

TEAM OF TEAMS : OFFICIAL RULES TRIVIA

The information provided in the below questions and answers have been pulled from the FIH Rule Book that was last updated in January 2021.

Q1: T or F

11 players per outdoor team is the maximum number allowed on the field at a time. If more than 11 are on the field at one time, a personal penalty can be given to the team captain.

Q2: When are players allowed to substitute?

- A) Injury
- B) Suspension
- C Any time
- D) Any time except during the award of a penalty corner

Q3: T or F

Time is stopped for substitutions in Indoor Hockey.

Q4: An outdoor field hockey match consists of?

- A) four 10-minute quarters; half time of 3 minutes
- B) four 15-minute quarters; half time of 5 minutes
- C) two 30-minute halves; half time of 5 minutes
- D) two 20-minute halves; half time 6 minutes

Q5: T or F

The match begins with a coin toss, with the winner to determine if they want to start with a centre pass or if they want their opponent to start with the centre pass.

Q6: An outdoor game bully is taken close to the location of the ball when play was stopped but not within?

- A) 10 metres of the back-line or within 10 metres of the circle
- B) 10 metres of the back-line or within 5 metres of the circle
- C) 15 metres of the back- line or within 5 metres of the circle
- D) 15 metres of the back-line or within 10 metres of the circle

Q7: When taking an indoor free penalty push opponents must be at least __meters from the ball.

- A) 2
- B) 3
- C) 4
- D) 5

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Q8: T or F

An outdoor flick or scoop towards an opponent within 5 metres is considered dangerous and can be penalised.

Q9: T or F

In indoor hockey, players must not play the ball when it is in the air except that a player from the team which did not put the ball in the air may stop it.

Q10: Goalkeepers are permitted to use their _____ at all times.

- A) Stick
- B) Feet, Kickers, Legs and Leg Guards
- C) Any part of their body
- D) All of the above

Q11: For which offence might the offending team in both outdoor and indoor hockey, play with one fewer player?

- A) Green Card
- B) Yellow Card
- C) Red Card
- D) All of the above

Q12: T or F

It is always an offence if the ball hits the foot, hand or body of a field player.

Q13: T or F

Players must not change their stick between the award and completion of a penalty corner or penalty stroke unless it no longer meets the stick specification.

Q14: An umpire will signal the start of the game by:

- A) Crossing fully-extended arms at the wrists above the head
- B) Raising one arm straight up in the air
- C) Raising one hand straight up in the air with pointing index finger
- D) Raising both hands straight up in the air with pointing index fingers

Q15: T or F

An umpire's objective is to contribute to the game by helping to raise the standard of the game at all levels by ensuring that players observe the Rules.

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BONUS ROUND – FHC FACTS

Q16: How many umpires have been inducted into the FHC Hall of Fame?

- A) 1
- B) 3
- C) 5
- D) 10

Q17: How many certified umpires and officials does FHC have?

- A) 104
- B) 267
- C) 383
- D) 452

Q18: Which two officials participated in the London 2012 Olympics?

- A) Paula Parks & Wendy Stewart
- B) Paula Parks & Leila Sacre
- C) Wendy Stewart & Tyler Klenk
- D) Leila Sacre & Tyler Klenk

Q19: Who is the Chair of FHC's Officials Committee ?

- A) Mario DeMello
- B) Margaret Johnson
- C) Tony Stewart
- D) Laurie Hogan