

1. NAME OF THE SPORT

Field Hockey

2. RULES OF PLAY – FIELD HOCKEY

2.1 Objective of the Game

The objective is to score goals by legally striking the ball into the opponent's goal using the flat side of the stick.

2.2 Team Composition

Each team consists of 11 players: 10 outfield players and 1 goalkeeper. 16 field players, 2 goalkeepers with a total of 18 players. Rolling substitutions are allowed.

2.3 Match Duration

The match is played in 4 quarters of 15 minutes each with 2-minute breaks between quarters and a 10-minute halftime break.

2.4. Start and Restart of Play

The match starts with a centre pass. Opponents must be 5 meters away. Play restarts after goals and stoppages as per rules.

2.5 Scoring a Goal

A goal is scored only when the ball is touched by an attacker inside the shooting circle and crosses the goal line completely.

2.6. Ball Play Rules

Only the flat side of the stick may be used. Dangerous play is not allowed.

2.7. Foot and Body Use

Intentional use of foot or body by a field player is a foul. Goalkeepers may use any part of the body inside the circle.

2.8. Stick Rules

Raising the stick dangerously, hacking, or obstruction is not permitted.

2.9. Obstruction

Players must allow opponents a fair chance to play the ball and must not shield it unfairly.

2.10. Penalties

Free Hits, Penalty Corners, and Penalty Strokes are awarded based on the nature and location of fouls.

2.11. Disciplinary Actions

Green Card – Warning (2 min), Yellow Card – Temporary suspension, Red Card – Permanent suspension.

2.12. Umpires

Two umpires control the match and their decisions are final, and cards.

Standard Operating Procedures (SOPs) – Field Hockey

3.1 Safety Measures

- All players must wear **mandatory protective equipment**:
 - Mouth guard
 - Shin guards
 - Appropriate footwear suitable for the playing surface
- Goalkeepers must wear **full protective gear** (helmet, pads, kickers, gloves, chest and groin protection).
- The playing field must be **free from debris, water logging, and hazards** before the match.
- Goalposts and nets must be **securely fixed** and inspected prior to play.
- Only **approved hockey sticks and balls** are permitted.
- Adequate **hydration breaks** must be provided, especially in hot and humid conditions.
- Medical and emergency access routes must be kept **clear at all times**.
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3.2 Warm-Up and Cool-Down Protocols

Warm-Up (20–25 minutes)

- **General warm-up**: light jogging and dynamic movements (5–8 minutes).
- **Dynamic stretching**: hips, hamstrings, calves, shoulders, and back.
- **Sport-specific drills**:
 - Ball carrying
 - Passing and receiving
 - Shooting and tackling drills
- Goalkeepers to perform **separate specialised warm-up** routines.

Cool-Down (10–15 minutes)

- Light jogging or walking to gradually reduce heart rate.
- **Static stretching** focusing on major muscle groups.

- Breathing and relaxation exercises.
- Ice application or recovery protocols as advised by the medical staff.

3.3 Injury Management and First Aid

- A **qualified medical officer or physiotherapist** must be present at the venue.
- A fully equipped **first-aid kit** must be available near the field.
- In case of injury:
 - Umpires shall immediately stop play if necessary.
 - Medical staff assess the player on-field or off-field.
 - Players with suspected concussion, fractures, or serious injuries **must not return to play** without medical clearance.
- An **ambulance or emergency transport facility** must be on standby during matches.
- All injuries must be **recorded and reported** to tournament officials.

3.4 Technical Officials' Roles and Responsibilities

Match Officials (Umpires)

- Enforce the **rules of the game** as per FIH regulations.
- Ensure fair play and player safety.
- Control match timing and stoppages.
- Submit match reports after the game.

Technical Officer / Technical Delegate

- Oversee **overall match operations**.
- Ensure compliance with technical regulations and SOPs.
- Coordinate with umpires, teams, and event organisers.

Judges / Scorers

- Maintain accurate **match scores, penalties, and substitutions**.
- Update match records in coordination with umpires.

4. PLAYFIELD / COURT DIMENSIONS

4.1. Overall Field Dimensions

- **Length: 91.40 meters**
- **Width: 55.00 meters**
- The field must be rectangular and level.

4.2. Boundary Lines

- **Side Lines:** 91.40 m (length of the field)
- **Back Lines (Goal Lines):** 55.00 m (width of the field)
- Lines must be **white or light-colored**, clearly visible.
- All lines are **part of the field of play**.

4.3. Centre Line & Centre Spot

- **Centre Line:** Drawn across the width at the midpoint of the field.
- **Centre Spot:** Marked at the exact center of the field.

4.4. 23-Metre Lines

- Two lines drawn across the field:
 - **23.00 meters** from each back line
- These divide the field into **four equal zones**.

4.5. Shooting Circle (D)

- Radius: **14.63 meters** from the inside edge of each goal post
- Formed by:

- Two quarter circles joined by a straight line
- Goals can **only be scored from inside the circle**.

4.6. Penalty Spot

- Distance: **6.40 meters** from the inside edge of the goal line
- Positioned directly in front of the centre of the goal.

4.7. Goals

- **Width (between posts): 3.66 meters**
- **Height (crossbar): 2.14 meters**
- Goal posts and crossbar must be **white** and rectangular in shape.

4.8. Substitution Areas

- Located on the **side line**, near the halfway line
- **10 meters wide** on each side of the centre line
- Used for rolling substitutions.

4.9. Run-off Areas (Safety Zones)

- **Side lines:** Minimum **2 meters**
- **Back lines:** Minimum **3 meters**
- Recommended for player safety and officials' movement.

4.10. Surface

- **Synthetic turf** (water-based / hybrid / sand-dressed)
- Must be **FIH approved** for official competitions.