



## WARM UP AREA DIRECTIVE

A warm up area should be provided at the discretion of the Home Club.

The length of the warm up period should be no more than 30 minutes and should NOT commence until 45 minutes prior to kick off.

Only players and substitutes taking part in the match (named on the teamsheet) and the official club management are allowed onto the warm up area.

### **NO CHILDREN ALLOWED.**

The Away Club **MUST** comply with any instruction issued by the Home Club.

In the event of the pitch being in a state where a warm up may directly interfere with the playing surface, the Home Club has the authority to refuse permission for a warm up on the pitch.

Away Clubs are therefore advised that it is not an automatic right that access to the pitch is allowed for a warm up. It is solely at the discretion of the Home Club.

The Away Club **MUST** at all times comply with the instructions of the Home Club and respect the facilities and condition of the playing surface.

Any Club reported for a breach of this directive shall face disciplinary action and a fine.

Substitutes warming up: Although there is no absolute rule as to where the substitutes should warm up, it is generally accepted that it is inside the pitch perimeter barrier opposite the assistant referee on the far side, however, in certain circumstances this has caused issues eg: where the substitutes bibs clash with the colours of one of the teams. It is recommended that this is checked with the referee at the exchange of teamsheets. It is also recommended that substitutes do not remove themselves from the technical area other than for the purposes of warming up as described above.

### **By order of the Management Committee**