

HOCKEY.

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HOCKEY—What is it? Like the schoolboy when he does not understand the meaning of a word, let us turn to our dictionary. Here we find—"Hockey, a noun (English *hook; ey*), is a game of ball played with a stick or club having a hooked or curved end. It is played by a number of persons arranged in two sides or parties, and the object of each side is to drive the ball through their adversaries' goal."

How slow and cumbersome the above game seems in comparison with the ice hockey played in the United States and Canada, where speed and activity are the very keynote of the game.

Each season of the year has its sport or sports, but hockey is king of them all in the winter, as lacrosse and baseball are in the spring and summer, and football in the fall. There is scarcely a village, town, or city in Canada that cannot boast of its team or teams, and although the present game has been in existence barely a quarter of a century the interest grows every year. In the early eighties the present game began to take definite shape in Ottawa, Montreal, and Quebec. Prior to this time it had been called shinny and about the only rule known to the old game was "shinny on your own side." It was played in the open air on ponds, rivers, or lakes with almost an unlimited number of players on skates. The skates were rather crude affairs and the sticks were almost every imaginable shape and size, while what is now called the puck was some small, substantial piece of wood or other substance. The object was to score a goal as in the present game, but it was every player for himself and the number of players was only limited by the supply. Then came the closed rink, the neat-shaped modern hockey stick and its crooked blade and the rubber puck. These changes came rapidly and the game of hockey as played now is the fastest, most exciting sport in the great world's arena.

From Canada the sport has spread to the United States, England, and France. Where the open and mild winters do not provide natural ice rinks during the hockey season, large artificial ice plants have been installed. The popularity of the game is becoming greater every year and the best teams in Canada will now find worthy opponents in the United States.

As a game for the younger generation hockey is in a class by itself. It is not an old man's game. Youth, speed, endurance, coolness, courage, keenness of the eye, and quick judgment are necessary factors in the making of a successful player. Ordinary skating is by itself an admirable exercise and a splendid muscle developer.

Backwards, forwards, and sideways, as occasion demands, the skilful skater brings into play the muscles of the legs, back, neck, sides, and stomach, and all the time the lungs are being expanded. In addition to the skating the many movements required in handling the stick, dodging, checking, starting quick, and stopping, bring nearly every muscle of the body into action. Players are by the very speed of the game taught to think and act quickly.

Combination work is the secret of a team's success. Individual rushes, while pretty, are far from being as effective as the concerted rushes of a line of forwards supported by the defence. Back and forth, up and down, and across the rink, there is never an idle moment in a hockey game.

The average size of the ice space in a rink is about 200 feet long by 90 feet wide. Goals are placed about six feet from each end midway from the sides. There are seven players on each side with the following positions: Goal keeper, point, cover point, rover, centre, right wing, and left wing. With the exception of the rule relating to "off-side" there will be little trouble for a beginner in picking up the game. This rule is the principal one and it is necessary to pay particular attention to it during practice and in a game. If a player is off-side (that is between the puck and his opponent's goal) he is not allowed to play the puck until it has been touched by an opponent or until one of his own players who was on-side has skated up with the puck ahead of him.

Constant practice will be found absolutely necessary to make an expert player or a successful team.

Hockey is not entirely confined to the sterner sex, as there are many girls' and ladies' clubs. They enjoy the game, and it provides them with an excellent sport in which many of them become quite proficient.

Field Hockey.

This game, from which the sport of ice hockey or shinny originally sprung, is exceedingly popular in England. It is played on the hard ground in winter without skates. The object is the same as in ice hockey, to drive the ball through a goal with a crooked stick. It has many followers in England and has been strongly recommended as a game suitable for ladies.

LAWS OF ICE HOCKEY.

SECTION 1. A team shall be composed of seven players who shall be bona fide members of the clubs they represent. No player shall be allowed to play on more than one team in the same series during the season.

SEC. 2. The game shall be commenced and renewed by a face in the centre of the rink. Rink must be at least 112 feet by 58 feet. Nets shall be six feet wide and four feet high.

Definition of a face:

The puck shall be faced by being placed between the sticks of two opponents and the referee then calling "play."

The goals shall be placed at least ten feet from the edge of the ice.

SEC. 3. Two twenty-minute halves, with an intermission of ten minutes be-

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tween, will be the time allowed for matches; but no stops of more than five minutes shall be allowed. A match will be decided by the team winning the greatest number of games during that time. In case of a tie after playing the specified two twenty-minute halves, play will continue until one side secures a game, unless otherwise agreed upon between the captains before a match. Goals shall be changed after each half.

SEC. 4. No change of players shall be made after a match has commenced except for reasons of accidents or injuries during the game.

SEC. 5. Should any player be injured during the first half of the match and compelled to leave the ice, his side shall be allowed to put on a spare man from the reserve to equalize the teams; should any player be injured during the second half of the match, the captain of the opposing team shall have the option of dropping a player to equalize the teams or allow his opponents to put on a man from the reserve. In the event of any dispute between the captains as to the injured player's fitness to continue the game, the matter shall at once be decided by the referee.

SEC. 6. Should the game be temporarily stopped by the infringement of any of the rules, the captain of the opposing team may claim that the puck be taken back and a "face" take place where it last was played from before such infringement occurred.

SEC. 7. When a player hits the puck, any one of the same side who at such moment of hitting is nearer the opponent's goal line is out of play, and may not touch the puck himself or in any way whatever prevent any other player from doing so, until the puck has been played. A player should always be on his own side of the puck.

SEC. 8. The puck may be stopped, but not carried or knocked on, by any part of the body, nor shall any player close his hand on, or carry the puck to the ice in his hand. No player shall raise the stick above his shoulder, except in lifting the puck. Charging from behind, tripping, collaring, kicking, or shinning shall not be allowed, and for any infringement of these rules, the referee may rule the offending player off the ice for that match or for such portion of actual playing time as he may see fit.

SEC. 9. When the puck goes off the ice or a foul occurs behind the goals, it shall be taken by the referee to five yards at right angles from the goal line and there faced. When the puck goes off the ice at the sides, it shall be taken by the referee to five yards at right angles from the boundary line and there faced.

SEC. 10. The goal keeper must not during the play, lie, kneel, or sit upon the ice, but must maintain a standing position.

SEC. 11. A goal shall be scored when the puck shall have passed between the goal posts from in front.

SEC. 12. Hockey sticks shall not be more than three inches wide at any part.

SEC. 13. The puck must be made of rubber, one inch thick all through and three inches in diameter.

SEC. 14. The captains of the contesting teams shall agree upon a referee, two umpires (one to be stationed behind each goal, which positions shall not be changed during the match), and two timekeepers. In the event of the captains failing to agree on umpires and timekeepers, the referee shall appoint same.

SEC. 15. All disputes during the match shall be decided by the referee, and he shall have full control of all players and officials from commencement to finish of matches, inclusive of stops, and his decision shall be final.

SEC. 16. All questions as to games shall be settled by the umpires, and their decision shall be final.

SEC. 17. In the event of any dispute as to the decision of an umpire or timekeeper, the referee shall have the power to remove or replace him.

SEC. 18. Any player guilty of using profane or abusive language to any official or other players shall be liable to be ruled off by the referee as per Section 8.

SEC. 19. A goal net shall be used.

FIELD HOCKEY.

THE GAME AND POSITIONS OF THE PLAYERS.

The game is played by twenty-two players, eleven on each side, but where there is difficulty in getting the full numbers the respective captains may decide to play with 20 or 18. A regulation match game should be played with the full number on each side. Each eleven consists of five forwards, three halfbacks, two fullbacks, and a goal keeper. This is the general line up, but the captain may vary it if he wishes—perhaps having three fullbacks instead of two and a goal. On a cold day, in practice, this is a good plan, as it keeps all three men busy and exercising; each one taking turns in quickly dropping back into goal when the ball reaches their line. In matches, however, the goal keeper, being the most important man of the defenders, should have nothing but his own work to think of and no attempt for the three backs to act as "flying goal" is advisable.

The five forwards stand close to the centre line. Their feet and sticks must be inside the line, that is, nearer their own goal than the ball which is placed on the line.

The centre forward (C. F.) stands in the middle of the ground. On the right, about ten yards distant, stands the inside right (R. I.), between the five-yard line and the side line stands the right wing (R. W.). On the left of the centre forward stand the inside left (L. I.) and left wing (L. W.).

About fifteen yards behind the forward stand the halfbacks. Centre half (C. H.) directly in a line with the centre forward. Right half (R. H.) covering the two right forwards. Left half (L. H.) covering the two left forwards.

Behind them on the 25-yard line stand the fullbacks, right and left.

The goal keeper stands between the goal posts about a foot in front of the goal line.

The game starts with the ball being "bullied off" in the centre of the ground by the two centre forwards. The ball is placed on the line and the two forwards who are bullying stand with one foot on either side of the line facing each other and standing square to the side line.

The centre halves and left and right inside forwards, on the blowing of the whistle for the bully, close up to watch it, each one ready to take the ball should it come his way.

Whichever one of the centre forwards gets the ball will try to pass it out to either of his own inside men, who, on getting possession of it, will "dribble" it up the field until met by an enemy, when he will, by a quick stroke, pass it out to the wing man. In this way, keeping a straight line and followed by their halfbacks, by skilful and clever passes and dribbling the forwards get the ball into the "striking circle." When once the ball is inside this circle a goal can be scored. All five forwards then concentrate their energies on "shooting a goal," the goal keeper and fullbacks endeavoring to send the ball well out of the circle to their own halfbacks who are waiting to pass it down to their own forwards.

RULES OF THE AMERICAN FIELD HOCKEY ASSOCIATION.

RULE 1.—A hockey team shall number eleven players, unless otherwise agreed by the respective captains.

RULE 2.—The ground shall be 100 yards long and not more than 60 nor less than 50 yards wide, marked with white lines, and with a flag at each corner. The longer sides to be called the "side lines" and the shorter sides the "goal lines."

RULE 3.—The goals shall be in the centre of each goal line, and shall consist of two uprights 12 feet apart, with a horizontal bar 7 feet from the ground.

RULE 4.—In front of each goal shall be drawn a line 12 feet long, parallel to the goal line, and 15 yards from it. The ends of this line shall be curved round to the goal lines by quarter circles, of which the goal posts form the centres. This line to be called the "striking circle."

RULE 5.—The ball shall be an ordinary cricket ball, painted white.

RULE 6.—The sticks shall have no metal fittings whatever, and no sharp edges, and they must be able to pass through a ring 2 inches in diameter and shall not weigh more than 28 ounces.

RULE 7.—No player is to have any metal spikes or projecting nails in boots or shoes, or wear hard-brimmed hats or hat pins. The skirt shall be six inches from the ground all the way round.

RULE 8.—The choice of goals shall be tossed for at the beginning of the game, and the teams shall change ends at half-time.

RULE 9.—The game shall be started by one player of each side bullying the ball in the centre of the ground, and after each goal and after half-time there shall be a bully in the centre of the ground. The bully shall be played as follows: Each player is to strike the ground on his own side of the ball, and his opponent's stick over the ball three times alternately; after which either of the two players only shall be at liberty to strike the ball.

RULE 10.—In all cases of a bully, and penalty bully, the two players who are bullying shall stand squarely facing the side lines. Every other player shall be nearer to his own goal line than the ball is, except in case of a "penalty bully."

RULE 11.—A goal is scored when the ball has passed entirely over the line between the goal posts under the bar, the ball having whilst within the striking circle been hit by or glanced off the stick of a player on the attacking side.

RULE 12.—When a player hits the ball, any other player of the same side who is nearer his opponent's goal line at the moment when the ball is hit is "off-side" unless there be at least three of his opponents nearer their own goal line, and he may not touch the ball himself, nor approach, nor remain within five yards of it, nor in any way interfere with any other player until the ball has been touched or hit by one of the other side.

RULE 13.—The ball may be caught (but it must be at once dropped on the ground) or stopped with any part of the body; but it must not be picked up, carried, kicked, thrown, or knocked back or forth, except with the stick. There shall be no play, either in hitting or stopping the ball with the back of the stick.

No charging, kicking, collaring, shinning, or tripping shall be allowed. Hooking sticks is allowable only when one of the players is within striking distance of the ball, but no striking at sticks shall be allowed. A player may hook the stick, but not the person of his opponent. A player shall not run in be-

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tween his opponent and the ball so as to obstruct him, nor cross him from the left so as to foul him, nor in any way interpose his person so as to obstruct him. In the event of a player crossing from the left and touching the ball before touching his opponent, it shall not be considered a foul.

The goal keeper shall be allowed to kick the ball (except in the case of a penalty bully) so long as it is within the striking circle. No left-handed play shall be allowed. A ball touching an umpire is not dead and does not stop the game.

RULE 14.—When a player strikes at the ball, his stick must not during any portion of the stroke rise above his shoulder. The umpire shall rigidly enforce this rule without waiting for an appeal. No player may interfere in any way with the game unless his stick be in his hand.

RULE 15.—On the occasion of a free hit, no other player than the striker shall be within 5 yards of the spot where such hit is made, and the striker must not touch the ball again until it has touched or been hit by another player. If the striker hit at but miss the ball, the stroke shall be taken again.

RULE 16.—The penalty for any breach of Rules 12, 13, 14, and 15, committed outside of the striking circles, shall be a "free hit" by one of the opposite side on the spot where the breach occurred. For any breach of Rules 12, 13, 14, and 15 by the attacking side, committed inside the striking circle, a "free hit" may be claimed by the defending side. For any breach of Rules 12, 14, and 15 by the defending side inside the striking circle, the attacking side can only claim a bully. No claim for any breach of rules by the defaulting side to be allowed.

RULE 17.—For any breach of Rules 13 and 14, except so far as Rule 14 applies to "sticks," committed by the defending side inside the striking circle the attacking side may claim a "penalty bully" (from which a goal may be scored direct) to be between the offender and one player selected by the other side, and to take place at the spot where the breach occurs. At the time of the "penalty bully" both the defending and attacking sides to be outside the striking circle, and the ball shall not be in play for either side until driven outside the striking circle, when all players shall be "on side." A "penalty bully" is awarded at the discretion of the umpire in whose half the breach occurred.

RULE 18.—For any breach of Rule 17 by the defending side, the attacking side shall be awarded a penalty goal, and for any breach by the attacking side the defenders shall be allowed a free hit.

RULE 19.—When the ball passes over the "side line," it shall be rolled in along the ground from where it crossed the line by one of the opposite side to that of the player who last touched it, in any direction except forward. No other player shall stand within 5 yards of the side line. The ball may be rolled in at once, but should the umpire be of the opinion that a player of the opposite side is standing within the 5-yard line to gain time, he shall not call the ball back. The player who rolls it in must stand with both feet behind the side line, and must not touch the ball again until it has touched or been hit by another player.

RULE 20.—When a breach of Rules 9, 10, or 19 occurs, the umpire shall sound the whistle without waiting for an appeal to be made, and direct that the bully or roll in from touch take place again, except as especially provided for in Rule 19. But if the breach of Rule 19 be by the player who rolls the ball the roll in shall then be taken by one of the other side.

RULE 21.—If the ball is hit behind the goal line by the attacking side, it shall be brought out 25 yards in a direction at right angles to the goal line from the point where it crossed the line and there bullied. But if the ball glance off or is unintentionally, in the umpire's opinion, hit behind by any player of the defending side, a player of the attacking side shall have a free hit from the side or goal line within three feet of the nearest corner flag. Such a hit to be called "A Corner." At the time of the corner all the defending side must be behind their goal line, and all the attacking side must be outside the striking circle. No goal can be scored from such a hit until the ball has been stopped dead by one of the attacking side or previously touched the person or the stick of the defending side. If, however, the ball is wilfully, in the umpire's opinion, hit behind the goal line by one of the defending side, the attacking side shall take a free hit from the point on the goal line where the ball crossed and all players must be respectively behind the goal line and striking circle, but no player shall stand within 5 yards of the striker. No free hit to be taken at a less distance than 5 yards from the goal. The ball from such a hit must be stopped dead or touched by one of the defending side before a goal can be scored.

RULE 22.—Each umpire shall give decisions in his half of the field only, but taking the whole of one side line. The field to be divided by a line, at right angles to the side lines, through the centre of the ground. The two umpires shall not cross over at half time. Should there be no umpire or umpires appointed by the two captains, the captains shall be arbitrators in all disputes.

RULE 23.—For rough play the umpire shall have discretionary power to warn the offending player, and if the offence be repeated to suspend him from further participation in the game.

RULE 24.—When a player is temporarily incapacitated the umpire shall suspend the game immediately. When the game is resumed the ball shall be bullied off on the spot where, in the opinion of the umpire, the ball was when the player was hurt.

RULE 25.—The game shall be played for one hour and ten minutes, half time

being called after thirty-five minutes. No match is won unless played full time or shall be recorded as a match.

College and school matches may be played in thirty-minute halves, but if so must be recorded as "Sixty-minute matches."

HORSEMANSHIP; RIDING AND DRIVING.

"Do you know how to drive?"

"Sure I do. Wasn't it I that upset your honor in a ditch two years ago?"

HORSEBACK RIDING.

Mounting.

The rider, even at the earliest age, should at first examine the girths and the bridle, and see if they are properly adjusted. The rider stands at the shoulder of the pony with his left side toward that part. He then lays hold of the reins with his left hand, drawing them up so short as to feel the mouth, and at the same time twisting a lock of the mane in his fingers so as to steady the hand. Next the left foot is placed in the stirrup. At this moment a spring is given from the right foot, the right hand reaches the cantel of the saddle, and the body is raised till the right leg is brought up to the level of the left, when the slightest imaginable pause is made, and then the right leg is thrown over the back of the pony, while the right hand leaves its hold, and the body falls into its position in the centre of the saddle; after which, the right foot has only to be placed in the stirrup to complete the act of mounting.

Dismounting

Is exactly the reverse of the last process, and requires, first, the reins to be shortened and held in the left hand with a lock of the mane; secondly, the right leg is taken out of the stirrup, and is thrown over the back of the horse until it is brought down to the level of the other leg. After this, if the pony is of a small size, suitable to that of the rider, the body is gently lowered to the ground, and the left leg is liberated from the stirrup; but if the horse is too high for this, the foot is taken out of the stirrup by raising the body by means of the hands on the pommel and cantel of the saddle, and then the body is lowered to the ground by their assistance.

The Management of the Reins

Is of great importance to the comfort of the rider, and also to his appearance, for unless they are held properly, the body is sure to be awkwardly balanced. When the single rein is used, the best position is to place the middle, ring, and little fingers between the two reins, and then to turn both over the forefinger where they are tightly held by the thumb. In all cases the thumb ought to point towards the horse's ears, by which the elbow is sure to be kept in its place close to the side, and a good command of the reins is insured. If a double-reined bridle is employed, the middle finger separates the two snaffle reins, and the little one those attached to the curb, all being turned over the forefinger, and firmly held by the thumb. In both cases the ends of the reins are turned over the left, or near side of the pony's shoulder. When it is intended to turn the horse to the left, it is only necessary to raise the thumb toward the chest of the rider; and, on the contrary, when the desire is to turn him to the right, the little finger is turned downward and backward toward the fork. In many well-broken ponies the mere moving of the whole hand to the right or left is sufficient, which, by pressing the reins against the neck, indicates the wish of the rider, and is promptly responded to by the handy pony.

The Seat

Should always be square to the front, without either shoulder being in advance; the loins moderately arched inward, without stiffness; the elbows close to the side, but held easily; the knees placed upon the padded part of the flap *in front* of the stirrup leathers; toes turned *very* slightly outward, and the foot resting on the stirrup, the inside of which should be opposite the ball of the great toe, and the outside corresponding with the little toe. The heel should be well lowered, as far as possible beneath the level of the toe, which gives a firm seat. But the great point is to obtain a good grasp of the saddle by the knees, which should be always ready to lay hold like a vise, without constantly tiring the muscles. The left hand is now to be held very slightly above the pommel of the saddle, and the right easily by the side of it, with the whip held in a slanting position.

The Control of the Horse

Is effected by the reins, heels, voice, and whip, variously used according to his disposition and temper. Some require only the most gentle usage, which, in fact, is almost always the most efficacious, especially by young people, for whom