



Stade Yves-du-Manoir

*Event*  *Medal* 



**Two teams of 11 players** hit and dribble ball with flat face of hook-shaped stick, shooting into opposing goal. Synthetic pitch watered to make ball travel at faster pace

**Félix Denayer**  
Captained Belgium to gold at Tokyo 2020



**Game duration: 4 x 15-min periods**  
(*Penalty strokes decide match if score tied*)

## PENALTY CORNER

### Attacking set-piece awarded for infringements within 23m line

**1** Four defenders and goalkeeper stay behind goal line until ball is played

**Ball**  
Diameter  
**74.8mm**

**Stick**  
Max  
length  
**105cm**

**No.1 runner**  
Attempts to lock shot first

**Left post  
defender**

**Goalkeeper**  
Covers right  
side of goal

**2 Injection:** Ball played towards attacking players around edge of striking circle

**3 Trap:** Ball must pass outside circle before shot is taken

**4 Shot:** Most popular choice of shot is **drag-flick** – along ground, or in air

### Penalty spot

Free shot on goal for fouls inside striking circle

### 23m line

**Striking  
circle**  
Goals  
must be  
scored  
within it

## Free hit

Taken from where offence occurred if foul committed within 23m line

## Goal