

APPENDIX 1

JPOL Regional *SCHEDULE OF REGULATIONS APPLICABLE TO ~~INTER-NATIONS EVENTS~~*

JPOL Regional
Below is a list of Regulations which supersede the Rules of Hockey and they apply to all ~~inter-nations~~ matches ~~including test matches and under-21 junior inter-nations test matches.~~

1 CAPTAINS

Rule 3.3: Captains must wear a distinctive arm-band or similar distinguishing article on an upper arm or shoulder or over the upper part of a sock.

Regulation: Captains must wear a distinctive single colour (not black) or in the team's national colour(s) or a rainbow coloured arm-band or similar distinguishing article on an upper arm or shoulder or over the upper part of a sock.

2 MATCH PERIODS

Rule 5.1: A match consists of four quarters of 15 minutes, an interval of 2 minutes between quarter 1 and 2 and between quarter 3 and 4 and a half-time interval of 5 minutes between quarter 2 and 3.

Regulation: a A Match consists of four quarters of 15 minutes.
b At the end of the first and third quarters there shall be an interval of 2 minutes. During these intervals teams are not permitted to leave the Field of Play.
c At the end of the second quarter there shall be an interval of 10 minutes. During this interval Team officials and players shall be in the technical facility area surrounding the Field of Play.
d When a penalty corner is awarded, play shall be stopped for 40 seconds, except in the case of re-awards or penalty corners awarded after a Penalty Stroke or a Penalty Stroke after a Penalty Stroke referral.
e In the case of a re-award of a penalty corner time will be immediately stopped but the teams will not be allowed an additional 40 seconds. The Referee will re-start play at the earliest possible opportunity, ensuring that any delay is kept to a minimum.
f After a goal is scored, time is stopped for 40 seconds, except in the case of goals awarded after a Penalty Stroke Referral or a Penalty Stroke. The Referee will then re-start play as soon as possible, unless time has to be stopped for another reason.

3 GREEN CARD – TWO MINUTES SUSPENSION

Rule 14.1.b: For any offence, the offending player may be warned and temporarily suspended for 2 minutes of playing time (indicated by a green card).

Regulation: For any offence, the offending player may be warned and temporarily suspended for 2 minutes of playing time (indicated by a green card).

a For the duration of each temporary suspension, the offending team plays with one fewer player.

- b If a field player receives a green card, the Umpires stop the match (but not necessarily the time) to issue the card; if time has been stopped, the Umpires restart it immediately after issuing the card.
- c If a goalkeeper receives a green card, the Umpires stop the ~~time~~ ^{play} and re-start it immediately after that player has left the field of play.
- d The offending player leaves the field immediately; if he / she interferes with play on their way to the designated suspension area the Umpire may further penalise the player in accordance with the Rules of Hockey.
- e The 2 minutes temporary suspension starts when the player is seated in the designated area. Should the player receive a further temporary suspension while seated in the designated area, the time shall be added to the 2 minutes and served immediately after the end of the first suspension.
- f Timing of the suspension is controlled by a Technical Official on duty.
- g The offending player is permitted to resume play when the Technical Official on duty indicates that the period of suspension has been completed.
- h If the offending player is a goalkeeper, the Technical Official on duty notifies the Umpires when the period of suspension has been completed; the Umpires stop the ~~time~~ at the next stoppage of play to enable that player to resume play.
play

4 **YELLOW CARD – TEMPORARY SUSPENSION**

Rule 14.1.c: For any offence, the offending player may be temporarily suspended for a minimum of 5 minutes of playing time (indicated by a yellow card).

Regulation: For any offence, the offending player may be temporarily suspended for a minimum of 5 minutes of playing time (indicated by a yellow card).

- a The duration of temporary suspension is indicated to the Technical Officials on duty by the Umpire who issues the yellow card.
- b For the duration of each temporary suspension, the offending team plays with one fewer player.
- c If a field player receives a yellow card, the Umpires stop the match (but not necessarily the time) to issue the card; if time has been stopped, the Umpires restart it immediately after issuing the card.
- d If a goalkeeper receives a yellow card, the Umpires stop the ~~time~~ ^{play} and re-start it immediately after that player has left the field of play.
- e The offending player leaves the field immediately; if they interfere with play on their way to the designated suspension area the Umpire may further penalise the player in accordance with the Rules of Hockey.
- f The temporary suspension commences when the player is seated in the designated area. Should the player receive a further temporary suspension while seated in the designated area, the time shall be added to duration initially indicated in (a) above and served immediately after the end of the first suspension.
- g Timing of the suspension is controlled by a Technical Official on duty.
- h The offending player is permitted to resume play when the Technical Officer on duty indicates that the period of suspension has been completed.

- i If the offending player is a goalkeeper, the Technical Officer on duty notifies the Umpires when the period of suspension has been completed; the Umpires stop the ~~time~~ at the next stoppage of play to enable that player to resume play.
play

5 **PENALTY CORNER COUNTDOWN CLOCK**

Regulation: When an initial penalty corner is awarded, the ~~timing of the match~~ ^{play} shall be stopped for ~~40 seconds, as specified in Article 2 above,~~ (inter alia to permit defenders to put on protective gear etc) before allowing the penalty corner to commence. It is mandatory for all players defending a penalty corner to use head or face protection. The engaged Umpire shall advise both the defence and the attackers as the countdown ~~clock~~ ^{clock} approaches zero. After ~~40 seconds~~ if both teams are ready the Umpire shall re-start play by blowing the whistle and the ball shall be injected immediately or very shortly thereafter.

In the event that a team is not ready the engaged Umpire is to determine whether the delay is intentional, or in the case of the defending team, if the delay is due to players finding and putting on their full protective equipment. The priority for the Umpires is player safety and welfare, and therefore if a little more time is required for all defenders to be ready and fully protected, this should be given, without penalty. If, however, the engaged Umpire is of the view that there is an intentional delay resulting in a team not being ready ~~within the aforesaid 40 seconds,~~ the Umpire is to identify and issue a personal penalty (i.e. a green card) to the player who is responsible for the delay, with an increased personal penalty (i.e. a yellow card) for repeated offences. If this player is a defender, the defending team defends the particular Penalty Corner with one player fewer. For any offence of this rule by a defending goalkeeper, the defending team defends the penalty corner with one fewer player: ie the corner is defended by one fewer player than before this incident. The defending team nominates which defender will be subject to a personal penalty.