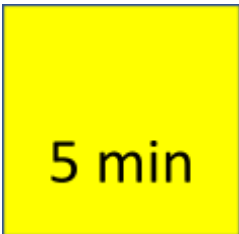
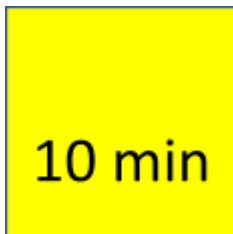
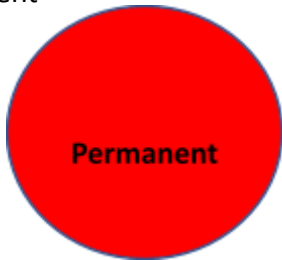


THAMES VALLEY HOCKEY ASSOCIATION - CARD PENALTY RULES updated 2025

2min	5 min	10min	Permanent
			
• Verbal outbursts of foul or abusive or overly aggressive language at self, other players, officials, or spectators (subject to being heard) • Spitting on the turf or at an official, player or spectator • Breakdown tackles within the attacking or defending quarter • Repeated offences after being warned • Removal of goalkeeping equipment on the field while time is running • Usage of stick to play the ball while not in control of the stick (ie. throwing the stick at the ball)	• Use of language or body gestures to dispute, protest or react in a provocative, disapproving or aggressive manner towards an official, player or spectator • Aggressive use of equipment towards and official, player or spectator • Repeated offences after being warned • Goalkeeper using any part of equipment other than the stick to play or attempt to play the ball outside the circle • Intentional offence	• Repeated offence of a green or 5 minute yellow card • Intentional dangerous play	• Verbal or physical abuse or threatening behaviour towards an official, player or spectator • Intentional dangerous play • Hitting any person

- The captain is responsible for the behaviour of the players within their team and supporters. Failure to manage behaviour may result in team penalty in which the captain will be carded.
- Managers are responsible for the behaviour of any person in their dugout and failure to control behaviours may result in team penalties.
- Any person within the dugout is considered part of the team management.
- Cards may be upgraded depending on the time of the game and where on the field the offence occurred.