

## APPENDIX 1

### *SCHEDULE OF REGULATIONS APPLICABLE TO INTER-NATIONS EVENTS*

Below is a list of Regulations which supersede the Rules of Indoor Hockey and apply to all inter-nations matches including test matches and under 21 junior inter-nations matches. Article 1 relates to the FIH Indoor Hockey World Cup only.

#### **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 AND RESULT**

Rule 5.1: A match consists of four quarters of 10 minutes, an interval of 1 minute between quarters 1 and 2 and between quarters 3 and 4 and a half-time interval of 3 minutes.

~~Regulation: A match consists of four quarters of 10 minutes, an interval of 1 minute between quarters 1 and 2 and between quarters 3 and 4 and a half-time interval of 5 minutes.~~

#### **3 GREEN CARD – ONE MINUTE SUSPENSION**

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

Regulation: For any offence, the offending player may be temporarily suspended for one minute 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 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 Indoor Hockey.
- e The one minute 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 one minute 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;

#### **4 YELLOW CARD – TEMPORARY SUSPENSION**

Rule 14.1.c: For any offence, the offending player may be temporarily suspended for a minimum of 2 minutes of playing time (indicated by a yellow card).

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

- a The duration of temporary suspension is indicated to the Technical Official 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 and re-start it immediately after that player has left the field of play.
- e 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 Indoor 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 Official on duty indicates that the period of suspension has been completed.
- i If the offending player is a goalkeeper, the Technical Official on duty notifies the Umpires when the period of suspension has been completed;

#### **5 PENALTY CORNER COUNTDOWN CLOCK**

Rule 13.3: ~~Time and~~ play is stopped after a penalty corner is awarded and re-started when the teams are ready. Teams must take the minimum time to take their positions and put on protective equipment (as a guide of 20 to 30 seconds) and play is re-started when the teams are ready.