



Rules to help understand the game.

Here are the most important rules to help you decide when to get excited and when not:

- > The game has two halves of 35 minutes each.
- > A goal can only be scored if an attacker has touched the ball in the opposing circle.
- > There is no offside.
- > Each team has 11 players – a goalkeeper and ten field players – and 5 substitutes. You can make as many substitutions as you wish, but not during a penalty corner.
- > The ball can only be played with the flat, left-hand side of the stick.
- > The ball must be played in such a way as not to endanger another player. This is often a question of the situation at the time.
- > It is forbidden to touch the ball with any part of the body, to endanger an opponent, or to stop a player from playing the ball by shielding it with the body or the stick.
- > It is forbidden to hit the ball over one's own goal line intentionally.
- > The goalkeeper can touch the ball inside the penalty area with all parts of the body, including his feet.
- > For fouls there are free hits, penalty corners and penalties. For penalty corners, four defenders and the goalkeeper can stand in or near the goal behind the goal line. One player from the attacking side plays the ball from the back line from within the circle and the ball must have left the circle before the attacking side can score a goal.
- > A penalty is given if a defending player either commits a deliberate offence in his own quarter or commits an unintentional offence in his own circle.
- > A player can get a card. A green card is a warning. Yellow means a spell in the sin bin, whereby the referee can decide how long the player has to sit out the game. Yellow-red means a sending-off.

Location and directions.

Distances:
 about 4 km from the centre Mönchengladbach
 about 4,5 km from the Mönchengladbach train station
 about 8 km from Mönchengladbach airport
 about 36 km from Düsseldorf airport



United for Hockey:



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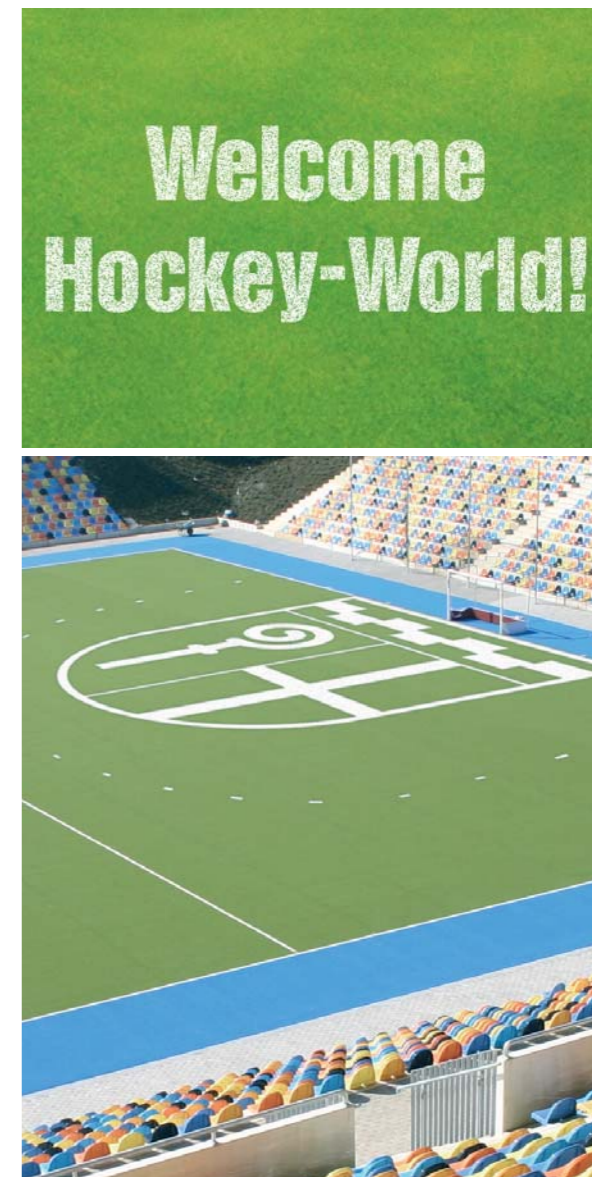
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MÖNCHENGLADBACH



Make yourself at home,

an easy thing to do in Mönchengladbach, the main town in the Lower Rhine area of Germany. If you have been here once, you will keep on coming back. The whole area is rich in magnificent scenery – lakes, castles, stately homes – not to forget the town itself, with its historical centre and abbey church of St. Vitus. The infrastructure is excellent and there are many cultural places to visit. Close to the borders with Holland and Belgium, Mönchengladbach is a lively centre of commerce and a European town in the true sense of the word. There are also many people here of British origin. The unmistakable Rhenish charm of the people and the town make it an ideal place to meet old friends and to make new ones. This is even easier if you are a sports' fan, if you share the enthusiasm of the people here for dynamic and successful sport.

Borussia Mönchengladbach the Bundesliga football team, is, of course, the pride and joy of the town, but the two

hockey clubs in the town, Gladbacher Hockey- und Tennis-Club (GHTC) and Rheydter Spielverein (RSV), also boast an impressive past and presence, with titles at national and international level, and offer enthusiasts first-class sport. Hockey has many followers in the region and they can now indulge their passion in a worthy setting, a new stadium: the WARSTEINER HockeyPark. It is the most modern hockey stadium in Europe and, along with the new soccer stadium BORUSSIA-PARK, one of the landmarks of the town.

The hockey capital of the region – pure emotion.

The new hockey stadium will host the men's Hockey World Cup from 6th to 17th September 2006 and the landmark stadium will be full of cheering spectators. After that, there will be a whole host of fascinating events (not only hockey) which the organisers expect to become regular features of the life of the town.

As well as national hockey tournaments, top Bundesliga games and European championships, many more events are planned for the new stadium, attractive leisure time activities such as concerts, tennis matches or American Football games.

The Mecca of hockey – the WARSTEINER HockeyPark.

With around 12,000 seats, the WARSTEINER HockeyPark, which is also the headquarters of the German Hockey Federation, is a professional stadium in every sense of the word. Unique in Europe, the stadium has two artificial pitches, floodlighting, VIP boxes, catering in the sports bar and an excellent infrastructure. The press rooms are equipped with the latest technology, which the media can use to report on the games and give further impetus to the growing popularity of hockey.

The stadium is easy to reach via an excellent road network and there are ample parking spaces for cars. The WARSTEINER HockeyPark represents a new dimension in European hockey.



The top teams in the hockey capital: GHTC and RSV.

Two clubs, one sport, taken to international level in the hockey capital. These are the two teams, RSV and GHTC. They are normally in the running for national and international titles and cups. RSV have won the German cup and GHTC have been national champions four times, cup winners once and have won the European Cup once. They have produced such fine players as Florian Kunz and Micki Hilgers, Olympic gold medal winners and world team champions, successes which have given the clubs and the town an excellent reputation with hockey fans all over the world.

Even though they are rivals on the field, RSV and GHTC are also active at grass roots level of the game and provide a good focal point for the community. Sport gives rise to a healthy sense of competition and is lots of fun. Young players are found for the national team and their talents are encouraged. Successes are duly celebrated, too. All this from now on not only on the clubs' own pitches, but also in the most modern hockey stadium in Europe: the WARSTEINER HockeyPark.

More info at:
www.hockey-hauptstadt.de