

KEY RULES

Game Basics: Hockey is played between two teams who aim to score by hitting the ball into the opponent's goal using a hockey stick. Play begins with a pass from the centre line. Players move the ball by dribbling, passing, and shooting, using only the flat side of their stick.

Passing and Movement: Players must pass and receive the ball using control and teamwork. Passes can be made along the ground using a push, slap, or sweep technique. Players cannot use their feet or any other part of the body to play the ball. Only the flat side of the stick may be used.

Scoring and Goal Area: A goal is scored when the ball is hit or deflected into the goal from within the scoring circle. Shots taken from outside the circle do not count. In primary formats, there are no goalkeepers, and modified rules may apply to keep the game safe and inclusive.

Defending and Fouls: Hockey is a non-contact sport. Players must not push, trip, or physically touch opponents. Sticks must stay below waist height and must not be swung dangerously. Free hits are awarded for offences such as using feet, blocking the ball with the body, or lifting the stick too high.

Fair Play and Safety: Players should show respect to teammates, opponents, and umpires always. Safety equipment such as shin pads and mouthguards should be worn. Games are played in two halves, and teams switch ends at half time. Good sportsmanship and teamwork are key to the spirit of hockey.

NATIONAL GOVERNING BODY (NGB)

England Hockey: Responsible for the development and governance of hockey across England.

Scottish Hockey: Oversees coaching, participation, and national competitions across Scotland.

Hockey Wales: Supports clubs, schools, and community hockey programmes in Wales.

Ulster Hockey: Manages hockey across Northern Ireland and supports school and youth participation.

USEFUL LINKS

England Hockey: englandhockey.co.uk

Scottish Hockey: scottish-hockey.org.uk

Hockey Wales: hockeywales.org.uk

Ulster Hockey: ulsterhockey.com

International Hockey Federation (FIH): fih.hockey

Your School Games Hockey: yourschoolgames.com/taking-part/our-sports/hockey