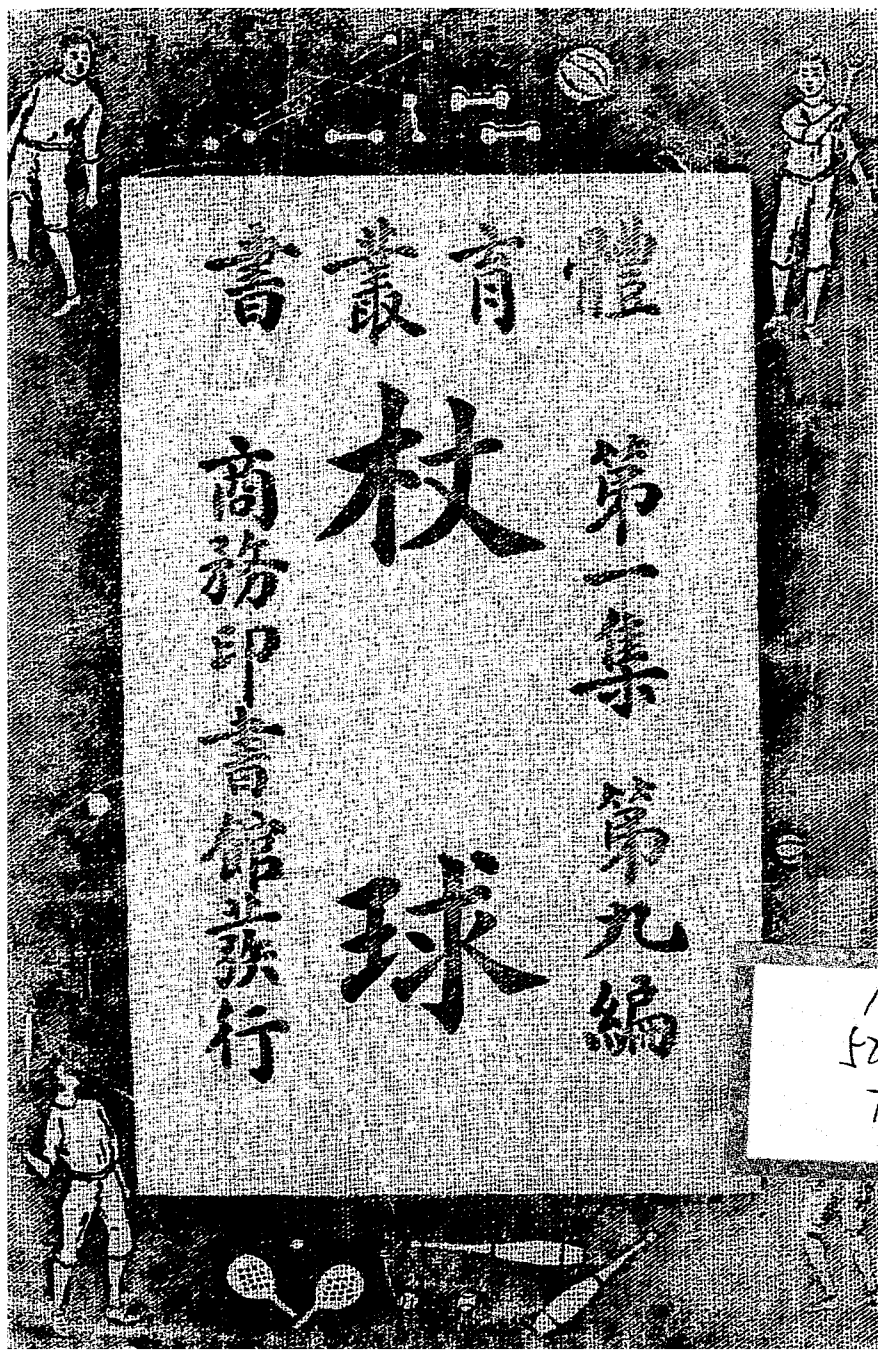


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書 叢 育 體

# 杖球目次

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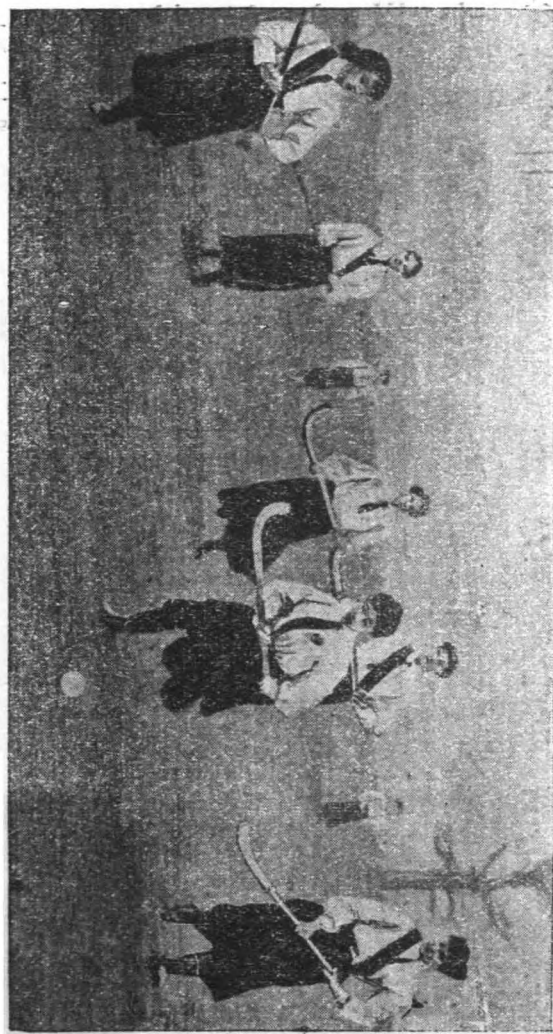
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# 杖球

## 一 杖球之歷史

杖球，英文名爲 Hockey。譯之曰杖球者，因其從前以橡樹之行路杖擊球也。按華北運動會，譯其音曰郝克。中華業餘運動會聯合會，譯之曰曲棍球。其遊戲與足球相似。所異者：即足球以足踢實氣之大球，而杖球則以杖擊實心之小球耳。

十八世紀，已有杖球之遊戲，發現於英國。一八八三年，在「*Trin.*」  
有杖球之組合。Club 有 *Wimble Don* 組合者，修正舊

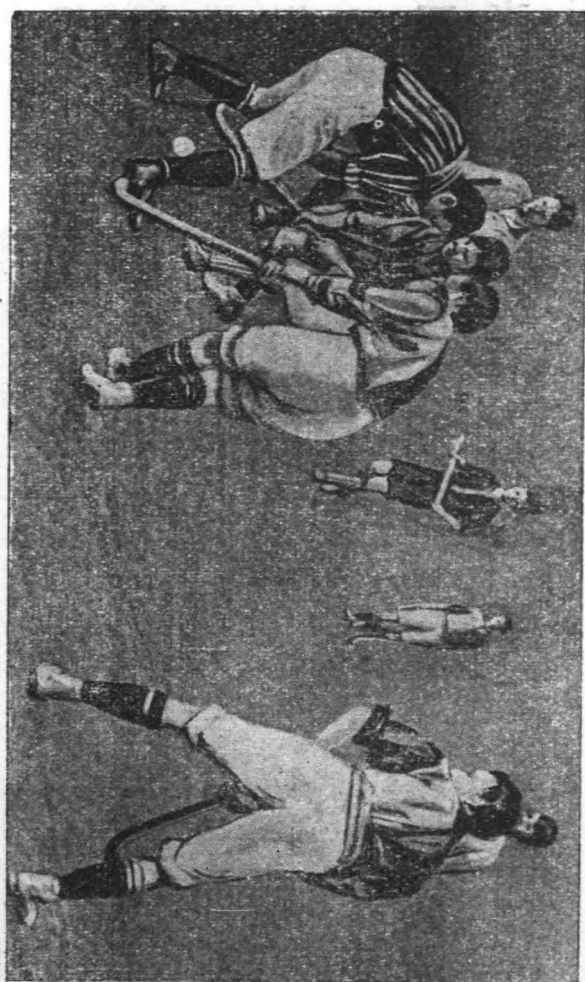


英 國 婦 女 杖 球

規則。於是杖球之戲日臻完美。於一八八六年始有杖球協會 Hockey Association 之成立，遂將杖球納於統一管理之下，置統一之規則。一八九零年以前，有大學校杖球之組合。University Club 同年 Oxford 大學校戰勝 Cambridge 大學校。遂引起一般學子之注目，而小學校亦有杖球矣。如 Haileybury, Cheltenham, and Marlborough 等皆卓卓者也。

一八九五年以前，女子之杖球組合，附屬於女學校中。至是年十一月，遂有英國婦女杖球協會。 All England Women's

Hockey Association



法國小學生杖球

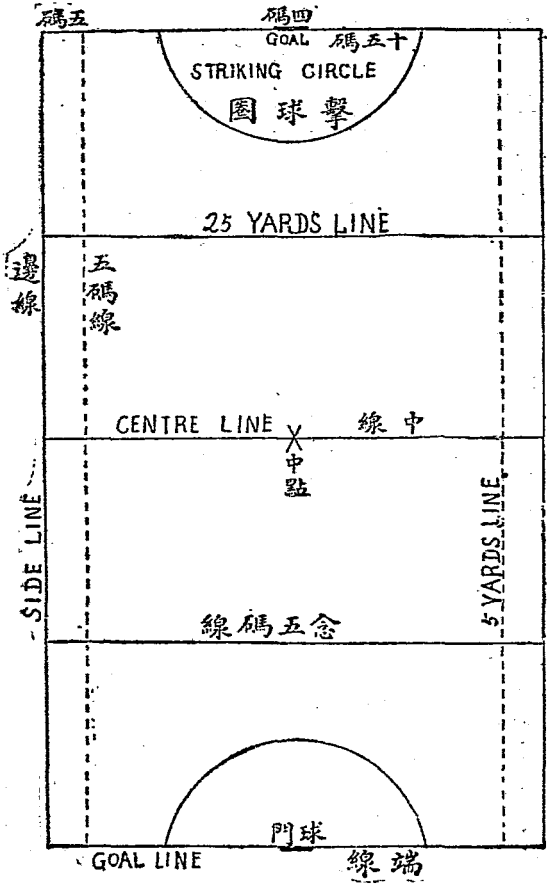
法國於一八九七年，有 Ecole Alsacienne 學校之杖球隊，與英國 Anglo-Saxon School 學校比賽。其結果，遂於次年，設立管理法國全地之杖球委員。

一八九九年，舉行法國與英國之杖球比賽。雖法國敗北，然不可謂非杖球之國際比賽之大紀念也。

杖球之所以有今日之盛者，厥有三種原因：（一）大學校之提倡也，常遣隊員與各學校比賽。（二）因經驗或困難，遂促規則之改良。（三）因各地之比賽，發現各種特長及優美之法則。

## 二 場地之畫法

書 叢 育 體



場地圖

杖  
球



場地 Ground 須平實、不可使凸凹、致有危險。以石灰水畫場地之邊、長一百碼、名曰邊線。Side Lines 畫場地之端、長自五十五碼至六十碼、名曰端線。Goal Lines  
場地之中、與端線平行、畫一線、名曰中線。Centre Line 此線之中點、畫一十字、爲場地之中心。The Centre of the Ground  
在端線與中線之間、各畫一與端線平行之線、名曰念五碼線。25 Yds. Lines 因此線離端線爲念五碼也。  
在邊線內方、距邊線五碼、與之平行、畫一線、名曰五碼線。5-Yds. Lines

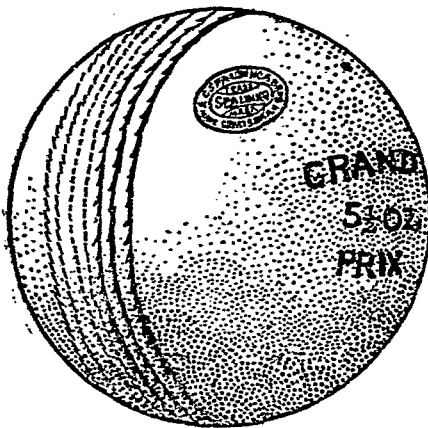
球 杖

六

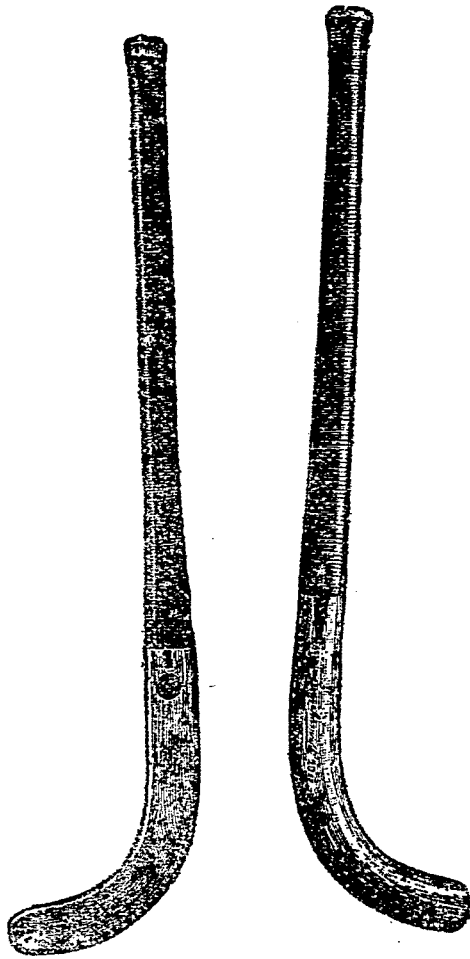
在球門各柱之前，各十五碼之處，畫四碼長之線一，與端線平行。再自此四碼線之各端，以門柱為軸，畫半徑為十五碼之九十度弧各一，與端線相遇。在此區域內，名曰擊球圈。 Striking Circle

### 三 器械之設備

球 Ball 球乃皮製之克利開貼  
球 Cricket Ball 之塗白者，或以白皮製成者。其重為五英兩半。



杖stick。杖爲木製。其重量包括一切附屬品、不得逾於二十  
八英兩。杖之頭、不可使有稜角。且其一面爲扁平者。



面正之杖

面背之杖

杖  
球

九

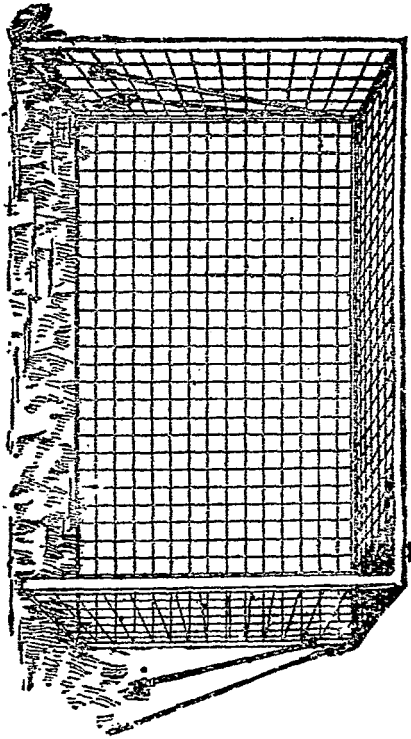
靴 Boots 靴底不准有金屬之釘等凸出物，以免危險。

球門 Goal 場地之各端線上，各植兩柱。（兩柱之內面，相距爲四碼。其二碼處，卽端線之中心也。）再各置一橫梁於此兩柱之頂，其下面離地爲七英尺。柱木之寬（左右）爲二英寸，其厚（前後）爲三英寸。

門網 Net 網當架懸於球門之後。網眼須能阻球穿過，以便觀察球之由球門進入與否。

角旗 Corner-Flags 場地之四角，離邊線一碼之處，各植一高爲四尺，上繫小旗之竿。又在中線之延長線上，邊線之外，

一碼之處、各種一同樣之旗竿。

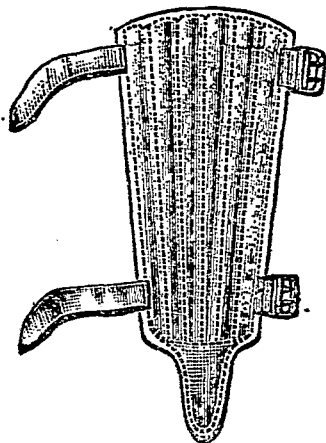


Regulation (12 ft. by 7 ft.) Hockey Goals and Nets.

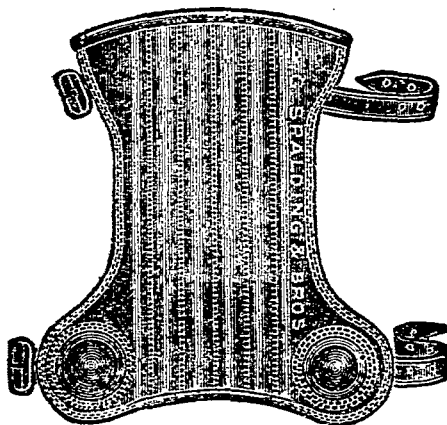
球門與網之圖

護脛 Shin Guard 遊戲員應備護脛一副、以免被杖所擊、或

杖 球



有舌護脛



帶保踝之護脛

球所觸而傷。致鎮守尤不可不備。白色帶保踝之護脛。然或  
者以爲綁之不甚靈便。須知習慣成自然之理。

杖 球

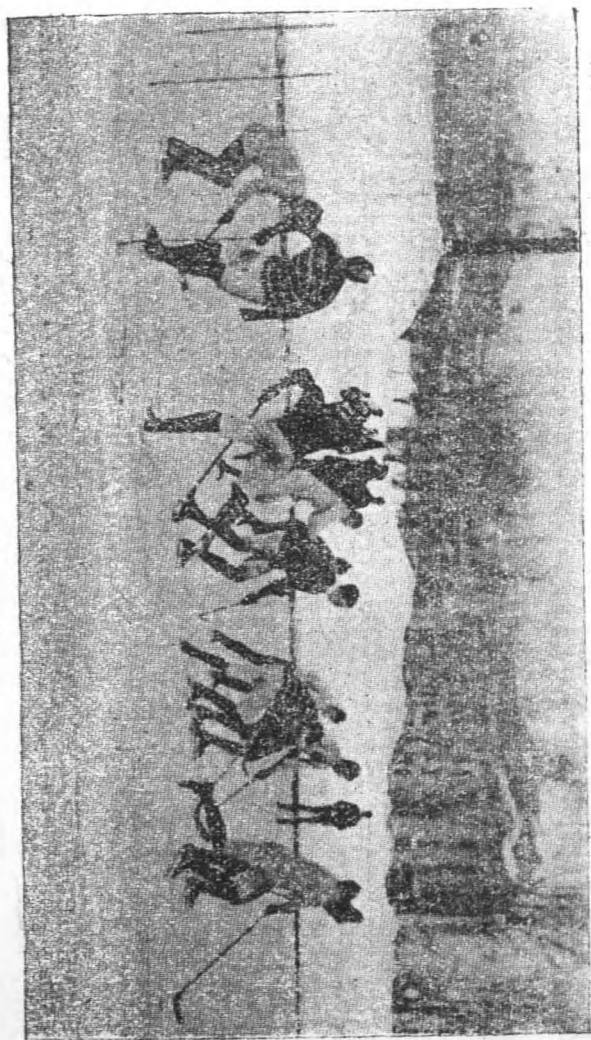
十二

#### 四 人員之組織

遊戲員 Players 正式遊戲當將人員分爲兩隊。Teams 每隊十一人。其中五人爲先鋒，Forwards 三人爲前衛，Half-Backs 一人爲後衛，Backs 一人爲鎮守，Goal Keeper 此爲普通辦法，與足球無異。然有主張鎮守稍在後衛之後，進則充後衛，退則歸原職。亦有主張取消鎮守，而以之爲遊擊前衛者。Fourth-Half-Back

隊長 Captain 每隊當有一位隊長。其職務如下：(一)選擇球門。(二)代理裁判員，當缺乏裁判員之時。(三)在遊戲開

杖  
球



雪 地 之 杖 球 遊 戲

十  
四



始之前、或更換鎮守之時、須指明誰爲鎮守。

職員 遊戲之時、宜有二位裁判員。Referee 一在場地之此端、一在場地之彼端。各管一條邊線。其職務直至遊戲完畢、不必更換場地。

若祇有裁判員一人、則當有巡邊員二人、Linesmen 以助其觀察。

## 五 基本練習

初學者、宜先購規則 Rules 書一本、反覆記誦、以得其中之智識。以後遇有機會、常觀他人之比賽、得規則書中所未載之智

杖  
球

擊  
球



十六

識。

購置杖一、球一、擇空地以練習。若能得一同伴更佳。茲將所宜練習之點列左：

(一)擊球 Hitting The Ball 遊戲員立於球之旁首、兩足相離十八英寸。兩手相並、握定杖柄之端。左手緊握、而右手稍鬆。蓋擊球、以左手出力爲多也。

站立既定、則扭左手腕向後、使與臂成直角。同時左肘挺直。然後靈捷甩下、以擊球。擊球之後、此杖當順勢隨過。自始至終、視線須注於球上。

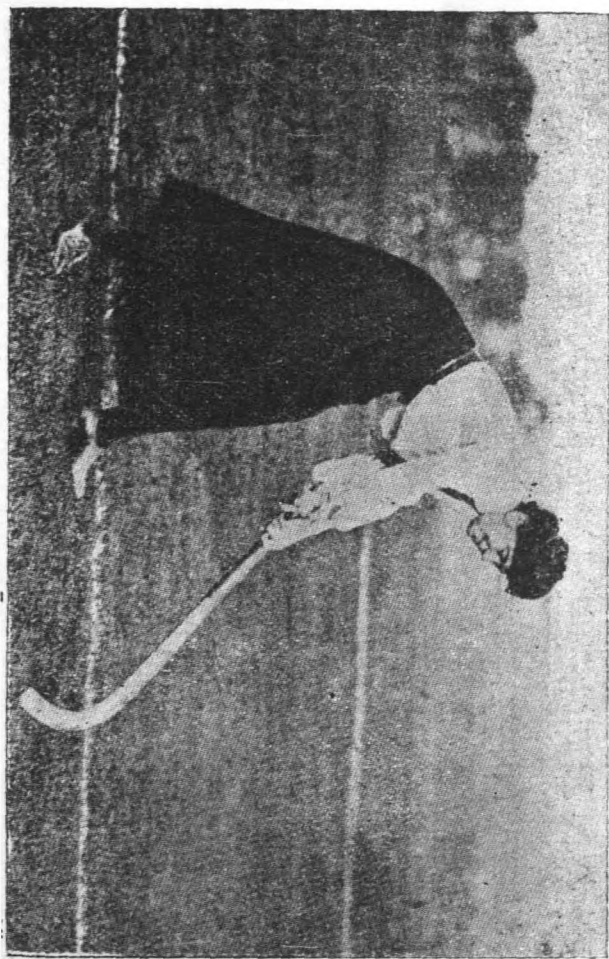


順勢隨過

若擊角球或任意球，則宜立於離球四碼之處。在左足向前踏出之時，即以杖擊球。雖腕力仍用，然須加以身體之旋轉力。於擊球之先，兩肩自左向右轉。待擊球之後，兩肩隨杖之順勢畫半圈，而復其原位。此種姿勢，可使肘直而不撓。

(1) 停球 *Stopping The Ball* 停球之握杖法，須右手離左手稍下。蓋兩手相離較遠，則控制其杖之力較大也。然球之來也，具有一種前進之力，若僅以杖阻之（以杖爲障礙物）則球必躍過杖頭，繼續前進。故須輕擊（拍之）之。則球之前進力，與不同方向之杖之前進力相消。但此時之球，未必驟

杖  
球



反  
擊

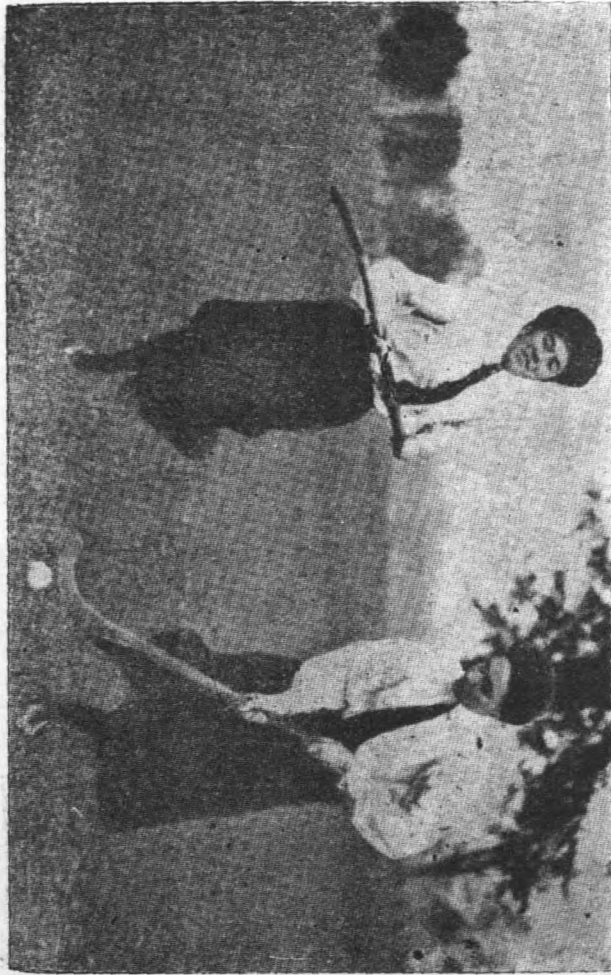
二十

停於足前，須跑上數步，施第二次之擊。當第一次輕擊之時，第二次未擊以前，宜按情勢，定傳球給誰之決意。

(11) 反擊 *Reversing Hitting* 欲增加其控制杖及球之力，當練習反擊。其法，置球於身之左旁，右手之握杖，輕左手稍下若干。以杖頭之尖，輕擊之，使球與身成合宜之距離。然後前進，繼續輕擊，使球忽在身之左，忽在身之右。以練習反杖之迅速，及視線之準確。

(四) 連擊 *Dribbling* 於奔跑之時，連續擊球前進之謂也。球宜在身之右前。以杖輕擊之，使在杖前數尺。不可使球太近。

杖 球



軍 術



足旁，或奔跑過之而在身後。若一球之連擊能純熟，則可再置一球，練習二球之連擊。設有一球橫向身之左旁，則須卽以反擊法輕擊之，使還至身之右旁。

(五)傳球 *Pass* 須邀一同伴，互相練習。所傳之球，當求其適至受球者之前。若擊之過輕，或過急，皆無濟於事。至於自左方傳球至右方，則宜使之較自右方傳至左方者稍遠。蓋必傳至受球者之右前也。其法，則自右方傳至左方者之擊球，與普通擊法無異。若自左方傳至右方，則傳球者之右手，須在左手之下，與之相離較遠。杖之刀口，概宜向上。施一側面

杖  
球



以右足斜出停球

二十四

之半推，即能使球傳出。

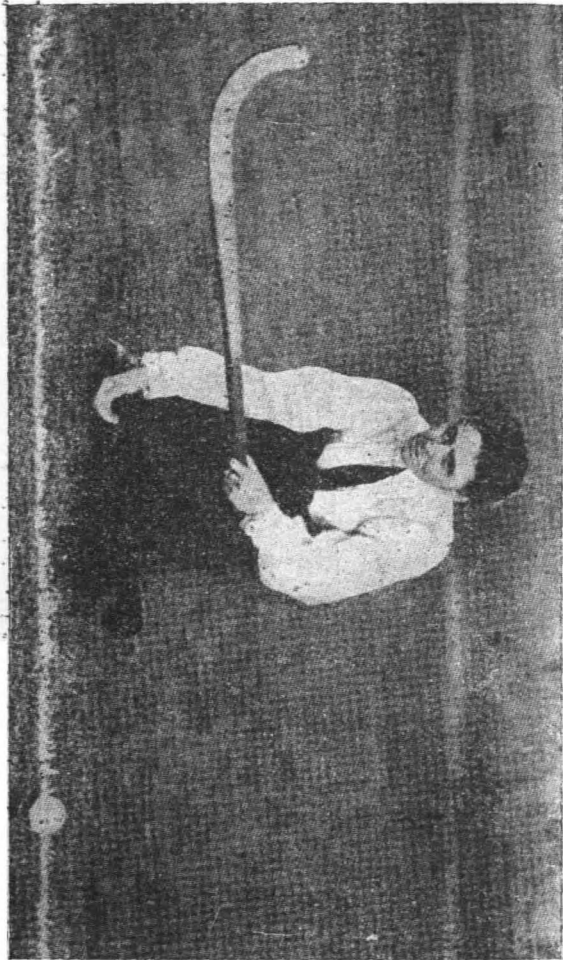
(六)受球 *Taking Pass* 受所傳之球，須於奔跑前進之時，以杖受之。若場地不平，或球之跳躍太甚，則先以足阻之。然後以杖擊之。

球自左方傳來，則受球者，應將右足向前斜出，與身成四十五度之角，以阻球。如此，則球即躍過右足，而止於身之右前，約三尺之處。甚便於迅速擊出。

球自右方傳來，則受球者，應將左足向前直出，與身成正角，以阻球。則球必反躍至適宜地位。

體 育 叢 書

球 杖



二十 六

滾

入

(七)滾入 Roll In 按規則所定，凡滾入，不可拋入，或躍入。然欲免去此二種犯規，須滾球入場者，俯其身，或蹲於地上，將球輕持於掌上。當滾入之時，其視線最妙與所滾入之路，不同方向。例如滾球入場者，目視東北方，而滾球至西北方，使敵員不易防範。

(八)獨手擊 獨手持杖，最能伸體及遠。故奪球時，甚有裨益。前衛及後衛，用之之時較多。惟所持之杖，易被敵員所擊落，不可不注意焉。

## 六 專職要訣

杖 球

杖 球



總 主 編

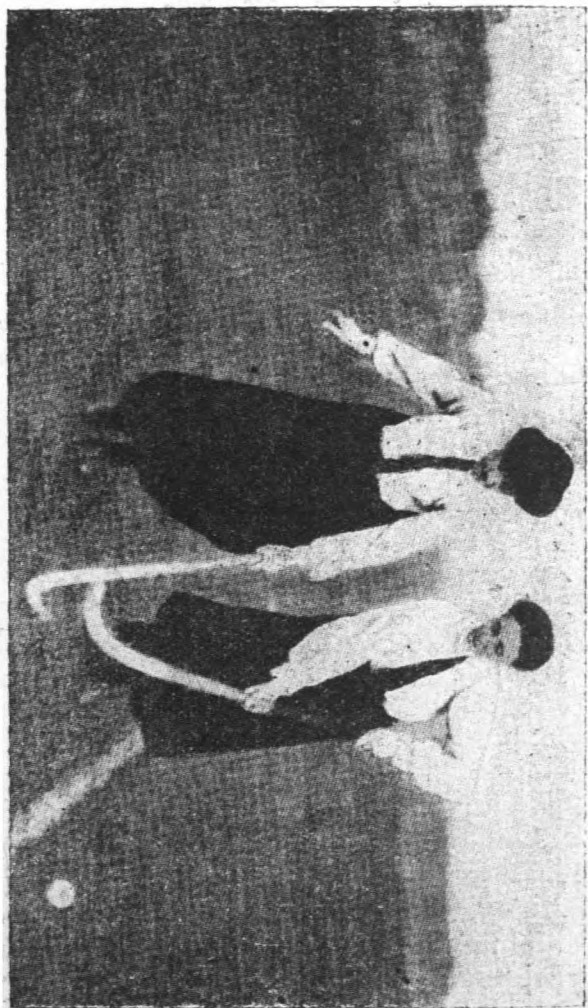
鎮守 Goal Keeper

鎮守之職，不易充當。蓋爲最後之保障，稍一不慎，卽陷於敗北矣。故其態度當冷靜。其目光當敏捷。尤須能約束自己，審察情勢。若進拒衝鋒，停止來球，則主意一定，立卽施行，不可有須臾之猶豫。

鎮守立於球門之中，宜稍偏於左。因身體向右移動，較便於向左移動。且杖在身右，易於向右伸展。又因急烈之球，大概發自敵方之右翼，而突入球門之左半也。

敵方先鋒抵擊球圈之時，鎮守須鎮靜勇敢，絕無畏怯。面向其

杖 球



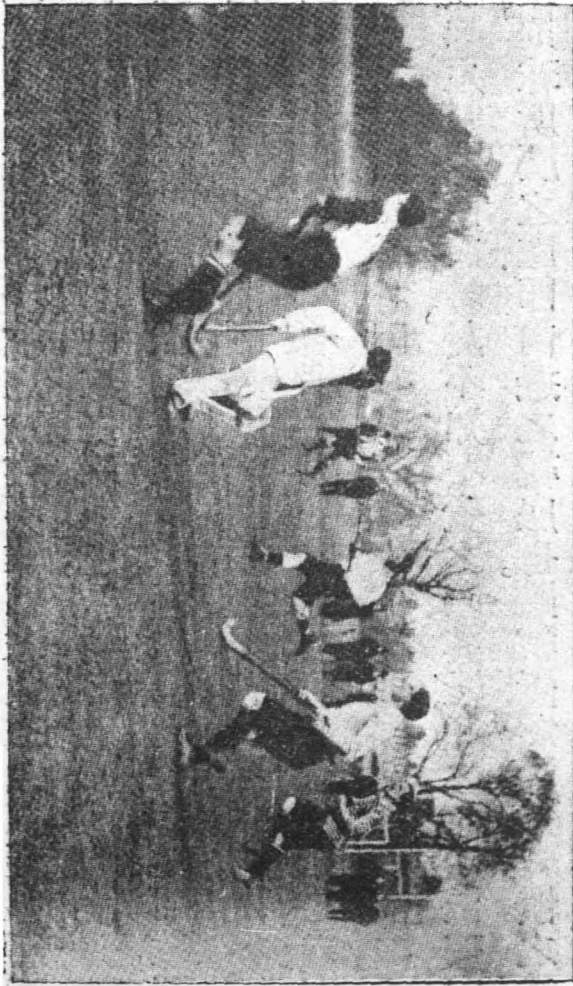
左 士 繪

三 十



如浪之壓力，目視此似箭之球路，然此時所尤宜注意一事，卽擊球者之杖是也。視杖之動作，不難知球之來向，以便早事預備。不致慌張失措，無挽救之餘地也。

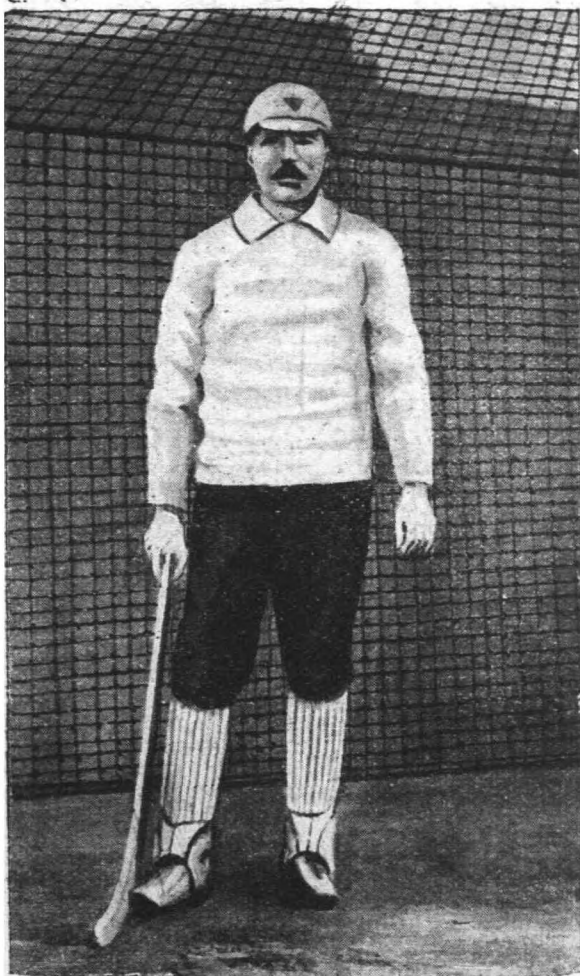
鎮守不可不研究停球之道。雖以手停球，最爲穩妥。然因敵方先鋒之逼入，無暇屈躬。故若地面平坦，不甚凸凹，則以足停球爲妙。其法將足踵向前，則足與身成正角，使球觸於靴之內面凹入之處。然初學者，因覺疼痛，或恐球觸足踝，而生畏懼之心。須知足踵向前之時，於不知不覺之際，其靴底之內邊，微形向上。則球所觸之處，卽內邊之靴底也。雖稍覺震動，然習慣之後，



不審情勢而前進之鎮守

不之覺矣。且所停之球，立即不動，祇需以足移之於適宜地位而踢之，出擊球圈而已。

鎮守亦有時離位前進。然當審度情勢，非造次擅離，以遺禍患者。如己方後衛與敵員衝突，當後衛不能支持，而尙未被棄之頃，鎮守宜前進擊球，或踢球使之遠去。所謂鷓蚌相爭，漁翁得利也。設敵員已近擊球圈，而本方後衛被棄於後之時，須靜候於球門之中，以停來球。若遊戲爲單方者，卽雙方強弱懸殊，弱者祇有抵禦之力，無進攻之望，則強者之鎮守，無所事事，可進而爲後衛，以免體溫減低，手足僵硬，不能發生靈疾之動作。惟



杖  
球

三十四

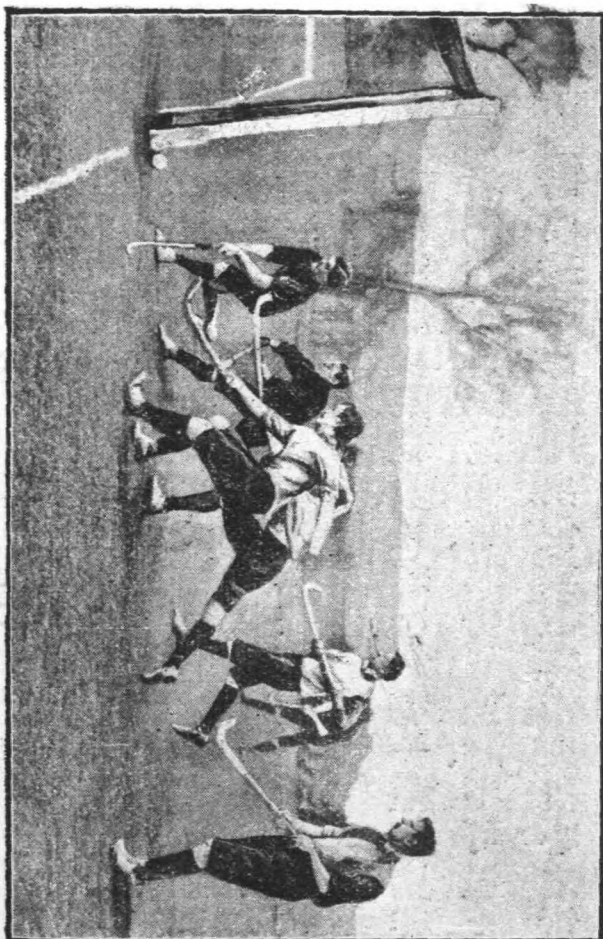
東 裝 之 守 鎮

一見敵員進入本方場地，卽宜退居球門之中。

寬厚帶保踝之護脛，爲鎮守所必備之物。或者以爲脛上綁此呆笨之物，有害於靈敏之動作。殊不知習慣成自然，彼箇中人，反以無此物爲不便也。且在球門之中，所佔之面積，較脛部爲寬。又能壯鎮守之膽，往踢敵員將擊之球。不然，鎮守安敢以脛部受敵員之杖擊哉。

鎮守雖常較其他遊戲員爲寂寞，且寒冷。然有一種樂處，非局外人所能知者。例如敵員蜂湧而來，其勢如怒濤，不可遏止。若鎮守能於斯時，將球擊出，或踢出，使雲散霧消，則自心之忻慰，

杖 球



運 身 轉 衛 後

三 十 六

旁觀之稱許。亦何嘗不如先鋒之勝一籌哉。

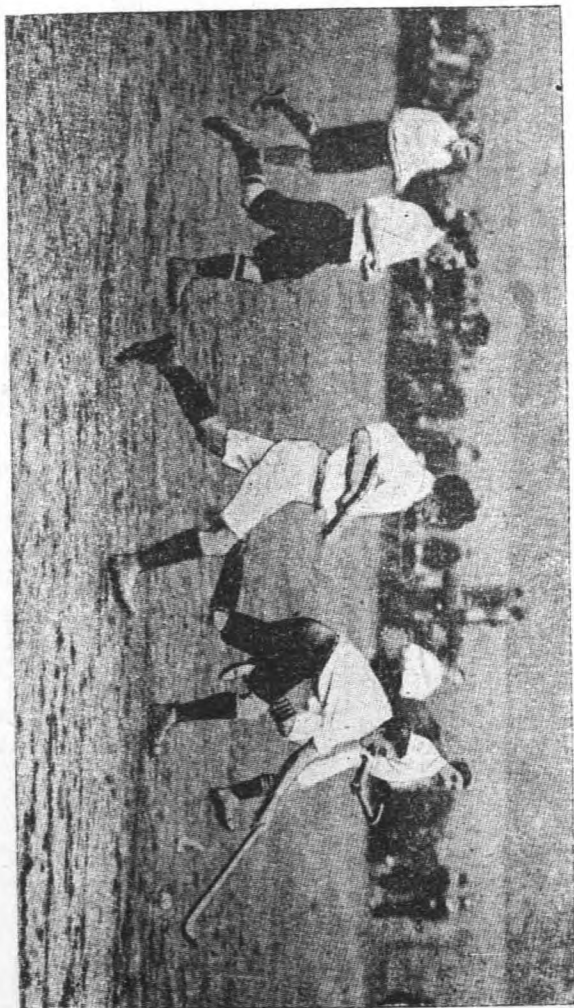
後衛 Backs

後衛之地位、處於球門之前。其關係之重、不言而喻。故充當後衛者、尤以腦力爲先。徒恃手足之力、無益也。

無定向之擊球、最爲後衛之病。故宜置杖於足前、（足前加杖、則面積寬）而以足先停來球、然後傳之與本隊之兩翼。或傳球與前衛、使其再傳之與先鋒。有時亦可傳球與同伴之後衛。然不可習以爲常、致生危險。若一味蠻擊、則球常入來襲之先鋒手中、（謂爲彼所得非真入其手中也）使戰情自攻勢一變而又爲守勢、或因

杖 球

杖 球



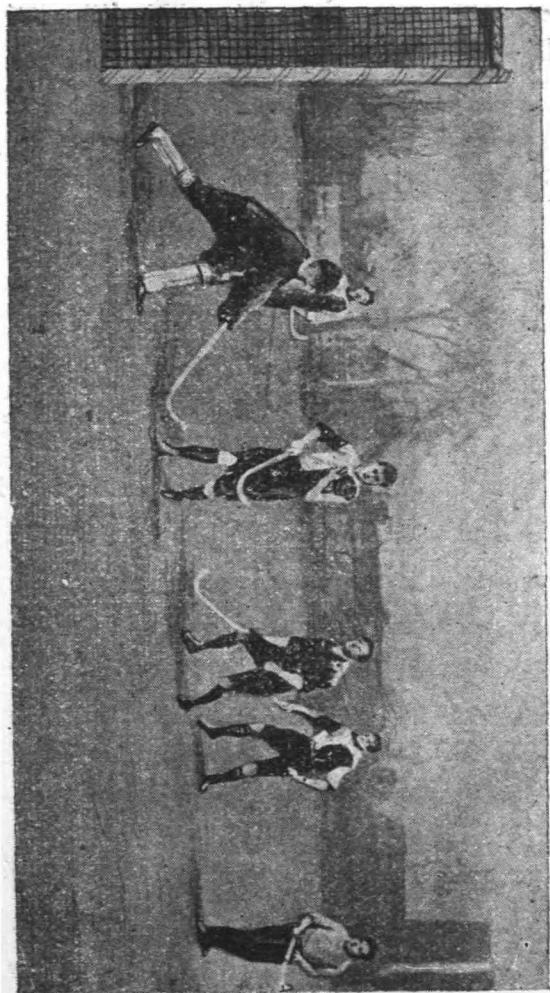
進 前



之而致敗。况地面未必平坦無凸凹也。設蠻擊不能命中在地跳躍之球，豈非使敵得利乎。後衛又須能反擊，及以左手持杖而擊。

設敵方先鋒，突過後衛之時，則此後衛須立即向後轉，盡力追趕，與之奪球。奪而勝，則擊球使遠去。奪而不勝，亦可使敵方先鋒慌張而亂擊。且當奪球之際，使同伴之後衛或鎮守，得有時機以擊球也。故後衛須能作極速之短距馳騁。不然，則安能與疾風閃電之先鋒抗哉。

後衛二人之地位，當隨機改變。若一人上前，則一人退後，互相



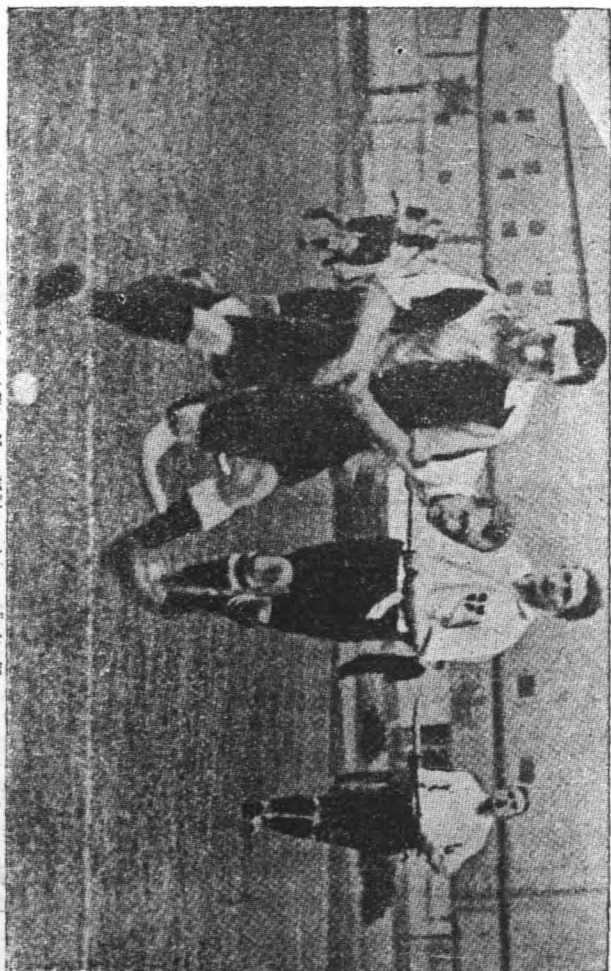
去遠擊球守鎮

呼應。不可二人同時前進太遠，使球門之前，空虛無衛。尤不可近處於鎮守之前，遮其視線，致其不能停阻入門之球。當被罰「角球」Corner-Hitting 之時，須有後衛一人，居於球門中之右半，以便阻止向球門右半擊入之球。

### 前衛 Half-Backs

前衛非僅守禦者也。譯曰前衛，其意不周。蓋其職務進則助先鋒攻擊，退則同後衛守禦，而又須傳球與先鋒，如韜重隊也。職務既繁，無時或暇。是以非體格強健，目光敏銳，馳騁迅速，長於「傳球」兼能「連擊」善於「停球」且能速擊者，不克勝任。欲與

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後 落 衛 前 使 擊 連 鋒 先

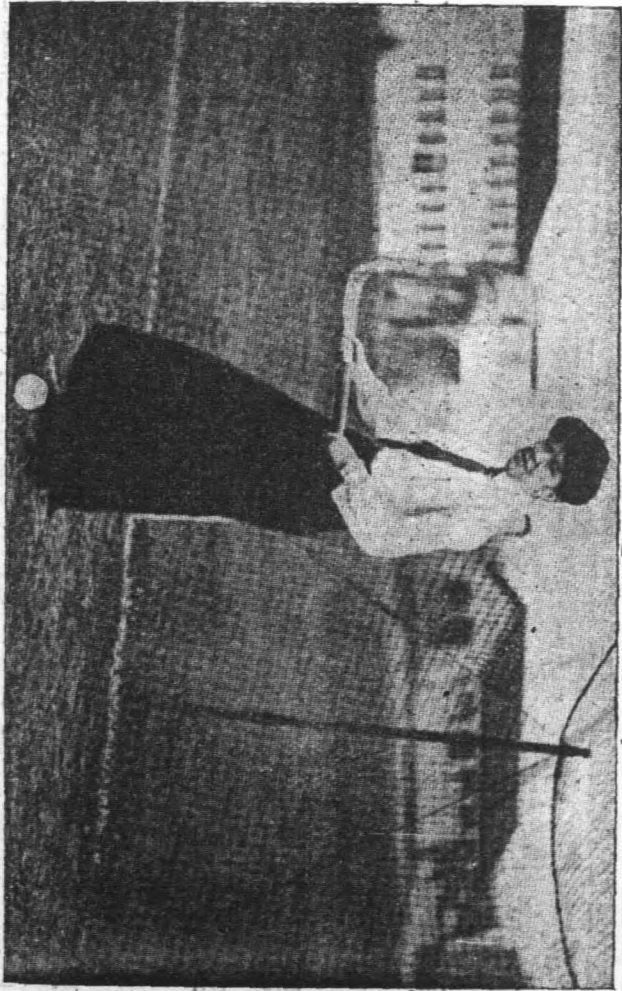
四十二

後衛同守禦，則不可不熟知後衛之能力，而與之聯絡。欲與敵方先鋒奪球，則不可不明先鋒之能事。欲明先鋒之能事，不可不躬自練習先鋒。故今日之前衛，即以前之先鋒也。

前衛三人曰中堅一人，曰旁衛二人。然有贊成前衛四人者，則第四人名曰游擊。因其無一定地位，到處接應，如前清之游擊隊也。茲分條述之：

中堅 Centre Half 中堅居一組之中心，最宜組長充之。凡敵方之中鋒，恆爲先鋒之領袖。若不加意防範，殊多危險。故中堅應常隨敵方之中鋒，與之相離數碼，不使之逍遙自在。然

球 杖



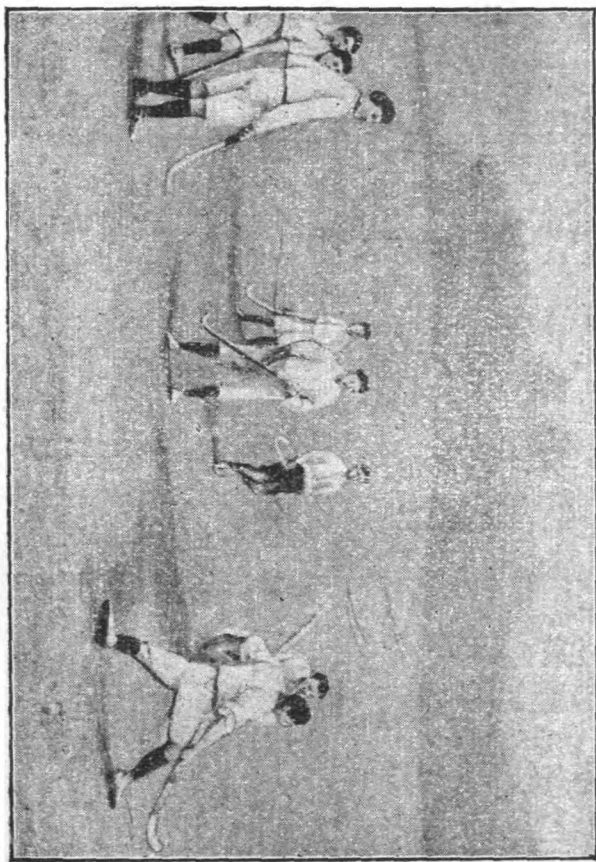
四十四

球 停 足 雙 用 守 鎮

所謂隨之者、非無時或離也。凡球入敵員之手、始隨之也。若本方先鋒得球時、則宜立即前進、處於先鋒之後、以便遇機擊球入門。惟不可太進、太進則不及跑回、以阻被敵員擊出之球矣。雖然、中堅非僅監視敵方之中鋒 *Centre Forward* 一人而已、左右兩偏鋒 *Right In and Left In* 亦當留意焉。

旁衛 *Wing Half* 值本方先鋒進攻之際、旁衛亦當接近邊線、向前進行。以便擊還被敵員所擊而傳與其兩翼之球。或阻球使不出界、而再傳與本方之先鋒。若球近敵方之擊球圈、

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四十六

球 入 門 矣



則不妨前進、擊之入門。固無庸常居於先鋒之後、以失良好之時機也。

當本方先鋒在敵方球門之此邊擊角球之時、則此邊之旁衛、應候於本方偏鋒之後、接近擊球圈。以便擊溜空 *Mis-Hit* 之球、使入球門。或阻敵方擊出之球、而傳之與本方先鋒。若在敵方球門之彼邊擊角球時、則此邊之旁衛、應遠離擊球圈、而接近邊線。以便阻球使不出界、而再傳之與本方先鋒。旁衛須能作短距離之連擊、誘敵員離去其所監視之人、而來奪球。及既見本方先鋒無人監視、立即傳球與之。若連擊

杖 球

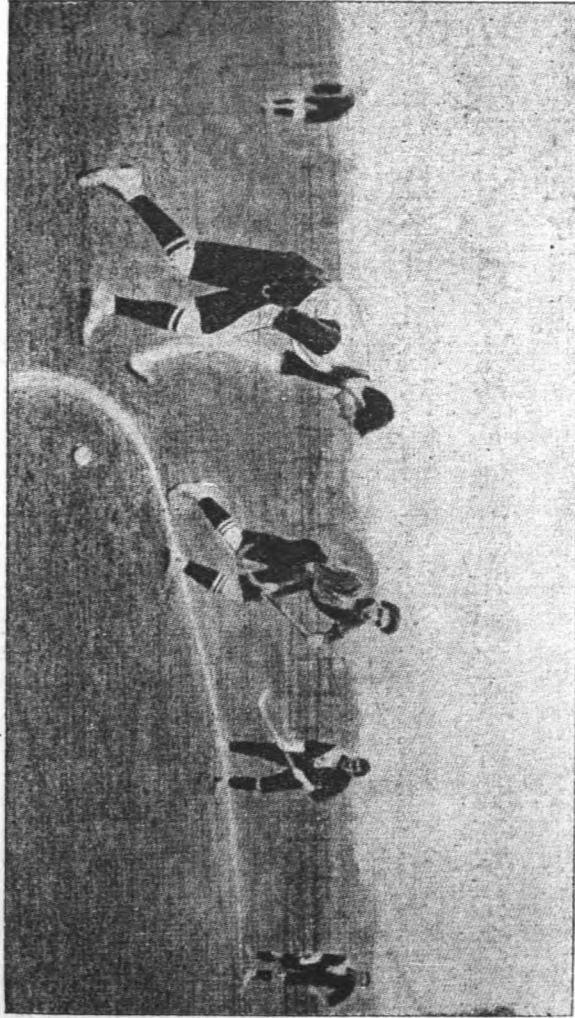


破

敵

四十八

而不傳，是無異僭先鋒之位，而竊先鋒之球也。且最易使本方先鋒犯竊進 *Off-Side* 之規，而疲其己力也。其傳球也，須迅速行之。切勿昂首四矚，使敵員知爾之方針，而預爲監視。若球近本方擊球圈之時，則旁衛須注意防範敵方之偏鋒。因彼境地較優，擊球入門之機會較多也。同時又須觀察本方右翼，曾否監視敵方之左翼。及本方左翼，曾否監視敵方之右翼。且不可阻礙後衛之行動，及遮蓋鎮守之視線。凡滾入 *Goal-keeping* 被敵人擊出界線之球，皆旁衛任之。使先鋒得以充分前進。

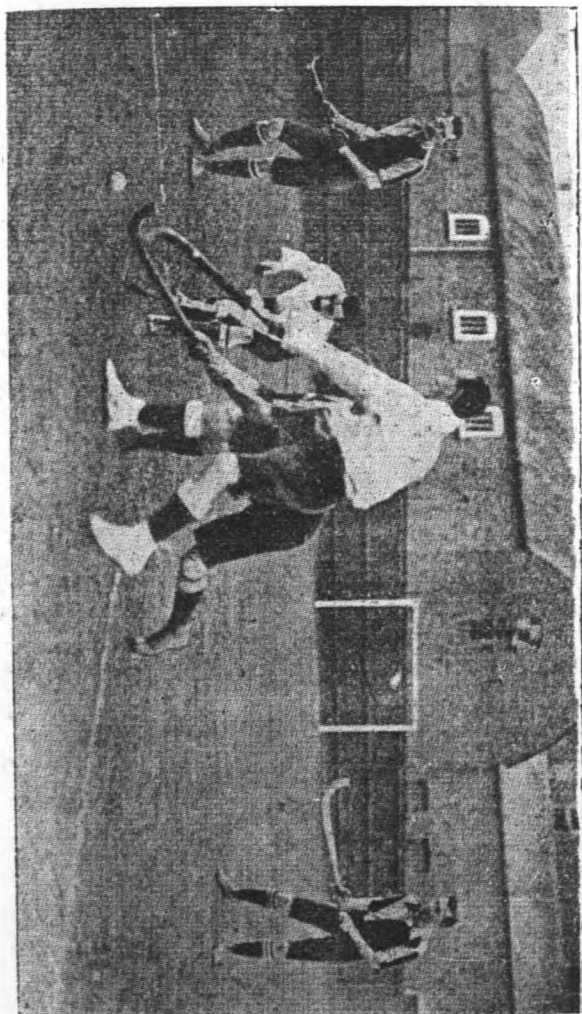


旁衛之中，尤以左旁衛爲難。蓋處於場地之左邊，與敵方右翼相爭持。以反手敵順手，其難可知。是以當練習反擊及左手擊。

前衛與後衛，皆宜互相聯絡。設所處之境遇，不便於擊球，可傳之與其他境遇較優之前衛或後衛。例如敵方先鋒已沖過前衛，則後衛立當前進，與之奪球。而前衛同時退後，據後衛之位。蓋後衛向前與之爭易，前衛向後與之爭難也。

游擊 Fourth Half-Back 以鎮守充游擊，非新奇之事也。著名之 Molsey Team 行之已久。近如 Staines 及 Southgate

杖 球



球 賽

皆以有游擊而得勝者。今請述其利益：

(一)夫鎮守居於球門之中，專事防禦。致於爭勝攻取無與矣。豈非一隊中之殘廢者乎？今則利用之。

(二)前衛增爲四人。以一人爲游擊，隨處接應。是不難攻破敵方先鋒之聯絡，使敵員不能深入內地。

(三)鎮守既出爲游擊，則球門附近所留者僅二後衛而已。若敵員深入，易犯竊進之規。

先鋒 FORWARDS

使觀者發鼓掌之聲，使本隊唱得勝之歌者，先鋒也。其職在衝

杖 球



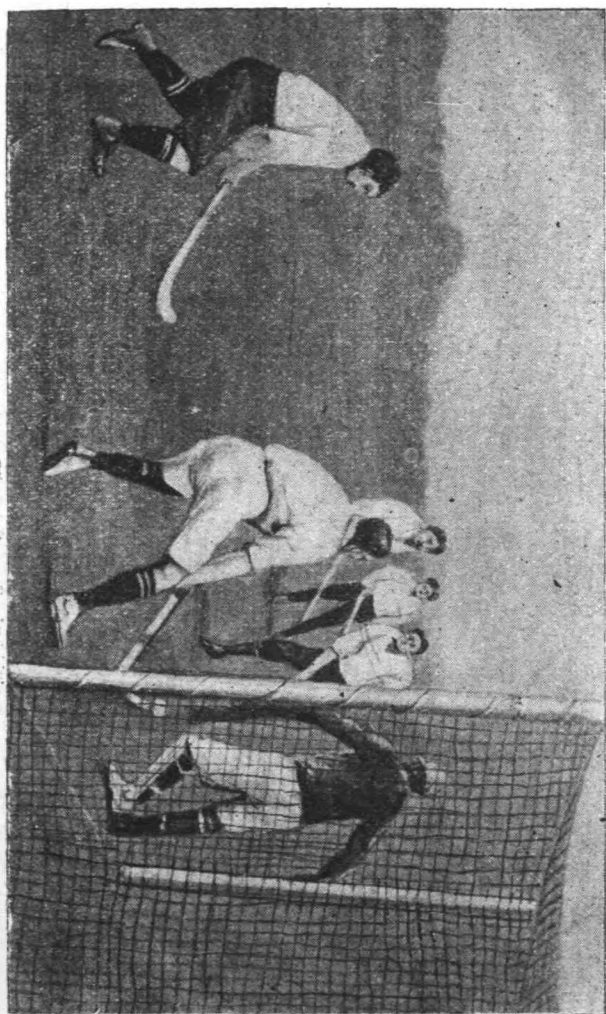
先鋒奪得後衛之球

五十四



鋒陷敵、擊球入門。故凡傳球也、Giving Pass 受球也、Taking Pass 奪球也、Tackling 射擊也、Shooting 步伐也、Pace皆當出之以迅速。使敵有疾雷不及掩耳之苦。然尤當注意者、卽聯絡 Combination 是也。雖其動作爲五人、其精神則一人耳。進則同進、退則同退。如藕絲之常牽、如磁鐵之相吸。不然、散如江沙、各自爲力、雖迅速亦復何用。當知衆矢難折、合五人力以攻、其力團結難破。若欲逞一己之能、博箇人之榮、不顧大局者、是害羣之馬。球場之上、彼無馳騁之資格也。

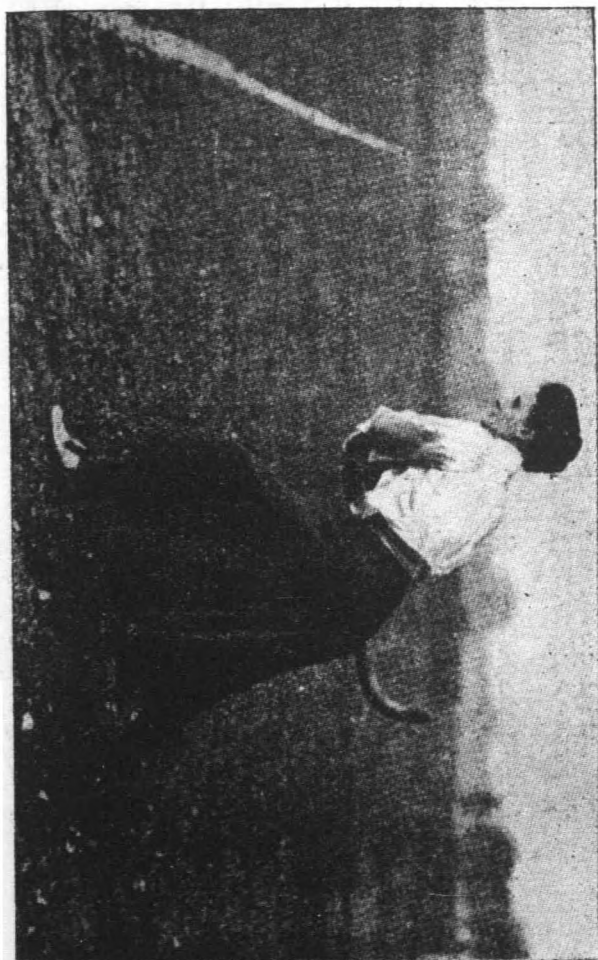
先鋒者、攻取者也、非保守者也。彼缺乏經驗之先鋒、見本方局



球 之 射 所 出 踢 備 預 守 鎮

勢不利、退而與衛者、同籌保守之策。吁、是置本方於危險也。蓋敵境無本方之先鋒、則球常被敵方之衛者、從容擊入本境、而球常在本境。是危狀一也。人衆腿多、擁擠門前、使鎮守不易、阻止自腿間溜過之小球。是危狀二也。是以先鋒當存本方愈敗、則進攻愈烈之心。

先鋒五人、居中者曰中鋒、Centre-Forward、居中鋒之右者、曰右偏鋒、Right In、居中鋒之左者、曰左偏鋒、Left In、居右偏鋒之右者、曰右翼、Right Wing、居左偏鋒之左者、曰左翼、Left Wing、今將先鋒所應知之事、條列於後：



擊 角 球 之 姿 勢 (一)

(1) 深入 When Oppents Are Pressing 本方先鋒深入敵

境之時、兩翼(左翼 右翼)須常進退於邊線之內、五碼線之上。以挽救將出界之球。若兩翼逐鹿於場地中心、則行將視敵方衛者、傳球與其兩翼、而不能阻、豈不可惜。設先鋒之球、爲衛者所得、則宜轉身與之爭奪、使其不能傳球或前進。

(11) 傳球 Passing 『先使敵員落後、然後傳球』及『終是向前傳球。』乃二條箴言。所傳之球、宜沿地面進行。使受之者、雖在疾馳之際、亦能以杖受之。且不必常傳之與近距離之同伴、可改變方針、而傳球與遠距離而無監視之者之同

杖 球



巴 擊 角 球 之 姿 勢 (二)

六 十

件。先鋒終宜以杖受所傳之球。若發自前後衛而激烈之球，則不在此例。

(三)送進 *Centring* 兩翼得球，前進至敵境之念五碼線處，即應將球向中送進。使中間三位先鋒，得將球擊入球門。凡向中送進之球，即當適至繼擊者之前。若太前太後，或未至其處，皆不能收一擊之效。

(四)沖入 *Pushing* 切勿讓敵方衛者，得從容擊球，務必突然沖入。雖沖入已遲，不能妨其擊球。然本方之他先鋒，得有機會，阻止其所擊出之球，而再圖進攻。

(五)射擊 *Shooting* 所謂射擊者、擊球入門之謂也。中間先鋒三人、既深入敵境、在球門之前、(此時兩翼在邊線之內、以便送進將出界之球) 卽當將球射入。其射也、以準確爲第一、急烈其次也。既射之後、立卽沖入以亂之。不可守候於外、而觀其結果。凡善於鎮守者、能觀察射擊者之杖、而知球之方向。故當設法以掩之、或聲東而擊西。

(六)角球 *Corner-Hitting* 凡角球當迅速行之、不可虛費時間。其擊之也、不可太重、務使球沿地面循直線而進。其候於擊球圈外之先鋒、宜先以手停球、再以足輕移之。使候於



其左之先鋒擊球入門。

結論

每隊十一人。每人爲一隊之一份子。憂樂相關。宜自始至終。各盡其能。合力共濟。

兵貴神速。舉凡一舉一動。皆須迅速。若能兼習賽跑。補益定多。經驗非可得自書籍中者。宜時常練習。將一切學問。取爲己有。若徒觀書籍而不練習。則書籍一閉。而所得之智識。將盡逃歸書籍中矣。

七 杖球之規則

杖球

第一條 隊 杖球之遊戲，須分人員爲兩隊。每隊十一人。一隊之正當組織，乃先鋒五人，前衛三人，後衛二人，鎮守一人。惟此式組織，非強派者。遊戲之時間，爲七十分鐘。（若經兩隊之隊長同意，而延長或縮短者，不在此例。）三十五分鐘之遊戲以後，即當宣布時間已半，並互換場地。

第二條 隊長 其職務（甲）選擇場地。（乙）若無裁判員，則代理其職務。或將裁判員之職務，委任二隊中之一人。（丙）在開始遊戲以前，及更換鎮守以後，指明誰爲鎮守。

第三條 場地 場地之角，當爲九十度者。長一百碼，寬則不

可多於六十碼、或少於五十五碼。應畫以白色之界線，如前章之圖。其長者名曰「邊線」。短者名曰「端線」。場地之每角，須植旗桿一面。又每一「邊線」中點之外，一碼之處，植旗桿一面。此等旗桿，應與遊戲同始終。若他處欲植旗桿，則必須在「邊線」外一碼之處。旗桿之高，至少須四尺。

第四條 球門 在「端線」之上，離其中心各二碼之處，植兩柱。（其內邊相距四碼）兩柱之上，置一橫梁，離地面七尺，且與之平行。兩柱之頂，不可轟出橫梁之上。橫梁之端，不可伸出兩柱之外。柱梁之闊爲二英寸，其厚不得逾三英寸。橫梁

當有正角之稜。當繫網於兩柱及橫梁之上、及球門後方之地上。

第五條 擊球圈 在球門之前、相離十五碼之處、畫一長四碼、與端線平行之線。再以球門之各柱爲軸、各畫一九十度之弧。自此線之各端、至「端線」爲止。凡在此諸線及「端線」之內、及諸線之自身、爲「擊球圈」。

第六條 球 球爲皮製而漆白之克利開貼球。或以白皮製者。

第七條 杖之左手面、當扁平。其頭、(卽杖尾捆紮處之下)不

可用硬木或其他物質鑲邊，或嵌入。亦不可有尖銳之稜角。或危險之夾板。杖之粗細，以能經過直徑二英寸之圈爲限。杖上准用一箇外徑四英寸之橡皮圈。惟總計一切，其重不得逾二十八英兩。杖之盡頭，不准截方，或削尖，必須有圓滑之邊沿。

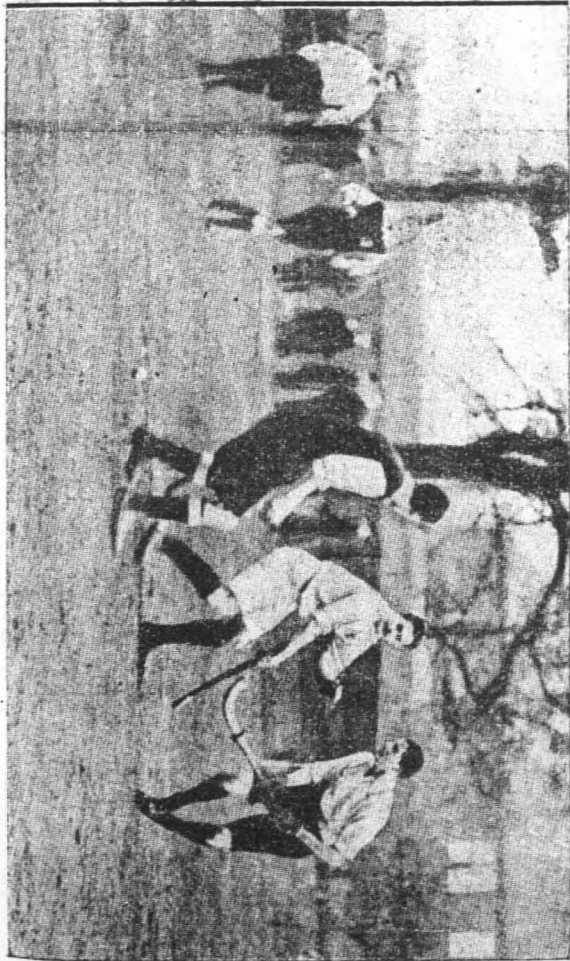
注意 杖頭准綁膠布帶，惟以不礙於經過直徑二英寸之圈爲限。

第八條 靴 靴上不准附帶危險物品如鐵刺鐵釘等。

第九條 發球 遊戲之開始，使每隊一人在場地之中心。

杖 球

杖 球



橡皮圈在球上之地位(右一人)

發球。(又球入門以後、及時間已半以後)其發球也。則發球員各以杖先擊本方之場地、然後在球之上空、(球上之)擊敵員之杖。如此相間三次以後、發球者始得擊球、遂爲遊戲之開始矣。無論在何地「發球」發球員應正對「邊線」而立。其餘非發球員所處之地位、當離本方「端線」較球爲近。(「犯規發球」則不在此例。)

第十條 籌 進攻者、在「擊球圈」內、以杖擊球、或射球、使球之全部、在球門之下、滾過「端線」者、卽爲勝一籌。若球門損壞、則球所經之處、在裁判員之意見、以爲在兩柱之間、橫梁

杖 球



開 始 發 球 (場 心)

七 十



之下者，亦爲勝一籌。

第十一條 竊進 當球被擊或滾入之時，若有同隊之遊球員，進入敵境，較擊球者或滾入者之離敵方「端線」爲尤近，則爲「竊進」。除非敵方有三人，離其「端線」較此人爲尤近，彼可不事擊球，或干預遊戲，等候其敵員觸球或擊球。若在本境，則本方人員，無「竊進」之可言。若在敵境，則末次觸球或擊球者爲敵員，（離其端線較此入爲尤近）及末次觸球或擊球者，爲同伴之近敵方「端線」最近者，亦無「竊進」之可言。

第十三條 細則 球可用手提住，（但必須立即釋放，使之

循垂直線而落地。或停住。但不可拾起、攜行、足踢、拋擲、或拍之使反躍。其用杖者、不在此例。無論何人、不准利用身體或衣服、除非因停球而不能免者。如以足停球、則應於已停之後、立即移開。不准使用杖之圓背以擊球。不准阻人、踢人、推人、以脛抵人、以足絆人、以手拉人、或以杖鉤人。致於「杖鉤」乃規則所准者、惟其遠近、以能鉤到球爲限。不准以杖專事擊杖。遊戲員不准跑入敵員與球之中間、而障礙之。亦不准橫過敵員之左首、除非接觸敵員、及接觸其杖之前、先觸其球。無論如何、不准將身插入、作爲障礙物。

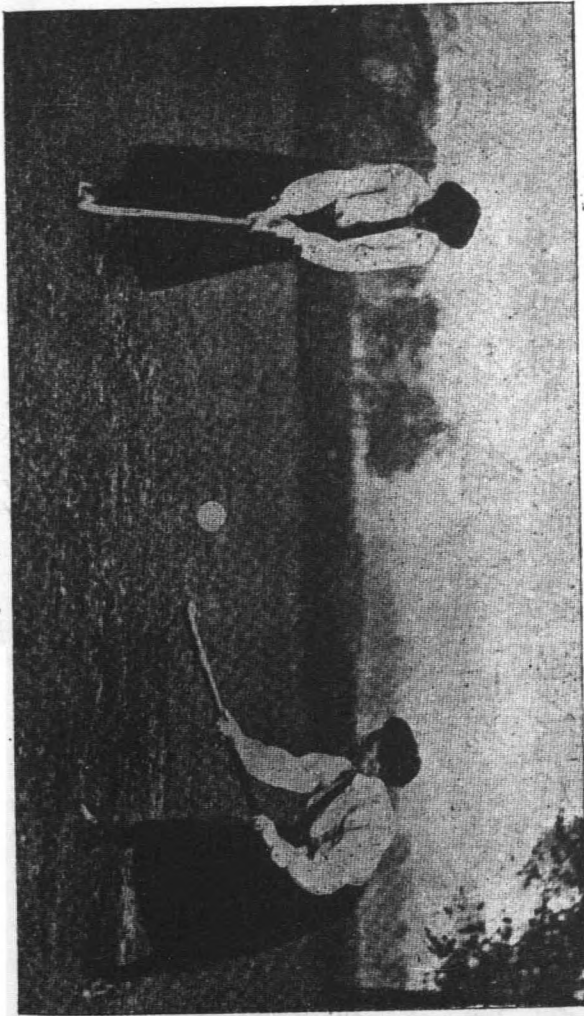
鎮守若用手停止入門之球，設其球落地，而不循垂直之線。在裁判員之意見，以爲不過從彼手中躍出者，則不爲犯規。鎮守准以足踢球，惟必須在本方之「擊球圈」內。若鎮守本身加入爲「犯規發球」之爭擊者，則不得享受以上兩條之利益，設遊戲員無杖在手，則不得干預遊戲。

第十三條 杖律 遊戲員之擊球，自始至終，其杖之無論何部，不得高逾其肩。

第十四條 底刈 遊戲員不准有意「底刈」球。

注意 此條規則，非欲罰將球挖起之擊，及球在空中之

杖 球



將 球 挖 起

七十四

擊（規則第十五條不在此例）

第十五條 任意球 擊「任意球」時，除擊者外，其餘遊戲員，不得離球在五碼之內。但裁判員應想及，若有一人，離球不及五碼，祇爲求時間之迅速，則不當停止其遊戲。擊者擊球以後，若此球未經他員觸着或擊着，則不准再擊。彼須將球正當擊出，不准將球挖起。設擊「任意球」者，擊球不中，（空擊）則准其再擊。惟犯「杖律」者，不在此律。

第十六條 犯規發球 在何處犯規，即在何處發球。行之者，爲犯者一人，及敵隊中之一人。其餘遊戲員，應站於較近之

球 杖



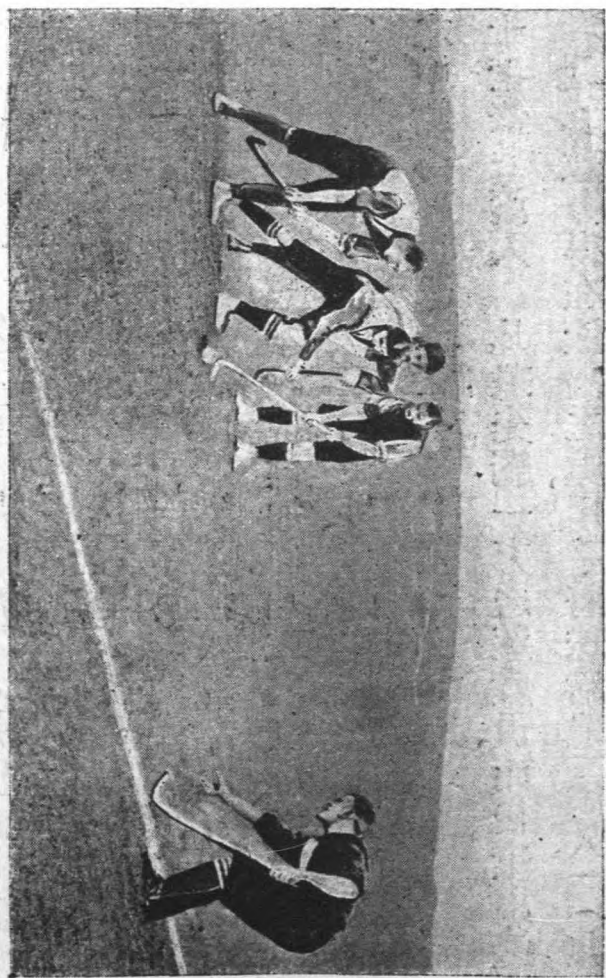
球 之 中 之 雜

七十六

「念五碼線以外。」非至球已被擊以後，不准越此「念五碼線」或加入遊戲。當「犯規發球」之進行中，其球先觸犯者之杖或身，然後滾過「球門」兩旁之「端線」者，則當再行之。若此球先觸犯者之杖或身，然後滾入「球門」者，作為進攻方面，勝一「罰籌」。不論地位如何，凡球之全部，滾過「端線」（非兩柱之間）或「擊球圈」外，皆應在較近之「念五碼線」之中點，再「開始發球」。

第十七條 滾入 凡球先觸一方之遊戲員，而後滾出邊線者，則其敵方得在滾出之處，用手將球沿地「滾入」（非突

杖 球



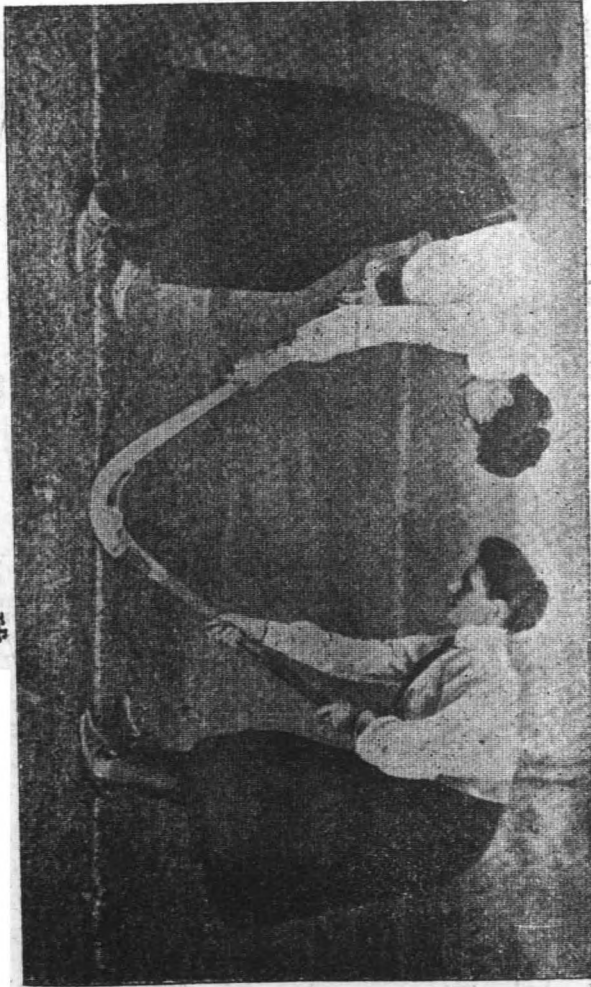
滾 入 (離 邊 線 五 碼)

七 十 八



跳而入)不拘方向。其餘遊戲員准於球離滾入者之手以後、即刻跑過「五碼線」。球可立即滾入、惟不准有人或其杖、在「五碼線」之內。裁判員應想及、若有一人、站在「五碼線」之內、爲求時間之迅速、則不當停止其遊戲。滾入者之兩足及杖、皆須在「邊線」之外。且必須俟他員觸球後、始可加入遊戲。

第十八條 球出端線 (甲)若球被進攻者、擊出「端線」或球先觸遠在其「念五碼線」以外之守禦者之杖或身、而向後溜出、致於出「端線」在裁判員之意見、以爲並非故意者。



發

球

皆當置球於「念五碼線」上，正對球出「端線」之處，再發。  
(乙)若球先觸在「念五碼線」後方之守禦者之身或杖，而向後溜出「端線」。在裁判員之意見，以爲非故意者，則應使進攻方面，得擊「角球」。

(丙)但若裁判員之意見，以爲守禦方面，故意將球擊出本方之「端線」者，則應使進攻方面，擊「犯規角球」。

第十九條 角球 進攻方面之一人，得將球置於離「角旗」三碼以內之「邊線」或「端線」上。當擊「角球」之時，守禦方面（杖及足）應在其「端線」之後；進攻方面，亦必在「擊球

杖 球



球

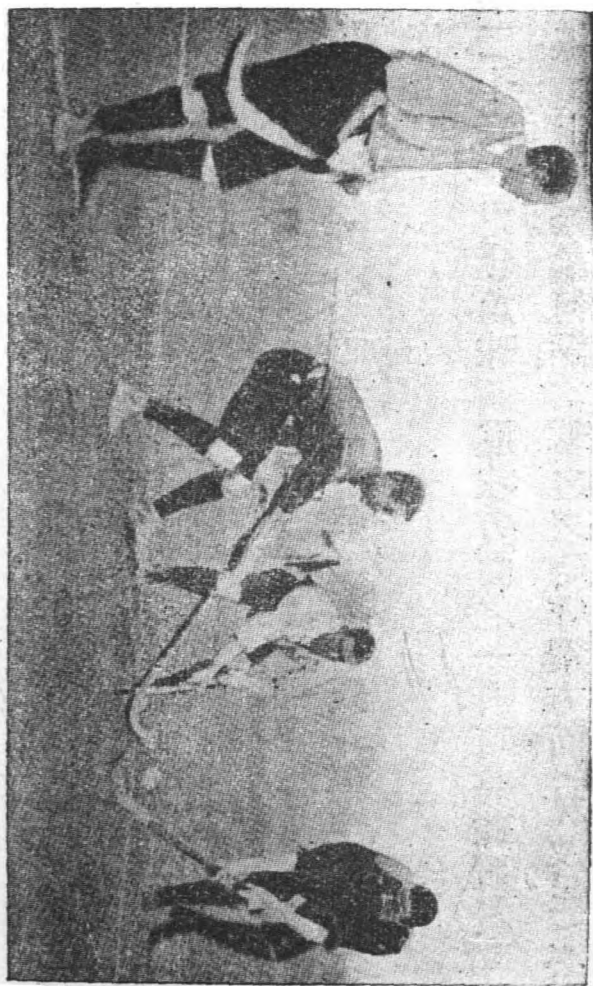
杖

圈」之外。

擊「角球」時，無論何人，不准離擊者在五碼之內。所擊之球，若未經進攻方面之一人，先停球（不必死靜）於地上；或當擊球在入門以前，其球未經觸及守禦者之身或杖，則雖入門，亦不作勝籌。擊「角球」者，未經他員擊過或觸着後，不得再擊。設擊「角球」而未命中，則可再擊。除非犯規則第十三條。

第二十條 犯規角球 進攻方面之一人，可將球置於「端線」上之無論何點。當擊之之時，守禦方面（杖及足）必須

杖 球



發 球 (非 擊 者 離 球 五 碼)

八 十 四

在本方端線之後；進攻方面，必須在「擊球圈」之外。

擊「犯規角球」之時，遊戲員不得立於離擊者五碼之內。置球之處，離最近之球門柱，至少須有十碼。若未經進攻方面之一人，先停球（不必死靜）於地上；或當球入門以前，其球未經觸及守禦者之身或杖，則雖入門，亦不作勝籌。擊「犯規角球」者，若在球未經他員擊過或觸着以前，不得再擊。擊「犯規角球」時，設未命中，則得再擊。若未犯規則第十三條。

第二十一條 裁判員 每一裁判員，各管場地之半。自遊戲

開始至終止，不必更換場地。亦各管一條邊線，以便判決出界球（但非角球）之滾入。裁判員應任從規則所定之時間，或雙方商定之時間，及記錄遊戲之經過。且於時間已半，或時間完畢之頃，若發生「犯規發球」則裁判員應延長時間。至球入球門，或「犯規發球」告終以後爲止。未判決以前，當繼續遊戲。設祇有裁判員一人，則應有裁判員二人，助其判決球在何處出界，及應歸何隊「滾入」。

裁判員及巡邊員，有權禁止在旁教導者。無論在何地位，若裁判員之意見，以爲實行某項規則，是使犯規方面，反有利



益、則可不施行之。裁判員應不俟他人之爭辯、而下一切之判決。

第二十二條 猛烈舉動 裁判員有權警告、或取消凡舉動猛烈、及行爲惡劣之遊戲員。

第二十三條 偶傷 遊戲員發生暫時喪失能力之時、裁判員應停止其遊戲。當其復原以後、則裁判員使在受傷處、再發球。

## 八 犯規之處罰法

### 規則第六條

杖 球

裁判員應禁止使用別種球。

規則第七條

裁判員應禁止使用不合規定之杖。

規則第九條

凡犯此規則者，其「發球」被取消。

規則第十一條

在擊球圈之內或外

犯此條之罰則，是讓敵隊在犯規處擊「任意球」。

規則第十二條

(一) 在擊球圈之外

犯此條之罰則，是讓敵隊在犯規處擊「任意球」。

(二) 在擊球圈之內

(甲) 進攻隊犯此條時，則讓守禦隊擊「任意球」。

(乙) 守禦隊犯此條時，則讓進攻隊擊「犯規角球」或在犯規處，行「犯規發球」。若有意違犯此條，或若不是因此犯規，勢必失籌（即球入門）則當行「犯規發球」。

(三) 在擊球圈之內或外

設或雙方同時違犯規則，則裁判員應將球置於犯規之處，使

「發球。」

規則第十三條

在擊球圈之內或外

設雙方同時犯規，則裁判員應將球置於犯規之處，使「發球。」

規則第十三條及十四條

(一) 在擊球圈之外

若犯規則，應讓敵隊在犯規處，擊「任意球。」

(二) 在擊球圈之內

(甲) 進攻隊犯規，則讓守禦隊擊「任意球。」

(乙)守禦隊犯規則讓進攻隊擊「犯規角球」或「犯規發球」  
(犯杖律而被罰「犯規角球」不在此例。)致於有意犯規或  
若不是因此犯規、勢必失籌、則當行「犯規發球」

規則第十五條

在擊「任意球」時、除擊球者外、其餘遊戲員有站立近球、在五碼之內者、則裁判員應使再擊。致於此條規則中所特別許可者、不在此例。

若擊者擊「任意球」以後、未經他員所觸或所擊以前、而再擊。則罰則如下：

(一) 在擊球圈之內

裁判員應使其敵隊擊「犯規角球」

(二) 在擊球圈之外

裁判員應使其敵隊擊「任意球」

若球是挖起者，則罰則如下：

(一) 在擊球圈之外

裁判員應使其敵隊擊「任意球」

(二) 在擊球圈之內

裁判員應使其敵隊擊「犯規角球」

規則第十六條

(甲) 犯者又犯此條(規則第九條不在此例)

則進攻隊即作勝一「罰籌」此「罰籌」與平常之勝籌同一價值。

(乙) 進攻隊所選派之一人犯規(規則第九條不在此例)

則守禦隊得擊「任意球」

(丙) 雙方同時犯規

則再行「發球」

規則第十七條

欵 球

(甲) 滾入者犯規

則讓敵隊中之一人將球滾入。

(乙) 其他遊戲員犯規時

則再行「滾入」致於此條規則中所特別許可者，不在此例。

規則第十九條及二十條

若擊球者、在擊此球以後、未經他員所觸或所擊以前、而再擊。則裁判員應使犯規者之敵隊中之一人、擊「任意球」。

無論何人、若不先停所擊來之「角球」、而直接向球門擊去、則裁判員應斷定守禦隊得擊「任意球」。



- (b) Breach of any rule by the player selected by the attacking team (except Rule 9).

The defending team shall be allowed a free hit.

- (c) Simultaneous breach of any rule by both players.  
The bully shall be taken again.

*Rule 17*

- (a) Breach of the rule by the player who rolls in.

The roll-in shall be taken by a player of the other team.

- (b) Breach of the rule by any other player.

The roll-in shall be taken again, except as specially provided for in this rule.

*Rules 19 and 20*

If the striker, after taking such hit, participates in the game again before the ball has been touched or hit by another player, the umpire shall give a free hit to one of the opposite team to the offender.

If any player when the corner is hit out, without attempting to stop the ball, takes a flying hit at goal, the umpire shall award a free hit to the defending team.

free hit, the umpire shall order the hit to be taken again, except as specially provided for in this rule.

If the striker, after taking such hit, participates in the game again before the ball has been touched or hit by another player—

(1) *Inside the circles.*

The umpire shall give a “penalty corner.”

(2) *Outside the circles.*

The umpire shall give a free hit to one of the opposite team to the offender.

If the ball is “scooped up”—

(1) *Outside the circles.*

The umpire shall give a free hit to one of the opposite team to the offender.

(2) *Inside the circles.*

The umpire shall give a “penalty corner.”

*Rule 16.*

(a) Breach of any rule by the offender (except Rule 9).

The attacking team shall be awarded a penalty goal, which shall be of the same value as an ordinary goal.

In the event of two players being simultaneously at fault the umpire shall give a bully at the spot where the breach of rule occurred.

*Rules 13 and 14*

(1) *Outside the circles.*

For any breach the penalty shall be a free hit for one of the opposing team on the spot where the breach occurred.

(2) *Inside the circles.*

(a) For any breach by the attacking team the penalty shall be a free hit for the defending team.

(b) For any breach by the defending team the penalty shall be a penalty corner or a penalty bully (except in the case of sticks when a penalty corner only shall be allowed). A "penalty" bully should only be given for a wilful breach of a rule, or when a goal would most probably have been scored but for the occurrence of the breach of the rule.

*Rule 15*

If any player, other than the striker, be within 5 yds. of the ball at the time of a

*Rule 12*

(1) *Outside the circles.*

For any breach the penalty shall be a free hit for one of the opposing team on the spot where the breach occurred.

(2) *Inside the circles.*

(a) For any breach by the attacking team the penalty shall be a free hit for the defending team.

(b) For any breach by the defending team the penalty shall be a penalty corner or a penalty bully on the spot where the breach occurred. A penalty bully should only be given for a willful breach of a rule or when a goal would most probably have been scored, but for the occurrence of the breach of the rule.

(3) *Inside or outside the circles.*

In the event of two players being simultaneously at fault, the umpire shall give a bully at the spot where the breach of rule occurred.

*Rule 13*

*Inside or outside the circles.*

offending team. The umpires shall give all decisions without waiting for an appeal.

22. **ROUGH PLAY AND MISCONDUCT.**—For rough play and misconduct the umpire shall have a discretionary power to warn the offending player, or to suspend him from further participation in the game.

23. **ACCIDENTS.**—When a player is temporarily incapacitated, the umpire shall suspend the game. When it is resumed the ball shall be bullied off on a spot to be chosen by the umpire in whose half of the ground the player was hurt.

## **PENALTIES**

### *Rule 6*

Umpires shall forbid the use of any other ball.

### *Rule 7*

Umpires shall prohibit play with a stick which does not comply with this rule.

### *Rule 9*

For any breach of this rule the "bully" shall be taken away.

### *Rule 11*

*Inside or outside the circles.*

For any breach the penalty shall be a free hit by one of the opposing team on the spot where the breach occurred.

attacking team. A player hitting a penalty corner hit cannot participate in the game again until the ball has been played by another player. On taking a penalty corner hit, if the striker miss the ball he shall take the hit again, provided he does not contravene Rule 13.

21. UMPIRES.—Each umpire shall take half the ground for the whole game without changing ends. He shall also take one side line and give decisions as to the roll-in (but not the corner hit) in both halves of the ground. The umpire shall allow (the elements permitting) the full or agreed time, neither more nor less, deducting all wastage, and keep a record of the game. In the event of a penalty bully failing to be taken on the call of half time or time, an umpire shall allow extra time until either a goal has been scored or the penalty bully has been completed. Until a decision is given the ball is in play. If there be only one umpire there should be two linesmen to give decisions as to the ball passing over the side lines, and as to where and by which team the ball shall be rolled in.

Umpires and linesmen are debarred from coaching during a game.

The umpire shall refrain from putting the provision of any rule into effect in cases where he is satisfied that by enforcing it he would be giving an advantage to the

is taken, and that no goal can be scored from a corner hit by the attacking team unless the ball has been stopped (not necessarily motionless) on the ground by one of the attacking team, or has touched the person or stick of one of the defending team before the last stroke of the attacking team. A player taking a corner hit cannot participate in the game again until the ball has been played by another player. On taking a corner hit, if the striker miss the ball he shall take the hit again, provided he does not contravene Rule 13.

20. PENALTY CORNER.—A player of the attacking team shall have a hit from any point on the goal line he may choose, and at the moment of such hit all the defending team (their sticks and feet) must be behind their own goal line, also all the attacking team must be outside the striking circle in the field of play.

Provided that no player shall stand within 5 yds. of the strike when a penalty corner hit is taken, and that no penalty corner hit shall be taken at a less distance than 10 yds. from the nearest goal post, and that no goal can be scored from a corner hit by the attacking team unless the ball has been stopped (not necessarily motionless) on the ground by one of the attacking team, or has touched the person or stick of one of the defending team before the last stroke of the



網門與守



18. BEHIND.—(a) If the ball is sent behind the goal line by a player of the attacking team, or glance off the stick or person of, or be unintentionally, in the umpire's opinion, sent behind the goal line by one of the defending team who is farther away from his own goal line than the 25-yd. line, it shall be brought out 25 yds. in a direction at right angles to the goal line from the point where it crossed the line and there "bullied."

(b) If the ball glances off, or is, in the umpire's opinion, unintentionally sent behind the goal line by any player of the defending team behind the 25-yd. line, he (the umpire) shall give a corner to the attacking team.

(c) If, however, the ball is intentionally, in the umpire's opinion, sent behind the goal line by any player of the defending team, the umpire shall give a penalty corner to the attacking team.

19. CORNER.—A player of the attacking team shall have a hit from a point on the side or goal line within 3 yds. of the nearest corner flag, and at the moment of such hit all the defending team (their sticks and feet) must be behind their own goal line, and all the attacking team must be outside the circle in the field of play.

Provided that no player shall stand within 5 yds. of a striker when a corner hit

completed. If during the progress of a penalty bully the ball goes over any part of the goal line, other than that between the goal posts, off the stick or person of the offender, the penalty bully shall be taken again. If the ball goes over the goal line between the goal posts, off the stick or person of the offender, a penalty goal shall be awarded to the attacking team. In all other cases as soon as the ball has passed wholly over the goal line (not between the goal posts) or outside the striking circle, the game shall be restarted by a bully on the center of the nearer 25-yd. line.

17. ROLL-IN.—When a ball passes wholly over the side line it shall be rolled in along the ground (and not bounced) into play by hand from the point where it crossed the side line in any direction by one of the team opposite to that of the player who last touched it. Players may cross the 5-yd. line immediately the ball leaves the hand of the roller-in. The ball may be rolled in at once, but no player shall stand (himself or his stick) within the 5-yd. line. Should, however, the umpire consider that a player is standing within the 5-yd. line to gain time he shall not stop the game. The roller-in must have both feet and stick behind the side line, and may only play the ball again after another player.

event rise above his shoulders at either the beginning or end of the stroke.

14. "UNDERCUTTING."—No player shall intentionally undercut the ball.

NOTE.—This rule is not intended to penalize the "scoop" stroke which raises the ball nor the hitting of the ball when in the air except as provided for in Rule 15.

15. FREE HIT.—On the occasion of a free hit, no other player than the striker shall be within 5 yds. of the spot where such hit is made. Should, however, the umpire consider that a player is standing within 5 yds. to gain time, he shall not stop the game. After taking such hit the striker shall not participate in the game until the ball has been touched or hit by another player. He must fairly hit the ball, "scooping" up not being allowed. If the striker hit at but miss the ball, the stroke shall be taken again by him, provided that he has not given "sticks."

16. PENALTY BULLY.—A penalty bully shall be played by the offender, and by any player selected by the other team on the spot where the breach occurred. All other players shall be beyond the nearer 25-yd. line in the field of play, and shall not cross such 25-yd. line or take any further part in the game until the penalty bully is

or stopped, but may not be picked up, carried, kicked, thrown, or knocked on or back except with the stick. No player shall gain an advantage by the use of any part of his person or apparel except such as may accrue from stopping the ball; the foot, if used for that purpose, shall be taken away immediately. There shall be no play with the rounded back of the stick, no charging, kicking, shoving, shinning, tripping, personal handling, or hooking. Hooking sticks is allowed only when the stick hooked is within the striking distance of the ball. There shall be no striking at sticks. A player may not obstruct by running in between his opponent and the ball, nor cross his opponent's left, unless he touches the ball before his opponent's person or stick, nor may he in any way interpose himself as an obstruction.

The goalkeeper shall not be penalized if in stopping a hit at goal the ball does not fall perpendicularly to the ground having in the umpire's opinion merely rebounded off his open hand. He shall also be allowed to kick the ball, but only in his own striking circle. In the event of his taking part in a penalty bully these two privileges shall not be allowed him. No player shall in any way interfere with the game unless his stick is in his hand.

13. "STICKS."—When a player strikes at the ball no part of his stick must in any

own goal-line than the ball is (except in the case of a penalty bully).

10. GOAL.—A goal is scored when the whole ball has passed entirely over the goal line under the bar, the ball, while within the striking circle, having been hit by or glanced off the stick of an attacker. Should the goal posts or bar become displaced, and the ball pass at a point which, in the opinion of the umpire is between where the posts or below where the bar should have been, he shall give a goal.

11. OFF-SIDE.—When a player hits or rolls in the ball, any other player of the same team who is nearer his opponent's goal line than the striker or roller-in at the moment *when the ball is hit or rolled in* is off-side, unless there be at least three of his opponents nearer to their own goal line than he is. He may not play the ball nor in any way interfere with any other player until the ball has been touched or hit by one of his opponents. No player, however, shall be off-side in his own half of the ground, nor if the ball was last touched or hit by one of his opponents, or by one of his own team who, at the time of hitting, is nearer his opponent's goal line than himself.

12. GENERAL DETAILS.—The ball may be caught (but must be immediately released to fall perpendicularly to the ground).

the splice) shall not be edged with, or have insets or fittings of hard wood or of any other substance, nor shall there be any sharp edges or dangerous splinters. Each stick must be of such size that it can be passed through a 2-in. ring. An indiarubber ring, 4 ins. in external diameter when on the stick, may be used, but, everything included, the total weight must not exceed 28 ozs. The extremity of the stick must not be cut square or pointed, but must have rounded edges.

NOTE.—Surgical binding on the head of the stick is allowed subject to its not preventing the head passing through a 2-in. ring.

8. BOOTS, ETC.—No player shall wear any dangerous material such as spikes or nails, etc.

9. BULLY-OFF.—The game shall be started by one player of each team together bullying the ball in the center of the ground (and after each goal and half-time). To bully the ball each player shall strike first the ground on his own side of the ball, and then his opponent's stick over the ball, three times alternately; after which one of these two players must strike the ball before it is in general play. In all cases of bullying, the two players who are bullying shall stand squarely facing the side lines. Every other player shall be nearer to his

outside the line, and any other flag posts must be a yard outside the line. All flag posts shall be at least 4 ft. high.

4. GOALS, POSTS, ETC.—A goal shall be in the center of each goal line, and shall consist of two posts 4 yds. apart (inside measurement), joined together by a horizontal crossbar 7 ft. from the ground. The goal posts shall not extend upward beyond the crossbar, nor the crossbar sideways beyond the goal posts. The posts shall be 2 ins. broad and not more than 3 ins. in depth, and the crossbars shall have rectangular edges. Nets shall be attached to the posts, crossbars, and to the ground behind the goals.

5. STRIKING CIRCLE.—In front of each goal shall be drawn a white line 4 yds. long, parallel to, and 15 yds. from, the goal line. This line shall be continued each way to meet the goal line by quarter circles having the goal posts as centers. The space enclosed by these lines and the goal lines, including the lines themselves, shall be called the striking circle.

6. BALL.—The ball shall be a leather cricket-ball painted white or made of white leather.

7. STICKS.—A stick shall have a flat face on its left-hand side only. The head of a stick (i.e., the part below the top of

## RULES OF HOCKEY

1. **TEAMS.**—A game of hockey shall be played by two teams of eleven players. The correct constitution of a team is five forwards, three half-backs, two backs, and a goalkeeper, but this formation shall not be compulsory. The duration of the game shall be 70 minutes (unless otherwise agreed by the respective captains), half-time being called after 35 minutes' play, when the teams shall change ends.

2. **CAPTAINS.**—The captains shall (1) toss for choice of ends; (2) act as umpires, if there be no umpires, or delegate the duties of umpires to one member of their respective teams; and (3) indicate the goalkeepers for their respective teams before starting play, and after any change of goalkeeper.

3. **GROUND.**—The ground shall be rectangular, 100 yds. long and not more than 60 yds. nor less than 55 yds. wide. The ground shall be marked with white lines in accordance with plan preceding these Rules; the longer boundary lines to be called the side lines, and the shorter boundary lines to be called the goal lines. A flag post shall be placed for the whole game at each corner, also at the center of each side line 1 yd.



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編譯者

潘知本  
商務印書館

發行所

上海北河南路北首寶山路  
商務印書館

總發行所

上海棋盤街中  
商務印書館

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