts, and a jersey. At the turn of the 21st century, the game is played globally, with particular popularity throughout western Europe, the Indian subcontinent, and Australasia. Hockey is the national sport of Pakistan and is sometimes assumed to be india's national sport as well, although officially india does not have a national sport.The term "field hockey" is used primarily in canada, the united states, europe and other regions of the world where the sport of ice hockey is more popular.

During play, goal keepers are the only players who are allowed to touch the ball with any part of their body (the player's hand is considered 'part of the stick'), with this only applying within the *shooting circle* (also known as the *D*, or *shooting arc*, or just the circle), while field players play the ball with the flat side of their stick. The team that scores the most [goals](http://en.wikipedia.org/wiki/Goal_%28sport%29) by the end of the match wins. If the score is tied at the end of the game, either a [draw](http://en.wikipedia.org/wiki/Tie_%28draw%29) is declared or the game goes into extra time and/or a penalty shootout, depending on the competition's format.

The governing body of hockey is the [International Hockey Federation (FIH)](http://en.wikipedia.org/wiki/International_Hockey_Federation), with men and women being represented internationally in competitions including the [Olympic Games](http://en.wikipedia.org/wiki/Field_hockey_at_the_Summer_Olympics), [World Cup](http://en.wikipedia.org/wiki/Hockey_World_Cup), [World League](http://en.wikipedia.org/wiki/FIH_Hockey_World_League), [Champions Trophy](http://en.wikipedia.org/wiki/Hockey_Champions_Trophy) and [Junior World Cup](http://en.wikipedia.org/wiki/Junior_Hockey_World_Cup), with many countries running extensive junior, senior, and masters' club competitions. The FIH is also responsible for organising the [Hockey Rules Board](http://en.wikipedia.org/wiki/Hockey_Rules_Board) and developing the [rules](http://en.wikipedia.org/wiki/Sport_rule) for the sport.

#### Free hits

Free hits are awarded when offences are committed outside the scoring circles (the term 'free hit' is standard usage but the ball need not be hit). The ball may be hit, pushed or lifted in any direction by the team offended against.

#### Corner

A corner is awarded if the ball goes over the back line after last being touched by a defender, Corners are played by the attacking team and involve a free hit on the sideline 5 m from the corner of the field closest to where the ball went out of play.

#### Penalty corner

Short corners begin with five defenders (usually including the keeper) positioned behind the back line and at least 10 yards from the nearest goal post. All other players in the defending team must be beyond the centre line, that is not in their 'own' half of the pitch, until the ball is in play. Attacking players begin the play standing outside the scoring circle, except for one attacker who starts the corner by playing the ball from a mark 10 m either side of the goal (the circle has a 14.63 m radius). This player puts the ball into play by pushing or hitting the ball to the other attackers outside the circle; the ball must pass outside the circle and then put back into the circle before the attackers may make a shot at the goal from which a goal can be scored.

#### Penalty stroke

A [penalty stroke](http://en.wikipedia.org/wiki/Penalty_stroke) is awarded when a defender commits a foul in the circle (accidental or otherwise) that prevents a probable goal or commits a deliberate foul in the circle or if defenders repeatedly run from the back line too early at a penalty corner. The penalty stroke is taken by a single attacker in the circle, against the goalkeeper, from a spot 6.4 m from goal. The ball is played only once at goal by the attacker using a push, flick or scoop stroke. If the shot is saved, play is restarted with a 15 m hit to the defenders. When a goal is scored, play is restarted in the normal way.

Rules Of FIH:

<http://www.fih.ch/files/Sport/Rules/FIH-Rules%20of%20Hockey%202012-interactif.pdf>

<http://www.fih.ch/files/Sport/Rules/Notification%20of%20Rules%20of%20Hockey%202013%20change%20with%20effect%20from%201%20February%202014.pdf>