

## What's New

### June and July 2015 (By Brianna Holmes)

Over the course of June and July FHNS ran a junior high and high school development league on Wednesday nights at Saint Mary's University. During the program the girls improved their skills and confidence on the field. On July 25th we held a mini development tournament to play games. Although the rain prevented some from coming out everyone who came had a great time!

### 2015 Girls' Provincial Program (By Janet Heppell)

The program is geared towards all girls between grades 8 – 12 that are interested in developing and playing field hockey at a higher level. The season began in early May. The team practiced 3 – 5 hours per week at the Sackville Sports Stadium, Huskie stadium or Wickwire field. There were several players that returned from last year's team, which ensured the higher level of play right from the beginning. The girls trained and scrimmaged to prepare for two high level tournaments in the eastern US.

The athletes had opportunities to play in the Limelight tournament in Lancaster, Pennsylvania on June 12 – 14<sup>th</sup> and the 4Goals Cup in Providence, Rhode Island on July 25 – 26<sup>th</sup>. The team competed in these same tournaments last year but this year, the team was much more successful. The girls' finished third in their pool in Limelight and 10<sup>th</sup> in the 4Goals Cup.

The goal of the program is to teach the athletes higher level skills and concepts that will give them the opportunity to develop and be competitive with and against other girls their age throughout Canada and the U.S.



**Back Row (left to right):** Kerry Costello (assistant coach), Aelyn Murphy, Alex Tutty, Gabrielle Bezanson, Ellen Petrie, Tahlia Jones, Janet Heppell (head coach).

**Front Row (left to right):** Emma Parsons, Alisha Bowes-Trinacty, Katie Michelin, Julia Jorgensen, Brianna Samson, Haley Whitman

**Missing:** Kristin MacNeil, Chloe Cyr, Elizabeth Waye

The 2015 Girls' Provincial Program would like to thank their sponsors

# The Field Hockey Scoop

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A Year's Glance - AUGUST 2015

## Metro High School Indoor Field Hockey Tournament 2015 (by Sharon Rajaraman)

The Metro High School Indoor Field Hockey Tournament was held @ Citadel High School April 17<sup>th</sup>-18<sup>th</sup>, 2015. The Championship team was Citadel High School who won 4-3 against Prince Andrew High School in the final.

### Results

Citadel 4-1 Dartmouth High  
 Prince Andrew 9-0 Sir John A  
 JL Ilsley 4-1 Auburn  
 Prince Andrew 6-0 Dartmouth High  
 Citadel 4-2 Auburn  
 JL Ilsley 5-0 Sir John A  
 Dartmouth 6-4 Auburn  
 Prince Andrew 3-1 Citadel  
 Dartmouth 5-4 JL Ilsley  
 Citadel 5-0 Sir John A  
 Prince Andrew 5-1 Auburn  
 Citadel 2-1 JL Ilsley  
 Dartmouth High 2-1 Sir John A  
 Prince Andrew 1-0 JL Ilsley  
 Auburn 4-1 Sir John A

### Final

Citadel 4-3 Prince Andrew  
 Citadel Goals: Jane Gagnon 2, Haley Glazebrook 2  
 Player of the Game Citadel: Jane Gagnon  
 Prince Andrew Goals: Deanna Kimber, Laura Potter, Jessica Roberts  
 Player of the Game Prince Andrew: Laura Potter



2015 Metro High School Indoor Field Hockey Tournament All-Star Teams



2015 Metro High School Indoor Field Hockey Tournament Champions – Citadel High School



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## What's New on the Umpiring Side (by Mario DeMello)

### New Rules in 2015

We've been playing the new rules since the beginning of the season but there are still a few players who are confused by them! Hopefully, this article will clarify them for you.

### Attacking Free Hits within 5m of the circle

- Free hits must now be taken at the point of the offence.
- All players, other than the person taking the free hit, must be 5m from the ball.
- Defenders are expected to move 5m away from the spot the free hit is taken. However, just like the interpretation of self-passes elsewhere in the field, if a defender is within 5m of the ball for a quickly taken free hit,
  - as long as they do not get in the way of the advancing attacker or attempt to play the ball until the ball has travelled 5m, there is no foul. This means that they can show the attacker around the inside of the circle.
  - if the defender deliberately attempts to play the ball or interferes with the attacker before the ball has travelled 5m, a Yellow Card and Penalty Corner should be awarded. This clearly is the case where
  - the defender is not attempting to move 5m away. If you feel that it was unintentional (i.e. mental lapse), a Green Card and Penalty Corner may be more appropriate.
  - If a defender was 5m away when the foul was called, they are not allowed to approach within 5m until the ball has been played
  - The appropriate penalty for infractions by the defense is a green card and penalty corner
- Read the FIH Document of Free Hits with 5m of circle which is on the FHNS web site
- The ball must be carried at least 5m or be touched by another attacker or defender before being injected into the circle.

### No more Corner Hits (Long Corners)

- Instead of taking the hit on the sideline 5m from the corner, the hit is now taking on the 23m line and in line with where the ball crossed the back-line.
- The ball does not have to be placed exactly on the line but it is always considered to be inside the 23m area. Therefore, if the hit is taken a couple of inches outside the 23m area, assume that it was on the 23m line.
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### Breaking at Penalty Corners

The penalty corner is re-taken when:

#### *Offence by Attackers*

- If the injector feints at playing the ball, the offending player goes beyond the centre line and is replaced
- An attacker enters the circle before permitted - the offending player goes beyond the centre line and may be replaced



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- The injector does not have at least one foot outside the field

## *Offence by Defenders*

- A defender, other than the goalkeeper, crosses the back line before permitted – the offending player goes beyond the centre line and is not replaced
- A goalkeeper or player with goalkeeping privileges, crosses the back line before permitted - the defending team nominates which defender goes beyond the centre line and they cannot be replaced

The players beyond the centre line may not return for re-taken penalty corners but may return for a subsequently taken penalty corner.

## Playing the ball above the shoulder

- This is now allowed in the rules.
  - Opponents must remain 5m away until the ball is safely on the ground
- FHNS League guidelines:
  - We are NOT allowing this in our league except that a defender may play the ball which is shot at goal with the stick above the shoulder. If danger is caused by the defender, a penalty corner is awarded.
  - Other than for a shot at goal,
    - If the ball is obviously above their shoulder and the defender prevents a pass or gains an advantage, a yellow card must be issued. No warning.
    - If it is questionable whether the ball is above the shoulder, then a card is not necessary. A warning may be appropriate to prevent further occurrences.
  - In either of the above circumstances, the action must not be dangerous or lead to dangerous play.

## Option to advance the ball up to 10m for another offence or misconduct

- It is now deleted since a self-pass is a bigger advantage to the attackers
- You can manage another offence or misconduct with personal penalties

## Face Masks

- If a player defending a penalty corner continues to wear a face mask after the corner has been completed a free hit should be awarded. Repetition means another free hit and appropriate card
- Players should, however, be allowed to complete a defending action, even if it means that they play the ball just outside the circle when wearing a face mask – common sense should prevail
- They are not allowed to play with the face mask outside the 23m area.

## Umpiring Tips (from the PanAm Umpiring Clinic)

1. When you see that players are emotional, you need to be calm.
2. Don't call it if you didn't see it. Call it only if you saw it. There are certain plays (e.g. penalty corners, penalty strokes) where you must be sure.



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3. Confidence comes from preparation. Anticipate before the match how you and your partner will deal with the match.
4. If a player creates a problem, it's his problem. If you don't deal with the problem, it's now your problem.
5. Four focus areas
  - a. *Protect skill*. It is vital to penalize players that destroy skilful play especially physical tackles meant to destroy play. Green or yellow card depending on the severity and location of the foul
  - b. *Dangerous tackles*. Sliding into the path of a player and strong body checks MUST be dealt with cards. If a player is taken down, 10-minute yellow. How do you determine intent? Look for: elbows, hands against back, where is the defender looking (at ball or player)
  - c. *Personal fouls* – these are behavioural problems such as constant complaining, deliberate foot stops, tapping the ball away or holding onto the ball after a foul, etc. Green cards are appropriate. Yellow for repetitions.
  - d. *Technical fouls* – these are violations of the rule
6. Management
  - a. Only allow one person, preferably the captain, to approach you
  - b. On penalty corner breaking, make the call immediately. Don't wait to see what happens. Even a slight break must be penalized.
7. Danger. If a player causes danger to his own player, it is not normally called at the higher levels. It should be called at lower levels depending on the skill level.

## Nova Scotia Indoor Field Hockey League 2015

The Indoor League consisted of 7 teams and ran out of Needham Recreation Center in Halifax on Sundays from Dec 1<sup>st</sup>, 2014 – April 26, 2015, with play-offs being held at Citadel High School. The league was a double round robin format, followed by 2 semis and a final as well as a consolation winner for 5<sup>th</sup> place. After league play standings were as follows:

1. Jaguars
2. Sharks
3. Privateers
4. Beavers
5. Shenanigans
6. SMU
7. DAL

## Play-offs:

**5<sup>th</sup> Place / Consolation Winner – Shenanigans 8 vs 3 SMU**

**Shenanigans Goals:** Ellen Dixon 4, Vinnie Singh 3, Pat McMahon

**SMU Goals:** Alyssa Walthers 2, Samantha Manyika

## Semi Finals:

**Beaver 4 vs 3 Jaguars (Semi Final)**

**Beaver Goals:** Nile Sapp 3, Brad Poirier

**Jaguar Goals:** Tanya Colbourne, Matt Haley, Mal Rajaraman

**Sharks 7 vs 3 Privateers (Semi Final)**

**Shark Goals:** Alexi Pianosi 4, Steve Andrews, Shane Rajaraman, Drew Rajaraman

**Privateer Goals:** Paul Whatling, Jason Leadbetter, Stephen Goosen

## Final:

**Sharks 5 vs 3 Beavers**

**Shark Goals:** Alexi Pianosi 2, Lisa Bonin 2, Hannah Fleet

**Beaver Goals:** Brad Poirier 2, Nik Hakinsson

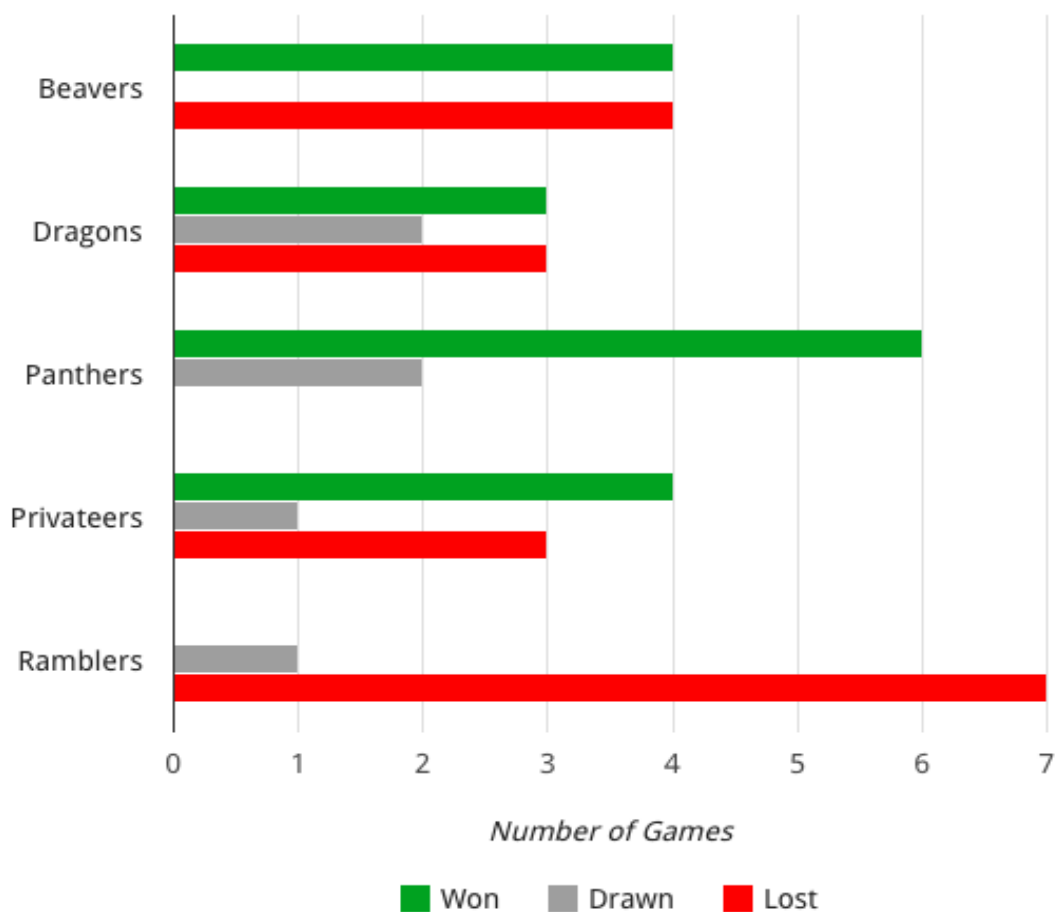


Back Row, L to R: Stephanie Turner-Chaisonn Drew Rajaraman, Liam Andrews, Kiersten Pianosi, Hannah Fleet  
Front Row, L to R: Lisa Bonin, Steve Andrews, Bridget McLaughlin, Alexi Pianosi

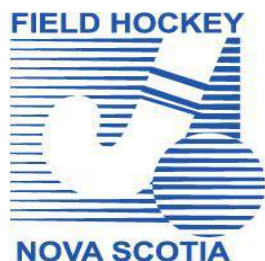
**Sharks FHC - 2015 Indoor League Playoff Winners**  
Team Captain - Drew Rajaraman, receiving Trophy for  
2015 Indoor League Top Scorers - Male: Mike Haley,  
Female: Alyssa Walthers

## Current Standing in FHNS Outdoor League:

### Overall Games



POS		G	W	D	L	GF	GA	PTS
1	Panthers	8	6	2	0	27	10	14
2	Privateers	8	4	1	3	16	16	9
3	Beavers	8	4	0	4	17	17	8
4	Dragons	8	3	2	3	5	7	8
5	Ramblers	8	0	1	7	5	20	1



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## Where to watch International Field Hockey Matches

Did you know that you have **free** access to watch the top men's and women's players in the world? Yes, there are lots of YouTube videos with full matches or highlights of recent international matches. Here are some useful links:

FIH: <http://www.youtube.com/user/fihockey>

Euro Hockey League: <http://www.youtube.com/user/eurohockeyleague>

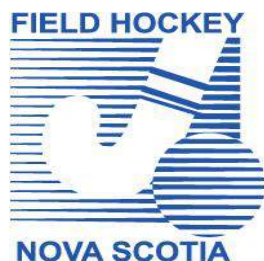
## Save the date - Year end social

Time to sharpen your aim as the year end social this year is on is Saturday, August 15<sup>th</sup> at Locas Billiards starting from 7:00pm

## Some interesting Facts about Field hockey:

- One of the first interesting facts about field hockey is regarding its origins. Field hockey can be traced back in several parts of the world. In 200 BC in Greece, there were depictions of a field hockey type game being played in written records. In Asia there are written records of a similar game played with a carved wooden stick as early as 300 BC. However, in Mongolia some of the indigenous people have been playing a game that is similar to modern field hockey for thousands of years. So the early origin of the sport is hard to place, but let's just say it goes way, way back on man's time track.
- All players on a team in possession of the ball are attackers, and the opposing team members are thus defenders. The roles reverse, depending on possession of the ball. The rules have similarities to ice hockey and soccer, inclusive of the faster pace. Field hockey players may not play the ball off of their feet, and may not deliberately use their body to push a defender out of the way. Like soccer, when the ball goes out of the sideline, it must be brought back in the game with a sideline hit.
- The goalie's job in field hockey is similar as in ice hockey and soccer. They defend the goal, and are allowed to wear a mask and helmet, as well as added pads for protection. They can also wear a different color from their teammates. However, in field hockey, a goalie can remove their face mask when moving down the field as long as it's thrown off the field. They can also return to defending their goal without the requirement of putting back on their mask for the immediate next series of plays.
- "Modern Day" field hockey was first played in Scotland in the 1700s
- Field Hockey was originally called Shinty
- Field hockey sends more athletes to college proportionately than any other sport
- At the 2012 London Olympics, field hockey was the 3rd most spectated sport
- Men's field hockey has the fastest swing speed of any sport, including golf and baseball
- Field hockey is known as HOCKEY everywhere but North America





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- There are penalties in field hockey that also bear a resemblance to ice hockey and soccer. The referees can award penalty strokes for rule violations, as well as give warnings and suspensions with a green (warning), yellow (temporary suspension) and red (permanent suspension) cards. Some of the differences, for example, include penalties for hitting a ball above the height of the knees, or even at head height which is considered a classification of a 'dangerous play'.
- The sport of field hockey has some very old trophies that still awarded today. Two of the oldest trophies are the 'Irish Field Cup' which dates back to 1894, and the 'Irish Junior Cup' which dates back to 1895. There are also field hockey clubs that have been in continual existence since 1849 in England. The first international competition was held in 1895 between Ireland and Wales.
- Field hockey was first introduced into the Summer Olympics in 1908, and 1920. It was dropped in 1924, but was reinstated in 1928 and has been a part of the Summer Olympic games ever since. The country with the most Olympic gold medals in the sport is India with a total of eight gold medals, including one silver and two bronze. The country with the most medals is Netherlands with a total of 16, including 5 gold medals, 5 silver and 6 bronze.
- Field hockey is an exciting and fast moving sport that is played at many different age levels, and with men and women. It's also played internationally, and it's very competitive in the Netherlands, Germany, Spain, Australia, New Zealand, Argentina, England, India and Pakistan. Like international soccer, there is a field hockey men's World Cup held every four years, and it was held in the Netherlands in 2014 with Australia winning top honors. The next World Cup in 2018 will be held in India, and there is also a women's World Cup which will be held the same year in England.
- Players travel more than 5 miles during the course of a field hockey match
- Field hockey is the national sport of India and Holland
- Field hockey is one of the oldest competitive sports which is recorded way back in Ancient Greek Olympic Games
- Field hockey is played by men and women in over 100 countries on 5 continents by over 3,000,000 people around the world
- Field hockey is among the 3 most popular sports in the world along with soccer and cricket
- Field hockey has its own World Cup and is played in international multisport games like the Olympics, Commonwealth Games and PanAm Games
- There are no left handed sticks in field hockey and players may use only one side of the stick.
- Celebrities Heath Ledger, Emma Watson, and Jennifer Lawrence were avid field hockey players growing up.
- There's always one player on your team who will never score – the goalkeeper

**We know you go places to play the GAME,**

**we would love to hear your stories and publish them in THE SCOOP.**

**PLEASE CONTACT [marketing@FHNS.ca](mailto:marketing@FHNS.ca)**