

Rule amendment for SH Competition Rules 17th June 2021

- 4.3 All field players are recommended to wear shin, ankle and mouth protection whenever playing in a match managed by Sydney Hockey, and all goalkeepers must wear a complete goalkeeping outfit.

(a) any player including a Goalkeeper, that under Umpires direction requires 1st Aid assistance on field, must leave the field for a minimum of 2 minutes. Normal substitution rules apply.