Captain's Quick Reference | 2026-27

This guide summarises key points to help teams comply with the Area League Regulations. Consult the full Regulations at Adult Hockey in London > Regulations & Supporting Documents; if you are uncertain about the application of any Regulation, contact your Divisional Secretary.

ESSENTIAL CAPTAIN'S DUTIES

Before the Match

- HOME captains: confirm fixture details (time, venue, kit, floodlights, weather plan) with the opposition before the fixture; where these have changed from those originally in GMS (5.2), the opposition must be informed before GMS is changed (5.2.2)
- AWAY captains: Respond confirming no kit clash & hospitality participation (6.6)
- Verify all players are registered and eligible; new players must be registered in GMS by the weekly cut-off before match day (7.6), with **transfers fully completed** where required (7.7)
- Confirm a Selection Exemption Pass (SXP) is in place where one is required (8.6)
- Club umpires to be registered in GMS as umpires and with EHO (11.4)
- Confirm umpiring arrangements if not Area appointed. Grade 3 requires Level 1 Assessed (11.5)
- GRADE 2: Confirm match details to Area appointed umpires no later than **3 days** prior to the fixture

Match Day

- Complete team selection in accordance with Team Selection Regulations (8)
- Include all players, substitutes, officials and umpires on GMS team sheet (9.1)
- GRADES 4 & 5 ONLY, must comply with **all** doubling-up restrictions (8.4, 8.5): maximum of **12 players** for the lower-ranked team, reduced from 13; maximum of **two games** per player per matchday; permitted only as a last resort to cover a player shortage, so clubs are expected to move players between lower teams before requesting a double up
- Playing kit must meet the requirements, including shirt numbers (10.4)
- Ensure bench area compliance: only players & officials allowed (6.1); no spectators within **5m**
- Complete match sheet and result in GMS by **20:00 hrs** on the day of the match, or **two hours** after completion where the match starts late in the afternoon; confirm goals and cards for **both teams**, and details of goal scorers / card recipients for own team (9.4)
- Half-time is **5 minutes** unless otherwise agreed before the match starts (Appendix 3)

Post-Match

- Report any regulation breaches to your ALDS within **7 days** (15.3)
- Complete feedback for Area appointed umpires (Grade 2 only) by **20:00 hrs Monday after the match** (11.8)
- Manage player suspensions - suspended players cannot be selected (12.2)
- Postponed or abandoned matches must be played on the next League Reserve date unless a team already has a fixture then; otherwise within **36 days** (13.3)
- Ensure compliance with England Hockey's Code of Ethics and Behaviour in all social media posts

KEY REGULATION UPDATES

Regulation	*Previous Regulation*	Change for 2026-27
Registration Deadline (7.6.2)	*1 February*	**23:59 on 31 January** (also applies to transfers
Non-UK Passport Holders (7.5)	*No Objection Certificate (NOC) regime*	NOC removed; EH Participation in Hockey for non-UK Passport Holders policy applies
Dual Registration (7.2.4)	*Limited provision*	Primary & Secondary Club nominated; not in **final 4 matches**; transfer required to change Primary
Doubling Up Definition (8.4.1)	*Same match day*	Same Matchweek (Thursday to Wednesday)
Squad Size Doubling-up (8.4.2(c))	*13 player maximum*	**12 player maximum**
Match Sheet Confirmation (9.4.3-9.4.5)	*Score only*	Goals AND cards
Team Yellow-Card Penalties (12.2.1(b))	*n/a*	Warning at **5**; 1-point deduction at **10**; 1 point per additional **5**
Postponements (13.3.1(a))	*Agreed within 10 days, Reserve date if possible*	Must be played on next League Reserve date unless a team already has a fixture
Failure to Honour (Reg 14, Appx 5)	*Standard penalties*	Grade-by-grade matrix; points doubled in **last four fixtures**; cascade penalty to lower teams; the forfeiting team must notify the ALDS by the scheduled match time (14.3)
Premier Division Format (Appx 3)	*Halves default; quarters optional*	Four quarters of **17.5 mins** default unless home team advises otherwise
Appeal Windows (4.5.10(b), Appx 6)	*7 days / 14 days*	**5 days** for promotion-relegation appeals and Further-Appeal Requests

ALMC CONTACTS

Grade	Divisions	Men	Women	Email
2	*Premier & 1*	Paul Mangat	Paul Mangat	divsec.grade2@london.hockey
3	*2 & 3*	Chris Savory	Chris Savory	divsec.grade3@london.hockey
4 & 5	*4, 5 & 6*	Shaf Moledina	-	divsec.men@london.hockey
4 & 5	*4, 5 & 6*	-	Liz Laird	divsec.women@london.hockey
Club Umpiring		*Georga Reed*		officiatingclubliaison@london.hockey