

## **Rule amendment for SH Competition Rules 17<sup>th</sup> 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 1<sup>st</sup> Aid assistance on field, must leave the field for a minimum of 2 minutes. Normal substitution rules apply.**