

MIDLANDS ADULT LEAGUE

PROMOTIONS & RELEGATIONS 2025/26

Open/Men's League

DIVISION	TEAMS	PROMOTIONS Communicated	RELEGATIONS Communicated	NOTES ²
Premier	12	1	2	Promoted to EHL
Division 1	12	2	2	
Division 2	12	2	4	4 teams relegated into 2 divisions
3 West	12	2	2	
3 East	12	2	2	
4 West	12	2	2	
4 East	12	2	2	
5 West	12	2	4	8 teams relegated into 4 divisions
5 East	12	2	4	
6 North West	12	2	2	
6 North East	12	2	2	
6 South West	12	2	2	
6 South East	12	2	2	
7 North West	12	2	2	
7 North East	12	2	2	
7 South West	12	2	2	
7 South East	12	2	2	
8 North West	12	2	2	
8 North East	12	2	2	
8 South West	12	2	2	
8 South East	12	2	2	
9 North West	12	2	2	9 teams relegated into 5 divisions 7 (positions 11/12) plus 2 worsted PPM ¹
9 North East	11	2	2	
9 South West	12	2	2	
9 South East	12	2	2	
10 North West	10	2	None	
10 North East	9	2	None	
10 Central	9	2	None	
10 South West	10	2	None	
10 South East	10	2	None	
	347			

MIDLANDS ADULT LEAGUE

PROMOTIONS & RELEGATIONS 2025/26

Women's League

DIVISION	TEAMS	PROMOTIONS Communicated	RELEGATIONS Communicated	NOTES ²
Premier	12	1	2	Promoted to EHL
Division 1	12	2	4	4 teams relegated into 2 divisions
2 West	12	2	4	8 teams relegated into 4 divisions
2 East	12	2	4	
3 North West	12	2	3	13 teams relegated into 6 divisions 8 potentially (positions 11/12) plus 5 worsted PPM ^{1,2} Kettering HC 1
3 North East	12	2	3	
3 South West	12	2	3	
3 South East	12	2	3	
4 North West	11	2	3	16 teams relegated into 9 divisions 9 potentially (positions 11/12) plus 7 worsted PPM ^{1,2} Kettering HC 2
4 North East	12	2	3	
4 North Central	11	2	3	
4 South Central	12	2	3	
4 South West	11	2	3	
4 South East	12	2	3	
5 West	12	2	None	Kettering HC 3
5 East Central	11	2	None	
5 North Central	12	2	None	
5 North	12	2	None	
5 North West	10	2	None	
5 North East	12	2	None	
5 South	11	2	None	
5 South West	11	2	None	
5 South East	12	2	None	
	268			

NOTES

¹ See Regulation Glossary – **PPM: Points Per Match**: A calculation (Total Points ÷ Matches Played) used primarily to compare the performance records of teams across Parallel Divisions.

² If an existing Club from another Area moves to the Midlands, then to place them in a Grade level which is the same as in their current Area, it may be necessary for extra relegations at that and lower Grade levels to accommodate. Their current Area Grade will be confirmed following the application of promotions & relegations in their current area at the end of the season. This will be confirmed as soon as possible, but an indication given at the beginning of the second half of the season.