

PLAYING THE GAME

1 Field of play

The information below provides a simplified description of the field of play. Detailed specifications of the field and equipment are provided in a separate section at the end of these Rules.

- 1.1 The field of play is rectangular, 91.40 metres long and 55.00 metres wide.
- 1.2 Side-lines mark the longer perimeters of the field; back-lines mark the shorter perimeters of the field.
- 1.3 The goal-lines are the parts of the backlines between the goal-posts.
- 1.4 A centre-line is marked across the middle of the field.
- 1.5 Lines known as 23 metres lines are marked across the field 22.90 metres from each back-line.
- 1.6 Areas referred to as the circles are marked inside the field around the goals and opposite the centres of the back-lines.
- 1.7 Penalty spots 150 mm in diameter are marked in front of the centre of each goal with the centre of each spot 6.40 metres from the inner edge of the goal-line.
- 1.8 All lines are 75 mm wide and are part of the field of play.
- 1.9 Flag-posts between 1.20 and 1.50 metres in height are placed at each corner of the field.
- 1.10 Goals are positioned outside the field of play at the centre of and touching each back-line. No equipment or items,

such as helmets, face masks, hand protectors, towels, water bottles etc. may be placed inside the goals.

2 Composition of teams

- 2.1 A maximum of eleven players from each team take part in play at any particular time during the match.

If a team has more than the permitted number of players on the field, time should be stopped to correct the situation. A personal penalty may be awarded against the captain of the team involved, if inadvertently having too many players on the pitch occurs for a very short period of time and does not materially affect the match. In cases where this occurs and materially affects the match, a personal penalty must be awarded against the captain of the team involved. Decisions taken prior to correcting the situation cannot be changed, if time and/or play has already been re-started.

Play and time is restarted with a free hit to the opposing team unless another penalty had been awarded against the offending team immediately before time was stopped in which case that penalty is taken.

- 2.2 Each team has either a goalkeeper on the field or plays only with field players.

Mandatory Experiment from 1 January 2019: the team no longer has the option to play with a player with goalkeeping privileges.

Each team may play with:

- *a goalkeeper wearing a different colour shirt and protective equipment comprising at least headgear, leg guards and kickers; this player is referred to in these Rules as a goalkeeper;*

or

- *only field players; no player has goalkeeping privileges or wears a different colour shirt; no player may wear protective headgear except a face mask when defending a penalty corner or a penalty stroke; all team players wear the same colour shirt.*

Any change between these options, must take place as a substitution.

2.3 Each team is permitted to substitute from its players not on the field of play:

- a substitution is permitted at any time except within the period from the award of a penalty corner until after it has been completed; during this period substitution is only permitted for injury to or suspension of the defending goalkeeper

If another penalty corner is awarded before completion of the previous penalty corner, substitution other than for an injured or suspended defending goalkeeper must not take place until that subsequent penalty corner has been completed.

At a penalty corner, a defending goalkeeper who is injured or suspended may be substituted by another goalkeeper or by a player.

If a team has only field players, no substitution is permitted at a penalty corner until it has been completed.

If the goalkeeper is suspended, the offending team plays with one fewer player.

- b there is no limit to the number of players who are

- permitted to be substituted at the same time or to the number of times any player is permitted to substitute or be substituted
- c substitution of a player is permitted only after that player has left the field
- d substitutions are not permitted for suspended players during their suspension
- e after completing a suspension, a player is permitted to be substituted without first returning to the field
- f field players must leave or enter the field for substitution purposes within 3 metres of the centre-line on a side of the field agreed with the umpires
- g time is stopped for substitution of goalkeepers but not for other substitutions.

Time is stopped briefly to permit a goalkeeper to take part in a substitution. The time stoppage is not extended for a player to put on or take off protective equipment as part of a substitution including following a goalkeeper injury or suspension.

- 2.4 Field players who leave the field for injury treatment, refreshment, to change equipment or for some reason other than substitution are only permitted to re-enter between the 23 metres areas on the side of the field used for substitutions.

Leaving and re-entering the field as part of play (e.g. when a defender puts on a face mask at a penalty corner) takes place at any appropriate part of the field.

- 2.5 No persons other than field players, goalkeepers and umpires are permitted on the field during the match without the permission of an umpire.

- 2.6 Players on or off the field are under the jurisdiction of the umpires throughout the match including the half-time interval.
- 2.7 A player who is injured or bleeding must leave the field unless medical reasons prevent this and must not return until wounds have been covered; players must not wear blood-stained clothing.

3 Captains

- 3.1 One player of each team must be appointed as captain.
- 3.2 A replacement captain must be appointed when a captain is suspended.
- 3.3 Captains must wear a distinctive arm-band or similar distinguishing article on an upper arm or shoulder or over the upper part of a sock.
- 3.4 Captains are responsible for the behaviour of all players on their team and for ensuring that substitutions of players on their team are carried out correctly.

A personal penalty is awarded if a captain does not exercise these responsibilities.

4 Players' clothing and equipment

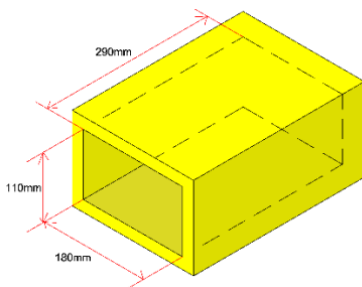
Competition Regulations available from the FIH provide additional information and requirements about players' clothing, personal equipment and advertising. Refer also to regulations established by Continental Federations and National Associations.

- 4.1 Field players of the same team must wear uniform clothing.
- 4.2 Players must not wear anything which is dangerous to

other players.

Field players:

- *are permitted to wear hand protection which does not increase the natural size of the hands significantly; any hand protection used, both for normal play and to defend penalty corners, must fit comfortably (without the need for compressing it) into an open-ended box of internal dimensions 290mm long x 180mm wide x 110mm high;*



- *are recommended to wear shin, ankle and mouth protection;*
- *are permitted to wear any form of body protection (including leg protection, or kneepads, when defending a penalty corner) underneath normal playing clothing; Knee pads, used for this purpose, may be worn outside the socks provided that their colour is exactly the same as the colour of the socks or black;*
- *are permitted to wear throughout a match for medical reasons only a smooth preferably transparent or single coloured face mask*

which closely fits the face, soft protective head- covering or eye protection in the form of plastic goggles (ie goggles with a soft-covered frame and plastic lenses); the medical reasons must be assessed by an appropriate authority and the player concerned must understand the possible implications of playing with the medical condition;

- are permitted to wear a smooth preferably transparent or single coloured face mask or metal grill face mask, which follows the contours of the face, when defending a penalty corner or penalty stroke for the duration of that penalty corner or penalty stroke including the immediate taking of a free hit awarded after a penalty corner when passing the ball to another player; the primary objective of wearing a face mask to defend a penalty corner is safety; wearing of face masks which are consistent with the underlying spirit of this guidance should be allowed;*
- are not permitted, when wearing face masks, to conduct themselves in a manner which is dangerous to other players by taking advantage of the protective equipment they wear;*
- are not permitted to wear protective headgear (face mask or other protective head covering) in any other circumstances.*

4.3 Goalkeepers must wear a coloured shirt or garment which is different in colour from that of both teams.

Goalkeepers must wear this shirt or garment over any upper body protection. Elbow

protection does not need to be covered by the shirt or garment.

- 4.4 Goalkeepers must wear protective equipment comprising at least headgear, leg guards and kickers except that the headgear and any hand protectors may be removed when taking a penalty stroke.

The following are permitted for use only by goalkeepers: body, upper arm, elbow, forearm, hand, thigh and knee protectors, leg guards and kickers.

- 4.5 Clothing or protective equipment which significantly increases the natural size of a goalkeeper's body or area of protection is not permitted.

- 4.6 The stick has a traditional shape with a handle and a curved head which is flat on its left side:

- a the stick must be smooth and must not have any rough or sharp parts
- b inclusive of any additional coverings used, the stick must be able to pass through a ring with an interior diameter of 51 mm
- c any curvature along the length of the stick (the rake or bow) must have a continuous smooth profile along the whole length, must occur along the face side or the back of the stick but not both and is limited to a depth of 25 mm
- d the stick must conform with the specification agreed by the FIH Rules Committee.

- 4.7 The ball is spherical, hard and white (or an agreed colour which contrasts with the playing surface).

Detailed specifications of the stick, ball and

goalkeeper's equipment are provided in a separate section at the end of these Rules.