



ENGLAND
HOCKEY
MASTERS

AREA MASTERS CHAMPIONSHIPS REGULATIONS 2026

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1. MANAGEMENT

1.1 Principles

- 1.1.1 The England Hockey Area Masters Championships will comprise tournament competitions for all masters age group teams administered by the England Hockey 8 Areas Masters Committee (8AMC). For the purposes of these Regulations, this includes the following championships in each gender:
- i Open/Men Over 35 - 75
 - ii Women Over 35 - 65
- 1.1.2 The tournaments will be inter-Area competitions.
- 1.1.3 England Hockey (EH) Policies, as seen in Appendix 1, will apply to all matches in the tournaments.
- 1.1.4 Each team, by its entry into a tournament shall be deemed to have given consent to abide by these Regulations, England Hockey policies and any amendments that may be ratified by EH from time-to-time. Each team and/or player shall be deemed to have agreed to abide by the decisions of the TD in relation to these Regulations or any matter not covered in these Regulations.

2. TOURNAMENTS

2.1 Organisation

- 2.1.1 The 8AMC will be responsible for organising the tournaments with each Area and host venue and will structure tournaments and scoring systems as set out in regulation 2.3 below.
- 2.1.2 The Rules of Hockey shall be those as in effect at the start of each season, except as any variations contained within these Regulations and in accordance with Appendix 2. The Rules shall include any variations, supplementary guidance, interpretations, instructions, etc. as may be published by England Hockey from time to time.
- 2.1.3 Match schedules and length times will be set by 8AMC. Any variation by a TD must be approved by the 8AMC.
- 2.1.4 Tournaments will each be played across one weekend.

2.2 Match Rules

- 2.2.1 The Rules of Hockey shall be those as in effect at the start of each season, except as any variations contained within these Regulations and in accordance with Appendix 2. The Rules shall include any: variations, supplementary guidance, interpretations, instructions, etc. as may be published by the EHCD from time to time.

2.3 Umpires

- 2.2.1 Umpires will be appointed by Area Officiating Committees and should be qualified level 2 or 3, or strong level 1 is acceptable.

2.4 Scoring System

- 2.4.1 In tournaments teams shall be awarded: 3 points for a win, 1 point for a draw, 0 points for a loss.
- 2.4.2 In the event of teams being equal on points at the end of the competition, or part thereof, places shall be determined by each of the following, in order:
- i. Highest goal difference. If still equal *Regulation ii applies*.
 - ii. Highest number of goals scored. If still equal *Regulation iii applies*.
 - iii. Highest number of matches won. If still equal *Regulation iv applies*.
 - iv. The result of the match between the teams concerned. If still equal *Regulation v applies*.
 - v. If teams are still equal, a shootout between the teams involved, if this determines a medal placing, will be arranged by the TO/TD in accordance with Appendix 3.

2.5 Failure to Honour a Fixture

- 2.5.1 A team which fails or is unable to honour a fixture will be deemed to have lost any game 5-0 and the opposition awarded three points. If a team fails to honour more than one fixture their playing record will be expunged.

3. TEAM ENTRIES

3.1 Entry Dates

- 3.1.1 Team entry to the tournaments shall be made to the 8AMC by Area Masters Leads, and by the designated date.

3.2 Eligibility

- 3.2.1 Each age group tournament is open to one team from each England Hockey Area.

3.3 Entry Fees

- 3.3.1 The TO shall set the team entry fee to cover the costs of the competition. The fee shall be advised by Area Masters leads to their treasurers who will direct invoices to other Area treasurers for team payment.
- 3.3.2 Tournaments shall be delivered on a non-profit making basis.
- 3.3.3 Tournament budgets must be shared with the 8AMC prior to a tournament for approval and following the tournament.
- 3.3.4 Area Treasurers may receive invoices for their teams' Tournament Entry Fee, two weeks in advance of a tournament, and shall pay the fee by the first date of the Tournament, or within 4 weeks from receipt of the invoices

4. PLAYERS

4.1 Competition

Players must play in the relevant competition as determined by England Hockey Trans and Non-Binary Participation Policy.

4.2 Eligibility

4.2.1 To be entitled to play for an Area age group team, players shall be a bona fide member of a club affiliated to the Area they are representing, unless an exemption request is made by an Area chair and approved by the 8AMC eligibility sub-group, at least 2 weeks before the start of a tournament. Such exemptions must be marked on team sheets before being sent.

4.2.2 Players shall only be eligible to play in one age group tournament, unless approved by the 8AMC, except for those in the highest official age group (Men O75 and Women O65) who may also play a second tournament in the age group below to ensure teams can be fielded.

4.2.3 It is the responsibility of the Area Masters Lead to ensure that any player registered to represent their Area is eligible to do so in accordance with 4.1.1 – 2.

4.2.4 All players must be registered on England Hockey's Game Management System (GMS) in their Area Masters club.

4.2.5 All players shall be willing and able to provide evidence of eligibility to play for an Area to the 8AMC or TD, if requested.

4.3 Team Selection

4.3.1 A player's qualification for any given age group, will be determined by that player's age between 1st January and 31st December in the year of the tournament.

4.3.2 Players shall reach the qualifying age and be selected into Area age group squads comprised of 5-year age bands, except for the Over 35s where players who will reach the age of 35 in the following year may be included. Men over 35 - over 75 and Women over 35 - over 65.

4.3.3 Information requested by the TO, associated with players and officials for inclusion in any programme to be produced for a tournament, should be advised at least 2 weeks before the start date of a tournament.

4.3.4 Each team may have a management team of up to three (3) team officials, who are permitted to be in the bench area, plus a qualified medical doctor. The role of any official is to be included within the team sheet sent to the TO and on GMS.

4.3.5 Teams should have a team manager, who cannot be a player in the tournament. Where there may be no manager TO/TDs should liaise with the captain.

4.3.6 Each team must have a captain, on the field of play.

4.3.7 Players shall be identified by their respective numbered playing shirts which should match that stated on the team sheet sent to the TO and on GMS. Where away shirts numbers may differ from home colours, these should also be advised.

4.4 Dress

4.4.1 Field players shall wear shirts, shorts/skorts and knee length socks that distinguish them from their opposition in accordance with published team colours.

4.4.2 If teams' shirts and/or socks colours clash, the away team must wear alternative colours.

4.4.3 Additional Clothing - Any additional clothing (e.g., cycle shorts, leggings or long-sleeved under-shirts) should be of the same colour as the corresponding item of clothing shown on the team sheet. If not, it must not, in the opinion of the umpires, clash with the opposition's corresponding item of clothing.

4.4.4 Goalkeepers must wear shirts that distinguish them from both teams' field players and the umpires and must wear protective equipment as specified in the current Rules of Hockey.

4.4.5 Players must wear shirts individually numbered on the back with the number allocated on the team sheet. All numbers shall contrast with the colour of the shirt.

4.4.6 Turbans, Hijabs (or other agreed head coverings) should be plain or match the shirt in line with colours on the team sheet. For all head coverings, they must not:

- be attached to the playing shirt
- have any protruding items from the surface
- have any metal fastenings or pins
- cause a danger to the player, or other players
- have the potential to be inadvertently pulled or unravelled

5. TOURNAMENT MANAGEMENT & MATCH DAY ADMINISTRATION

5.1 Dates, Match Schedules and Times

5.1.1 The 8AMC will issue dates for each tournament plus fixtures with their scheduled start times and length of matches. Any local deviation from the schedule by a TD must be approved by the 8AMC.

5.2 Management

5.2.1 The 8AMC in conjunction with Areas and the host venue will appoint a Tournament Organiser and Tournament Director, and other such officials as required to Tournaments. A Tournament Director is empowered to apply these Regulations. The TD may consult the Chair of the 8AMC on any matter if required for clarification. This will include any issue not covered by these Regulations in all matters concerning the conduct of the tournament and their ruling on any matter shall be final. The Tournament Director may delegate the exercise of their powers and authorities, in whole or in part and for such duration as the Tournament Director deems necessary to a Technical Officer if required.

5.3 Tournament Organiser

The TO shall be responsible for:

- Keeping an accurate tournament budget.
- Organising and announcing in good time to all parties, details of the tournament such as venue, dates, hotels, parking, match schedule etc. as set out in the Tournament Delivery documentation.
- Organising and announcing to all parties, details of the time and venue of the tournament briefing for managers/captains, umpires and officials and/or provide an event briefing document or video call for all managers/captains, umpires and officials.
- Ensuring all participants abide by the EH Code of Conduct and adhere to these Regulations.
- Ensure all team managers/captains know of the whereabouts of a defibrillator and local accident and emergency facilities and processes.
- Provide a professional or qualified first aider for the duration of the Tournament.

5.4 Tournament Director

The TD shall be responsible for:

- Providing a safe playing environment.
- Inspecting the fields of play, technical equipment and facilities prior to the tournament and ensure they are of a suitable standard for the tournament.
- Keeping a tournament to time.
- Supervising all matches.
- Maintaining and promulgating proper match report form records or summary match report forms.
- Ensuring the result and match details are entered on GMS as soon after the completion of a match as possible.
- In conjunction with the Umpire Manager, where appropriate, appoint the two umpires for each match and a reserve umpire when considered appropriate.
- Ensuring all participants abide by the EH Code of Conduct and adhere to these Regulations.
- Suspending one or more players, team officials and other officials who, in her/his opinion, are guilty of misconduct before, during or after a match whenever that misconduct occurred. Such suspended persons may not enter the field of play, or the technical facility areas (including the team bench) surrounding the same, during the match(es) of the suspended person until the match(es) is(are) finished.

5.5 Match Day

5.5.1 The first named or 'home' team shall occupy the left-hand bench (facing in field from the benches) and supply the match ball.

5.5.2 Captains shall toss for first possession of the ball and choice of ends.

5.5.3 Tournaments should provide pitch side ice and on-pitch blood cleaning kit.

5.5.4 Teams should provide their own first aid kit but, tournaments should also provide a back-up pitch-side first aid kit. This should include essential basics for impact and blood injuries.

6. TEAMS, TEAM SHEETS & RESULTS

6.1 Teams

6.1.1 A team or squad for the whole tournament shall consist of a maximum of eighteen (18) players. This can include 16 outfield players, plus 2 goalkeepers or 17 outfield players plus 1 goalkeeper.

6.1.2 A team shall be entitled to play all 18 players in its squad for each match in the tournament.

6.1.3 No players shall be added to a team or squad beyond 2 minutes before a team's first match.

6.2 Team Sheets

6.2.1 Team sheets should be sent to the TO at least 2 weeks before the start date of a tournament.

6.2.2 One team sheet for the whole tournament must also be entered into GMS at least 2 weeks before the start date of a tournament. This may be adjusted up to 2 minutes before the start of a team's first match. Any changes must be notified to the TO as soon as possible.

6.2.3 Team sheets and GMS must include accurate home colour shirt numbers. Teams should inform the TO of any alternative set of numbers on an away kit when team sheets are sent.

6.2.4 Captains, GKs and team officials must also be included on the team sheet provided to the TO and on GMS.

6.2.5 By including a player on the team sheet, the Area confirms that each player listed is eligible to play and will be deemed to have played in the relevant tournament.

6.3 Results

6.3.1 A completed match report form or summary match report form must be signed by the team manager or captain who in so doing will be deemed to confirm that the report is an accurate record of the match. Once signed against the match, results will be considered final.

6.3.2 Each match result and full match details including scorers, times and nature of a goal and any cards, shall be entered into GMS by the GMS lead at the venue as soon as possible following the end of a match.

7. DISQUALIFICATION/FAILURE TO PLAY

7.1.1 A team either disqualified or refusing to play or to complete a match shall be deemed to have withdrawn from the tournament.

7.1.2 If a team so withdraws from the tournament, its playing record will be expunged.

7.1.3 Any goals scored by a withdrawn or disqualified team will be expunged.

7.1.4 The withdrawn or disqualified team will be ranked last in the tournament and will not receive or will not be allowed to keep any medals and trophies to which it was entitled or which it had already received.

7.1.5 After any revision of the final ranking, medals and trophies will be awarded as appropriate.

8. POSTPONEMENT OR ABANDONMENT

8.1.1 All matches in all tournaments must be played on the scheduled dates, unless a postponement or abandonment is caused by unforeseen circumstances, adverse weather or travel conditions. Other exceptional circumstances that cause a postponement or abandonment may be considered by the TD/8AMC.

8.1.2 If circumstances arise which are not provided for in these Regulations, the TD, may consult with the 8AMC, and will determine any actions necessary to deal with those circumstances.

8.1.3 If any tournament is rescheduled as a result of postponement or abandonment, the priority for players will be the originally scheduled activity on that date.

8.1.4 If any team affected by the decision of the TD under Rule 8.1.1-3 wishes to appeal, it may do so following the same procedures set out in Regulation 11.

9. TROPHIES AND MEDALS

9.1 Annual trophies, plus gold, silver and bronze medals shall be awarded.

10. BREACH OF REGULATIONS & PENALTIES

10.1.1 The provisions contained in these Regulations are without prejudice to anything contained in the EH Code of Ethics, but any Area or team or individual found to be in breach of these Regulations may be subject to further penalties, as may be determined by the TD, 8AMC or the EHCD in addition to any penalty imposed by any EH Disciplinary Body.

10.1.2 When imposing any penalty, the TD shall have regard to any recommendation that may have been made by any relevant Disciplinary Body under the provisions of any regulation included in the EH Code of Ethics.

11. APPEAL PROCEDURE

11.1.1 There shall be no appeal at any time against the decision of an umpire or Match Official in a match or shootout competition including the suspension of a player or bench official.

11.1.2 If one or more of the teams wish to appeal a TD's decision not relating to an occurrence during a match or shoot out competition, the team manager or captain must do so in writing within thirty minutes after the TD's decision has been declared. If no such appeal is lodged, then the decision of the TD is final.

11.1.3 The TD and TO may consult the 8AMC in making a decision and should declare it as soon as reasonably possible.

11.1.4 Appeals must be handed to the TD together with a deposit of One Hundred Pounds Sterling (£100). The deposit may be refunded if the appeal is upheld.

11.1.5 The decision of the TD/8AMC following an appeal shall be final and binding.

APPENDIX 1 - ENGLAND HOCKEY POLICIES

All England Hockey policies shall apply to matches in the Area Masters Championships. These may be revised and or supplemented from time to time by England Hockey but include;

- FIH Rules of Hockey (with any variations as determined by EH, see Appendix 4)
- EH Code of Conduct
- EH Disciplinary Regulations
- EH Safeguarding and Protecting Young People in Hockey
- EH Privacy Policy
- EH Equality Policy
- EH Guidance on Faith & Fixtures
- EH Trans and Non-Binary Participation Policy
- UK Anti-Doping Rules
- EH Anti-Corruption Policy
- EH League Sponsorship Policy
- EH Safe Hockey

Most can be found on the Regulations and Policies Documents page of the EH website:
<https://www.englishockey.co.uk/governance/rules-and-regulations/regulations-and-policies>

APPENDIX 2 – VARIATIONS TO FIH RULES OF HOCKEY

Rule 13.3 Procedure for taking penalty corners:

The Rules of Hockey 2021 including all experimental rules shall apply with the exception of Rules 1.9, 5.1, 13.3 and 14 which shall be varied as follows:

Rule 1.9

Flag-posts between 1.20 and 1.50 metres in height are placed at each corner of the field. (these are not required).

Rule 5.1

Rule 13.3

Time is **not** stopped after a penalty corner is awarded (unless stopped by the umpire). Note that this may affect the return to the pitch of a suspended player.

Rule 14

a. A player who is temporarily suspended cannot resume play during a penalty corner, only when it has been completed or another penalty corner is awarded.

b. If a temporarily suspended player is a goalkeeper, the Umpires stop the time at the next stoppage of play to enable that player to resume play.

Time will not be stopped for penalty corners (unless deemed necessary by the umpires).

APPENDIX 3 – SHOOT- OUT COMPETITION

In a shoot-out competition, five players from each team take a one-on-one shoot-out alternately against a goalkeeper from the other team as set out in this Regulation. The shoot-out competition comprises all series of shoot-outs required to determine a result.

The following sets out both the playing Rules and the procedures to be followed.

1. If the shoot-out competition takes place after the end of a match, the first shoot-out should take place within four (4) minutes of the end of regulation playing time.
2. The respective Team Managers provide five players (*nb for XTC this must include two womens players*) to take and one player to defend the shoot-outs from those on the Match Report except as excluded below. A player nominated to defend the shoot-outs can also be nominated to take a shoot-out. No substitutions / replacements are permitted during the shoot-out competition other than as specified below.
3. A player who is still serving a disciplinary suspension by the Umpires (or Official where appointed) at the time the shoot-out competition takes place or has been excluded permanently (red card) during the match which leads to the shoot-out competition, cannot take part in that shoot-out competition. A player who has been temporarily suspended (green or yellow card) may take part in the shoot-out competition even if the period of their suspension has not been completed at the end of the match.
4. The Umpires (or Official where appointed) will specify the method of timing shoot-outs taking account of the facilities available and the need to control time accurately.
5. The Umpires (or Official where appointed) will specify the goal to be used.
6. A coin is tossed; the team which wins the toss has the choice to take or defend the first shoot-out.
7. All persons listed on the Match Report other than any player who has been excluded permanently (red card) during the match which leads to the shoot-out competition are permitted to enter the field of play outside the 23m area used for the shoot-out but must be at least 10 metres from the spot where the ball is placed at the start of the shoot-out.
8. The goalkeeper of the team taking a shoot-out shall wait on the back-line outside the circle.
9. A player taking or defending a shoot-out may enter the 23m area for that purpose.
10. Players taking a shoot-out and also defending the shoot-outs taken by opponents are allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put back on their protective equipment.
11. Five players from each team take a shoot-out alternately against the goalkeeper of the other team making a total of 10 shoot-outs.
12. Taking a shoot-out:
 - a. the goalkeeper starts on or behind the goal-line between the goal posts; the ball is placed on the nearest 23m line opposite the centre of the goal;
 - b. an attacker stands outside the 23m area near the ball;
 - c. an Umpire blows the whistle to start time;
 - d. an Umpire (or Official where appointed) starts the clock;
 - e. the attacker and the goalkeeper may then move in any direction;
 - f. the shoot-out is completed when:
 - i) 8 seconds has elapsed since the starting signal;
 - ii) a goal is scored;
 - iii) the attacker commits an offence;
 - iv) the goalkeeper commits an unintentional offence inside or outside the circle in which case the shoot-out is re-taken by the same player against the same goalkeeper;
 - v) the goalkeeper commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken;
 - vi) the ball goes out of play over the back-line or side-line; this includes the goalkeeper intentionally playing the ball over the back-line.
13. If a penalty stroke is awarded as specified above, it can be taken and defended by any eligible player on the Match Report.
14. The team scoring the most goals (or ahead by more goals than the other team has untaken shoot-outs available) is the winner.
15. A player may be suspended by a yellow or red card but not by a green card during the shoot-out competition.
16. If during a shoot-out competition (including during any penalty stroke which is awarded) a player is suspended by a yellow or red card:
 - a. that player takes no further part in that shoot-out competition and, unless a goalkeeper, cannot be replaced;
 - b. the replacement for a suspended goalkeeper can only come from the five players of that team nominated to take part in the shoot-out competition;
 - i. the replacement goalkeeper is allowed reasonable time to put on protective equipment similar to that which the goalkeeper they are replacing was wearing;
 - ii. for taking their own shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
 - c. any shoot-out due to be taken by a suspended player is forfeited; any goals scored by this player before being suspended count as a goal.
17. If during a shoot-out competition, a defending goalkeeper is incapacitated:
 - a. that goalkeeper may be replaced by another player from among the players listed on the Match Report for that particular match, except as excluded in this Appendix or unless suspended by an Umpire during the shoot-out competition;
 - b. the replacement goalkeeper:
 - i. is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper was wearing;
 - ii. if this replacement is also nominated to take a shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
18. If during a shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player from among the players listed on the Match Report for that particular match, except as excluded above or unless suspended by an Umpire during the shoot-out competition.
19. If an equal number of goals are scored after each team has taken five shoot-outs:
 - a. second series of five shoot-outs is taken with the same players, subject to the conditions specified in this Appendix;
 - b. The sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;
 - c. The team which starts each shoot-out series alternates for each series.
 - d. When one team has scored or been awarded one more goal than the opposing team after each team has taken the same number of shoot-outs, not necessarily being all five shoot-outs, that team is the winner.
20. If an equal number of goals are scored after a second series of five shoot-outs, additional series of shoot-outs are taken with the same players subject to the conditions specified in this Appendix:
 - a. the sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;
 - b. the team which starts each shoot-out series alternates for each series.
21. Unless varied by these regulations, the Rules of Hockey apply during a shoot-out.

APPENDIX 4 – APPEAL NOTICE

APPEAL NOTICE To be sent to 8AMC Chair pursuant to Regulation 11.

Appellant (name of Club and or team)

Competition (if relevant)

Name of Person submitting Appeal Notice

Position with Club

Email

Phone Number

Decision being Appealed

Date of Notification of Decision

Short reason for Appeal

The club/team confirms that:

1. It wishes to Appeal the decision above and is doing so within 3 days of the date of notification of decision.
2. It agrees to pay the deposit of £100 within 7 days of the date of notification of decision.
3. It agrees to submit the full details of its appeal within 7 days of the date of notification of decision.
4. It understands it will forfeit the right to Appeal if it does not comply with 2. Or 3.
5. It may withdraw its appeal prior to submission of the full details, and the deposit will be returned.

Signed	
Print Name	
Position in Area Team	
Date	