

PITCH: 55m x 91.4m
 First Olympics to use blue surface

Team
 11 players
G – Goalkeeper
D – Defence
M – Midfield
F – Forwards

Scoring circle: Goals must be scored from within circle

PENALTY CORNERS
 Awarded for infringements within 23m line

1 Four defenders and goalkeeper stay behind goal line until ball is played. Other defenders remain behind centre line

Stick: 96cm long
Ball
 Weight: 163g
 Made of teflon

2 Penalty corner taken from mark 10m either side of goal. Ball played towards attacking players around edge of scoring circle

3 Ball must pass outside circle, then come back in before shot is taken. Unless flicked, shot must enter goal at height of not more than 460mm to be valid

23m line

Penalty mark
 Free shot on goal for fouls inside scoring circle

Goal
 3.66m wide
 2.14m high

Centre line

Goal line

Long corner mark

GOALKEEPER

Helmet, full face mask

Free hits moved back to dotted line if awarded within 5m of scoring circle

Hand protectors

Padded shorts

Leg guards

Chest pads

Foot guards (kickers)

