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**FIELD HOCKEY**

**Weekly Points of Emphasis for October 10, 2011**  
**William Gardiner, Director of Development – Field Hockey Officiating**

Point of Emphasis for the week of October 10, 2011

Intentionally Raising the Ball on a Free Hit:

Rule 9 Section 2 Article 1e on page 47 states that, “The ball must not be raised intentionally directly from the free hit.” The question is, what does this look like? Look for the player that places her stick on an angle right behind the ball. If her first action is to lift her stick and the ball off the grass or turf, then she has lifted the ball directly and it should be called. If she drags the bottom of her stick along the grass or turf (push action) and the ball is lifted at the end of the push action, then we need to judge the raised ball based on danger. Remember the only legal options for a free hit are a push, drive or self-pass. If the player uses the self-pass option and taps the ball first, she may then lift the ball as long as it is void of danger.

Let’s have a Great week!!