

Welcome to Hockey!

Everything you need to know about joining uni hockey!



Where to find us

- Instagram: [@uclwhc](https://www.instagram.com/uclwhc)
- Our Website:
<https://uclwomenshockeyclub.weebly.com/>
- Student's Union Webpage:
<https://studentsunionucl.org/clubs-societies/hockey-club-womens>



5.



2.



Equipment

4.



1. Hockey stick

2. Mouthguard

3. Shinpads

4. Astro turf trainers

5. Long socks

6. Left hand glove (optional, but would recommend if you value your knuckles)

6.



3.



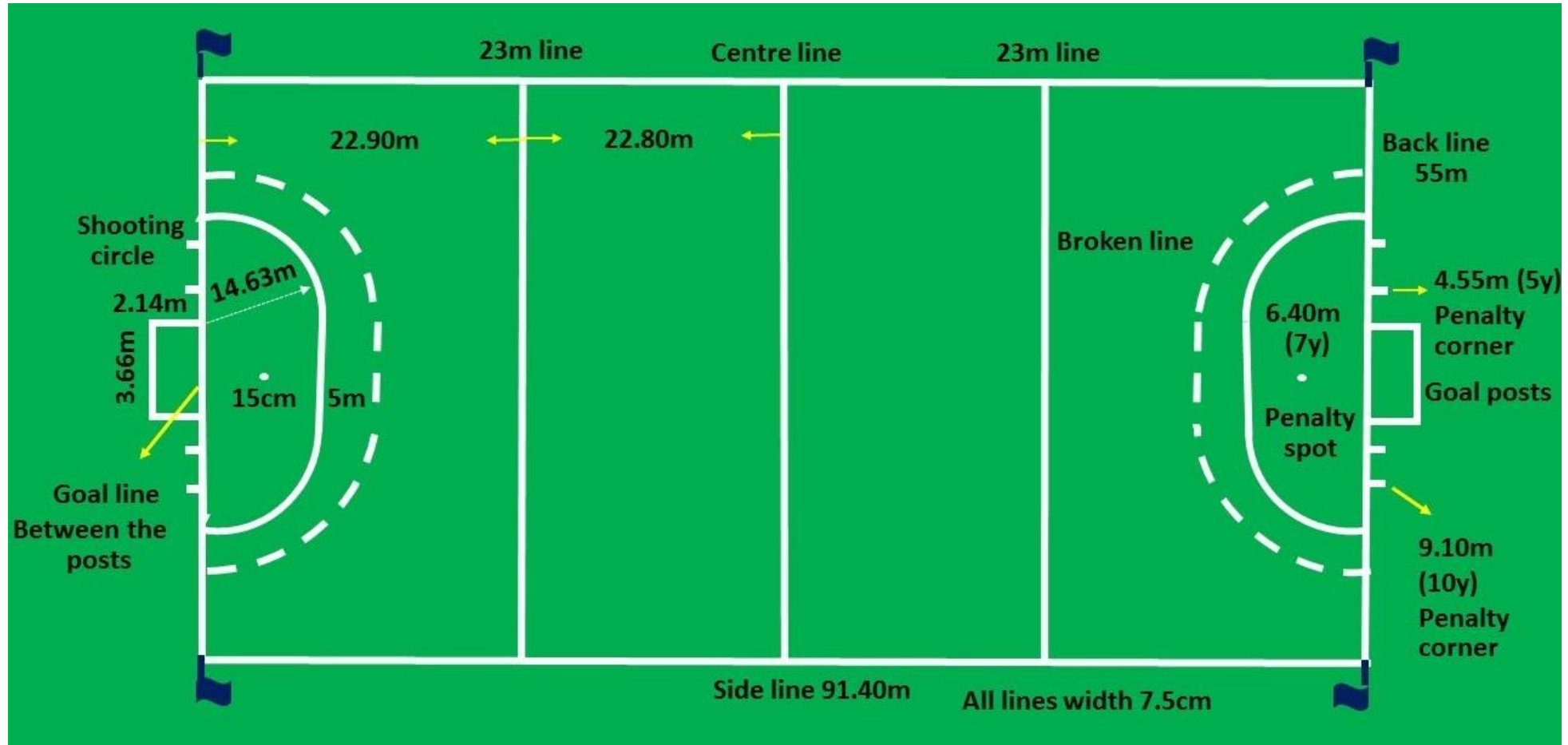
1.



The basics

- Played on a 91.4m x 55m astroturf.
- 11 players on the pitch, one of them is (hopefully) a goalkeeper.
- Maximum of 16 players (up to 5 subs (hopefully)), subs are “rolling”.
 - Rolling subs: players can swap at any time during the game.
- You score by getting the ball into the goal, you can only score from within “the D”.
- Matches are split into 35min halves, you swap halves at half time.
- There are two umpires controlling either side of the pitch.

The pitch



General rules

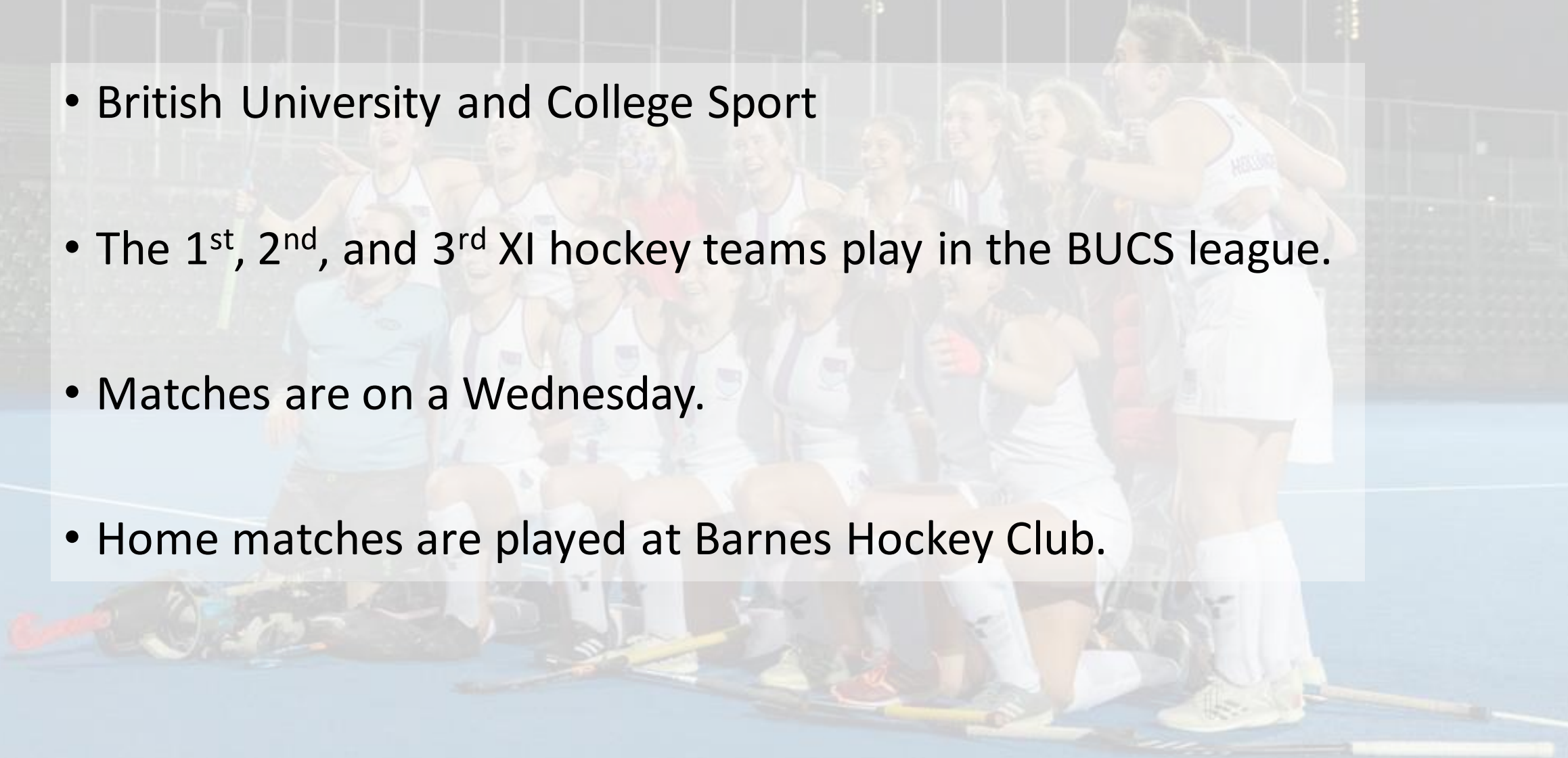
- The ball cannot touch any part of your body (unless your hand, if it is on the stick).
 - Most of the time it is a foul because the ball has hit your **foot**.
- The ball can only touch the front of your stick (the flat bit).
- To tackle another player, you must cleanly get the ball, if you hit the opponent's stick this is called a **stick tackle** and it is a foul.
- When the ball goes off the sideline or baseline or a foul has been called by the umpire, the ball must be stopped, and all other players must be **5m** from the player taking the ball.
- The ball must not go above knee height, otherwise it is considered dangerous.
- It is a non-contact sport, so no pushing.

Penalty Corner

- If there is a foul against the attacking team in the defending team's D, there is a **short corner** or **penalty corner**.
- 4 defenders + goalie line up in the goal behind the goal line.
- Attacking team have 1 player on the dash on the baseline with the ball, other players line up around the edge of the D.
- When the umpire calls "play" the player on the baseline can **inject** (pass) the ball out to a player on the edge of the D who then try to score a goal.
- The ball must not go in the air.

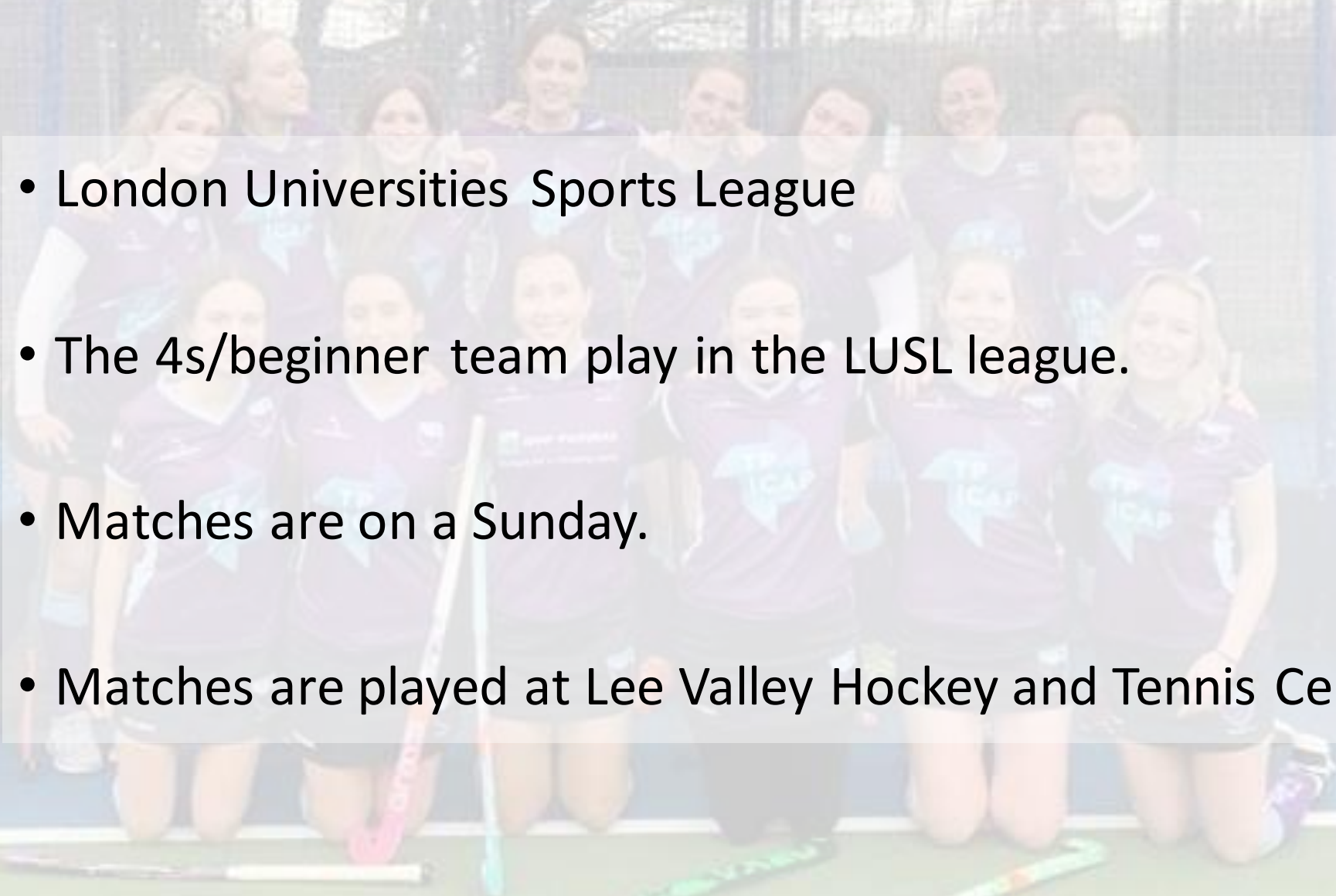
BUCS

- British University and College Sport
- The 1st, 2nd, and 3rd XI hockey teams play in the BUCS league.
- Matches are on a Wednesday.
- Home matches are played at Barnes Hockey Club.



LUSL

- London Universities Sports League
- The 4s/beginner team play in the LUSL league.
- Matches are on a Sunday.
- Matches are played at Lee Valley Hockey and Tennis Centre.



Mixed hockey

- We play in a friendly mixed league on Sundays.
- Must have at least 5 female players outfield on the pitch.
- In short corners the first shot on goal must be taken by a female player. After that anyone can score.



Training

- Thursday evening
- 1st XI: 17:00-19:00
- 2nd XI & 3rd XI: either 17:00-18:30, or 17:30-19:00
- 4th XI/beginners: 19:00-20:00
- Lee Valley Hockey and Tennis Centre (Pitch 1 and 2)
- All teams, both WHC and MHC

Social life

- Sportsnight every Wednesday
- Volunteering events
- Hockey Christmas Ball
- Summer Sports Ball
- And much more!



More info

- YouTube is a great resource to visualise the game
- England Hockey Website: <https://www.englishockey.co.uk/>
- General overview of the game: <https://youtu.be/M83C70ILng0?si=AvHLR1C45UckWvnD>
- Learning individual skills: <https://www.youtube.com/@vitalhockey1461/featured>
- Penalty Corners: <https://youtu.be/KHHeU6AFP0g>
- Guide to the rules: <https://olympics.com/en/news/field-hockey-rules-how-to-play>