



JOIN

# MUDSOCK

2025

## FIELD HOCKEY

2025

HAVE FUN!

AUGUST  
-  
SEPTEMBER



PROMOTE  
FITNESS!

GROW THE  
GAME!

BUILD  
FRIENDSHIPS!

*Hundreds of players since the league opened!  
Made possible through voluntary contributions!*



<https://fieldhockey.myathletics.com>



Working to promote & develop field hockey as a sport within the community since 2018.

# WHAT IS FIELD HOCKEY?

**3<sup>RD</sup>** Enjoyed in over 140 countries by approximately **2 BILLION** fans!  (behind soccer & cricket)  
**MOST POPULAR SPORT IN THE WORLD!**

**1** An **OLYMPIC SPORT**  Played since 1908 as an original team sport. **USA HOSTS**  for men and women!

One of the most **GENDER EQUAL** sports in the world.  The rules and equipment for men and women are the same! 

Called **"HOCKEY"** everywhere BUT the United States, Canada, and Argentina. Played in approximately 300  U.S. colleges and 150+ college club teams! 

Played in 1700+ U.S. high schools with over **50,000** female players + some co-ed leagues! 

**EASY TO LEARN**

**& SAFE**  Low rates of serious injuries and concussions!

**AFFORDABLE** with minimal equipment needs!  

Provides opportunities for all ages, and those with intellectual and physical disabilities!



**★ INCLUSIVE ★**

And most importantly, a **FUN** sport! Played in multiple competition formats.  

*Indoor leagues* *Outdoor leagues* *Hockey5s*

GOVERNED BY:



TO LEARN MORE, VISIT: [USAFIELDHOCKEY.COM](http://USAFIELDHOCKEY.COM)

# FIELD HOCKEY BASICS



Good stick skills and passing are key to success!  
There is no such thing as a left-handed stick!

FYI



## BASIC RULES:

- \* Only push or hit with the flat side or edge of the stick!
- \* No hands or feet! Only goalies can use their body to stop and move the ball.

11 PLAYERS PER SIDE.  
1 GOALKEEPER, 10 FIELD PLAYERS.

5V5 / 6V6  
(The Mudsock Way)



## DEFENSE! (stopping the ball)

## OFFENSE! (moving the ball)



### BLOCK TACKLE

Lower the stick close to the ground and use the length of the stick to block a ball's advance. This widens the area available to intercept or steal the ball and slows the offensive player's motion.



### PUSH

This skill is executed with player's hands apart. The head of the stick stays in contact with the ball as it is pushed and there is no backswing. This allows for good control, quick movement and is used for accurate passing or shooting.



### FOREHAND SWEEP

Commonly used on turf or a smooth playing surface. Lower stick parallel to ground and hit the ball with a circular motion. A sweep allows for more power than a push, making it effective for quick yet long hard passes and shots.



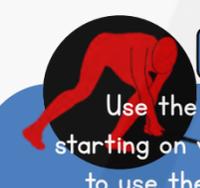
### JAB TACKLE

Jab the stick toward the ball with left hand extended (flat side up), then quickly return both hands and regain a balanced position. This swift motion can disrupt the advance of the play and possibly cause a loss of possession.



### HIT

A powerful motion where the stick is brought down swiftly from a back swing and strikes the ball with a long follow through. The hit is fast and favored for sending the ball long distances or for making a hard shot on goal.



### REVERSE SWEEP

Use the same motion as the forehand sweep with the ball starting on your left side. Use a different grip and remember to use the side of the stick with the flat side up. This is an effective hitting action used for passing and shooting.



### REVERSE TACKLE

Used when an offensive player is on a defender's weak (left) side. Extend left arm out with stick inverted close to the ground to slow the play, block the ball's path and try to cause a loss of possession.



### LIFT / FLICK / AERIAL

A skill in which the ball stays in contact with the head of the stick as it is lifted into the air. There is no backswing. Lifts are used primarily to raise the ball over long distances or as shots on goal.



### DRAG FLICK

This specialty skill is used by advanced players to shoot along the ground or into the air on a penalty corner. It can be as powerful as a hit yet requires no back swing, making it especially deceptive. It's an important skill to develop for high level competition.

5-MINUTE HALFTIME

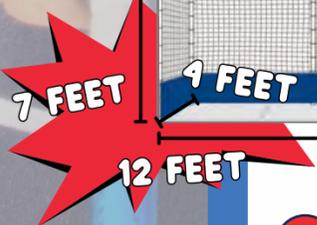
4 QUARTERS  
TWO 10-MINUTE QUARTERS EACH HALF

# TRADITIONAL FIELD

UNDERSTANDING IMPORTANT FIELD COMPONENTS

**NOTE:**  
Mudsock FH reduces the size of the field based on youth age group and the amount of participation.

**KEY:**

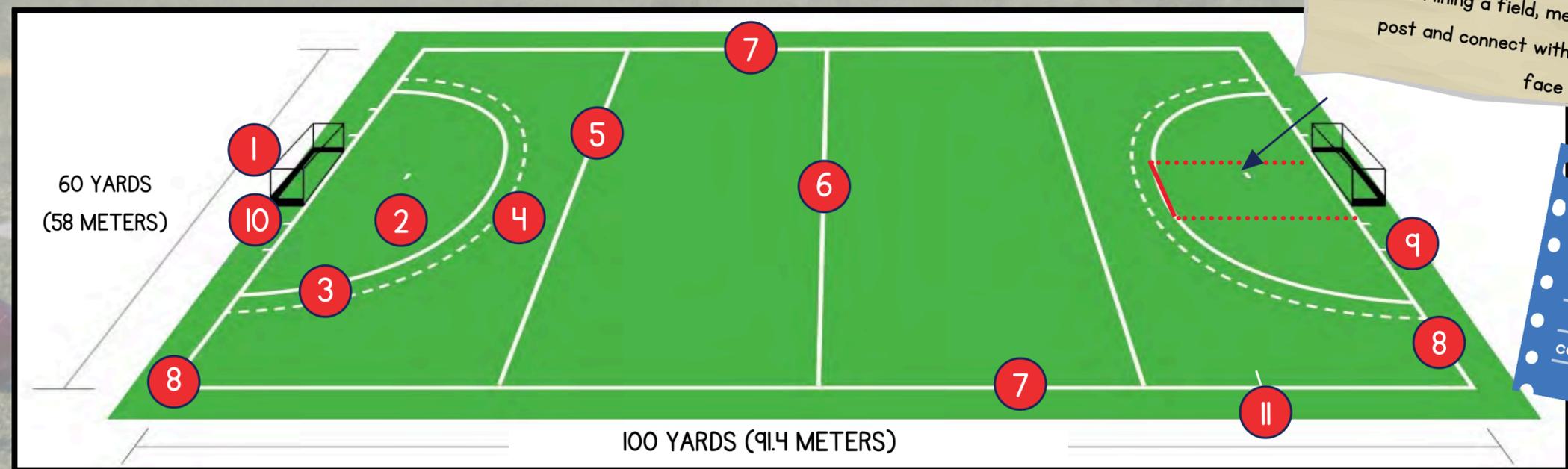


- 1 Goals: In addition to nets, goals have an 18in board lining the bottom inside sides and back. The goal sits just behind the end line, not on it.
- 2 Stroke mark: Dash centered in front of each goal. 7yds from the goal line marking the position where a penalty stroke is taken.
- 3 Scoring circle: A solid, "near" semi-circle surrounding the goal 16yds from the goal. The top of the circle is flat across the face of the goal. Only balls hit/deflected into the goal in this circle are a score. Defensive fouls within the scoring circle result in a penalty corner.
- 4 5-yard mark: A dash-lined semi-circle 5yds outside the scoring circle. Penalty corners end when the ball crosses the 5-yard mark.
- 5 25-yard line: Intentional or repeated fouls from this line to the near end line result in a penalty corner.
- 6 Center line: Solid line that divides field in half. The ball is taken from the middle of this line at the beginning of each half and after a goal.
- 7 Sideline: Boundaries along the length of the field marking the side of the field of play. If a ball is hit out, the opposing team brings it in with a pass or self-start. Players feet can be outside of sideline as long as the ball is inside or on the line.
- 8 End line: Boundaries along the width of the field. Offensive hits that cross this line result in defense getting the ball at 16yds. Defensive hits that cross this line result in either a long corner or penalty corner, if deemed intentional.
- 9 Corner mark: Short dashes 11yds (10 meters) from the edge of each goal cage that mark the place from which penalty corners may be inserted.
- 10 Defender mark: Short dash 5.5yds (5 meters) from the edge of each goal marking the closest position which a defender may stand to the inserter on a penalty corner.
- 11 16-yard line: These 12in marks identify where free hits are taken.



TO LEARN MORE, VISIT: [USAFIELDHOCKEY.COM](http://USAFIELDHOCKEY.COM)

**DID YOU KNOW?**  
Internationally, FH is played on a water-based turf field that is watered regularly to speed up the game and prevent the ball from bouncing.



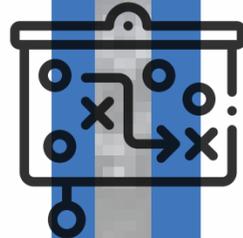
When lining a field, measure 16 yards from each goal post and connect with a straight line parallel to the face of the goal.

Played on a rectangular field called a **PITCH OR FIELD**.  
Traditionally played on grass or turf, but has many variations and can be enjoyed on ANY flat surface. (Like a beach!!)

**NOTE:**

Although player positions have defined primary responsibilities, field hockey is a fluid game and players have the flexibility to traverse the field!

Defenders can be viable scoring threats, midfielders help defend and score goals, and forwards fall back to aid the defense!



**FORWARDS (O)**  
AKA Attackers or Strikers

Primary responsibility: Advance play toward the goal and convert opportunities created with fellow players into goals.



**MIDFIELDERS (O/D)**  
AKA Middies

Primary responsibility: Act as an initial line of defense and advance the ball to the forwards and opposing side of the field.



**DEFENDERS (D)**  
AKA Backs

Primary responsibility: Protect the goalkeeper, prevent opposing forwards from getting into scoring position and advance the ball to the midfielders and forwards.



**SWEEPER (D)**  
AKA Cover or Back

Primary responsibility: Defend the goal. Traditionally positioned behind or in front of the defensive line. Included in some formations.



**GOALKEEPER (D)**  
AKA Goalie

Primary responsibility: Prevent opponents from scoring and to coordinate defenders in the defense of the goal.

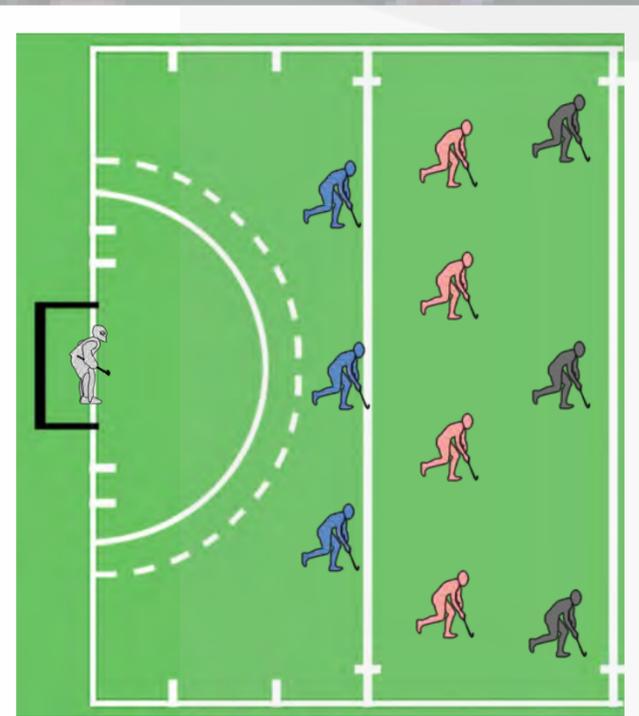


**TEAMWORK** and **COMMUNICATION** are critical and more important than positions or formations!

# PLAYER POSITIONING



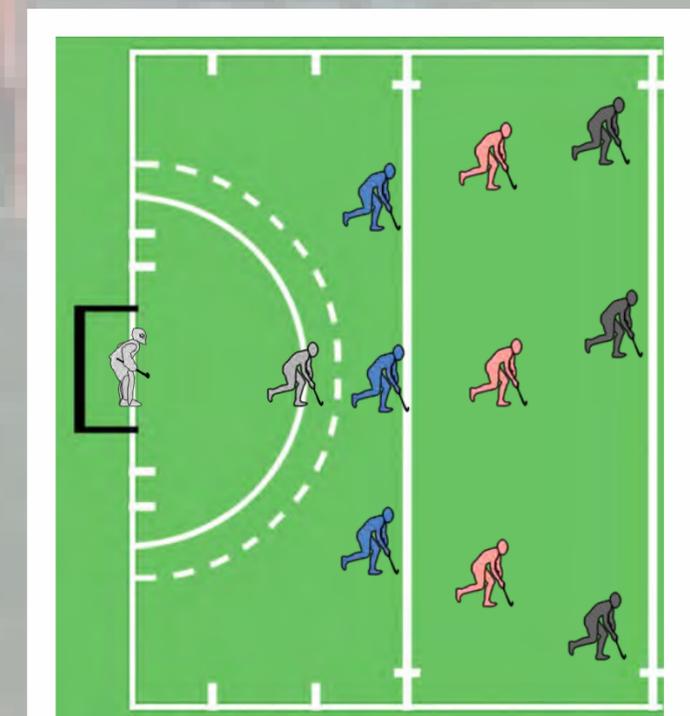
Coaches often set formations based on the skill and strength of the players and the opposing team. Any formation is acceptable, and all positions are equally important!



SAMPLE FORMATION: 3-4-3



SAMPLE FORMATION: 4-3-3



SAMPLE FORMATION: 3-3-3-1

# PENALTY CARDS



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



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



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

Used for player warnings and suspensions for deliberately dangerous play, unsportsmanlike behavior and repeated violations.

# FOULS AND UMPIRE SIGNALS

Try out all of the umpire moves at home!

**PENALTY STROKE:** Awarded when a defensive player commits a penalty preventing a goal or commits an intentional foul in the circle. The ball is placed on the 7-yard mark and one offensive player takes a free shot against the goalkeeper.



**BACK OF STICK:** Called any time a player touches the ball with the back (rounded) side of the stick.



**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.



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



**HIGH PENALTY CORNER HIT:** On the initial hit on a penalty corner, the ball must cross the goal line no higher than 18 inches for a goal to be scored. Drag flicks are not considered "hits" and can be higher.



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



**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 the ball goes over the end line after last being touched by an offensive 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 the player possessing the ball.



**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.



**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.





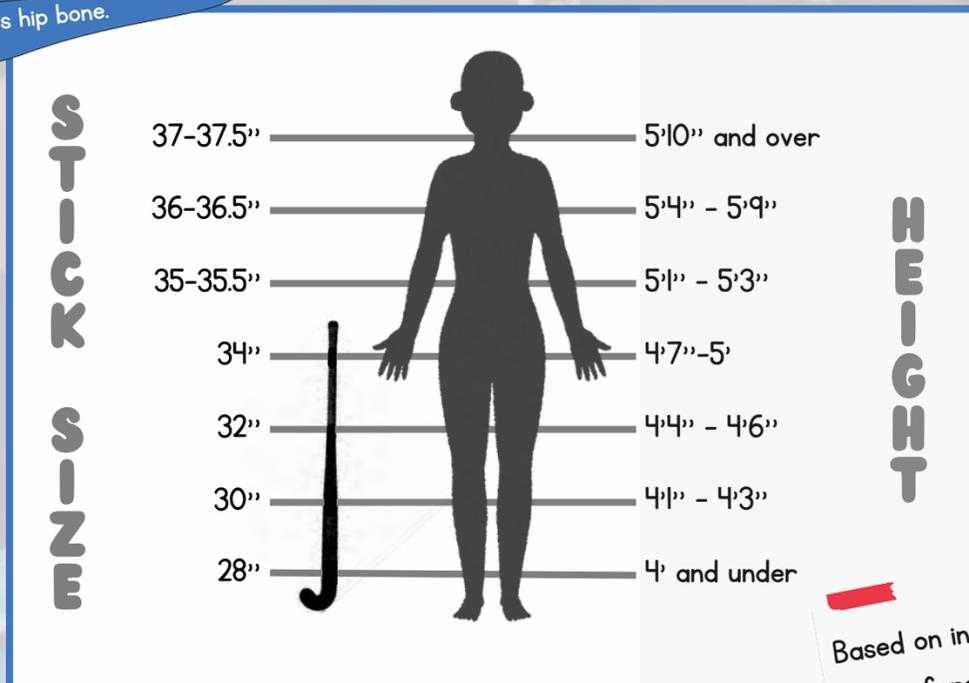
- Made of plastic
- Typically white or orange, but come in a variety of colors that contrast with the playing surface
- Smooth or dimpled surface (for aquaplaning on wet surfaces)
- Different balls can be used for development training & play



- Has one rounded side & one flat side
- Comes in a large range of lengths, styles, & weights for every size and age
- Beginner sticks are typically made of lightweight wood & are more forgiving
- Players should always use a hockey stick that is comfortable in length

## STICK SIZING AND SELECTION

Measure appropriate stick length from the ground to the player's hip bone.



Based on individual preference!



Required to be worn to prevent dental injury!



Hard plastic shin guards are traditionally worn by players to protect the shins against FH sticks and balls



(Optional) Worn by players to protect hands, improve grip, & stay warm!

## BASIC EQUIPMENT

- Field hockey stick
- Balls
- Mouth guard
- Shin guards
- Gloves (optional)

Before investing in equipment, consult with your coach, FH equipment manufacturer, or retailer!

# GOALKEEPING EQUIPMENT

Goalkeeper equipment must fit well allowing the goalkeeper maximum mobility and protection.

Specialty stick



A regular FH stick may be used, but curved blade goalkeeping sticks provide extra stopping areas for saves.

Arm guards

Helmet

Mouth guard

Blockers and glove

Throat protector

Chest protector

Jersey

Pants and girdle  
(worn under pants)

Kickers  
(worn over shoes)

Leg guards

