



## Guernsey Hockey LBG

### Bulletin 5 – 10 September 2010

Effective from the 1<sup>st</sup> September 2010 the following guidelines will apply to the Men's Leagues, Women's League and all Cup Competitions organised by the GHLBG:

#### **Warming up**

For safety and insurance reasons, all hockey clubs and teams must ensure that their players abide by the following:

**MF Pitch:** No players (of either the teams participating in the match being played, or from teams due to play next) are allowed to warm up on the side of the pitch while another match is in progress.

Physical warm ups and stretching should take place on the grass pitch opposite and then once the match on the pitch, if any, has finished the hockey warm up can then take place on the pitch itself prior to the start of the match.

**FL Pitch:** No players (of either the teams participating in the match being played, or from teams due to play next) are allowed to warm up on the side of the pitch while another match is in progress.

Physical warm ups and stretching should take place on the grass outside the fence or on the running track if it is not in use, and then once the match on the pitch, if any, has finished the hockey warm up can then take place on the pitch itself prior to the start of the match.

#### **Spectators**

For safety and insurance reasons, please can all **umpires** ensure that no spectators are allowed onto the pitches while a match is being played.

**MF Pitch:** All spectators must remain off the pitch and behind the low fence while matches are being played, and that the gate to the low fence is closed.

**FL Pitch:** All spectators must remain off the pitch while matches are being played, and that the gate access to the pitch is closed. Only players, substitutes and officials of the match being played should be within the fenced area on the side of the pitch.