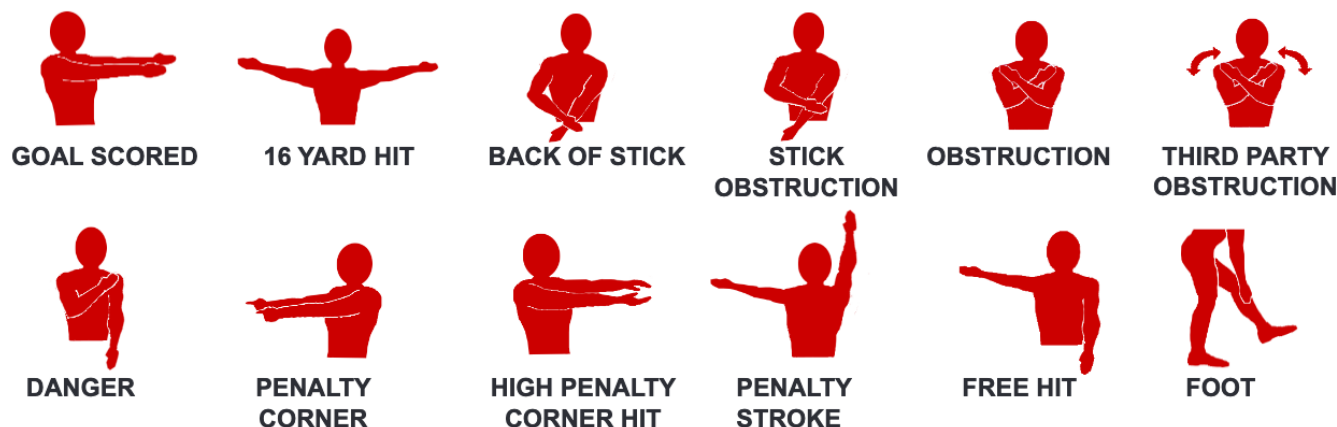


FOULS AND UMPIRE SIGNALS



PENALTY CARDS

Field hockey uses a three card system for player warnings and suspensions for deliberately dangerous play, unsportsmanlike behavior and repeated violations.

GREEN



Player must leave the field for 2 minutes and the team plays short (no replacement).

YELLOW



Player leaves for at least 5 minutes (at the discretion of the official) and the team plays short.

RED



Player leaves the game and cannot be replaced. They may be suspended for subsequent games.

GOAL SCORED - signaled when the ball entirely crosses the goal line as a result of a hit or deflection by an offensive or defensive player within the scoring circle.

16 YARD HIT - A free hit awarded to the defense when ball goes out the end line after last being touched by an offensive player.

BACK OF STICK - called any time a player touches the ball with the back (rounded) side of the stick.

STICK OBSTRUCTION - called when a player hits or obstructs an opposing player's stick with their own when they are making a play on the ball. This can be called on an offensive or defensive player.

OBSTRUCTION - called when a player possessing the ball uses their body to prevent an opposing player from making a play. The player with the ball cannot stop their motion or push back and opposing player must be actively trying to get the ball.

THIRD PARTY OBSTRUCTION - signaled when a player intentionally or unintentionally uses their body to block an opposing player from access to player possessing the ball.

DANGER - a broad rule that encompasses any action or situation in which a player puts other players in danger of injury. For example tripping, wild swings or similar actions. Intentional acts could result in a card and/or a penalty stroke.

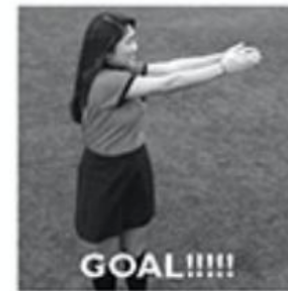
PENALTY CORNER - a scoring opportunity awarded to the offensive team when the defense commits a foul within the scoring circle, or an intentional foul within the 25 yard line.

HIGH CORNER PENALTY HIT - on the initial hit of a penalty corner, the ball must cross the goal line no higher than 18" for a goal to be scored.

PENALTY STROKE - awarded when a defensive player commits a penalty to prevent a goal, or commits an intentional foul in the circle. The ball is placed on the 7 yard mark and the offensive team selects a player to take the free shot against the goalie.

FREE HIT - awarded when a foul is committed outside of the scoring circle (unless intentional within the 25-yd line) . Opposing players must stay at least 5 yards away until the ball is hit or the player touches the ball once (self-starts).

FOOT - the most common penalty, called when the ball hits a player's foot causing an advantage for their team. If there is no advantage, the umpire may choose to hold their whistle and play on.



UMPIRE SIGNALS



GOAL SCORED



16 YD HIT



BACK OF STICK



STICK OBSTRUCTION



OBSTRUCTION



DANGER



PENALTY CORNER



RAISED BALL



PENALTY STROKE



FREE HIT



KICKS

FOULS:

A player may not commit any of the following actions.

Shield or obstruct the ball from an opponent with the body or stick

Play the ball with the round side of the stick

Interfere in the game without a stick; charge hit, shove, or trip an opponent.

Use the foot or leg to support the stick in order to resist an opponent

Hit, hook, or hold an opponent's stick

Raise the stick in a dangerous or intimidating manner while approaching, attempting to play or stop the ball

Advance the ball by any means other than with the stick

Stop or deflect the ball in the air or on the ground with any part of the body



USA Field Hockey's Grow the Game campaign was launched in an effort to increase awareness and participation nationwide. With new programs, initiatives and resources, the campaign will help introduce the sport to new boys and girls, develop more coaches and officials, provide additional playing opportunities for kids, men and post-collegiate athletes and expose field hockey in new and non-traditional areas. For more information visit www.usafieldhockey.com.