



RULES OF HOCKEY

OUR OFFICIAL DOCUMENTS // [RULES OF HOCKEY](#)

As the international governing body for hockey, we are responsible for the rules of Outdoor Hockey (11 a-side), Indoor Hockey, Hockey5s, Beach and Para-ID Hockey. Below you can download the rules for each format of the game.

[Outdoor Hockey \(11 a-side\)](#)

Get the interactive FIH Rules of Hockey App now! At the convenience of the touch of a button, you can be sure to have the latest rules of Outdoor Hockey on-the-go. Covering the must-know for both players and umpires including a Quiz feature and Videos.



AVAILABLE ON



We update our rulebook every two years so it's worth checking you have the latest version. The 2019 edition of the rulebook, which comes into effect on January 1st 2019, is available below, along with the previous 2017, 2015 version and amendment from February 16th 2016.

- [Download](#) FIH Rules of Hockey 2020 (621.8 KB)
- [Download](#) Hand Protection Measuring Box.pdf (75.2 KB)