

INSTRUCTIONS [NFHS - 2008]

Cut out and tape on back of penalty cards. Use as in-game reminders of the modifications to the *Rules of Hockey* when carding in games governed by the National Federation of State High School Associations (NFHS), a sports organization in the USA.

Due to annual changes in their modifications to the Rules of Hockey, these reminders should only be considered valid in 2008. These are not for use in competitions governed by the Rules of Hockey or the NCAA modifications to the Rules of Hockey.

GREEN CARD

Coach = Loss of possession

Player = Recorded, loss of possession.

[NFHS - 2008]

YELLOW CARD

Coach = Possession to opponents *plus* remove player for 5 minutes (team plays short)

Player = As with green card *plus* 5 minute suspension. (team plays short)

GK = GK out for 5 minutes, new GK in, have captain ask coach which field player to start suspension. This field player can return via substitution but team continues to play short during suspension.

[NFHS - 2008]

RED CARD

Coach = Removal and Penalty Stroke

Player = As with yellow card *plus* team plays short for remainder of game, including overtime periods.

GK = GK out for good, new GK in, field player must leave as with yellow and team plays short for remainder of contest.

Penalty Stroke for Flagrant Foul by field player or goalkeeper.

[NFHS - 2008]

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