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With immediate and continuing effective 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:

Clubhouse 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, provided neither the track nor the rugby / football pitch is in use, on the running track, and then once the match on the Clubhouse pitch, if any, has finished the hockey warm up can then take place on the pitch itself prior to the start of the match.

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.

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.

Clubhouse Pitch:

All spectators must remain off the pitch while matches are being played. Both gate access' to the pitch are to be closed. Only players, substitutes and officials of the match being played should be on the playing surface and surrounds.

MF Pitch:

All spectators must remain off the pitch and behind the low fence while matches are being played. The gate to the low fence is to be closed.