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曲棍球賽只可以用「右手」球棍？

Only Right-Handed Sticks Exist in Hockey?



曲棍球棍 Field hockey stick
(Photo: Kirkham Grammar School)

曲棍球棍像一個英文字母「J」的形狀，由棍把和帶弧度的棍頭組成。棍頭的左側為平滑的正面，右側為凸起的背面。根據國際曲棍球聯合會（國際曲聯 FIH）比賽規則 9.5：不得使用棍背觸球。因此，球棍的設計令右撇子的球員，可以自然地用右手發力揮棍擊球。

那麼，是否有相反設計的左手球棍？

左手球棍於國際曲聯認可的比賽中是被禁止使用的，根據國際曲聯場地及器材細則 2.10：棍頭僅可在左手一側製為平面，即持棍且棍頭開口端朝外時球員的左側。

至於不可使用左手球棍的原因，就是基於安全及避免球員受傷。因為當球員在攔截對手時，若對手持相反球棍，在對抗中，就會很容易因為相反方向的揮動而被意外擊中而受傷，所以為了減低危險和受傷風險，曲棍球比賽就只可使用單一方向的球棍。由於右撇子球員佔大多數，所以左手球棍就被禁止在比賽中使用了。

Field hockey stick is a J-shaped stick with a handle and a curved head which is flat on its left side, known as the playing side. According to the International Hockey Federation (FIH) Competition Rules 9.5 : Players must not play the ball with the back of the stick. Therefore, the stick design favors right-handed players to swing and hit the ball with their stronger hand

So, does left-handed hockey stick exist?

According to FIH Field and Equipment Specifications Rules 2.10: The head must be flat on the left hand side only (the side which is to the player's left when the stick is held with the open end of the head pointing directly away from the player's front). Left-handed stick can be customized but is not allowed to use in FIH sanctioned competitions.

When players are trying to tackle opponents who are using opposite-handed sticks, both sides are likely to get hurt accidentally from their follow-through swing. And the majority of players on the field are right-handed, so left-handed stick is banned for safety concerns and injury prevention.



左撇子球員（前）可善用反向擊球技術爭取入球。

A left-handed player (front) makes use of the reverse-stick technique to score a goal.

(Photo: The Tribune)