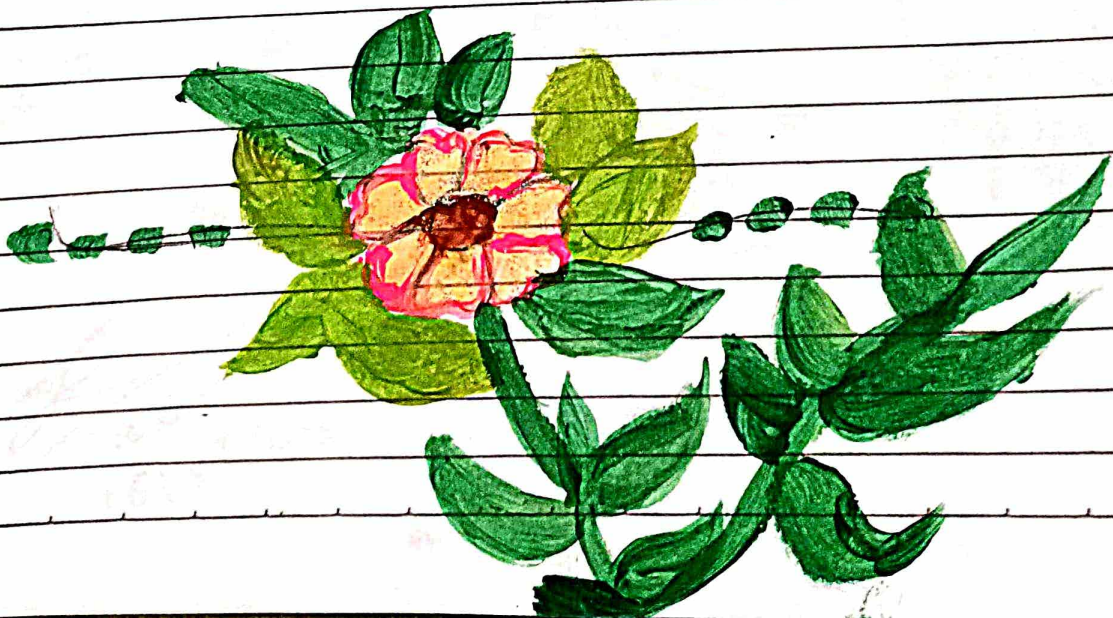
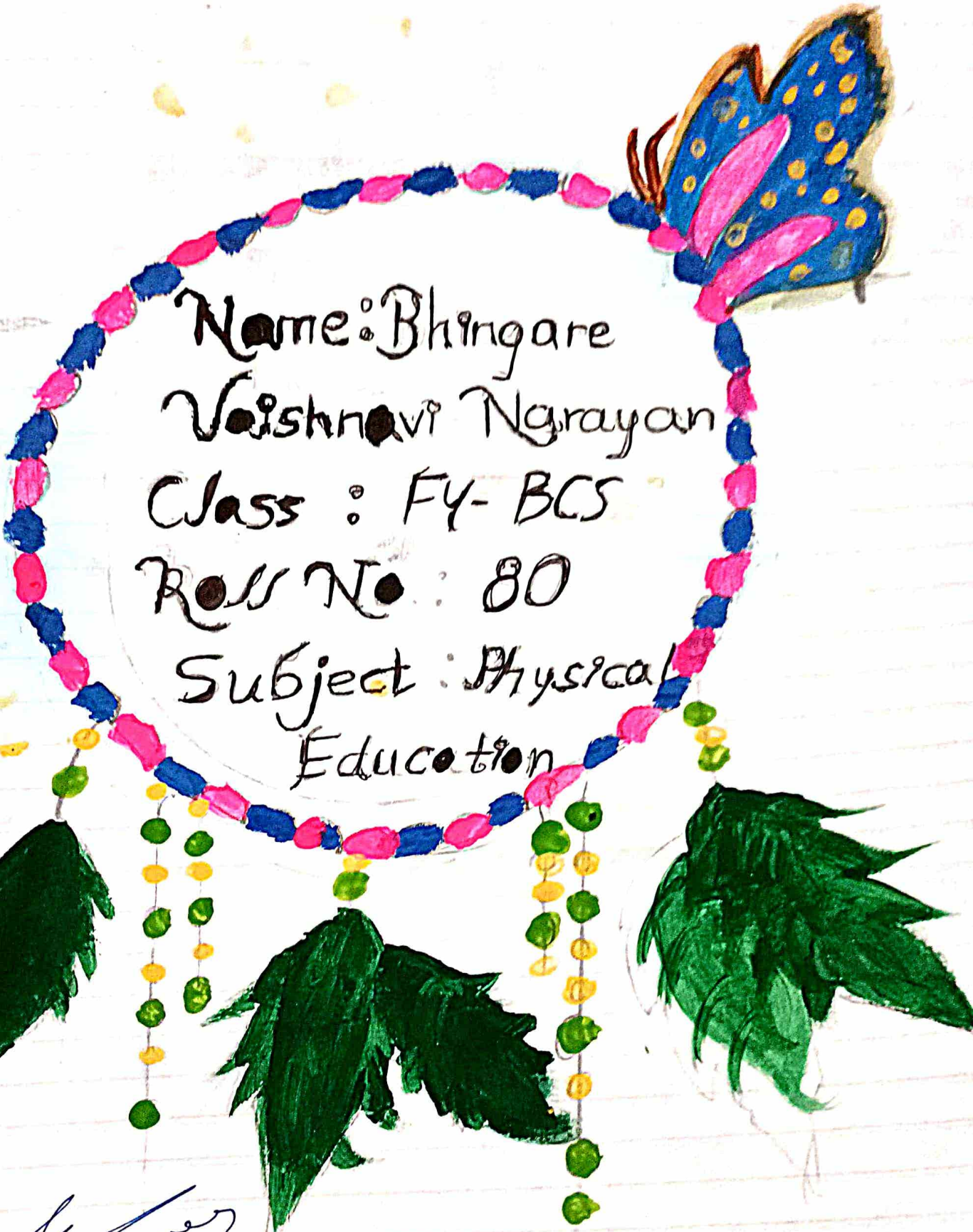


SAVITRIBAI PHULE  
PUNE VIDYAPITH  
PUNE

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PATIL ARTS, COM-  
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# HOCKEY

Games played with curved sticks and a ball can be found in the histories of many cultures. In Egypt, 4000-year-old carvings feature teams with sticks and a projectile, hurling dates to before 1272 BC in Ireland, and there is a depiction from approximately 600 BC in Ancient Greece, where the game may have been called keretizen because it was played with a horn or horn-like stick. In Inner Mongolia, the Daur people have been playing beikou, a game similar to modern field hockey, for about 1,000 years.

Inclusion as a team sport in the newly emerging special olympics. The floor game of gym ringette, though related to floor hockey, is not a true variant due to the fact that it was designed in the 1990s and modelled off the Canadian ice skating team sport of ringette, which was invented in Canada in 1963. Ringette was also invented by Sam Jacks, the same Canadian who codified the rules for the open disk style of floor hockey in 1936.

Certain sports which share general characteristics with the forms of hockey, but are not generally referred to as hockey, include lacrosse.

## Hurling, Camogie and Shinty

Hockey is the national game of India. Also, it is a popular game and an interesting game that many countries play. The game has many rules that need to be followed by each team so that a fair play can be conducted. There are different varieties of this game played across the globe. But, the basic rules remain the same at all places. If we talk about India then the track record of India then it is quite good. Indian has won six gold medals in the Olympics and many consecutive matches.

## Origin and history of Hockey

It is an ancient game that is played in India for years. Also, the game is always played with a stick and a ball. Before 1272 BC it was played in Ireland and during 600 BC ancient Greece used to play it. Around the world, there are many variations of the game known by the name ice hockey, field hockey, street hockey, sled hockey, and roller hockey.

## Equipment Required for Playing the Game.

To play hockey in a safe manner there are various games gears and equipment that protect a player from the serious injury. Moreover, this equipment includes helmets, shoulder, pads neck guards, jock strap, elbow pads, hockey stick and a ball or puck.

## Rules of Hockey Game

The field has a fixed dimension and it is in rectangular shape divide into two halves of equal length and breadth. In addition, earlier the game used to be of 70 minutes, which is divide into two halves. But recently a change has been made and now the game consists of 60 minutes that divides into three-quarters of 20 minutes each.

Besides, a team consist of 11 player each. The aim of the match is to hit maximum goals in the opponent team goal post. The team who successfully score more goals wins the match. Also, the dimension of the stick and the weight of the ball is predefined in the rule books.

IF on the field they found the dimensions and weight incorrect then the one responsible for false play is eliminated.

Besides, most of the rules of the game are similar to Football and violation of rule has some penalties. There are rules for everything that happens during the match whether it relates to a player or the referee.

### Importance of Hockey.

The game has much importance in India as it has chosen it as its national game. Also, India has a bright and big deep-rooted history related to sports. In addition, India has many brilliant players that played for the country and it is the oldest known game in the country.

In conclusion, Hockey is the national game of India but it was never declared officially. But, we can make this official by bringing the golden period of hockey back once again. Currently, our hockey team lacks support from the government but with our support they can bring the glory days of hockey back.



How to start a hockey game?

The game of hockey starts with a face-off in the centre of the rink. In this rink, the referee drops the ball or puck and the players of the opposite team have to fight to gain control over the ball or puck.

How to score a goal in hockey?

For scoring a goal in hockey, the player needs to hit the ball in the opponent's team goal post without committing any foul. If the player misses the goal post, then no points are given to his team. No points are given to the player. But for scoring, the ball needs to either cross the line or hit the net. Moreover, if it is not successful in doing so, then no points will be awarded to his team.

## Field hockey pitch

A hockey pitch is the playing surface for the game of field hockey. Historically, the game was played on natural turf (grass) and nowadays it is predominantly played on an artificial turf. The transition onto artificial pitches came during the 1970s and was made mandatory for major competitions in 1976. All the lines, markings and goal specifications are outlined by the International Hockey Federation in "The Rules of Hockey."

All line markings on the pitch form part of the area which they define. For example, a ball on the side line is still in the field of play; a ball on the line of the penalty circle is in the penalty circle; a foul committed over the 23-metre (25-yard) line has occurred in the 23-metre area. A ball must completely cross a boundary line to be out of play, and a ball must wholly cross the goal line before a goal is scored.

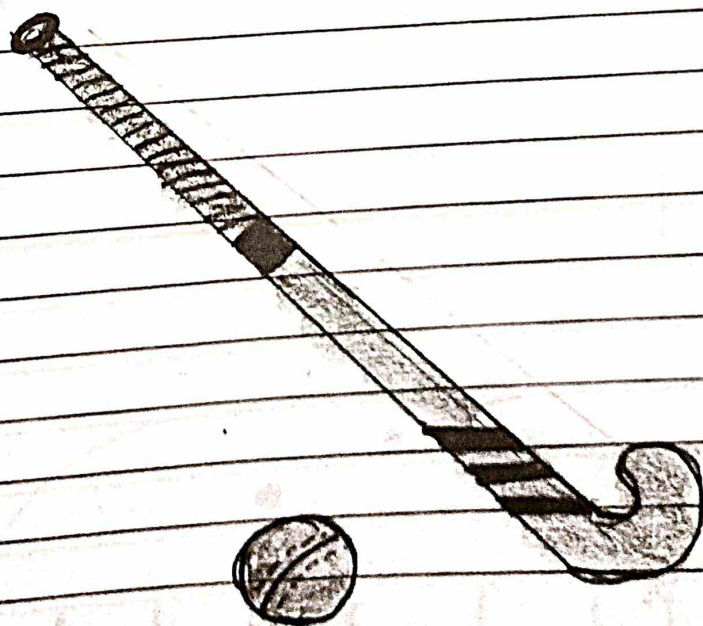
Due to the original formulation of the rules in England, the standard dimensions of a hockey pitch were originally expressed explicitly in metric dimensions (since 1998), although the use of the imperial terms remains common in some countries.

Hockey players of India ?

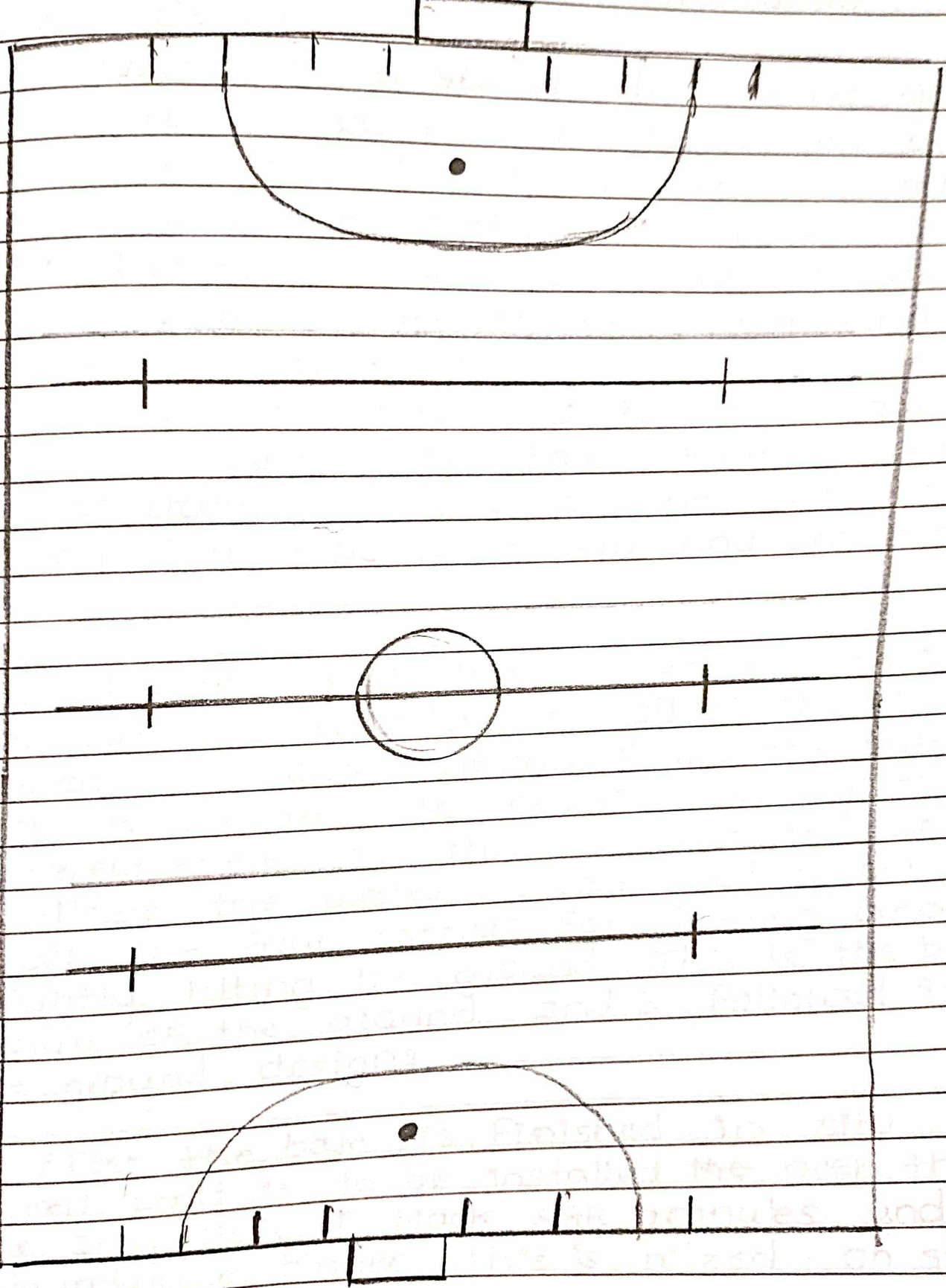
Dhayan Chand, Balbir Singh Sr, Ajit pal singh, Dhanraj Pillay, Ashok kumar, Dh Udham Singh, Baboo Nimal, Mohammed Shahid, Gagan Ajit singh, Leslie Claudius, and Dhanraj Pillay, at present are some of the well known hockey players of India.

Can You Play Hockey as an Indoor Game?

Hockey is an outdoor game, and it is played on grass, artificial or watered turf, or synthetic fields.



# GROUND OF HOCKEY



## Hockey - Playing Environment

### Ground Design

Hockey is a speed demanding game. It demands speed from its players and also from its playing surface. No other sport beats the surface like hockey does and hence, the surface should be incredibly durable handling the wear and tear of hockey sport. The surface has to be maintained to enable a top level game to the players. The base design is to be maintained in any of the two designs namely Diagonal Fall design and Crown design.

The diagonal fall design directs all the surface water to a collection pit at the corner whereas, the crown design flows the surface water to all the four corners allowing them to collect there like the crown in the centre. It allows the water to collect at a corner or all the four corners for cleaning and slightly tilting the ground. This is the base design of the ground and is followed in all the ground designs.

After the base is finished, in situ shoked pad is to be installed over the base. It consists of black SBR granules and polyurethane binder. This is mixed on site.

and laid to specified depth. This gives a firm hold of the ground and the strength. The hardness below the ground makes it sustainable from the beatings of the hockey bat during the play. As per the requirement of the FIH (Federation International Hockey) the ground is made to shock absorbent.

After the base is designed, there goes Grass Installation Process. Joining Tapes are being located and fixed. For 'wet' field installation, glue is stripped between the rolls. The grass edges and the seaming is to be matched.

tional protective gear and guards the goal by not letting opponent to score is called goal-keeper.

**Goal-line** - The line between the two goal posts is called goal-line.

**Hit** - It is to hit the ball with the swinging stick. The hard hit is known as a drive.

**Long Hit** - It is a free hit from the corner for any offense.

**Mark** - If the offending team enters the defending zone then the defenders position themselves in a way to prevent the ball from reaching the goal. This tactic is applied till the time the ball is moved away from the defending zone.

**Misconduct** - If a player misbehaves with player of his team or the opponent team by using abusive language or hurting intentionally, a penalty is awarded to him. This penalty can be a green card for warning, yellow card for five minute suspension or red card for disqualification from the game.

**Obstruction Penalty** - For using the bat or the person's body to prevent other player to pursue the ball.

**Penalty Corner** - When a team makes foul inside the striking circle, a penalty corner is awarded to other team. It is a hit.

made from a distance of ten yards from the goal. Where attacking team is outside the goal. Five players of the defence team stand behind the end line and rest stand behind the corner line. When the defence takes the ball under control, the penalty corner ends.

- Penalty stroke - When a goal is prevented by a foul, a one-on-one free shot is awarded.
- Push - It is a method of passing where the ball is in contact with both bat and the ground and the player moves the ball along the field.
- Raised Ball - Scooping, flicking and chipping the ball into the air is called raised ball.
- Scoop - It is a method of passing or shooting the ball by picking it up into the air and fling it.
- Side in - when the opponent hits the ball outside through side line, a free hit is awarded to the team.
- Side-line - The line that marks the length of the hockey field is considered as side-line.
- Stricker - The player who shoots the ball is called stricker.
- Tackel - It is a defense action to take the ball from the opponent.
- Under cutting - Penalty for swinging harder under the ball to raise it.