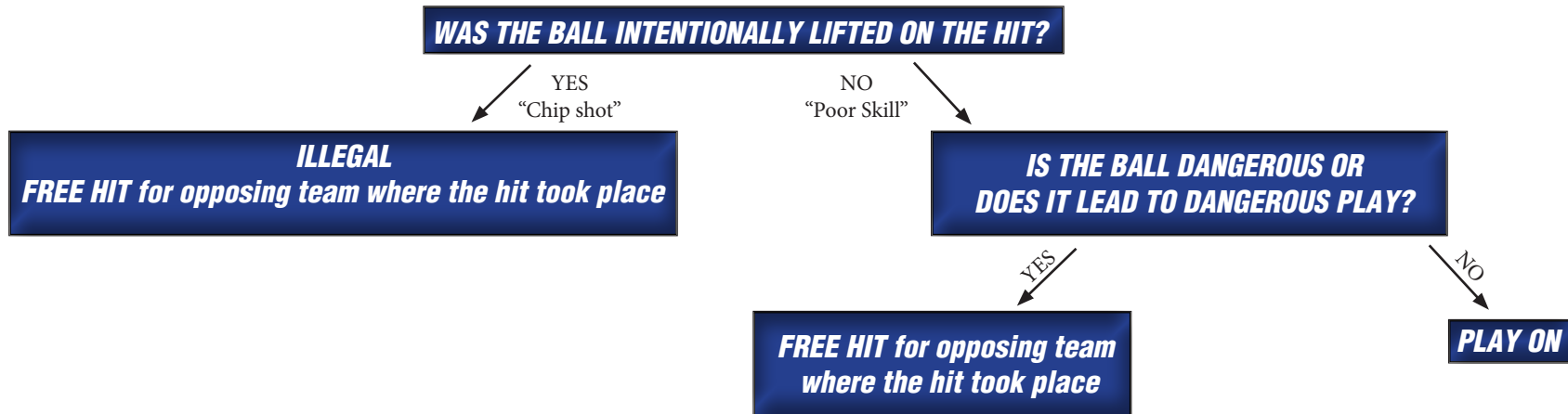




HIGH BALLS - Dangerous or Not?

- A ball is dangerous if it causes legitimate evasive action by players.
- As a general rule, it is agreed that a ball below knee height is not dangerous. A player who intentionally lifts a ball close to knee height into an opponent within playing distance should be penalized for dangerous play (free hit to opponent).
- A player can intentionally raise the ball on a hit ONLY if it is a shot at goal (inside the circle and towards the goal cage).
- Remember, there is no such thing as a high ball* call in field hockey, only a dangerous ball call.
(*The only exception is on a penalty corner if the first shot at goal is a hit.)

THE BALL IS LIFTED ON A HIT (AND IT IS NOT A SHOT AT GOAL):



THE BALL IS DEFLECTED:

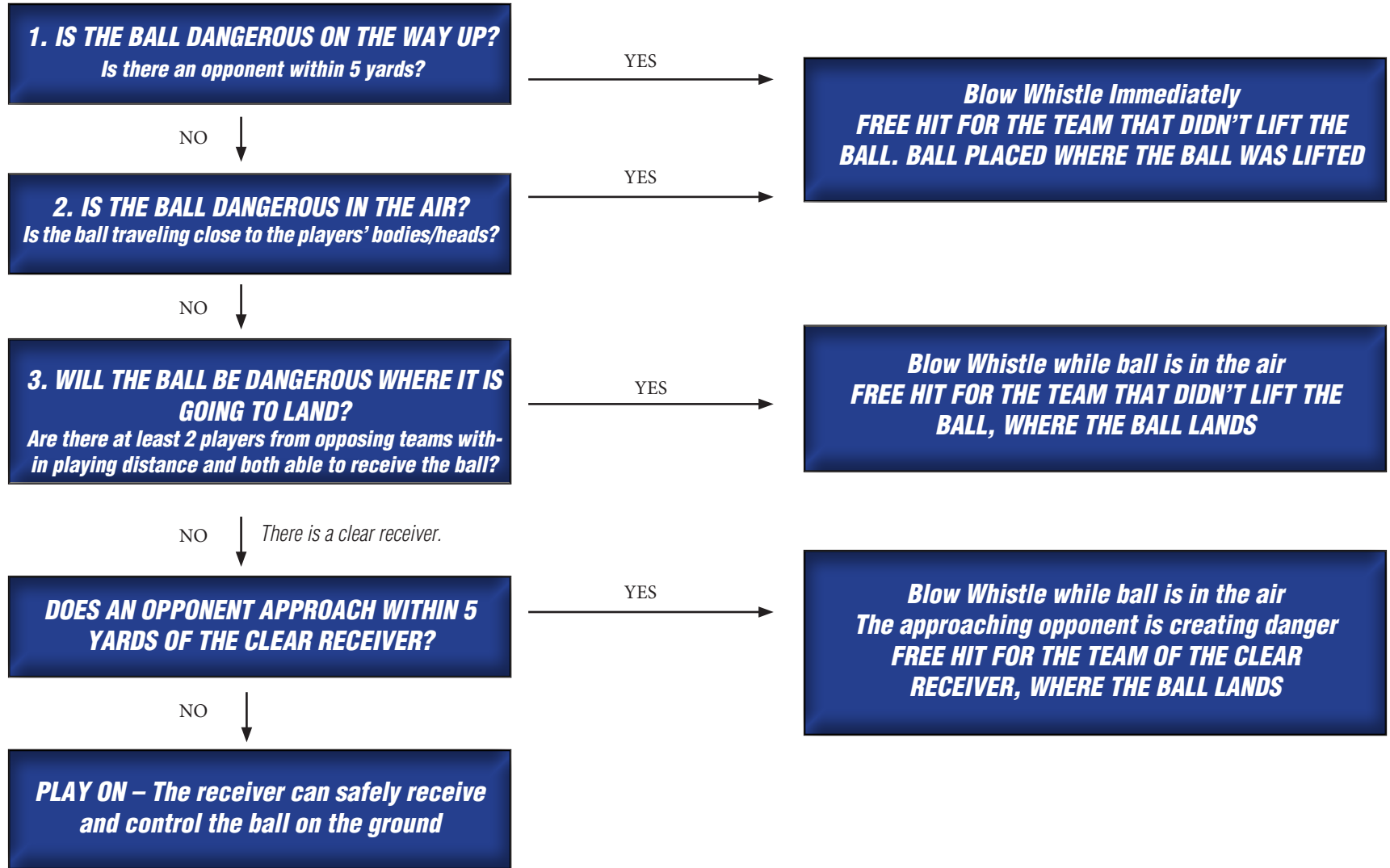


THE BALL POPS UP ABOVE KNEE HEIGHT BETWEEN 2 PLAYERS: Pop-ups between two players should be called immediately. The last stick to contact the ball is responsible for the foul. Free hit to opponent at the spot of the pop-up.



AERIAL BALL

(the ball is lifted intentionally with a flick or scoop)



Notes on aerial balls:

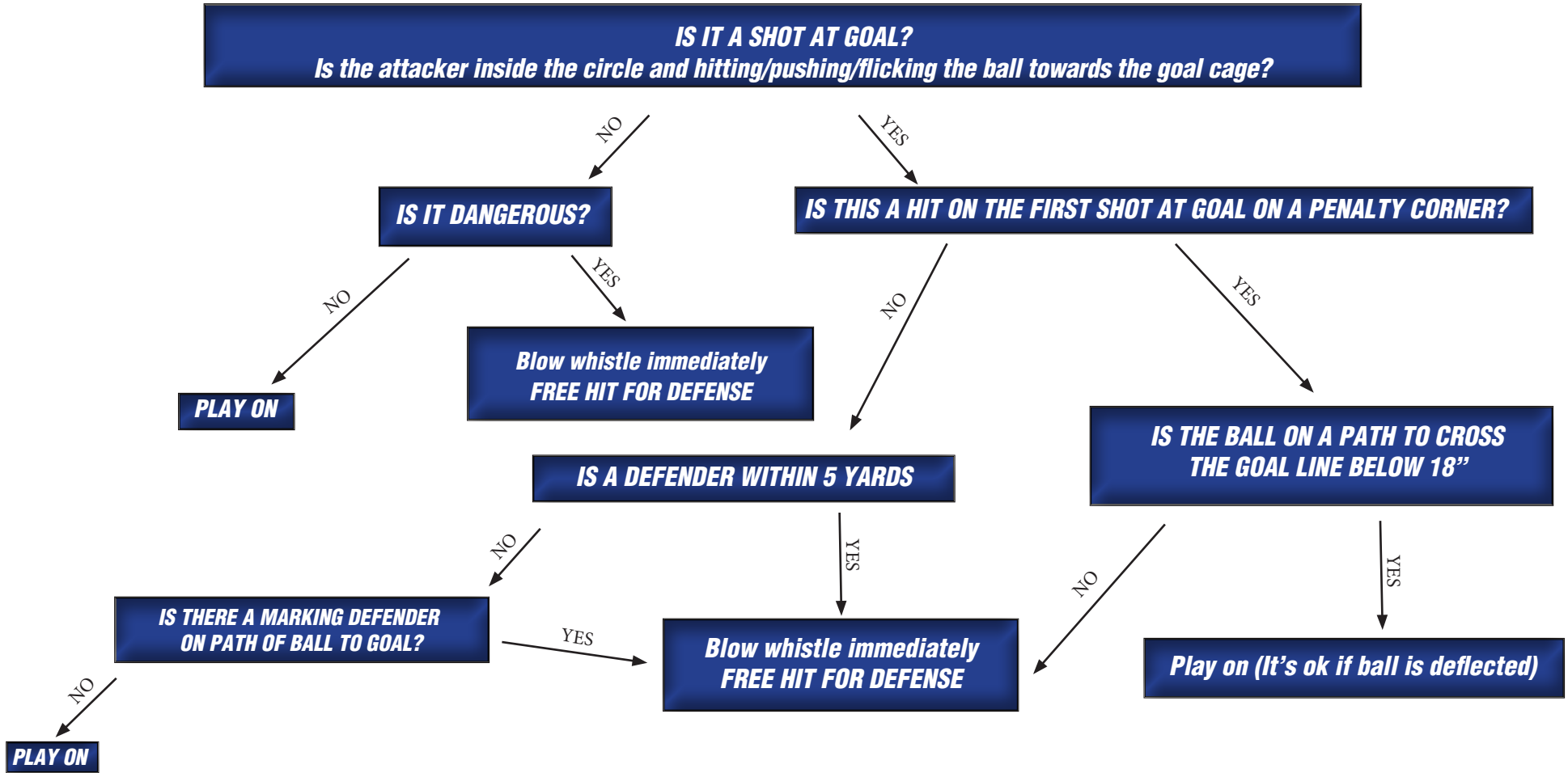
- If an opposing player is closer than 5 yards to the clear receiver, but doesn't move until the ball is controlled and on the ground, there is no foul and play can go on.
- If there are 2 players from opposing teams who could receive the ball, but the player from the team who lifted the ball moves away to let the opposing player receive the ball, there is no foul and play can go on.
- Interceptions are legal if the player attempting the interception is in open space.



SPECIAL CONSIDERATIONS IN THE CIRCLE

- It is the attacker's responsibility to ensure that a lifted shot at goal is taken safely. no defenders within 5 yards of the lifted shot/flick, and no marked attackers on the path to goal.
- It is the defender's responsibility to stay safe by clearing the path to goal, except if marking an attacker. If one or more non-marking defenders are standing on the path to goal (in front of, next to or behind the goalkeeper), they are creating danger.

THE BALL IS LIFTED BY AN ATTACKER:



• A lifted ball played into the circle in the air from outside the circle is not a shot on goal, and should be judged on the same criteria as anywhere else on the field.

THE BALL IS LIFTED BY THE GOALKEEPER OR A DEFENDER (BALL IS SOLELY JUDGED ON DANGER)

