

AREA ADULT LEAGUE REGULATIONS - 2023-2024	Notes
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The Area Adult League Regulations 2023-2024 (Appendix A of the Area Regulations) come into effect for each Area Company when approved by the Area Standing Committee under regulation 1.8 of the Area Regulations.	
Note: Separate regulations will be issued by England Hockey for the National League currently known as the England Hockey League which England Hockey administers	
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GLOSSARY	
In these Regulations:	
AAP means the Area Appeal Panel appointed pursuant to the Area Articles of Association and the Area Regulations	East Area Board
ADA means the relevant Area Disciplinary Administrator	
AL means the Area League. The Divisions of the overall league pyramid administered by an Area	Mr Cricket Hockey East Area Adult Hockey League

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<i>ALC means the Area League Chair</i>	Rosemary Prince
<i>ALDS means Area League Divisional Secretary</i>	See list on website
<i>ALFO means the Area League Finance Officer (or Treasurer)</i>	Vicky Benedikz
<i>ALM means the Area League Manager who oversees the administration of all Divisions within an Area</i>	Chris Perry
<i>ALMC means the Area League Management Committee</i>	
<i>ALWG means the Area Leagues Working Group, with representatives from each Area League</i>	
<i>AMC means the Area Management Committee</i>	East Area Board
<i>AOC means the relevant Area Officiating Committee (and for the purpose of these Regulations where not expressly stated shall also include the Welsh Hockey Umpires Association)</i>	East Area Officiating
<i>Appellant means the party (usually a club) making an appeal on a ALMC decision</i>	
<i>Area Appointed Umpire means the Umpire or Official appointed to a match by the Area Officiating Committee.</i>	
<i>Area means, unless the context otherwise requires, the Area Company that has adopted these Regulations and is one of the eight Area Companies (the Areas) required to cooperate with the other seven Areas in the governance of hockey subject to and within the powers and responsibilities of EH, and to carry out and do all such things as are set out in the Area's Articles of Association</i>	East Area
<i>ASC means the Areas Standing Committee, where the 8 Area Companies meet nationally</i>	
<i>BUCS means British Universities & Colleges Sport</i>	
<i>Club means the member club that is participating in the League</i>	
<i>Club Appointed Umpire: Umpire or Official appointed to a match by a Club, whether affiliated to that Club or 'on loan' temporarily from another Club.</i>	
<i>Development Teams are teams that are given player selection flexibility in order to gain league experience and to develop the ability/confidence of new, young, or returning players and encourage the participation of new teams.</i>	Designated "X Development" in the league tables
<i>Doubling up is defined as when a player participates in two Adult League fixtures for their Club on the same match day (including Area League and EHL fixtures), one of which is for their Regular Team.</i>	
<i>Due Date: Date by which payment, as indicated on relevant Invoice, or response, as indicated in relevant communication, should be made.</i>	
<i>EH means England Hockey, the National Governing Body for hockey in England</i>	
<i>EH Appeal Panel means the England Hockey Appeal Panel</i>	
<i>EHCD means the EH Competitions Department</i>	
<i>EH Disciplinary Regulations means the England Hockey Disciplinary Regulations or successors thereto as published from time to time</i>	
<i>EH Disciplinary Body means any group of individuals, convened to hear, and adjudicate on relevant matters under their jurisdiction (to include but not limited to, ALMC, AAP, EH Disciplinary Complaints Panel, EH Appeal Panel).</i>	
<i>FIH means the International Hockey Federation</i>	
<i>GMS means the online Game Management System designated for use by EH</i>	
<i>Grade A number of Steps within a league pyramid that are banded together that share the same requirements for participant eligibility, competition and matchday administration. Note that across parallel leagues it is possible for teams at the same Step in different Leagues to be at different Grades depending on the size of those Leagues</i>	For grade divisions see either GMS or the proposed divisions chart
<i>League means the relevant Area League</i>	
<i>Leagues means the collective term for the 8 Area Leagues and the National League</i>	
<i>Liaison Officer means the main contact at a club for the ALMC</i>	
<i>League Reserve Date (aka slip date) is a date that should be used for the playing of re-arranged fixtures</i>	
<i>Matchweek: Covers matches taking place from Thursday to Wednesday, where every team plays once, if at all.</i>	
<i>NL means the National League. The Divisions of the overall league pyramid administered centrally by EHCD for which separate regulations are issued and also known as the England Hockey League.</i>	

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PPM means Points Per Match and may be used to determine promotion or relegation issues. If teams have played an unequal number of matches, then the average PPM will be used along with averages for any other method of determining positions (see Regulation 4)	
<i>Principles means Principles of Fair Selection</i>	
<i>Regular Team means the team in which a player is usually selected, determined by the record of their playing appearances</i>	
Step means the allocation of Divisions in a League pyramid structure. The highest Division will always be Step 1, the next highest, Step 2 etc. It is possible to have more than one parallel Division at any Step	Step 1 - East Prem Step 2 - 1N&S Step 3 - NE/NW/SE/SW Quadrants
<i>Team is used to differentiate between a Club's different teams, either Men's or Women's</i>	
<i>Team Admin means the individual from a team within a club that is responsible for liaising with the Divisional Secretaries and using the GMS</i>	
These Regulations means these Area Adult League Regulations and any reference herein to a particular Regulation is, unless otherwise expressly stated, a reference to a particular Regulation in these Regulations	
<h2>1 INTRODUCTION</h2>	
1.1 The league structure in England will comprise of:	
<ul style="list-style-type: none"> · National League – administered centrally by England Hockey and currently known as the 'England Hockey League'. 	
<ul style="list-style-type: none"> · 8 Area Leagues – each administered by their respective Area Company 	
1.2 The titles of the Leagues and Divisions therein are shown as Appendix 1 and must be so referred in any communications including any Area or National sponsor's names.	
1.3 All England Hockey policies, rules and regulations will apply to all matches within the Leagues. (See Appendix 2)	
1.4 The Rules of Hockey, including any experimental rule changes approved by EH for use in Competitions shall be observed except as provided by Appendix 3.	
1.5 The Regulations for Area adult hockey leagues are aligned to the Grades. The application of these Regulations will vary at different Grades to ensure that the expectations are commensurate with the standard of play.	
<h2>2 MANAGEMENT</h2>	
2.1 The Chair of the Adult Leagues & Competitions Committee will be elected at the Area AGM. Unless provided for in Regulations issued by the Board the Chair of the Adult Leagues & Competitions Committee shall be chair of the ALMC. The ALMC will form part of, or be a sub-committee of, the Area Adult Leagues & Competitions Committee.	
2.2 As a Committee of the Area Company the Area Adult League will come under the full control of the Area Board of Directors. The League may hold other meetings for clubs as agreed with the Area Directors. The League budget and League entry fees will be set at the Area AGM by the membership and League accounts overseen by the Area Finance Director.	
2.3 The ALMC will be appointed by the Area Directors proposed by the ALC to the Area Directors. The Area Directors will expect the ALMC to be diverse in composition and open to attracting new volunteers. Any club representative roles on the ALMC will be elected by the Area AGM.	
2.4 The ALMC will usually comprise of, but not be limited to, the following roles:	
<ul style="list-style-type: none"> · Area League Manager - To oversee the work of the Divisional secretaries, work closely with the Adult Leagues & Competitions Chair and liaise with the Officiating Area Administrator and Appointment lead. 	East Definition - Chris Perry, League Secretary
<ul style="list-style-type: none"> · GMS Manager - To manage the official information on the Game Management System (GMS) for the Adult Leagues & Competitions and support clubs using the GMS. 	East Definition - Phil Churchman, GMS Lead
<ul style="list-style-type: none"> · PR Officer - To promote the Area Adult Leagues & Competitions to the clubs and proactively raise the profile and share best practice of the League and all competitions. 	
<ul style="list-style-type: none"> · Club Representatives - To represent the clubs at Area Adult Leagues & Competitions Committee, to give feedback on behalf of the clubs about what is working well and what could be improved for your clubs (these are optional roles) 	As the ALMC is made up of volunteers from Clubs within the region, the ALMC does not have a designated Club representative role
<ul style="list-style-type: none"> · Area League Divisional Secretaries - To manage Divisions proactively, be first point of the contact for teams in their responsible Divisions and check and challenge the clubs match information on the GMS. 	East Definition - League Managers - See here:

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· Officiating Representative – To provide link between Area Officiating Committee and Adult Leagues & Competitions Committee to ensure appropriate standards of performance in Area Appointed Officials is delivered and providing Officiating input where requested	
2.5 The Adult Leagues & Competitions Committee shall allocate within its members such designated roles as it thinks fit to deliver the functions of the Committee and shall give such titles to the roles as necessary, having regard to any guidelines that may be issued from time to time in Regulations issued by the Board.	
2.6 The Area Adult Leagues shall be managed in accordance with Area Adult League Regulations issued from time to time by England Hockey. The Directors shall issue such Regulations as thought fit, or otherwise required by England Hockey, to ensure that the Area Adult Leagues are administered in a manner consistent with the Area Adult League Regulations and the ALMC applies such Regulations in such a way as is consistent with the application of the Regulations in equivalent Adult Leagues of other Area Companies.	
2.7 League decisions may be reviewed by the Area Directors and any significant League issues should be reported to the Area Directors and the Area Management Committee. Appeals against League decisions should be made in accordance with the procedure set out in Regulation 16.	
2.8 The ALMC will not adjudicate on decisions made by umpires and any appointed match officials in matches. Umpires will not adjudicate on League Regulations.	
2.9 Any Team Admin requiring clarification on League Regulations should consult directly with the relevant ALM or ALDS.	First port of call should be ALDS
2.10 Areas will be responsible for determining which Divisions within their League pyramid are at which Grade using the table below as guidance. The relevant requirements for participant eligibility, competition and matchday administration will be a determining factor in this. The ALWG will undertake an annual moderation process to endeavour to ensure that Grades are consistently applied across the Leagues.	ALMC and approved by Board.
Grade 1 - England Hockey Leagues (Premier Division, Division 1 North & South, 4 Conferences)	
Grade 2 - Area Premier Divisions and Any Divisions at the next Step	
Grade 3 - Area mid-level Divisions. Approximately the highest 50% of all Divisions below Grade 2 and above Grade 5.	
Grade 4 - Area lower Divisions. Approximately the lowest 50% of all Divisions below Grade 2 and above Grade 5.	
Grade 5 - i. Area lowest Divisions. The Division(s) at the lowest Step in any Area League pyramid (i.e., where there is no further Division that promotes teams to it); and	
2.11 The ALWG will undertake an annual review of League Regulations at the end of each season and publish a new version by 31st July.	We rely on all area working group updating regs and areas agreeing annually. We can feed in.
<h3>3 ENTRY INTO THE LEAGUE</h3>	
3.1 Clubs	
3.1.1 Each Area League is open to teams from clubs who are members of the Area, or from a neighbouring Area if agreed by the AMC and the ASC.	
3.1.2 Each club, by its entry into and participation in the League, and each player by registering to participate in the League, shall be deemed to have given consent to abide by these Regulations, The EH Disciplinary Regulations, and any amendments that may be ratified by EH from time-to-time. Each club and/or player shall be deemed to have agreed to abide by the decisions of the relevant ALMC or the ALWG in relation to these Regulations or any matter not covered in these Regulations and any penalty or sanction it may see fit to impose.	
3.1.3 A new club, or a club formed as a result of a merger between existing clubs, must advise the relevant ALM by 1st May.	
3.1.4 For their teams to be eligible to participate in the League clubs must, by the Due Date, have:	
3.1.4.1 Completed their membership to England Hockey (and where relevant Hockey Wales), including any payments.	
3.1.4.2 Paid League entry fees.	
3.1.4.3 Paid any fines or monies outstanding to England Hockey, Area and/or Sub-Area	
3.1.5 Each participating club must appoint a Liaison Officer for each gender of team participating in the League. (An individual may cover both roles). The Liaison Officer should be available to the ALMC, and other teams as required by the usual channels of communication. The name, e-mail address and telephone number(s) of the Liaison Officer must be advised to the ALM, via or for use in the GMS and by the date specified. Any change in details of any of the above must be advised via or for use in the GMS.	

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3.1.6 By agreeing to be a Liaison Officer and providing the information required under this Regulation, the Liaison Officer consents to receiving information from the ALM and any other person or body involved in the proper administration of the League, and further consents to the ALM and any other person or body involved in the proper administration of the League sharing this information for that purpose.	
3.1.7 Each participating club is expected to have a representative from their club at any meeting called by the ALMC. These will ordinarily be online but may be physical meetings. In addition, each club shall respond to requests for information by the ALM, ALDS or AOC by the Due Date.	
3.1.8 Any club that wins a perpetual trophy must arrange for it to be returned at the club's cost to the ALMC by 1st February, unless otherwise agreed by the ALMC. ALMC will advise the club if the trophy is to be engraved or not engraved in advance of this. The cost of any additional engraving or a replacement if a trophy is misplaced by a club will be invoiced to the relevant club.	Clubs will be notified no later the 13th January as to the return address for division trophies. Failure to return the trophy by the required date cleaned and in good repair will result in £100 fine. Failure by a division winner to attend the trophy presentstion day to collect the trophy will result in a £100.
3.2 Team Entry	
3.2.1 A club must enter its teams into a League by the designated date set by the ALMC.	
3.2.2 A club wishing to field a new team in or move an existing team into a neighbouring Area League for a subsequent season must advise both Areas of this by 1st March of the current season. The proposed new Area League will confirm acceptance or otherwise of a new team by 1st May.	
3.2.3 A club wishing to enter new teams or withdraw teams from a League, in its home Area, must do so by 1st May. Late entries will only be accepted at the discretion of the ALMC.	Only accepted if this can be done without disadvantaging / disrupting existing teams and structures, this may mean teams put in different quadrants or divisions to those expected
3.2.4 Teams from a new club formed as a result of a merger will be allocated the League positions of the previous clubs starting with the highest ranked downwards. If the merger results in fewer teams than spaces the ALMC, in consultation with the club, shall agree which positions will be filled by which teams.	To be agreed on a case by case basis
3.2.5 If a club withdraws a team during the season, the team withdrawn must be its lowest ranked in the League unless otherwise agreed by the ALMC. The team will remain in the League table with all matches void and will occupy the lowest place. Teams withdrawn during the season would usually be placed in the bottom Division if allowed to re-join the League in the following season.	ALMC will review requests on a case by case basis and may allow non-lowest teams to drop out if a club can demonstrate with quantifiable evidence as to the specific need to remove a team.
3.2.6 If a club wishes to withdraw a team between seasons, that team would normally be its lowest playing in the League; however, if the club wishes to withdraw a higher team the ALMC may agree if the change can be accommodated without significant adverse effects on other clubs, and if the request is made before 1st May.	See Note published on website
3.2.7 A club may request that a team that would otherwise be promoted remains in the same Division (or at the same Step) the following season by 1st May. The ALMC reserves the right to accept or decline this and if the former to determine how the place will be filled.	See Promotion / Relegation notes previously issued
3.2.8 Clubs may request that a team or teams be placed in a higher or lower Division than their existing or starting one. New teams will usually be placed in the lowest Division. Such a request must be made before 1st May. The ALMC reserves the right to determine if a new placing can be accommodated and at which Step without significant adverse effects on other clubs.	Subject to ALMC agreement and suitability of replacement teams to fill the vacant slot(s). Unlikely that a team will be palced in a higher league as promotions are designed to do this at the end of each season.
3.2.9 Clubs may request a team to be designated a development team, to be accepted at the discretion of the ALMC.	Only in the bottom division of Grade 5
3.3 Team Administration	
3.3.1 Each participating team must appoint a Team Admin who should be available to the ALMC, and other teams as required by the usual channels of communication. The name, e-mail address and telephone number(s) of the Team Admin and the e-mail address and telephone number(s) of a second contact must be advised to the ALM, via or for use in the GMS and by the date specified. An individual may be Team Admin for more than one team. Any change in details of any of the above must be advised via or for use in the GMS.	
3.3.2 By agreeing to be a Team Admin or second contact for a participating team, and providing the information required under this Regulation, the Team Admin and any other point of contact consents to receiving information from the ALM, ALDS and any other person or body involved in the proper administration of the League, and further consents to the ALM, and any other person or body involved in the proper administration of the League sharing this information for that purpose.	
4 THE COMPETITION	
4.1 Structure	
4.1.1 Each Area League will be structured as determined by the AMC. Each Area League must have a Premier Division and then a pyramid structure beneath this. Wherever possible a ratio of lower Divisions feeding into one higher Division should be no more than 2:1. In exceptional circumstances this may vary (e.g., 3 Divisions into 1) with the agreement of the ALWG.	
4.1.2 Any changes to an Area League pyramid will be agreed by the relevant AMC and at an Area AGM if deemed necessary by the AMC.	

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4.1.3 Divisions in Area Leagues will usually be made up of 12 teams. This may be varied by the ALMC, for example due to the geographic spread of teams at a specific Step or Steps, or where a team withdraws and is not replaced.	Grades 2, 3 and 4 will be established as 12 team divisions upto 1st July. If a team drops out after this the division will continue with a reduced number of teams. In grade 5 divisions will be set to provide the optimum number of matches for all teams within Grade 5 in that quadrant.
4.1.4 The formation of any parallel Divisions below the Area League Premier Division shall be decided annually by ALMC. These are 'geographically balanced' Divisions and are Divisions at the same Step within a League that feed into a higher Step and where the teams are placed in the Divisions on the basis of geography.	
4.1.5 The ALMC shall decide which Divisions are at which Grade in line with Regulation 2.10 (above)	
4.1.6 Any significant changes to Area League pyramids or the Grades of Divisions will be reviewed and agreed annually at the ALWG	
4.2 Scoring Systems	
4.2.1 Teams shall be awarded 3 points for a win, 1 point for a draw, 0 points for a loss.	
4.2.2 In the event of teams being equal on points at the end of the season, places within a Division shall be determined by each of the following factors, in the order shown:	
4.2.2.1 Highest goal difference;	
4.2.2.2 Highest number of goals scored;	
4.2.2.3 Highest number of matches won;	
4.2.2.4 Aggregate result of the matches between the teams concerned (and, if also equal, away goals taking precedence over home goals);	
4.2.2.5 If teams are still equal, they will share the position except when it determines a promotion, relegation, or play-off, in which case a further match between the teams involved will be arranged with match arrangements organised by the ALMC	
4.3 Walkovers	
4.3.1 A team that fails to honour more than the number of matches during the season as detailed below maybe withdrawn from the League and all previous results will be void. The ALMC will consider the circumstances before implementing the sanction.	
Grade 2 – 1	
Grade 3 – 3	
Grade 4 – 4	Teams in grade 4 conceding 4 games or more may request to be designated "development" allowing them to have additional double ups to fulfill fixtures until the end of the season, this does not allow them to play u13 players. Teams will be placed in the bottom division of the quadrant in the next season
Grade 5 – 4 but at discretion of ALMC	Teams in grade 5 conceding 4 games or more may request to be designated "development" allowing them to have additional double ups to fulfill fixtures until the end of the season, this does allow them to play u13 players providing clubs are satisfied they are physically able to compete. Teams will be placed in the bottom division of the quadrant in the next season
4.4 Teams from the same club and Divisions	
4.4.1 The maximum number of teams from the same club who may play in the same Division at any Grade is as follows. Grade 2 – 2	
Grade 3 – 2	
Grade 4 – 3 unless exceptional circumstances as agreed by ALMC Grade 5 – unlimited	
4.5 Promotion & Relegation	
4.5.1 Standard promotion and relegation are as shown but may be varied by Areas in line with Regulation 4.5.1.1 below.	Not in place, see 4.5.1.1. below

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<p>4.5.1.1 Within Grade 2-5 Areas have the discretion to vary promotion and relegation as below. All participating teams to be notified prior to start of season of decision to vary.</p>	<p>In place, see league page XXXXXXXX</p>								
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1 higher Division (A) 2 lower Divisions (B1 B2) (similar ratio for 2 higher/4 lower and 4 higher/8 lower)	Bottom three teams in A relegated Top team in both B1 and B2 promoted along with the 2 nd placed team from B1 and B2 with the best playing record determined by PPM and then as per 4.1 above								
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<p>4.5.2 Where two or more teams from the same Area are relegated from the NL to AL, an additional team(s) will be relegated from the Area Premier Division to the next Step. This will be the lowest placed team(s) in a Division who otherwise would not be automatically relegated.</p>	<p>See promotion notes</p>								
<p>4.5.3 Where no team is relegated from NL to AL an additional team will be reprieved relegation from the Area Premier Division to the next Step. This will be the highest placed team in a Division who otherwise would be automatically relegated.</p>									
<p>4.5.5 To avoid the impact of additional relegations the ALMC may, at its discretion determine to increase the size of a Division(s) for the following season and revise promotion and relegation arrangements for the subsequent season to rebalance the Divisions.</p>	<p>The ALMC will not be increasing the number of teams in Grades 2-4 to accommodate additional teams</p>								
<p>4.5.6 If the relegation of a team means there would be more than the maximum number of teams from the same club in a division (see Regulation 4.4 above), the team with the lowest ranking from the club in the lower Division will be relegated irrespective of finishing position.</p>									
<p>4.5.7 If the promotion of a team means there would be more than the maximum number of teams from the same club in a Division, the promotion will not go ahead.</p>	<p>A club may request promotion to a comparable division in a different quadrant if promotion is blocked by its own teams. The ALMC will review on a case by case basis on the basis of disruption to other clubs</p>								
<p>4.5.8 Any additional places will be filled in the following order:</p>									
<p>4.5.8.1 The ALMC, at their discretion, placing a team in a Division outside of usual promotion/relegation to reflect their playing standard (see Regulation 3.2.8);</p>									
<p>4.5.8.2 A team(s) who would otherwise be additionally relegated from the relevant Division due to the impact of additional relegation, in line with 4.5.2 above;</p>									
<p>4.5.8.3 The highest placed team in the relevant Division who would otherwise have been relegated;</p>									
<p>4.5.8.4 The next highest placed team, below the team that cannot be promoted, in the relevant Division;</p>									
<p>4.5.8.5 At the discretion of the ALMC.</p>									
<p>5 FIXTURES</p>									
<p>5.1 Fixture Scheduling</p>									
<p>5.1.1 ALMC will issue fixtures with their scheduled dates</p>									

AREA ADULT LEAGUE REGULATIONS - 2023-2024	Notes
<p>AREA ADULT LEAGUE REGULATIONS - 2023-2024</p> <p>5.1.2 Clubs may agree to move a fixture to within 5 days (Sunday to Thursday) after or any time before the scheduled date. This is subject to the approval of ALMC.</p>	<p>Games may only be moved outside of the stated playing window due to circumstances beyond a clubs control such as exceptional weather, ground / pitch unavailability, participation in indoor competitions. Clubs may request to bring matches likely to take place in Ramadan forward to an alternative date on the provision should a slip date be required for a weather postponement this takes priority. All requests for moving matches must be received prior to the Christmas break "Beyond a clubs control" does not include weddings or other social events.</p>
<p>5.1.3 Matches taking place from Thursday to Wednesday are considered as being in the same Matchweek.</p>	
<p>5.1.4 At Grade 3 and below clubs may request to reschedule fixtures that involve University Clubs playing outside of university term times. Such requests must be received by ALMC by 8th September and are subject to ALMC approval. ALMC will determine when rescheduled fixtures shall be played but must be agreed to comply with 5.2.1.</p>	<p>Postponed matches must take place by 29th October</p>
<p>5.2 Fixture Management</p>	
<p>5.2.1 Each team shall provide, using the GMS and by the date requested, the proposed time and venue for each of its home matches as below. This is subject to any variation for a later deadline at the discretion of the ALMC.</p>	<p>Extensions may only be granted if received by 5th September if suitable reasons are given. This is by exception</p>
<p>Grade 2-5 – All fixtures for matches pre-Christmas by 8th September. All fixtures for matches post-Christmas by 1st December</p>	<p>First 4 Fixtures - 1st September Pre-Christmas - 8th September After Christmas - 1st December</p>
<p>5.2.2 The ALMC may allow for shorter notice periods in Grade 3,4 and 5 at their discretion with the agreement of clubs.</p>	<p>The ALMC will only allow shorter notice periods if clubs can demonstrate this is beyond their control such as the last minute withdrawal of facilities due to damage</p>
<p>5.2.3 ANY change to this information must be notified to the ALM or ALDS as directed and to the Team Admin of the opposing team, as soon as GMS is changed, but a minimum number of days prior to the match:</p>	<p>Changes of location or time that require the away team to depart or return more than 30 minutes before or after the original time must be notified 10 days prior to the match at all grades. It is incumbent on the home team to verify the away team have received confirmation and accepted the change.</p>
<p>Grade 2-5 – 10 days prior</p>	
<p>5.2.4 Any changes within these number of days is by exception only and must be notified to the ALM or ALDS and agreed by both teams and umpires. In this event any changes must be communicated to opponents and match officials AND confirmed back by email or message no later than 2000 hrs on the Wednesday prior to the match.</p>	
<p>5.2.5 The League reserves the right to decline any change if it represents a significant or unnecessary variation from previously notified details and the opposition do not agree.</p>	<p>See note against rule 5.2.3</p>
<p>6 MATCHDAY ADMINISTRATION</p>	
<p>6.1 Pitches & facilities</p>	
<p>6.1.1 All League matches must be played on artificial turf pitches suitable for hockey. The ALMC, in consultation with England Hockey, reserve the right to not allow a specific pitch to be used for League matches if it deems it unsuitable.</p>	
<p>6.1.2 Clubs must undertake a risk assessment for venues they use, this is usually an insurance requirement, and all clubs must be insured. Advice on risk assessments as part of the Planning Safe Hockey guide can be found here: https://www.englandhockey.co.uk/governance/duty-of-care-in-hockey/safe-hockey.</p>	
<p>6.1.3 It is the responsibility of the home club to ensure that pitch facilities, including markings, goals and goal nets are satisfactory and that all other requirements in this Regulation are met prior to a match. Immediately prior to the commencement of a match, or once a match has started, the decision on whether it should be postponed or abandoned is determined by the umpires in consultation with the team captains. Safety of players shall be a key factor in any decision making.</p>	
<p>6.1.4 If the pitch is deemed unsuitable by the umpires they may, with the agreement of Team Captains, direct that the match be postponed. The ALMC reserves the right to determine the suitability of facilities in line with the Planning Safe Hockey guidance.</p>	
<p>6.1.5 Home League teams must provide a designated bench area on the side of the pitch (preferably away from any spectator area) either side of the centre line and extending no further than the 23 metre lines. Each team shall be allocated a section of the area, i.e., from Centre line to one of the 23 metre lines. Substitutes and officials on the team sheet must remain in the vicinity of their section of the designated bench area (unless warming up/down) and no other persons are allowed in the designated bench area. At Grade 4 & 5 this may be varied with discretion for other persons to be within, or participants to leave the area if agreed by opposition and umpires.</p>	
<p>Grade 2 – Chairs or benches for both teams and umpires (Subject to dispensation from ALMC in exceptional circumstances)</p>	<p>Dispensation may be granted prior to the match, though the minimum standard at grade 2 will be the provision of a seated area for suspended players</p>
<p>Grade 3 – Designated bench area</p>	
<p>Grade 4 – Designated bench area Grade 5 – Designated bench area</p>	

AREA ADULT LEAGUE REGULATIONS - 2023-2024 AREA ADULT LEAGUE REGULATIONS - 2023-2024	Notes																								
6.2 Pitch bookings																									
6.2.1 Pitch bookings must be of a minimum duration: Grade 2 and below – 1 hour 30 minutes																									
6.2.2 For any match teams may agree to a shorter window than that shown as long as this does not impact the match being completed																									
6.3 Start times and floodlights																									
6.3.1 Match start times shall be between the following times:																									
<table border="1"> <thead> <tr> <th>Grade</th> <th>Earliest Start</th> <th>Latest Start</th> <th>Latest Start Under Lights</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>11:30</td> <td>15:00</td> <td>16:30</td> </tr> <tr> <td>2</td> <td>11:30</td> <td>15:00</td> <td>16:30</td> </tr> <tr> <td>3</td> <td>10:00</td> <td>15:00</td> <td>17:30</td> </tr> <tr> <td>4</td> <td>10:00</td> <td>15:00</td> <td>17:30</td> </tr> <tr> <td>5</td> <td>10:00</td> <td>15:00</td> <td>17:30</td> </tr> </tbody> </table>	Grade	Earliest Start	Latest Start	Latest Start Under Lights	1	11:30	15:00	16:30	2	11:30	15:00	16:30	3	10:00	15:00	17:30	4	10:00	15:00	17:30	5	10:00	15:00	17:30	
Grade	Earliest Start	Latest Start	Latest Start Under Lights																						
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5	10:00	15:00	17:30																						
6.3.2 Matches may be played earlier or later than the times shown if both teams, the ALDS, and any Area Appointing Umpire to the match, agree.																									
6.3.3 Consideration should be given to opposition travel when scheduling fixtures and the ALDS has the right to request that a home team changes its proposed fixture times.																									
6.3.4 If a team venue has suitable floodlights the start time may be later (as shown above under "Latest Start Under Lights"). See: https://www.englandhockey.co.uk/governance/duty-of-care-in-hockey/safe-hockey																									
6.4 Starting the Match																									
6.4.1 In the event of delays to start times participating teams should aim to agree to delay for as long as reasonably possible taking into account the time available for the match and any subsequent matches. Team Captains may agree to play a shortened match	A game may be shortened to a minimum of 30 minutes each way agreed by both captains and umpires prior to the match commencing																								
6.4.2 If the delay is caused by late arrival of players, where a team has a minimum of 7 players available to start the match, and the match would no longer be able to fit within the allocated time slot, then the match should start.	Assumption of 35 mins per half plus 5 mins half time, and 5 mins for end of match switch over, games must start 80mins before the next published start time on the pitch, alternative pitch booking or light cut-off																								
6.5 Changing Facilities																									
6.5.1 Home teams must provide the following. Home teams must always ensure they have no advantage over away teams in terms of room access and times.																									
Grade 2 – Shared for teams and for Area Appointed Umpires at pitch venue*																									
Grade 3 – Toilet at venue, changing may be off site																									
Grade 4 – Toilet at venue, changing may be off site																									
Grade 5 – Toilet at venue, changing may be off site																									
(*Subject to dispensation from ALMC in exceptional circumstances)																									
6.6 Hospitality																									
6.6.1 Requirement for home teams																									
Grade 2-5 – Post-match hospitality to be made available to visiting teams and Area Appointed Umpires.																									
6.6.2 Away team and umpires must confirm if they do not wish to receive any offered hospitality by 2000 hrs on the Wednesday prior to the match. Away team is liable for any costs incurred if they notify that they do not require hospitality after this time or if it is not taken on the day.	The home team may request confirmation from the away team as to numbers, the request must be made no later than 6 days before the match (i.e Sunday for a Saturday) and the away team must confirm by 20:00 Wednesday																								
6.6.3 If a Home team will not be providing hospitality, they should inform all of their opposition teams before their first game. Away teams may reciprocate or not.																									

AREA ADULT LEAGUE REGULATIONS - 2023-2024 AREA ADULT LEAGUE REGULATIONS - 2023-2024	Notes
7 PLAYER ELIGIBILITY – REGISTRATION	
7.1 General	
<p>7.1.1 To be entitled to play in the League for a club a player must be registered with that club to play Adult League hockey and, since time of their first match during any one season, not have played for another club in a league match in England and Wales or another country. Registration must be using the GMS and must comply with the Regulations as in 7.4 and 7.6.</p>	
7.2 Age	
<p>7.2.1 Grade 5 matches involving development teams may be treated as not being League matches where agreed by ALMC. In such matches a player may participate if they are 12 or above with the agreement of their parent/guardian and if the participating club can ensure that the player has the physical development and confidence to participate safely.</p>	See League note
<p>7.2.2 For all other matches, a player must be aged 13 or above on the day of the match.</p>	
7.3 Gender	
<p>7.3.1 Players shall play in the relevant competition.</p>	
7.4 Players who live partially away from home	
<p>7.4.1 At Grade 3 and below. Players who live partially away from home (e.g., students at university or people working away from home for significant periods) may register for more than one club and be selected to play for either club in League matches at the discretion of the relevant ALMCs but only one club per weekend and only provided that a) the two clubs play in different League Areas and b) the basic principles of Fair Selection, with regard to selection reflecting player ability, have been followed.</p>	To be assessed on a case by case basis. If either regular team is within grade three the request will be denied
7.5 Registration Deadlines	
7.5.1 Week by week	
<p>7.5.1.1 A player's registration must be completed for them to be eligible to play by the following times. Grade 2-5 – At any time prior to the match.</p>	
7.5.2 Last Registration Date	
<p>7.5.2.1 There are deadlines for a new registration (i.e., a player who has not played for another club in a League match in England and Wales or another country)</p>	
<p>Grades 2-5 - a player registration must be completed by 1st February.</p>	
<p>Grade 4-5 only. Players may apply to ALMC for the registration after this date to play for a club at Grade 4 and Grade 5 only. ALMC has the discretion to approve such registrations.</p>	Players may apply after the date, but the application must be received prior to GMS registration and prior to playing a League match. A player registering after the date without permission will count as an ineligible player
7.6 Transfers & Deadlines	
<p>7.6.1 A player may only transfer between clubs within the Leagues once during the season and this must be completed by 1st February (see process below). Players may apply to ALMC for transfers in exception to the above, i.e., a second transfer or post 1st February or returning to play (e.g., changes in personal circumstances). The ALMC has the discretion to approve or otherwise such transfers.</p>	
7.7 Transfers between Clubs (in England and Wales only)	
<p>7.7.1 A player can request to move to a new club via GMS.</p>	
<p>7.7.2 The new club must approve the move</p>	
<p>7.7.3 The previous club must approve the move within 10 days of the request or notify the relevant ALMC in that period why this has not been approved. The player can play as soon as the transfer is approved.</p>	
<p>7.7.4 The previous club can decline a move (on the basis of unpaid fees to the existing club, outstanding disciplinary issues or club assets or permissions held by the player that may need to be returned prior to transfer.) and must notify the ALMC of this. In the event of an objection the 10-day period can be extended to 17-days.</p>	
<p>7.7.5 The ALMC will determine what action to take for an unapproved request within 17 days of the request. If no approval or notification from the existing club is received within 10 days of the request the transfer will be automatically approved.</p>	
7.8 Movement of Players between clubs (in England and Wales) and clubs in other countries – Unassigned players	
<p>7.8.1 A player moving to a club outside of GMS (i.e., England and Wales) must request to become unassigned via GMS.</p>	
<p>7.8.2 Their existing club must approve the move.</p>	

AREA ADULT LEAGUE REGULATIONS - 2023-2024	Notes													
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7.8.3 An unassigned player may play for a club in a league match in another country (excluding England and Wales)														
7.8.4 An unassigned player can request to move to a new club in England and Wales via GMS.														
7.8.5 Their existing club, via confirmation to England Hockey, and the new club must approve the move.														
8 PLAYER ELIGIBILITY - FAIR SELECTION														
8.1 General														
8.1.1 The objective of Fair Selection is to establish a comprehensive framework for player eligibility and team selection and aims to ensure fairness, competition integrity, and equal opportunities for all participating clubs.	General Point - The ALDS will assess any requests for players to play outside of their stated eligibility and will be flexible with respect to reviewing playing gaps, recent team appearances and specific circumstances if the request is made prior to the match. Should a complaint be received after the match, the ALDS will make their assessment purely on statistical evidence against the rules at the time.													
8.1.2 This Regulation governs the application of the Aims of Fair Selection (see Appendix 4) and refers to players participating in Adult Leagues. It does not cover participation in Masters or Junior Hockey.	Selection Exemption Passes will only be granted before a match, playing an ineligible player without requesting one will be deemed as playing an ineligible player.													
8.1.3 Fair Selection gives Clubs reasonable flexibility in managing player selection. Clubs select players for their League teams in hierarchical order based on their availability on any given day, with the understanding that players should not be selected at a lower level than their Regular Team in order to strengthen a lower ranked team.														
8.1.4 The ALMC has the authority to determine at any time whether or not a Club is in breach of the Aims of Fair Selection.														
8.1.5 The GMS serves as a platform for collecting information to aid in evaluating compliance with Fair Selection and assists in determining whether or not the Aims are being upheld.														
8.1.6 Whilst Regulation 5.1.2 allows Clubs to agree to move a fixture to within 5 days of the scheduled date, subject to the approval of ALMC, for the purposes of this Regulation the original scheduled date of the game will apply.	Games moved outside the standard match window, ie. weather postponements, indoor re-arrangements or university re-arrangements will count as the new match day for selection purposes													
8.2 Movement of Players														
8.2.1 Players are allowed to be selected for a higher ranked team than their Regular Team, on a weekly basis, without any restrictions.														
8.2.2 When selecting a player for a lower ranked team than their Regular Team certain restrictions apply to prevent strengthening of the lower team.														
8.2.3 The general eligibility of players from week to week is summarised in this table:														
<table border="1" data-bbox="165 916 1079 1142"> <thead> <tr> <th rowspan="2">Grade</th> <th colspan="2">Movement of a player</th> </tr> <tr> <th>Up</th> <th>Down</th> </tr> </thead> <tbody> <tr> <td>1</td> <td rowspan="5">Unrestricted</td> <td rowspan="2">Maximum 1 team</td> </tr> <tr> <td>2</td> </tr> <tr> <td>3</td> <td rowspan="3">Maximum 2 teams</td> </tr> <tr> <td>4</td> </tr> <tr> <td>5</td> </tr> </tbody> </table>	Grade	Movement of a player		Up	Down	1	Unrestricted	Maximum 1 team	2	3	Maximum 2 teams	4	5	
Grade		Movement of a player												
	Up	Down												
1	Unrestricted	Maximum 1 team												
2														
3		Maximum 2 teams												
4														
5														
8.2.4 In weeks where a team has a League fixture but higher teams in their Club do not, the team can only select players who have played at least 50% of the League matches in the current season for either that team or a lower ranked team. Note that Regulation 8.2.3 does not apply in such weeks, and the team may need to request a Selection Exemption Pass from the ALMC to confirm player eligibility (refer to Regulation 8.6 for details) for a player moving down from a higher ranked team that does not have a game scheduled for that matchday.	If there is a risk of postponement of a higher team, a club should notify the relevant ALDS of the selection of a potentially non-eligible player prior to the matches being postponed. The ALDS will deem a postponed match as a fixture where the higher team does not have a match and the 50% rule will apply unless notified the day before the match date													
8.2.5 For a team's last four League matches, unless a Selection Exemption Pass is granted in advance by the ALMC, all players must have played a minimum of 50% of the League matches in the current season for the team they are selected for, or a lower ranked team.	See general note above													
8.3 Doubling Up														
8.3.1 "Doubling up" is when a player plays in two adult League fixtures for their Club during the same Matchweek, (including Area League and EHL fixtures), one of which is for their Regular Team. For example, this includes when one fixture is scheduled on Saturday and another the Sunday, which might be due to the rearrangement of a postponed or abandoned fixture.														

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8.3.2 Doubling up is not permitted other than as set out in these Regulations.	
8.3.3 Doubling up is only permitted at Grades 4 and 5 as a last resort to enable matches to be played when a Club does not have enough eligible players available to field a team without doubling up players, subject to these conditions being satisfied:	
8.3.3.1 Doubling up is allowed in the lowest or second-lowest ranked team. Doubling up in higher ranked teams requires the issuance of a Selection Exemption Pass (refer to Regulation 8.6).	
8.3.3.2 The lower ranked team that includes a player doubling up as an outfield player may not have more than 12 players selected for the match.	
8.3.3.3 When a player doubles up the two teams involved should generally be ranked no more than two teams apart, unless agreed otherwise through a Selection Exemption Pass (refer to Regulation 8.6). This means that the lower ranked team should be no more than two teams below the higher ranked team in the Club's hierarchy of teams.	
8.3.3.4 Any player who is doubling up may not have played for a higher ranked team on the previous match day, compared to either of the teams they are playing for on the current match day.	
8.3.3.5 A player is not allowed to double up for more than two teams on any match day.	
8.3.3.6 A maximum of three players may double up to assist the lower ranked team, including the goalkeeper.	
8.3.3.7 The doubling up restrictions do not apply to any team designated as a Development Team.	
8.4 Player Eligibility for Doubling Up	
8.4.1 Outfield Player	
In addition to the conditions stated in Regulation 8.3 above, there is no further restriction on the total number of players who can double up across a Club on a matchday, provided that one of their two games is for their Regular Team.	
8.4.2 Goalkeeper (GK)	
8.4.2.1 A GK may double up provided that the lower ranked team is no more than two teams below their Regular Team in the Club's hierarchy.	
8.4.2.2 Subject to Regulation 8.4.2.1, a GK whose Regular Team plays in Grade 3 may only play in goal for a Grade 4 or Grade 5 team as a last resort in the event of GK availability issues and only if agreed by the ALMC by granting a Selection Exemption Pass (refer to Regulation 8.6).	
8.4.2.3 A player may play once as a goalkeeper (i.e., for the whole game, in full GK kit) and once as an outfield player on the same match day.	
8.4.3 When a player who doubles up is a goalkeeper (GK) when playing for their Regular Team:	
8.4.3.1 If the GK is doubling up as a GK in the lower ranked team, there is no restriction on the number of players in that team unless there are also one or more outfield players doubling up.	
8.4.3.2 However, if the GK is doubling up as an outfield player in the lower ranked team, that team cannot have more than 12 players selected for the match, per Regulation 8.3.3.2.	
8.4.4 The eligibility of players doubling up is summarised in the table below for illustrative purposes.	

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Notes

Grade of Player's Regular Team's Fixture	Grade of Player's Other Fixture				
	1	2	3	4	5
1	Not permitted*	Not permitted*	Not permitted*	Not permitted	Not permitted
2	Not permitted*	Not permitted unless SXP approved*	Not permitted unless SXP approved*	Not permitted unless SXP approved*	Not permitted unless SXP approved*
3	Not permitted*	Not permitted unless SXP approved**	Not permitted unless SXP approved*	Not permitted unless one of the games is in goal	Not permitted unless one of the games is in goal
4	Not permitted	Not permitted unless SXP approved*	Not permitted unless one of the games is in goal	Maximum 3 players per team	Maximum 3 players per team
5	Not permitted	Not permitted unless SXP approved*	Not permitted unless one of the games is in goal	Maximum 3 players per team	Maximum 3 players per team

* in exceptional circumstances

8.4.4.1 The general conditions for fixtures played at each Grade are:

- Grade 1 – no doubling up permitted except YE Player (see Regulation 8.5)
- Grade 2 – no doubling up permitted except YE Player
- Grade 3 – no doubling up permitted except YE Player or GK playing in goal
- Grade 4 – doubling up permitted, maximum of 3 players
- Grade 5 – doubling up permitted, maximum of 3 players

8.4.4.2 If a Club believes that a particular doubling up scenario is justified a Selection Exemption Pass (Regulation 8.6) can be requested with a clear and detailed explanation. Refer to Regulation 8.3.3 above to ensure that any such request is reasonable and conforms with the stated conditions

8.5 Youth Experience Player

8.5.1 Every club has the option to select one Youth Experience Player (YEP) per Matchweek, offering them valuable experience. This exception can be utilised by all Clubs, not only those whose highest ranked team participates in the EHL. The following conditions apply:

8.5.1.1 Eligibility: The YEP must be under the age of 18 on 31st August in the year in which the League competition begins. A Selection Exemption Pass is required in advance. The YEP must be EHL registered to participate in a Grade 1 League fixture.

8.5.1.2 Teams: The YEP is allowed to play in their Regular Team, typically the second ranked team, and the highest ranked team in their club. Including the YEP, the highest ranked team's squad must contain at least 14 players. If the second ranked team plays in the EHL the YEP can be selected for their Regular Team and the second ranked team.

8.5.1.3 Limit: Only one YEP is permitted to play in the highest ranked team in any Matchweek with a maximum of five different YEPs allowed to be selected throughout the entire season.

8.6 Selection Exemption Pass

8.6.1 Each Club may request a Selection Exemption Pass (SXP) for any player, which, if approved by the ALMC, will exempt that player from specific Fair Selection Regulations for a designated period.

General Point - The ALDS will assess any requests for players to play outside of their stated eligibility and will be flexible with respect to reviewing playing gaps, recent team appearances and specific circumstances if the request is made prior to the match. Should a complaint be received after the match, the ALDS will make thier assesment purely on statistical evidence against the rules at the time.

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8.6.2 The granting of an SXP will be limited to genuine circumstances such as those provided as examples in the Selection Exemption Guidance Notes in Appendix 4.	Selection Exemption Passes will only be granted before a match, playing an ineligible player without requesting one will be deemed as playing an ineligible player.
9 TEAMS, MATCH SHEETS & RESULTS	
9.1 Match Sheets	
All match sheets and results will be managed using the GMS.	
9.2 Players	
A player whose name appears on the match sheet showing those players eligible to play in a match will be deemed to have played in that match.	
9.3 Team Officials	
9.3.1 All Grades - Each team may have a maximum of three team officials who are permitted to be in the bench area and a qualified medical doctor if available. The role of any official is to be included within the match sheet.	
9.4 Deadline for submission of information	
9.4.1 All players with shirt numbers and any team officials participating in a match must be uploaded onto the team sheet before the match. The ALMC/ALDS has discretion to apply flexibility for this at Grades 4 & 5.	At grades 4&5 names must be on the team sheet and visible, numbers can be added after prior to submission
9.4.2 Both captains & both umpires must be able to view both team sheets before the match starts.	
9.4.3 The home team and away team must both confirm the score (or if the match is postponed or abandoned inform ALDS) as soon as possible but no later than as below, Grade 2-5 – 2000 hrs on the day of the match	
9.4.4 Both teams must confirm full details of goals, cards, and injuries as below. Grade 2-5 - 2000 hrs on the day after the match – Goal scorers, Yellow & Red Cards, Injury report	Failure to include yellow or red cards received by a player will be classed as a reporting violation
10 DRESS	
10.1 Standard kit regulations are as below and should be the aspiration at all Grades. It is accepted however that at some Grades these may not be achievable, and variance is accepted in line with Regulation 15.	
10.2 The two teams must wear shirts and knee length socks that distinguish them from each other and the umpires, in accordance with publicised team colours.	
10.2.1 Field players shall wear shorts, skirts or skorts in accordance with team colours shown on the team sheet (NB: players from the same team do not have to wear the same type of item as other players in their team)	
10.2.2 If teams' shirts' and/or socks' colours clash, then the away team must wear alternative colours.	
10.3 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 but if not, it must not, in the opinion of the umpires, clash with the opposition's corresponding item of clothing (shirt and socks)	
10.4 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.	
10.5 Players must wear shirts individually numbered on the back with the number allocated on the Team Sheet. All numbers shall be no less than 8" (20cm) in height and shall contrast with the colour of the shirt.	
10.6 Turbans, Hijabs (or other agreed head coverings) should be plain or match the shirt in line with club 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	

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11 UMPIRES & MATCH OFFICIALS						
11.1 The responsibility of appointing competent umpires to matches falls to the Area Officiating Committee, Welsh Hockey Umpires Association or Club as appropriate.						
11.1.1 Where Clubs are responsible for appointing to a match, the home club must appoint both umpires, except in the cases below:						
11.1.2 Where a Club believes it will not be able to provide two umpires, it MUST contact its opposition to inform them of the fact and ask them to provide one umpire at each meeting between the teams. This must be done at least 14 days before the FIRST fixture between the teams;						
11.1.3 The away club has contacted the home club to say it intends to appoint an umpire for the match. This must be done at least 5 days before the match. The home club is not allowed to decline. The away team is then responsible for appointing an umpire, unless and until both teams agree otherwise.						
11.2 Areas may require clubs to appoint a Match Official to matches, or the appointing bodies above may appoint a Match Official. The duties and responsibilities in relation to these Regulations are shown in Appendix 7.						
11.3 All umpires must be registered members of the England Hockey Officiating (EHO) club. An unregistered umpire can complete their registration up to 24 hours after the relevant fixture has been completed.						
11.4 The table below outlines the requirements for umpires at each Grade of competition. If an umpire has no formal accreditation a definition of competence for Grade 5 matches can be found in 11.10 below.						
	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	
Level of accreditation	Level 3	Level 2	Level 1 Assessed	Level 1 Assessed	Level 1 Unassessed	
Acceptable level of accreditation as minimum (where agreed by ALMC)	Level 2	Level 1 Assessed	Level 1 Unassessed	Level 1 Unassessed	No formal accreditation required	
Who conducts appointments	NPUA	Area Officiating Committees where possible, otherwise clubs	Area Officiating Committees where possible, otherwise clubs	Clubs	Clubs	
Can umpires be switched at half time?	No	No	No	No (unless agreed by ALMC & opposition captain)	Yes	
11.5 If at any match an appointed umpire is unable to officiate, whether through non-availability, non-appearance of an independently appointed Umpire or injured during a match, every effort must be made by both clubs to provide an umpire accredited to the above acceptable level of accreditation as minimum for the relevant grade of competition.						
11.6 Clubs must endeavour to use a club umpire before the use of players involved in the match, but in the absence of one or both club umpires, the club that has not provided an umpire in accordance with its obligations shall withdraw one player from their side and that player shall act as umpire. If there are not two club umpires available to officiate, then the match may only be played as a League match if both Team Captains so agree.						
11.7 If - under 11.5 or 11.6 above - an umpire is found (either club umpire or player) but is not accredited to the required standard, if both captains agree the match can still be played as a league match						
NOTE: Wherever reasonably possible the emphasis should be on reaching agreement and playing the match.						
11.8 In the event that no suitable umpire is found, or captains do not agree:						
11.8.1 If the original umpire was appointed by the Area Officiating Committee or if an umpire injured during the match – then the match must be postponed and replayed in line with League Regulations. No penalty awarded in this circumstance.						
11.8.2 If an umpire is found but is not accredited to the required level and both captains do not agree, then the League fixture must be postponed and played in line with League Regulations.						
11.8.3 In all circumstances, even when an agreed umpire is found, where the original umpire should have been supplied by one or other of the teams then the appropriate penalty may be applied to the team who failed to supply an umpire of the appropriate level.						
11.9 There can be no appeal or complaint against any decision (or non-decision) of an umpire on the field of play during a match.						
11.10 To be deemed a competent umpire for Grade 5 competition, the umpire will need to demonstrate (through their performance) the following competencies:						

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· Understanding of the rules having completed The Online Rules Test	
· The ability to keep the match safe	
· To make decisions fairly, with a sense of justice and integrity	
· To umpire the match with their colleague co-operatively, for the benefit of the players.	
· To allow the match to flow for the benefit of the player experience.	
11.11 Any issues regarding umpire conduct by either Area Appointed Umpire or Club Appointed Umpire shall be dealt with by the appointing body or via the EH Disciplinary Regulations as appropriate, and not the ALMC.	
11.12 All clubs MUST complete an Umpire's report for Area Appointed Umpires by 2000 hrs the Wednesday after the match.	
12 DISCIPLINE	
12.1 Conduct	
12.1.1 In complying with Code of Ethics and Behaviour (Respect), it is the responsibility of clubs to regulate the behaviour of their players, officials, members, and spectators. By participating in the League clubs confirm that they have established an internal disciplinary procedure to deal with serious disorderly, abusive, offensive, or improper behaviour by players, officials, members, and spectators prior to, during and after any League match either in person or on social media. This extends to behaviour toward League officials.	
12.2 Yellow/Red Cards	
12.2.1 Players in the League shall be subject to incremental match suspensions from League matches for yellow cards that they accrue throughout the season in matches in the Leagues. Yellow cards will be recorded on the GMS and the responsibility for applying suspensions rests entirely with the player's club.	
12.2.2 The following suspensions shall apply to each individual:	
· Four yellow cards in a season = 1 match suspension;	
· Two further yellow cards in the same season (i.e., six in total) = 1 further match suspension;	
· For each further yellow card thereafter in the same season = 1 further match suspension.	
12.2.3 The suspension is to be applied for all League games, on the date of the next match of the player's regular team (by appearances), unless advised otherwise by ALMC.	
12.2.4 The club of any player who is to receive a suspension must immediately contact the relevant ALDS. Any suspension imposed as a consequence of this Regulation shall take effect on the date of the next match that the team in which the qualifying yellow card was issued unless otherwise determined by the ALDS. If that match is postponed the ALDS will confirm the date of the suspension. If a player is issued with a red card as defined in Regulation 2.3 of the Disciplinary Regulations, the red card shall be counted as 2 yellow cards for the purposes of this Regulation.	
12.2.5 In the event that a player is issued with a red card that is not a red card, as defined in Regulation 2.3 of the Disciplinary Regulations, any yellow card(s) issued to the same player in that match shall still be counted for the purposes of this Regulation and should be recorded on GMS as two yellow cards only.	
12.2.6 If a player or team official from the bench is issued with a yellow card, a player is removed from play for the duration of the suspension, and it must be the captain, if on-field at the time. For the purposes of Regulations 12.2.1 to 12.2.5, the card is recorded against the player who received the card and not the player who served the suspension.	
12.2.7 If a player or team official from the bench is issued with a red card, the team has to withdraw a player from the field of play for the remainder of the match. The withdrawn player may continue to be substituted on and off the pitch during the suspension, but the team must play with one fewer player for the duration of the suspension. For the purposes of Regulations 12.2.1 to 12.2.5, the card is recorded against the player who received the card and not the player who served the suspension.	
12.2.8 Cards and Suspensions for yellow cards under this Regulation will not carry over from one season to the next.	
12.2.9 The failure to suspend a player under this Regulation will be treated as playing an ineligible player.	
13 POSTPONEMENT, REARRANGEMENT OR ABANDONMENT	
13.1 Priority	
13.1.1 Unless postponed due to weather or travel as below a team may only postpone a match if they are playing a higher priority fixture on the date of the match.	Please see EH Calender - And note junior competitions in some cases superseed adult ones. Teams must seek a postment at the earliest opportunity

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13.2 General	
13.2.1 Immediately prior to the commencement of a match, or once a match has started, the decision on whether it should be postponed or abandoned is determined by the umpires, in consultation with the team captains. Safety of players shall be a key factor in any decision making.	
13.2.2 In the event of a match having to be abandoned, the ALDS will decide on the action to be taken after receiving a report from the Umpires and teams. Such a decision may necessitate a replay of the fixture, depending on the circumstances at the time of abandonment.	
13.2.3 In the event of a postponement and/or replay of an abandoned match:	
13.2.3.1 A date for the rearrangement must be agreed within 7 days of the postponed/abandoned fixture.	By 8pm the following Sunday if a Saturday game. Clubs must demonstrate meaningful attempts are being made to agree a date, the ALMC may award a match if Clubs are felt to have not proceeded in good faith
13.2.3.2 The match must be replayed within 15 days for grade 2 matches and 29 days for grades 3-5, using a League Reserve date if possible.	
13.2.3.3 The agreement of both teams and ALDS or ALMC is required before a match can be postponed, unless due to weather conditions. If teams disagree the ALDS or ALMC shall make a ruling whether to postpone or not.	
13.2.3.4 If teams are not able to agree a date, then the ALDS or ALMC will set a reasonable date. Which can only be postponed due to weather.	This will be the next available slip date in the first instance In the event of widespread bad weather, the ALMC direction on re-arrangement will take priority over any other agreed arrangement.
13.3 Procedure for Bad Weather & Associated Travel	
13.3.1 Pitch	
The home team should use the following procedures.	
13.3.1.1 The home Team Admin should ascertain from the visiting team the latest time of notification of cancellation, i.e., when they intend to depart for the pitch venue. If an overnight stay prior to the match is expected, this time should be adjusted accordingly. If it is clear that the pitch will be unfit due to weather earlier than the above time, the visiting team should be informed immediately.	
13.3.1.2 It is the responsibility of the home team to inspect the pitch prior to the above-mentioned departure time. The Team Admin and/or a member of the club or team's leadership should do this, and a realistic view must be taken at this stage. They should check with Met Office (www.metoffice.gov.uk) to confirm weather conditions for the next 24/48 hours. All teams should use the Met Office as a standardised reference for weather conditions. If the pitch is unfit and is likely to remain so, the match should be postponed, and the following action taken:	
· notify the visiting team.	
· notify the Umpires and Match Officials if appointed	
· notify the relevant ALDS.	
· The team must notify via an answered phone call, or ensure a response is received	
13.3.1.3 In the event of the home team wishing to postpone a match the away team shall, at its own cost, have the right to inspect the ground prior to a decision regarding postponement being reached.	
13.3.1.4 Once the teams and umpires if appointed have arrived, Regulation 13.2 above shall apply.	
13.3.1.5 If a team fails to follow the above procedures and, when all parties arrive, it is clear that the pitch was, and patently has been, unfit prior to the times outlined above, the teams and umpires if appointed will be asked to submit a report for the consideration of the ALMC who may take action as it deems appropriate.	
13.3.1.6 The match should be re-arranged in line with 13.2.3.1 and 13.2.3.2.	
13.3.2 Travel	
The away team should use the following procedures.	
13.3.2.1	
The away Team Admin should check with the Met Office (www.metoffice.gov.uk) and Highways England and/or Highways Wales (www.trafficengland.com or www.traffic.wales) to confirm weather and travel conditions and guidance for the next 24/48 hours). All teams should use the Met Office, Highways England and/or Highways Wales as a standardised reference for weather/travel conditions.	
13.3.2.2 If guidance is that you should not travel, and this guidance is that this will not change prior to intended departure the match should be postponed, and the following action taken:	
· notify the home team;	

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<p>· home team notify the Umpires and Match Officials if appointed;</p>	
<p>· home team notify the relevant ALDS.</p>	
<p>Note: Whilst it is accepted that no system of match postponement can be perfect, teams are requested to try and ensure that matches are postponed in sufficient time for visiting teams and officials to be saved the time and expense of wasted journeys.</p>	
<p>14 FAILURE TO HONOUR A FIXTURE OR FORFEITURE OF A MATCH</p>	
<p>14.1 If a team fails to honour a fixture, or forfeits a match, it shall be penalised, under this Regulation, using the penalties in Appendix 5 and Regulation 4.3. This is subject to any remission or further penalty, for example points deduction, revision of score or fine, requirement that the fixture be played, that the ALMC may impose in line with Breach of Regulations & Penalties.</p>	<p>All matches conceded or awarded will be 5-0 with a -1 point deduction. Under the current regulations "middle" teams can conseed with lower teams still playing, if these matches take place with eligible players, the lower team will not attract a penalty)</p>
<p>14.1.1 A team that fails to play due to shortage of players is deemed to have failed to honour the fixture and penalties applied, subject to review by ALDS/ALMC.</p>	
<p>14.1.2 Failure to Honour a fixture includes not completing the fixture unless the umpires agree to abandon the game because of the problems with pitch, the weather, danger to players or a medical emergency, a team cannot walk off the pitch.</p>	
<p>15 BREACH OF REGULATIONS & PENALTIES</p>	
<p>15.1 The provisions contained in these Regulations are without prejudice to anything contained in the EH Code of Ethics and Behaviour, but any club or team or individual found to be in breach of these Regulations may be subject to further penalties, as detailed below, in addition to any penalty imposed by any EH Disciplinary Body.</p>	
<p>15.2 For breaches of any or all of these Regulations, and/or the EH Code of Ethics and Behaviour, the ALMC shall apply the standard tariff of penalties set out in Appendix 5 save that, in exceptional circumstances or when there is no standard tariff provided for, the ALMC may impose any penalty, including, but not exclusively, the deduction of points, fines and suspension of players, and may require teams to play matches away from their home venue. These may be applied within the current and/or subsequent season.</p>	
<p>15.3 When imposing any penalty, the ALMC 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 and Behaviour.</p>	
<p>16 APPEAL PROCEDURE</p>	
<p>16.1 There can be no appeal against the decision of an umpire or appointed Match Official.</p>	
<p>16.2 Clubs and teams have the right to appeal against a decision of the ALMC as set out in this Regulation.</p>	
<p>16.2.1 The Appeal to the AAP must be commenced by an Appeal Notice (Appendix 6) marked for the attention of the AAP sent to and received by the ALMC not later than 3 days after the Appellant has been notified of the decision to be appealed against. The full Appeal, including copies of all documents and the written statements of any witnesses upon which the Appellant intends to rely in the Appeal, must be sent to and received by the Appeal Panel not later than 14 days after the Appellant has been notified of the decision to be appealed against.</p>	<p>Please note the appeal process. All decisions to award games have passed through the ALMC prior to a club being notified, if you wish to complain about a decision, this can only be reviewed by the formal appeal process, ie. With a form and a deposit. Complaints to the League Chair or ALM (Secretary) about a decision without a the form and deposit will be treated as requests for clarification and will be responded to at the Chair / ALM discretion.</p>
<p>16.2.2 The Appeal Notice should be sent by email to the ALMC. A deposit of £100 must be sent within 7 days after the Appellant has been notified of the decision to be appealed against. This will be returned, all or in part, if the Appeal is successful. As soon as reasonably practical after receipt of the Appeal Notice, the Chair of the AAP shall give directions for the further conduct of the Appeal.</p>	
<p>16.2.3 The Chair of the AAP may, upon the application in writing made by or on behalf of the Appellant, stay, suspend, or vary any penalty that is the subject of an Appeal pending determination of the Appeal, and, in exceptional circumstances, may extend the time for appealing upon such terms, if any, as the Chair may think fit. The decision of the Chair shall be final.</p>	
<p>16.2.4 Save where the Chair of the AAP directs otherwise, all Appeals will be dealt with in writing by email unless the Appellant requests an oral hearing, in which case the Chair of the AAP may direct an oral hearing.</p>	
<p>16.2.5 The parties to the Appeal are the Appellant and the ALMC, to be represented by a member of the ALMC appointed for the purpose by the ALMC.</p>	
<p>16.2.6 Any other club that may be directly affected by an Appeal shall, as soon as reasonably possible, be notified of the Appeal and subsequently the outcome of the Appeal.</p>	
<p>16.2.7 As soon as reasonably practical after the receipt of the Appeal Notice, the Chair of the AAP shall give directions for the further conduct of the Appeal, which may include inviting or permitting any club that may be affected by the Appeal to submit written evidence and/or submissions in support or against the Appellant.</p>	

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<p>16.3 Every Appeal will be limited to a review of the decision of the ALMC unless the AAP considers that in the circumstances of the individual Appeal it would be in the interests of justice to treat the Appeal as a re-hearing of the matter (whether or not an oral hearing has been directed, and whether or not there is additional evidence available to the AAP than was before the ALMC).</p>	
<p>16.4 The AAP will allow an Appeal where the decision of the ALMC was (a) wrong; or (b) unjust because of a serious procedural or other irregularity in the procedure followed by the ALMC in reaching the decision.</p>	
<p>16.5 If an Appeal is not allowed in full, the AAP may impose any sanction that the ALMC could have imposed.</p>	
<p>16.6 Where there has been an oral hearing of an Appeal the decision of the AAP may include a direction that the Appellant shall pay all or part of the costs of the Appeal to be summarily assessed by the AAP.</p>	
<p>16.6.1 The decision of the Appeal shall be notified in writing to the parties to the Appeal within 48 hours of the decision. Succinct reasons for the decision shall be sent to the parties to the Appeal and the EHCD within 7 days of the decision. The Chair of the AAP may extend the timetable in this paragraph.</p>	
<p>16.7 Save as provided for under Regulation 16.8, the decision of the AAP shall be final.</p>	
<p>16.8 Following a decision of the AAP, either the Appellant or the EHCD may request permission for a Further Appeal to be heard by the EH Appeal Panel. The EHCD may request a Further Appeal notwithstanding that the AAP may have dismissed the particular Appeal in whole or in part.</p>	
<p>16.8.1 Permission for a Further Appeal shall only be granted if, in the view of the Chair of the EH Appeal Panel, there was a serious procedural or other irregularity in the procedure followed by the ALMC and/or the AAP in reaching the decision; and/or</p>	
<p>16.8.2 A request for permission for a Further Appeal must be made within 14 days of the reasons for the decision of the AAP being sent pursuant to Regulation 16.6.1.</p>	
<p>16.8.3 A request for permission for a Further Appeal must be in writing in a document headed "Further Appeal Request" sent to the EHCD marked for the attention of and to be forwarded to the Chair of the EH Appeal Panel (or if the Further Appeal is by the EHCD sent direct to the Chair of the EH Appeal Panel) and copied to the ALMC and the AAP. Within 7 days of receipt of the Request, the AAP shall send a hard copy Bundle of, and also as an attachment to an email, copies of all documents that were before the AAP to the EHCD marked for the attention of and to be forwarded to the Chair of the EH Appeal Panel.</p>	
<p>16.8.4 The Further Appeal Request should include a summary of the facts and matters relied upon to satisfy the requirements for permission for a Further Appeal as set out in Regulation 16.8.1. If permission is granted the Further Appeal Request shall become the Appeal Notice for the purposes of the Further Appeal.</p>	
<p>16.8.5 As soon as reasonably practicable after receipt of the Further Appeal Request and the accompanying copy documents, the Chair of the EH Appeal Panel shall consider the Request.</p>	
<p>16.8.6 The decision of the Chair shall be notified in writing to the EHCD, the AAP, the ALMC and the Appellant that initially appealed the ALMC decision. If the decision is to permit the Further Appeal the Chair of the EH Appeal Panel is not required to give reasons, but if the decision is to refuse permission, such notification shall include succinct reasons for the decision.</p>	
<p>16.8.7 The decision of the Chair of the EH Appeal Panel shall be final.</p>	
<p>16.9 If permission for a Further Appeal is granted, such Appeal shall be an oral hearing, which will be held by video conferencing means, save for a specific request from the appellant and/or panel for an 'in person' Hearing as soon as reasonably practical the Chair of the EH Appeal Panel shall issue directions for the further conduct of the Appeal.</p>	
<p></p>	
<p>APPENDICES</p>	
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<p>APPENDIX 3 – VARIANCES TO FIH RULES OF HOCKEY</p>	
<p>The Rules of Hockey 2022 shall apply with the exception of Rules 1.9, 5.1, 13.3 and 14, which shall be varied as follows:</p>	
<p>Rule 1.9</p>	
<p>Flag-posts between 1.20 and 1.50 metres in height are placed at each corner of the field – these are not required.</p>	
<p>Rule 5.1</p>	

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a. Grade 1 & Adult Tier 1 Championships	
A match consists of four quarters of 17 minutes 30 seconds, with an interval of 2 minutes between quarter 1 and 2 and between quarter 3 and 4, and a half-time interval of 5-10 minutes (to be agreed before the match starts) between quarter 2 and 3.	
b. All other activity	
A match consists of two halves of 35 minutes with a half-time interval of 5-10 minutes (to be agreed before the match starts).	
Rule 13.3	
Time is not stopped after a penalty corner is awarded (unless stopped by the umpire). If a suspended player's period of suspension ends during the taking of a penalty corner the player cannot return until the penalty corner has been completed or another penalty corner is awarded.	
Rule 14 Personal penalties - Suspensions	
1. Umpires shall have the authority to suspend any player or official from the team bench for indiscipline, whether temporarily (green or yellow card) or permanently (red card). This will require the relevant team to withdraw a player from the pitch for the duration of the suspension.	
2. If a field player receives a green or yellow card, the Umpires stop the match (but not necessarily the time) to issue the card. If time has been stopped, the Umpires re-start it immediately after issuing the card.	
3. If a goalkeeper receives a green card, the Umpires stop time and re-start it immediately after that player has left the field of play.	
4. The offending player leaves the field immediately. If they interfere with play on their way to the designated suspension area the Umpire may further penalise the player in accordance with the Rules of Hockey.	
5. The timing of the temporary suspension starts when the player is seated in the designated area.	
6. The offending player is permitted to resume play when the Umpire who suspended them indicates that the period of suspension has been completed unless this occurs during the taking of a penalty corner in which case the player cannot return until the penalty corner has been completed or another penalty corner is awarded.	
7. If the offending player is a goalkeeper, the Umpires stop the time at the next stoppage of play to enable that player to resume play.	
8. Where appointed a Match Official may undertake timing duties on behalf of Umpires in line with Appendix 7.	
APPENDIX 4 – FAIR SELECTION & PLAYER ELIGIBILITY GUIDANCE NOTES	
The guidelines outlined in this reference ensure a comprehensive framework for Fair Selection while allowing for necessary exceptions under appropriate circumstances.	
Clubs can maintain fairness, competition integrity and equal opportunities in player eligibility and team selection by complying with Fair Selection and considering the examples provided in these notes.	
1. Aims of Fair Selection	
1.1. For clubs to have reasonable flexibility in managing player selection.	
1.2. For a club's League teams to be selected in hierarchical order and be composed of players that reflects their level of ability within their club based on	
1.2.1. their availability on any one day; and	
1.2.2. not being selected at a lower level than usual to strengthen a lower team.	
1.3. To endeavour to ensure all Clubs to feel that competition is "fair" and that clubs are not disadvantaged by the application of these Regulations.	
1.4. For players to be able to play where possible and not be "unselectable" due to the League Regulations.	
2. Fair Selection Notes	
2.1. Objective	
The Fair Selection framework aims to ensure fairness, competition integrity, and equal opportunities in player eligibility and team selection for all participating clubs. The framework provides clubs with reasonable flexibility while maintaining guidelines to ensure fairness and prevent unfair advantages.	

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2.2. Player Selection Hierarchy	
Clubs should select players for their League teams based on a hierarchical order determined by availability. Players should not be selected at a lower level than their Regular Team to strengthen a lower-ranked team.	
2.3. Youth Experience Player	
Regulation 8.5 provides for the selection of a Youth Experience Player across all Grades to ensure equal opportunity for clubs of all sizes and capabilities.	
2.4. Doubling Up Restrictions	
Doubling up, defined as playing in multiple teams on the same matchday, is generally not permitted except in specific cases. Any exception to the doubling up restrictions requires a Selection Exemption Pass, which is granted on a case-by-case basis for situations not covered by the general guidelines. The doubling up restrictions varies by Grade (refer to 3.2 below).	
3. Selection Exemption Notes	
3.1. A Selection Exemption Pass (SXP) can be provided for a specific time period by the ALMC at their discretion to manage specific scenarios. A club can request a retrospective exemption in the case of an emergency. Clubs are encouraged to request SXPs in advance, although they may also be considered retrospectively in cases where injuries occur close to the match start time, such as during warm-up.	
3.2. The doubling up restrictions vary by Grade. Any doubling up may require an SXP Grade 1	
<ul style="list-style-type: none"> · No doubling up is permitted except for one Youth Experience Player (YEP), who must be registered to play in the EHL. 	
<ul style="list-style-type: none"> · Grade 1 players may double up only in specific circumstances that will always require an SXP: 	
<ul style="list-style-type: none"> o If both the 1st team (1s) and 2nd team (2s) play in the EHL, and a 1s player is injured immediately before the game a Selection Exemption Pass (SXP) is required for a 2s player to play 1s as cover. A 1s player cannot double up for 2s. 	
<ul style="list-style-type: none"> o If a Regular Grade 1 goalkeeper (GK) needs to cover at Grade 2 or 3 due to exceptional GK availability or injury issues an SXP is required. 	
<ul style="list-style-type: none"> o If a Grade 1 GK plays outfield in a lower-ranked team to help with numbers an SXP is required. Grade 2 	
<ul style="list-style-type: none"> · No doubling up is permitted, except for one YEP or goalkeeper with an SXP. 	
<ul style="list-style-type: none"> · Grade 2 players may double up only in the following cases: 	
<ul style="list-style-type: none"> o If a Regular Grade 2 GK needs to cover as GK at Grade 1 due to exceptional GK availability or injury issues, an SXP is required from England Hockey. 	
<ul style="list-style-type: none"> o If a Regular Grade 2 GK needs to cover as GK at Grade 2 or 3 due to exceptional GK availability issues or injury issues, an SXP is required. 	
<ul style="list-style-type: none"> o If a Grade 2 GK plays outfield in a lower-ranked team to help with numbers an SXP is required. 	
<ul style="list-style-type: none"> o If a Grade 2 Regular Team YEP also plays in the Grade 1 1st team, no SXP is required. 	
Grade 3	
<ul style="list-style-type: none"> · No doubling up is permitted, except for one YEP or goalkeeper with an SXP. 	
<ul style="list-style-type: none"> · Grade 3 players cannot double up at Grades 1–3, except in the following situations: 	
<ul style="list-style-type: none"> o If a Regular Grade 3 GK needs to play as GK at Grades 2–5 due to exceptional GK availability issues or injury issues, an SXP is required. 	
<ul style="list-style-type: none"> o If a Regular Grade 3 GK doubles up outfield at Grade 4 or 5, no SXP is required. 	
<ul style="list-style-type: none"> o A Grade 3 outfield player cannot double up for any lower-ranked Grade 4 or Grade 5 team. 	
<ul style="list-style-type: none"> o If a Grade 3 Regular Team YEP plays in their Grade 1 or 2 1st team, no SXP is required as they are a YEP. Grades 4 & 5 	
<ul style="list-style-type: none"> · Doubling up is permitted but limited to a maximum of three players. 	
<ul style="list-style-type: none"> · No specific SXP requirements apply to doubling up at Grade 4 and Grade 5. 	
3.3. The following examples illustrate possible circumstances where exemptions may apply beyond the doubling up restrictions outlined in 3.2 above. These scenarios are not exhaustive but serve as guidelines for when a Selection Exemption might be considered by the ALMC.	
3.3.1. Player returning from injury after a few weeks	
<ul style="list-style-type: none"> · A regular Grade 2 1st team player wants to return by playing in the Grade 3 3rd team. 	

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<ul style="list-style-type: none"> · A regular Grade 3 3rd team player wants to return by playing in the Grade 5 5th team. 	
<p>3.3.2. Player has not played for a number of weeks or has not participated in a minimum of 50% of their team's League matches or the matches of a lower team</p>	
<ul style="list-style-type: none"> · A player played early in the season but did not play again until the last four weeks, and it can be demonstrated that the current level is appropriate for the player. 	
<ul style="list-style-type: none"> · A player regularly covered for injuries or unavailability in a higher team. 	
<ul style="list-style-type: none"> · A player was "dropped" by a higher team, playing for the 1st team in 11 matches before Christmas and solely in the 2nd team for 5 matches after Christmas at the time of the relevant match. 	
<p>3.3.3. Doubling up players from a team higher than a club's lowest or second lowest ranked team. This may be required if both lowest-ranked teams are away, match times clash, or subsequent doubling up is not in ascending team order</p>	
<ul style="list-style-type: none"> · A mid-ranked team has significant unavailability, and players doubling up genuinely come from lower-ranked teams. 	
<ul style="list-style-type: none"> · A low-ranked team has significant unavailability and requires more than three players to double up to field a team. 	
<ul style="list-style-type: none"> · A player doubling up is genuinely from a lower-ranked team with a difference of more than two, such as a regular 6th team player playing for the 3rd team. 	
<ul style="list-style-type: none"> · Doubling up players from higher Grades, such as a club with one team at Grade 2 and another team at Grade 5 without any other teams, or if the club has three teams with the highest at Grades 2 or 3 and that team is at home with one of the others. 	
<p>3.3.4. Examples of emergency issues</p>	
<ul style="list-style-type: none"> · A 1st team goalkeeper gets injured during warm-up, and the 4th team goalkeeper, who played earlier in the day, is available as a replacement. 	
<ul style="list-style-type: none"> · A club has multiple injured or unavailable goalkeepers, and their regular 4th team goalkeeper is selected for the 1st team as cover but intends to return to the 4th team on the next match day. 	
<p>4. Electronic Match Sheets</p>	
<p>To enable simpler administration electronic Match Sheets are mandatory at all levels to support simpler administration:</p>	
<p>4.1. To provide clarity and simplicity, including building logic into the GMS to maximise compliance;</p>	
<p>4.2. To eliminate subjective administrative intervention wherever possible;</p>	
<p>4.3. To provide the data to improve systems and Regulations over time.</p>	

