



Guernsey Hockey LBG

Bulletin 7 – 23 September 2010

The following guidelines will apply to the Men's Leagues, Women's League and all Cup Competitions organised by the GHLBG:

Start Times

It has been noted that matches are not starting on time and as a result Teams are not being provided with sufficient warm up time on the pitch prior to a match.

All Teams and Umpires are reminded of Rule 8.1:

8.1 Umpires should be prepared to start a match as near to the Start Time as possible. Teams unable to field the minimum number of players at the Start Time are subject to the minimum player requirement (see section 9).

Every effort must be made to start all matches as close to the start time as possible. Time slots for each fixture are 90 minutes. Each match is played with 35 minutes each half and 5 minutes for half time, this allows 15 minutes of spare time per fixture slot.

It is acknowledged that there are time stoppages during matches for penalty flicks, issue of cards, suspensions and injuries, and accordingly umpires must use their judgement. It is important to allow Teams sufficient time to warm up on the pitch for the next match, even if this means that matches start after the official start time.

Umpires should ensure that half time is kept to a strict 5 minute interval.

The recommendation is that the Teams playing the next fixture should be ready to enter the pitch and start warming up immediately upon the conclusion of the previous game and should be given 5-10 minutes to warm up on the pitch by the umpires. A previous bulletin has already advised that Teams must do physical warm ups off the pitch if another match is being played.

The umpires should give a warning to the teams that the match will start in 5 minutes and then another warning at 2 minutes. The match should then be started at the end of that time period.

As a goalkeeper is not required to start a match, this should not be used as an excuse for any delay.