

Time Outs

Guidelines for 2011 / 2012 SWWHA Indoor League (all matches will be 20 minutes one way)

These guidelines are to be read in conjunction with the FIH Rules of Indoor Hockey
(January 2011, section 5.2. – Time-Outs)

- a. A time-out may be called when play is stopped immediately before putting the ball back into play after it: has been outside the pitch or before a free push, a centre pass or a bully
- b. A time-out may not be called within the period from the award of a penalty corner or penalty stroke until after it has been completed, or in the last two minutes of the match
 - Time-outs may only be requested by the Team Manager direct to the Technical Officer
- c. A time-out may be granted once to each team
- d. A time-out takes a maximum of one minute
 - The umpire stops time by making the T signal with their hands in front of their chest
 - The Technical Officer will stop match time and commence a 1 minute countdown
 - Suspended players may re-join their team for the duration of the time-out but must return to the technical table to complete their suspension period
 - At the expiry of 50 seconds, the Technical Officer will inform the umpire
 - The umpire shall immediately blow their whistle for the players to return to the pitch
 - After exactly 1 minute (or less if both teams are ready to play), the umpire shall re-start the game, and the Technical Official shall re-start the match time clock
- e. Play is restarted by putting the ball back into play or with the free push, centre pass or bully which was due to take place before the time-out occurred