

SOUTH COUNTY ROYALS

FIELD HOCKEY CLUB

*OK, let's talk
about
field hockey!*



What is field hockey?



Field Hockey is an exciting team sport played on grass or artificial grass. It's a bit like soccer and lacrosse. It's played around the world by women and men all the way to the Olympics!

Is it a contact sport? Is it like ice-hockey?



No, and no. Although contact does happen, it's not a contact sport, and body-checking, intimidating other players, and dangerous play isn't allowed.

What kind of equipment do you need to play?



Players wear shin guards and a mouth guard, and carry a hockey stick, which is shorter than an ice hockey stick. Instead of a puck, you hit a hard ball about the size of a baseball.

What about goalies?



Goalies wear special gear much like an ice hockey goalie, with a helmet, pads and special gloves. They can use any part of their body to hit or kick the ball away.

How do you score?



Goals are scored by hitting the ball into the net, which is a bit smaller than a soccer goal. If the ball is hit from outside the shooting circle, it must touch another player first for the goal to count.

What other stuff should I know to play?



A few things. You can only hit the ball with the flat side of the stick, and you can't kick the ball. Hitting another player's stick on purpose (hacking) is not allowed. But there is no offside rule, and unlike soccer, you can take free hits yourself instead of passing. Players can also sub in and out non-stop.

Sounds fun!
So how can I play?



Come check out the South County Royals Club!

Visit our web site at:
scroyals-hockey.com