

Hockey Olympic Hockey Centre

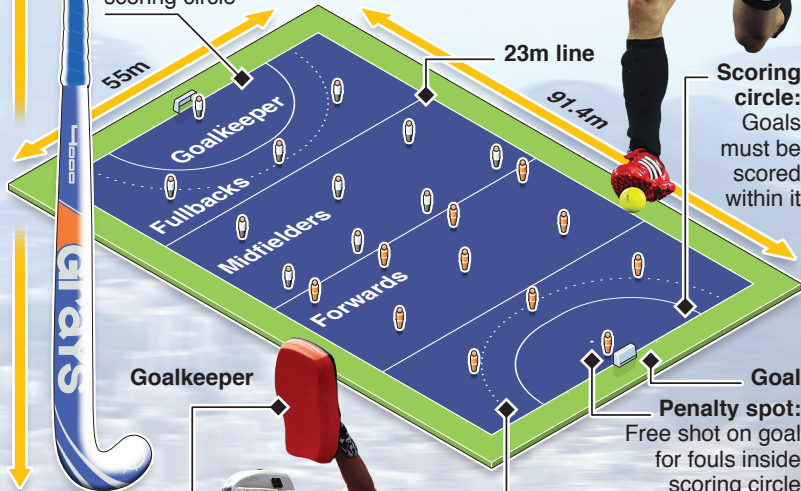
Stick: Traditionally made of wood, now more frequently from fibreglass, kevlar and carbon fibre composites

London Olympics men's hockey gold medallist Benjamin Wess (GER)

Ball: Hard plastic over cork core. Diameter: **73mm**

Team: 11 players (with up to five substitutes)

Penalty corner: Mark from which attacking team can take penalty. Ball must leave and re-enter scoring circle



Free hit: Must be taken from this line if awarded within 5m of scoring circle



Playing time
Four 15-minute quarters, followed by sudden death overtime in event of draw

Foot guards (kickers)