

PART-B

1. HOCKEY

HISTORY :

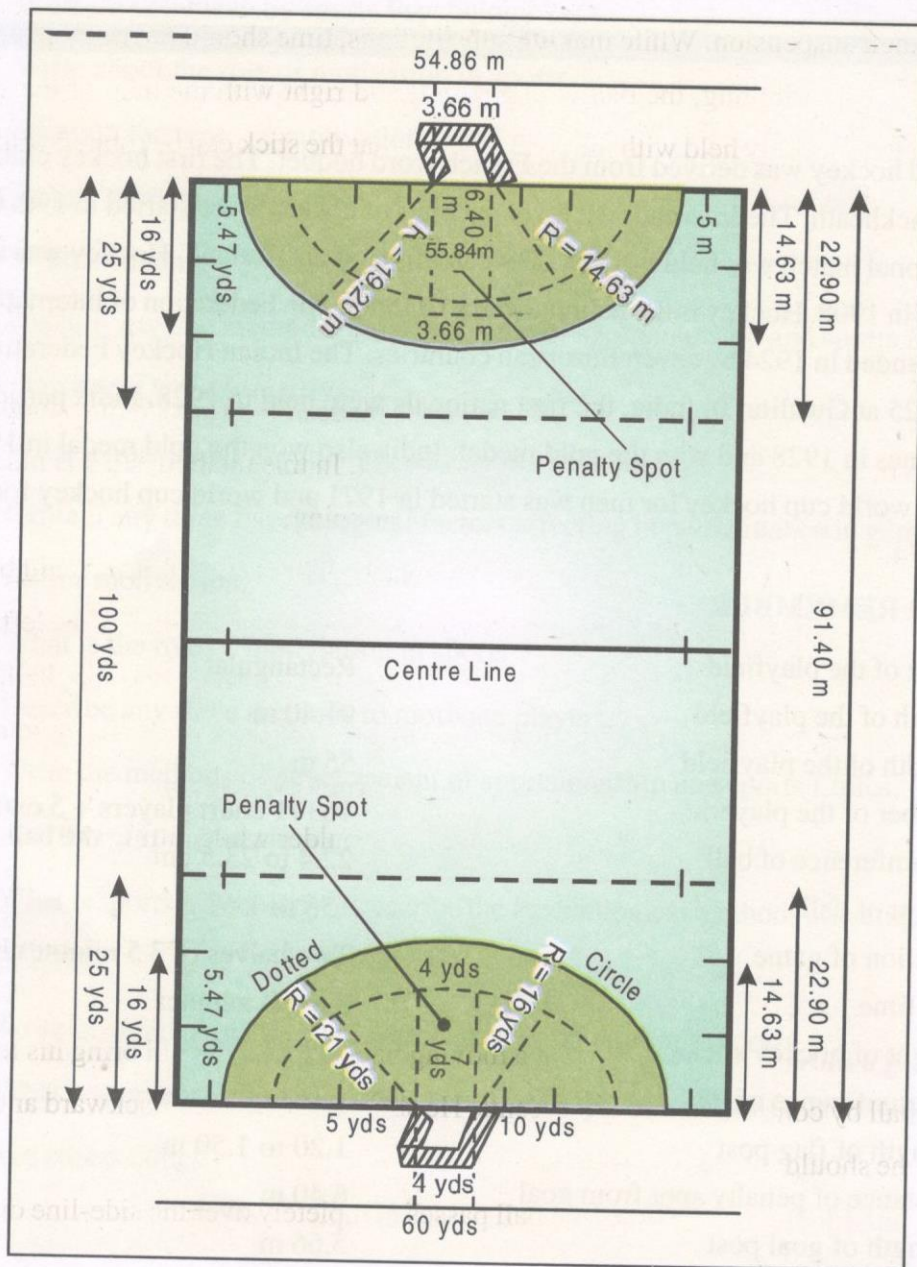
The word hockey was derived from the French word hoquet. The first hockey club was formed in 1876 in Blackheath. The International level matches of hockey were started in 19th Century. The first international match was held in 1895 between England and Ireland. Hockey was introduced in the Olympics in 1908. Hockey is the national game of India. The Federation of International Hockey (FIH) was founded in 1924 by seven European countries. The Indian Hockey Federation (IHF) was formed in 1925 at Gwalior. In India, the first nationals were held in 1928. India participated in the Olympic Games in 1928 and won the gold medal. India also won the gold medal in 1960 Olympic Games. First world cup hockey for men was started in 1971 and world cup hockey for women was started in 1974.

POINTS TO REMEMBER

1. Shape of the playfield	Rectangular
2. Length of the playfield	91.40 m
3. Breadth of the playfield	55 m
4. Number of the players	16 (11 court players + 5 extra players)
5. Circumference of ball	22.4 to 23.5 cm
6. Weight of ball	156 to 163 g
7. Duration of game	Two halves of 35 minutes each
8. Half time	5 to 10 minutes
9. Weight of hockey stick	737 g
10. Circumference of 'D'	14.63 m
11. Length of flag post	1.20 to 1.50 m
12. Distance of penalty spot from goal	6.40 m
13. Length of goal post	3.66 m
14. Width of goal post	3.66 m
15. Height of goal post	2.14 m
16. Officials	5 (Referee- 1, Umpires-2, Scorer- 1, Time Keeper- 1)

1. Teams : A game shall be played between 2 teams and not more than 6 players of each team shall be on the field at the same time.

2. Duration of the game : The game is divided into two halves of 35 minutes each. In between these two halves, an interval of 5 minutes is given.



3. Start of the game : The game starts from a pass. The pass is given in one half. At the time of passing, the players of the opposite team should be 4.5 m away from the ball.

4. Substitution : There will be 5 substitute players in a team/According to the new rule of substitution, the Rolling substitution has been implemented. It means that any number of players can be substituted at any time except at the time of tie-breaker. A player who has been substituted may re-enter the field as a substitute for another player. Substitution will not be allowed for suspended players during their suspension. While making substitutions, time should not be stopped.

5. Dribbling : In dribbling, the ball is moved left and right with the help of the stick. While dribbling, the stick is loosely held with the right hand so that the stick can be rotated with the help of the left hand.

6. Free Hit : The ball should be in stationary position at the time of taking a free hit. It may be hit or pushed along the ground. At the time of free hit, all the opponent players must be at least five yards away from the ball.

7. Stopping : Generally, the ball is stopped with the blade of the stick. While stopping the ball, the stick should be held as it is held in the case of scooping. In this method, stick is placed vertical. Sometimes, the stick is tilted to horizontal position for stopping.

8. Hitting a stationary ball : For hitting a stationary ball, the right hand should be moved up very close to the-left hand. The left hand grip should be at the top of the stick. The left foot should be kept behind and towards the left side of the ball at least one foot away from the ball. At the time of hitting, the holding should be firm. The stick should be taken back for back lift by bending elbows and locking the wrist. The ball should be hit hard with a firm forward swing.

9. Stick : When a player raises his stick above his shoulder while hitting the ball it is called a stick.

10. Change in the specifications of stick : There is a change in the specifications of hockey stick. The method of measuring the bow or rake has been revised.

11. Hitting a moving ball : For hitting a moving ball, a player should bring his left foot close to the moving ball by controlling his movements. He should lift the stick backward and then with a forward swing he should hit the ball swiftly.

12. Ball, outside the field : When the ball passes completely over the side-line or back line, it is hit or pushed into play.

13 Methods of scoring : The way a goal is scored is amended; it now includes what is sometimes referred to as an “own goal”. That is, a goal can now be scored after the ball is touched in the circle by either an attacker or a defender.

14 Bully : A bully takes place to restart the match, when time of play has been stopped for an injury or for any other reason and no penalty has been awarded. The two players start with their sticks on the ground to the right side of the ball and then tap the flat faces of each other's sticks and the ground -three times after which either player is permitted to play the ball.



15 Officials : There shall be one referee, two umpires, one scorer and one time keeper to control the game and to administer the rules. Umpire shall be the sole judge of fair and unfair play during the game.

16. Fouls in Hockey : There are different types of fouls which may be punished in a game of hockey. These fouls are given below :

1. Advancing 2. Undercutting 3. Obstruction 4. Back Stick 5. Sticks 6. The Third-party obstruction 7. . Hockey stick interference

17. General Rules of Hockey :

- (i) Goalkeeper is allowed to stop the ball with any part of the body inside the shooting circle.
- (ii) The ball should not be hit in a way in which can harm another player.
- (iii) The ball should be played only with the flat side of the stick.
- (iv) If the ball hits the umpire, the game continues.
- (v) Hitting the stick of other player, hooking it, disturbing it or obstructing the stick of opposite player is not allowed.
- (vi) The stick can go over the shoulder at the start or end of the hit, but the hit should not be dangerous.
- (vii) No part of the body except hockey stick can stop the ball.

18. Hat-trick : If a player scores three goals consecutively, it is called a hat-trick.

LATEST GENERAL RULES OF HOCKEY

1. Teams consist of eleven players on the field and upto .five substituties. Substitutions are not limited, but not to be made during a penalty corner.
2. Now, a dotted circle is made outside the 16-yard circle.This is called shooting circle.
3. A 15 m hit is awarded if an attacking player commits about forward of that line or if the ball passes over the back line off an attacker.
4. Field players may only play the ball with the face of the stick. Tackling is permitted as long as the tackler does not make contact with the attacker.
5. If a defender moves near the goal post at a penalty corner with the motive of blocking the shot the umpire has the authority to penalise such a defender.
6. There are no set positions other than goal keeper, but mostly teams arrange themselves into full backs, mid fields and forwards.
7. When the ball passes over the side lines, it is returned to play with a side line hit,taken by a member of the team whose players were not the last to touch ball before crossing the side lines.
8. A long corner is awarded, if the ball goes over the back line after last being touched by a defender.

FUNDAMENTAL SKILLS

Drive Straight Ahead : The ball should be ahead of and slightly to the right of the path the right foot is to take. The left shoulder faces the path of the hit and should be practised that way so that it could be executed at any instant.

Drive to the left : The ball should be in front of the body and so placed that at the movement of impact of stick and ball, the weight will be beside the stroke and the stick will be in a position perpendicular to the ground.

Drive to the right : The ball is to right of the body. The farther to the right the ball is to be passed, the more its position will be behind that of the fundamental position. The right foot should be forward to the right as the stroke is made. The body pivots from the hips, so the right shoulder drops back and the left shoulder is brought around in the direction of the pass,

Dodge : The dodge is used when a player who is in possession of the ball wishes to evade an opponent who is approaching from the front. The effectiveness of the dodge is derived from deceiving the opponent. Therefore, the player should learn a variety of dodges. It is particularly important to teach beginners how to dodge. There is a natural tendency to move directly into the opponent, which of course, is illegal. Intervention at an early stage and provision for continued practice are vitally important.

Holding of stick : The hockey-stick is held from the top and middle of the stick. Left hand is

placed at the top and the right hand below the left hand. The position of hands changes according to the stroke. During dribbling and scooping, the power hand is placed almost at the middle.

Flick : The ball is hit in such a way that it jumps in the air.

Pushing : In this, the player pushes the ball against the ground. The ball and the stick are in continuous touch with the ground while the ball is pushed on the ground.

Push-in : The ball is placed on the sideline, while the defenders form a semi-circle are not more than 5 yards closer to the ball. The pusher may have the feet in bounds or over the side-line as the push-in is being executed.

TERMINOLOGIES

Attacker : A player positioned at the offensive end of the pitch for a team; also known as a forward. **Corner :** A corner is a free hit taken from a spot on the defender's sideline, near the point of crossing the ball.

Drive : Hard stroke with a back-swing, may be done to right, left or straight ahead. **Foul :** Upon infringement of rules, penalty may be a free-hit, short corner or penalty stroke. **Free hit :** It is a passing opportunity awarded to a player for any offence by the opposition outside the circle.

Halfback : A player positioned generally around the middle of the field for a team; also known as a "midfielder".

Kicker : A protective device worn by a goalkeeper and fastened over the front and sides of the shoe to allow him or her to kick the ball.

Penalty Stroke : A shot awarded to the attacking team, when defensive player intentionally commits a foul to prevent a sure goal. An attacking player pushes or scoops the ball from the penalty spot after the blowing of the whistle by the referee. In this situation, only goalkeeper stands inside the goal.

Penalty corner : It is a push or hit from a spot on the goal line, not less than 10 yards from the goal post.

Scoop : Stroke without back-swing in which the ball is lifted slightly with the toe of the stick, can be used as a dodge.

Tie-break : When no team is able to score any goal in the stipulated time, five penalty strokes are given to each team. These strokes are taken alternately by both the teams.

ARJUNA AWARD WINNERS

- 1989 Pargat Singh
- 1990 Jagbir Singh 1992 Mervyn Fernandes
- 1994 Jude Felix Sabastain
- 1995 Dhanraj Pillay, Mukesh Kumar
- 1996 A.B. Subbaiah, Ashish Kumar Balal
- 1997 Harmik Singh, Rajinder Singh, Surinder Singh Sodhi
- 1998 S. Surjit Singh, S. Omana Kumari, Mohd. Riaz, Baldev Singh, Pritam Rani Siwach, B.S. Dhillon, Maharaj Krishna Kaushik, Ramandeep Singh, V.J. Phillips, Lt. Col. Haripal Kaushik
- 1999 Balbir Singh Kullar
- 2000 Baljit Singh Saini, Balkishan Singh, Jalaluddin Rizvi, Tingonleima Chanu, Group Capt. R.S. Bhola, MadhuYadav
- 2002 Dilip Tirkey, Mamta Kharab, Gagan Ajit Singh
- 1999 Balbir Singh Kullar
- 2000 Tingonleima Chanu, Group Capt. R.S. Bhola, Baljit Singh Saini, Balkishan Singh, Madhu Yadav, Jalaluddin Rizvi,
- 2002 Gagan Ajit Singh, Mamta Kharab, Dilip Tirkey,
- 2003 Devesh Chauhan, Suraj Lata Devi
- 2004 Deepak Thakur, Innocent Helen Mary
- 2005 Viren Rasquinha
- 2006 Jyoti Sunita Kullu
- 2008 Prabhjot Singh
- 2009 Surinder Kaur, Ignace Tirkey
- 2010 Sandeep Singh, Jasjeet Kaur
- 2011 Rajpal Singh
- 2012 Sardar Singh

- 2013 Ms. Saba Anjum
- 2015 Mr. Sreejesh P.R.
- 2017 S.V. Sunil
- 2018 Savita Punia, Manpreet Singh

PADMA SHRI AWARD WINNERS

- 1956 Dhyan Chand
- 1966 Kishan Lai
- 1981 Vasudevanv Bhakaran
- 1997 Pargat Singh
- 2012 ZafarIqbal
- 2017 P.ER. Shreejesh
- 1958 Digvijay Singh Babu
- 1967 Pritipal Singh
- 1986 Mohd. Shahid
- 2010 IgnaceTirkey
- 2015 Saba Anjum Karim, Sardara. Singh

RAJIV KHEL RATAN AWARD WINNERS

- 1999 Dhanraj Pillay
- 2017 Sardara Singh

DRONACHARYA AWARD WINNERS

- 2000 Gudial Singh Bhangu
- 2003 Rajinder Singh
- 2011 Rajinder Singh
- 2013 Mr. Narinder Singh Saini
- 2015 Romeo James
- 2018 Clarence Lobo

- 2002 M.K. Kaushik
2009 Baldev Singh
2012 Harendra Singh
2014 Gurmail Singh
2017 P.A. Raphel

DHYAN CHAND AWARD WINNERS

- 2002 Ashok Diwan, Charles Cornelius
2004 Hardy Singh
2006 Nandy Singh
2008 Mukhbain Singh
2013 Syed Ali
2015 Romeo James
2017 Sumrai Tete
2003 Dharm Singh Maan
2005 Rajinder Singh
2007 Varinder Singh
2012 Gundeep Kumar
2014 Gurmail Singh
2016 Sylvanus Dung Dung
2018 Bharat Kumar Chetri

TOURNAMENTS

1. Sahni Trophy
2. Abaidullah Gold Cup
3. Aga Khan Cup
4. Heighten Cup
5. Champions Trophy

6. Lady Ratan Tata Cup
7. Nehru Trophy
8. Dhyan Chand Tronhv
9. Guru Nanak Cup
10. Indira Gandhi Gold Cup
11. Kuppuswamy Naidu Cup
12. World Cup
13. Tommy F.mar Gold Cup
14. Scindia Gold Cup
15. Wellington Cup
16. Maharaja Ranjit Singh Gold Cup
17. Longowal Cup
18. Rangaswamy Cup

VENUES

1. National Stadium, New Delhi
2. Shivaji Stadium New ne.lhi
3. National Sports Institute, Patiala
4. Sports College, Bangaluru
5. Sports College, Kolkata
6. Sports College, Gandhinagar
7. Dhyan Chand Stadium, Lucknow
- 8, Railway Stadium, Amritsar
9. Railway Stadium, Pimpri
10. Railway Stadium, Mumbai