

MIDLANDS ADULT LEAGUES

Update February 2026



MIDLANDS
HOCKEY



midlands.englishockey.co.uk/adult-leagues-competitions

With the second half of the season underway. Here are a few reminders based on activities in the League to date.

FIXTURES

Forfeit, Cancelled or Postponed Fixtures

If a Team is considering forfeiting, cancelling or postponing, a fixture, the **Divisional Secretary (ALDS) MUST be notified** at the time of the decision; the ALDS will offer guidance on the actions needed. Failure to notify the ALDS at the time of the decision (before the fixture) is subject to a penalty fine (Reg. 14.1.3).

A list of the ALDS be found [here](#).

Cold Weather Guidance

Please consider the following:

TRAVEL

Please do not travel if you believe it to be dangerous to do so. Check local weather warnings to confirm. Let your opposition know as soon as you decide not to travel. Regulation 13 contains guidance on postponing and checking weather reports for advice regarding travelling. Please ensure all Team Captains are aware of what to do in the event of cold weather postponements.

PITCH STATUS

You know your local pitches. If you believe they will not be playable Friday, then call games off. If you are not sure, **talk to your opposition about the latest time they need to be notified before starting to travel, and make sure you inspect the pitch and inform them by that time** if the game is off. Remember to include your Divisional Secretary in ALL communications.

TEAM CONTACTS

It is important that **ALL teams have a Team Contact with a phone number** on view, please check your teams now.

How to display Club or Team Contacts details:

- Log onto the GMS and click on your name, top left, and select 'My profile'.
- In the 'Contacts – View' window click the pencil and paper icon to edit your profile.
- Under your email address untick the 'Hide all' checkbox, then scroll down to tick 'Hide address' to hide your other contact details, this will leave just your email address on view.
- Scroll down to add your phone number (home, work or mobile) and tick the relevant hide/show checkboxes, then choose the correct number to display in the 'Preferred phone' menu, probably 'Mobile', then scroll down and press 'Save'.
 - The last step above is the most important to ensure the correct phone number is on view.
- This should then leave your email address and phone number on view to opposition team contacts, Divisional Secretaries, and League admin.

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IF A FIXTURE IS POSTPONED:

- Contact the Divisional Secretary first, then make sure the opposition and any appointed umpires are informed.
- Agreement of the rearrangement must be made within 10 days.

Ramadan

A reminder that Ramadan will be observed for 30 days during March. Please be sympathetic for requests for early starts. You can find further information and guidance on the Midlands website via the link below.

- Dates – 1st to 29th March 2026
- [Ramadan Information](#)

UMPIRES

Umpire Registration

All **umpires should register with EH Officiating** (Regulation 11.4). It's free and makes it easier for Team admins to select umpires when submitting Team Sheets. Registration is straightforward and easy to do.

To register on the GMS as an umpire simply:

- Go to the GMS: gms.englishockey.co.uk
- Click the link "To register for GMS click HERE"
- Register with 'Officiating', bronze membership is free. Make sure to use the same email address that is used for your player account, and the two accounts will be linked.

Contacting Appointed Umpires

There have been some cases where Appointed Umpires have not been contacted, Regulation 11.1.2 states they must be contacted **at least 3 days before** the fixture.

DISCIPLINE

Poor Discipline

Below are details of cards recorded on GMS for all League games up to 1st February. These numbers are totally unacceptable, and we look to Clubs to review their internal discipline procedures to try and reduce. I've also included note that was sent to Club Discipline Officers, after a second weekend when 7 Red cards were issued.

League	Number of Cards		
	Green	Yellow	Red
Women	409	62	2
Men/Open	1668	542	23



Note to Club Discipline Officers (CDOs)

from Tom Roberts, Area Discipline Administrator

Dear Disciplinary Officer,

I am writing to express concern regarding the number of Red Card offences submitted this season, particularly in Grade 3 to 5 League games. These are the games that are officiated by your club umpires. Presently Midlands has the highest number of Red Cards out of the 8 Areas.

In several incidents, Red Cards have been issued following situations that escalated due to players' continued dissent in response to umpiring decisions. In many cases, these cards may have been avoided with timely intervention.

I would therefore ask Team Captains to take greater responsibility for their players by actively helping to de-escalate situations, particularly where dissent is being directed towards umpires. A lack of captain intervention has often contributed to situations escalating unnecessarily, resulting in Red Cards. Captains are expected to manage the behaviour of their players, as well as Managers and Coaches, in accordance with Rule 3.4.

I would also like to remind Team Captains that once a Red Card has been issued by an umpire, it cannot be rescinded except in cases of mistaken identity, as outlined in Disciplinary Regulation 2.6. Continued disputing of a Red Card decision—particularly by Team Captains during or after a game—is inappropriate and not encouraged. Such behaviour is noted by the Disciplinary Panel and could result in additional sanctions. Your cooperation in reinforcing these responsibilities with Team Captains is appreciated.

Team captains are therefore expected to:

- Be familiar with and respect Disciplinary Regulation 2.6 and FIH Rule 3.4.
- Always take responsibility for their team's conduct.
- Act decisively at the first signs of dissent or poor behaviour.
- Work to calm situations rather than contribute to their escalation.
- Ensure the Umpire is made aware of the identity of the player, including name, shirt number and age (if player is U18), if a Red Card is issued.
- That player receiving a Red Card must immediately leave the pitch and the surrounding area of the pitch!

Please ensure this message is shared with all your club Team Captains.

Yellow Card Suspensions

Just a reminder, it is a Club/Captains responsibility to ensure players receive a suspension if they reach the number of Yellow Cards as per the Regulations:

- **12.2.2 Suspension Thresholds:** Players shall be subject to match suspensions for yellow cards accumulated throughout the season in League matches. The following suspensions apply to individuals:
 - **Four yellow cards** in a season = **1 match suspension**;
 - **Two additional yellow cards** in the same season (i.e., six in total) = **1 further match suspension**;
 - **Each additional yellow card thereafter** in the same season = **1 further match suspension**.

Please note, the Club of any player due to receive a suspension must contact the relevant ALDS immediately, as per the Regulations (12.2.3).



TEAM SELECTION

Team Selection and the 50% Rule

A reminder that the 50% rule for player selection is in force for rearranged games, games when a higher-ranked team has no fixture or does not play its scheduled fixture, and the last four games of the season. You can apply for a Selection Exemption Pass (SXP), but it may not be Approved.

- **8.3.4 If a Higher-Ranked Team has no Fixture or Does Not Play its Scheduled Fixture:** In a Matchweek (N.B. a Matchweek is Thursday to Wednesday) where a team has a League fixture but any higher-ranked teams in their Club do not:
 - (a) The team can only select players who have made at least 50% of their playing appearances for either that team or a lower-ranked team – refer to the definition of Regular Team.
 - (b) Regulation 8.3.3 does not apply in such a Matchweek.

As we have noticed a number Regulation breaches on Team Selection, we are now monitoring all Team Sheets for not just the 50% rule on rearranged fixture, but all instances of doubling up.

Selection Exemption Pass (SXP) Request Form

Please ensure you have read and understood the Regulations regarding Team Selection.

If you need to submit a Selection Exemption Pass (SXP) for a player, please use the link below. Please ensure the request is submitted with plenty of notice—the **deadline for SXP submissions is 20:00** on the day before the game (e.g. by 20:00 on Friday). If an emergency exemption is required, the Divisional Secretary must be contacted directly.

- [Selection Exemption Pass Request Form](#)

One form should be submitted for each player, and a new SXP is required for any rearrangement of a fixture. If in any doubt whether a player requires a SXP to play, contact the Divisional Secretary for advice.

There are also links to the SXP form listed on the Adult League pages of the Midland Hockey website.

TRANSFERS

Player Transfer and Registration Deadline

The season deadline for new Registrations and Transfers was **23:59 1 February 2026** and has now passed.

ALL new Registrations or Transfers after the deadline **MUST** be approved by the League Committee before selecting to play. Even if GMS allows them to be Approved.

There are already dozens waiting approval, remember if it's a new Registration, check that it shouldn't have been a Transfer. If you play them when it should have been, you could be liable to a penalty.

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ADULT LEAGUE UPDATES

Promotions & Relegations

The Promotions & Regulations guidance document has been updated to allow for Division changes due to withdrawn Teams and Clubs joining from other Areas. You can find further information on the Midlands website via the link below.

- [Promotions & Relegations 2025/26](#)

Summer Tier 2 Indoor

We will shortly be sending out a Poll to gauge if there would be any interest in running a Tier 2 Indoor day sometime in July/August. Date and venue to be decided.

Dates for 2026/27

Looking forward to next season, there will be a short window to fit in all fixtures with another early Easter. To allow for minimal disruption, and that all required games are played before Christmas and Easter, we are proposing the following scheduled League fixture dates:

- League start – Saturday 19 September 2026
- No break week in October – League fixtures will be scheduled for Saturday 24 October 2026
 - Fixtures in lower grades only may be rearranged for Saturday 12 Dec 2026*
- Last fixtures before the winter break – Saturday 5 December 2026
- Midlands Indoor Competitions – Saturday 12 December & Sunday 13 December 2026
- New year start – Saturday 9 January 2027
- Break week – Saturday 13 February 2027
- Last fixture – Saturday 20 March 2027

* Fixtures in lower grades on Saturday 24 October will be permitted to be rearranged to Saturday 12 December 2026 only if agreed by both teams before the season begins, with a 1 September deadline for rearranging.

To minimise the impact of the earlier than usual League start date in September, University vs University fixtures will be scheduled for Saturday 19 September 2026 where possible.

Adult Leagues Information

There is lots of League information to be found on the Adult League webpages on the Midlands Hockey website, including guidance, regulations, and contact details, as well a few new pages including the League's Top Scorers.

- Website: [Midlands Hockey Adult Leagues & Competitions](#)
- Guidance: [Adult Leagues Regulations & Supporting Documents](#)
- Follow us on **Instagram** [Midlands Hockey Adult Leagues Instagram](#)
- Join our group on **Facebook** [Midlands Hockey Adult Leagues Facebook Group](#)

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Regards,



**MIDLANDS
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