

INSTRUCTIONS [FIH - 2008]

Cut out and tape on back of penalty cards. Use as in-game reminders when carding in games governed by the *Rules of Hockey* (FIH), a international governing body for field hockey.

Please note that while in NFHS and NCAA games the coach can be carded, there is no such opportunity in games governed by the Rules of Hockey. In fact, the word "coach" does not appear in the rule book.

In all cases where you would card the coach, you card the captain.

GREEN CARD

Coach = N/A

Player = Recorded.

No automatic loss of possession.

[FIH - 2008]

YELLOW CARD

Coach = N/A

Player = As with green card *plus* a suspension for not less than 5 minutes. 10 minutes when misconduct toward another player was physical.

GK = GK out for minimum of 5 minutes, another player may play GK but team plays short throughout suspension. The captain sorts this out.

No automatic loss of possession and no automatic upgrade.

[FIH - 2008]

RED CARD

Coach = N/A

Player = The carded player is out for good and team plays short for remainder of contest.

GK = The carded GK is out for good and team plays short for remainder of contest.

No automatic penalty stroke.

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Suspensions and disqualifications typically carry over into overtime periods but that can change from tournament to tournament. Typically, a player whose suspension is not complete before time has expired cannot participate in untimed tie breakers, like penalty strokes. This too is tournament dependent.