



The game is played between two teams of eleven players on a 100 × 60 yard (91.4 m × 55 m) rectangular field. At each end there is a goal 7 feet (2.14 m) high and 12 feet (3.66 m) wide, and a semi-circle 16 yards (14.63 m) from the goal known as the shooting circle (or D or arc), with a dotted line 5 yards (5 m) from the semi-circle, as well as lines across the field 25 yards (22.9 m) from each end-line and in the center of the field. A spot, called the penalty spot, is placed 7 yards (6.4 m) from the center of each goal.

It is acceptable to modify the hockey field to suit the existing conditions in your community. Where possible – try to reduce to scale to assist in development programs.

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