



# The Field Hockey Scoop

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[www.worldhockey.org/](http://www.worldhockey.org/)  
[www.fieldhockey.ca](http://www.fieldhockey.ca)  
[www.fieldhockey.ns.ca](http://www.fieldhockey.ns.ca)

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## Congratulations Mike

For over 35 years Michael Andrews has been contributing to the sport of field hockey in Nova Scotia. This recently culminated in Mike receiving the IKON Sports Award for Volunteer of the Year. As a player he patrolled the defence on various club and provincial teams the pinnacle being his selection to the 1979/80 Canadian National Team Extended Squad. Entering the coaching ranks at a



fairly young age, Mike has coached at the club, provincial, university and Canada Games levels. He is a NCCP Level 3 coach. His crowning achievement occurred in 2003 serving as an assistant coach with the Saint Mary's University team which claimed a bronze medal at the CIS national championships. Specializing in the coaching of goal keepers at Saint Mary's, several of his players have garnered major awards at both the

regional and national level. As if playing, coaching and umpiring were not enough, Mike served in several positions including president with the former Nova Scotia Men's Field Hockey Association (now Field Hockey Nova Scotia). With a keen technical mind and an undeniable passion for the game of field hockey, Mike's contributions to the sport are innumerable. Congratulations Mike, and thanks for years of dedication to our sport.

## Way to go Drew and Shane

Shane and Drew Rajaraman recently attended the U-19 National Championships in Vancouver, British Columbia, July 25-27. The boys from Nova Scotia played



for Ontario as Nova Scotia had not entered a team in the National Championships. The boys did us proud just missing out in a close fought final to a very strong BC team. Pictured here with their silver medals Drew netted some key goals in round robin games against Alberta (3-2 win) and BC (2-2), while Shane was a stalwart in the midfield neutralizing Alberta's top player.

During the tournament there was an Olympic send off dinner for the Canadian Men's Field Hockey National Team as they depart for Beijing.

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## A Sad Loss

Field Hockey lost one of our own last month in a tragic accident.

### **Obituary Nancy Tokaryk:**

Tokaryk (Dunbrack) 59, of Halifax, passed away on Saturday, June 28, 2008 after a tragic motor vehicle accident in Ottawa, Ont. A life long resident of Halifax, Nancy was born to Dorothy and the late Charles Dunbrack on May 2, 1949. A graduate of Dalhousie University in physical education, Nancy taught at Fairview Junior High and Burton Ettinger Schools in Halifax until her retirement in 2004. While at Dalhousie she played on the field hockey and basketball teams. After graduating, Nancy coached the Dalhousie varsity field hockey team and the junior varsity basket ball team. She played field hockey for Nova Scotia at the 1969 Canada Summer Games and was inducted into the Nova Scotia Sports Hall of Fame in 1995 as a member of the team that won the National Championship. She coached field hockey at the provincial level and coached and refereed local basketball teams for many years. Nancy was a member of the Nova Scotia Mission Staff for the 2005 Canada Games and volunteered her time to many worthwhile causes such as the Heart and Stroke Foundation and the Alzheimer's Society of Nova Scotia. She was an avid golfer, a proficient swimmer and a member of the Waegwoltic Club for many years. Besides her mother, Nancy is survived by her husband, Fred; son, Scott (Jana), Berlin Germany; daughter, Sarah (Rene) Tousignant, Ottawa, Ontario; grandchildren, Samantha and Nathalie Tokaryk, Berlin Germany; and Madison Tousignant, Ottawa, Ontario. She is also survived by sisters, Sharon Daikens and Susan Beazley, both of Halifax; brother, Gary Dunbrack, Hammonds Plain, many nephews and nieces. Nancy was a wonderful wife, mother, grandmother, sister, teacher, coach, mentor and friend and will be sadly missed by all who knew her. She was always a fair player in all aspects of her life and a kind, caring and compassionate person.

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## The Atlantic Cup 2008 Edition

The August long weekend will once again see Field Hockey descend upon Husky Stadium for the 24<sup>th</sup> Atlantic Cup. Perennial favourites, the "A" Team will be on hand to defend their title, but it is sure to be hard fought tournament as Mario flies in ringers from Ottawa and South Africa (well sort of) in an attempt to regain the championship. Look for pictures and a write up of the event in the next edition of the Scoop, in addition to the preparations for next years big 25<sup>th</sup> Anniversary. Rumours have it that part of the deal to secure Mr Goosen's services for the Atlantic Cup included Bobble Head dolls of the big midfielder to be given out to the first 2000 fans at Husky Stadium this weekend.

As a late edition I can tell you that the Annual Atlantic Cup Golf Day saw some exciting action in its own right. With a near hole-in-one by Mario DeMello on the 150 yard 7<sup>th</sup> at Grandview, only to be out done by an actual hole-in-one on the same hole by Mike Haley in the next group. Make sure you book time off the Friday before next years Atlantic Cup to take part in this fun event.

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## Outdoor League Update

With only one game of the regular season remaining the Cougars have clinched the league, however, the important 3/4 position is still up for grabs as the Dragons and the HotCats are currently tied on points for third place, leaving everything for these teams to play for in the last game as they attempt to avoid to power house Cougars in the semi-final. The Panthers have had a number of set backs this season with Mal Rajaraman out for the rest of the season with a knee injury, and Andrew Ross having difficulty getting game times right. All that being said, it took an incredible Bill Miles save from an Ali Mahmood penalty stroke to rescue a point for the HotCats as the short-handed Panthers battled bravely for 50 minutes against a full strength HotCats team.

From May – August, the Division II Field hockey League has been running on Wednesdays at SMU turf from 8-9 pm. There have been approximately 25 participants with many being new to the sport. Skills sessions are run as part of the Division II program, thanks to the coaching of Stephen Goosen, Jill Mombourquette, Renee Poirier, Sharon Rajaraman, and Sue Tingley. The league is scheduled to run until August 20<sup>th</sup>.

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## Go CANADA

With the coming of August we are barely a week away from the Beijing Olympics, and Canada Men's Field Hockey team will be there. Canada qualified for the Olympics after a dramatic sudden death penalty strokes win over Argentina in the final of the Pan American games last year. This victory propelled Canada into the Olympics, and was a bit of an upset as the #15 ranked Canadians battled back from being 1-0, and 2-1 down to defeat the #6 ranked Argentineans.

Fast forward and now after several Olympic preparation tournaments around the world, and our men are just days away from competing for the ultimate goal in our sport, an Olympic Medal. The Canadian's match schedule is shown below, and I would encourage you to tune in via the FIH website ([www.fihockey.org](http://www.fihockey.org)) to keep tabs on how the boys are doing, and hook into the streaming video to see how hockey is supposed to be played.

August 11, 18:30: Canada v. Australia  
August 13, 18:00: Canada v. Pakistan  
August 15, 10:30: Canada v. Netherlands  
August 17, 08:30: Canada v. Great Britain  
August 19, 18:00: Canada v. South Africa  
August 21, 18:00: Semi-Finals  
August 23, 20:30: Gold Medal Match

Good Luck Boys, GO – CANADA - GO

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## What the Heck are These Umpires Calling Now?

With Tier I hockey in full swing, the league umpires have endeavoured to cut down on complaining, appealing and challenging of calls. This aspect of the game detracts from both player and umpire enjoyment and needed to be controlled. In large part, this has been successful and will continue to be a priority for umpires. The level of play has improved this year with all teams vying closely for top spot. With this the umpires have tried to improve our game through player input, peer assessment and field ratings. If you have a question about umpiring, a player concern or would like to be an umpire, please feel free to ask or send me an email. **vp-umpiring@fieldhockey.ns.ca**

### Did you know?

#### Low (hard) Forehand hit

The low (hard) forehand hit has been ruled to be illegal. This technique is where the ball is played with the edge of the stick, just above the hook on the forehand with the face of the stick upwards. This rule applies only to hard hits and not for sweeping hits or actions to raise the ball over a player's stick or goalkeeper. This interpretation is similar to the deliberate undercutting of the ball during a hit, which is also illegal.

#### Goal Keeping Options

For safety reasons, the League Committee and FHNS have ruled that only two goal keeping options are available to teams:

1. A fully kitted goal keeper, or
2. A field player with goal keeping privileges. (Kicking back) The kicking back must wear a shirt of a different color and may wear a helmet. While wearing protective headgear, they may not take part in play outside the 23m area. However, when they **safely** remove their helmet, they may take part in play anywhere on the field. They must wear helmet to defend a PC and PS.

The all field player option was eliminated as it presented the potential for players to defend the goal without protective headgear on PC or PS.

#### Ball Hitting the Foot or Body

Umpires should differentiate between situations when a player stops the ball with their foot (or body) as opposed to the situation where they stop it with their stick and then it merely touches the foot (or body). The latter should be ignored and result in a play-on situation.

#### Tackling

Tackling is permitted from any direction as long as it does not interfere with that players stick or body. Umpires should ignore stick clashes when players are competing for possession of the ball. Also, remember to watch the direction of the ball when a tackle is completed. If the ball travels in the direction that the tackler has made, then the tackler must have hit the ball first (and then maybe stick afterwards – a breach may not have occurred).

#### Placement of free hits

This rule was changed to encourage players to take quick free hits from an area close to where the infringement occurred. Too often, the hit is replayed and all advantage is lost. Umpires should not be concerned with placement within 5-7m of the foul. They should however be strict, close to the circle.

## 'Play on' Culture

As our game continues to develop, umpires should foster a culture of 'play on'. We want to develop our player's first instinct to be 'play on', rather than waiting or appealing for the call.

## **Test Yourself**

1. During play, is a player permitted to approach the ball without their stick in their hands?
  - a) Yes
  - b) No
  - c) Only the goal keeper in their circle
  
2. Can players stop the ball above their shoulders with their stick?
  - a) Goalkeeper only
  - b) Goalkeeper only within their circle
  - c) No, except that defenders may use their sticks to stop or deflect a shot at goal when the ball is above the shoulder
  
3. May goalkeepers remove their helmet to defend a penalty stroke?
  - a) Yes
  - b) No
  - c) If the umpires and opposition agree
  
4. A bully may not be played within?
  - a) 5 m from backline
  - b) 10 m from the backline
  - c) 14.63 m from backline
  
5. A free hit is awarded to the attackers within 5m of the circle. An attacker takes the ball back 10m from the circle and plays the ball to a team mate who is 3m away. The umpire should?
  - a) Award a free hit to the defence
  - b) Allow play to continue
  - c) Stop play and require that the free hit be taken in the correct place
  
6. An attacker's hit from the sideline rises about 10cm as it travels into the circle. The ball's path is through the gap (5m wide) between two defenders. The ball is trapped by a lone attacker who pushes the ball over the goalkeeper and toward an open space in the goal mouth. A full back, running across the goal misses the ball with her stick and it is deflected off her leg over the backline outside the goal. What's the call?
  - a) Free hit defence, dangerous hit in
  - b) PC
  - c) PS

7. The goalkeeper has made a sprawling save during play and is on the ground across the goal mouth. An attacker pushes the ball under the GK and then forcefully continues to play the ball. The umpire should?

- a) Award a PC
- b) Award a PS
- c) Award a free hit to the defence

8. At a PS the shooter pushes the ball at the goal, but the Goalkeeper had dived to the left before the ball was moved from the spot and saved the shot. The Umpire should?

- a) Award a goal
- b) Replay the PS and warn the goalkeeper
- c) Award a free hit to the defence

9. At a penalty corner, the striker inside the circle passes the ball to another attacker 6m outside the circle. This attacker hits the ball toward goal where the original striker has moved into position. The striker then deflects the ball into the goal at waist height. The umpire should?

- a) Award a free hit to the defence
- b) Replay the PC
- c) Award a goal

10. A defender reaching for the ball inside the circle accidentally drops his stick and then retreats over the backline. An attacker hits the ball at the goal; it hits the dropped stick and deflects over the backline wide of the net. The umpire should?

- a) Award a corner hit
- b) Award a PC
- c) Award a 14.63m hit to the defence
- d) Call a bully

**Answers**

(1B, 2C, 3B, 4C, 5A, 6C, 7C, 8B, 9C, 10C)