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1 MANAGEMENT

1.1 Principles

1.1.1 The Mixed Tiered Championships (XTC) in England will comprise of competitions administered by the England Hockey Competitions Department (EHCD), as seen in Appendix 1. The EHCD may from time to time and when deemed by the EHCD to be necessary and/ or appropriate make decisions in consultation with the National Game Panel (NGP) in accordance with its terms of reference which are at Appendix 9.

1.1.2 England Hockey (EH) Policies, as seen in Appendix 2, will apply to all matches within the XTC.

- 1.1.3 Each club, by its entry into and participation in the XTC along with each player, through their club registration, shall be deemed to have given consent to abide by these Regulations, EH policies and any amendments that may be ratified by EH from time-to-time. If any matter arises which is not specifically covered under these regulations but which has a significant impact on the administration or outcome of the league including promotion, relegation or entry into any other competition (domestic or international) the EHCD in consultation with the NGP shall have jurisdiction to make a decision on the issue and impose any penalty or sanction it may see fit to impose.
- 1.1.4 Any club administrator or team administrator requiring clarification on Competition regulations should consult directly with EHCD.

2 COMPETITIONS

2.1 Organisation

- 2.1.1 The EHCD will organise XTC as knockout competitions using standard formats.
- 2.1.2 The EHCD, who will immediately thereafter inform participating teams via email, shall make the draw for all Rounds of the competition.
- i. In all XTC teams will be allocated geographically into regions. All draws will be made within geographical regions, up to the Semi-final stages which will be drawn nationally.
 - ii. The first named team in each match shall be designated the home team unless a neutral venue is to be used as may be directed by EHCD.
- 2.1.3 Competition finals.
- i. EH will organise the Finals of the XTC.
 - ii. EH will issue separate joining details for matchday administration for the Finals of the XTC.
 - iii. EH shall appoint a Tournament Director or the Finals of the XTC. The duties, responsibilities and powers of the Tournament Director shall be shared in advance along with any other briefing notes as required for the Finals of the XTC.

2.2 Match Rules

- 2.2.1 The Rules of Hockey shall be those as in effect at the start of each season, except as any variations contained within these Regulations and in accordance with Appendix 4. The Rules shall include any: variations, supplementary guidance, interpretations, instructions, etc. as may be published by EHCD from time to time.
- 2.2.2 All matches in the XTC shall consist of two halves of 35 minutes with a half-time interval of 5-10 minutes (to be agreed before the match starts).

2.3 Umpires

- 2.3.1 The responsibility for appointing competent umpires to each match falls to teams, unless informed in advance by EHCD who may pass responsibility to an appointing body.
- 2.3.2 Unless advised by EHCD, or with the agreement of both teams, each team shall provide its own umpire for each match.
- 2.3.3 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.
- 2.3.4 The below outlines the requirements for umpires in the XTC competitions:

Desirable level of accreditation	Level 1 Assessed
Acceptable level of accreditation	Level 1 Unassessed

- 2.3.5 If an umpire is appointed but does not meet the acceptable level of accreditation, the game may only be played with the agreement of both teams. If the teams cannot reach an agreement 2.3.6 will apply.
- 2.3.6 Where teams are responsible for appointing their own umpires and one team is unable to do so, and the teams cannot reach an agreement on appointing the second umpire, the team unable to appoint will be deemed to have forfeited the game. If both teams are unable to appoint an umpire, lots will be drawn by EHCD to determine who forfeits the match.
- 2.3.7 Where a Young Umpire (Under 18) is appointed, the appointing club must ensure a qualified Adult Umpire is present throughout the duration of the match either on pitch or on the side-line to provide support to the young umpire.
- 2.3.8 The EHCD will not adjudicate on decisions made by umpires in games. Likewise, umpires will not adjudicate on Competition regulations.

2.4 Scoring System

- 2.4.1 The winner of the match shall progress to the next round.
- 2.4.2 In the event of a match being drawn in normal time, a shoot-out competition will be played in accordance with Appendix 5. The winner of the subsequent shoot-out competition shall progress to the next round.

2.5 Failure to honour a fixture

- 2.5.1 A team which fails or is unable to honour a fixture:

- i. must notify its opposition and EHCD immediately,
 - ii. will be subject to financial penalty, see Appendix 7,
 - iii. additionally, EHCD shall, at their discretion, have the right to ensure that a team which fails to honour a fixture reimburses the opposing team, officials, EHCD, etc. for any expenses incurred in relation to the fixture.
- 2.5.2 The offending team shall be deemed to have lost the tie and will forfeit their entry fee. The offending team's eligibility for Tier 2 Championships will be at the discretion of EHCD.
- 2.5.3 At the discretion of EHCD a team beaten by the offending team in the previous round will have the opportunity to take their place in the draw on the date of the next round.

3 TEAM ENTRIES

3.1 Entry Dates

- 3.1.1 A club must enter its teams into any XTC by the designated date set by EHCD.
- 3.1.2 Each club, by its entry into and participation in the XTC, and each player by registering to participate in the XTC, shall be deemed to have given consent to abide by these Regulations, England Hockey policies and any amendments that may be ratified by EH from time-to-time. Each club and/or player shall be deemed to have agreed to abide by the decisions of EHCD in relation to these Regulations or any matter not covered in these Regulations and any penalty or sanction it may see fit to impose.

3.2 Eligibility

- 3.2.1 XTC are open to all clubs that have completed their membership to EH. Clubs can enter more than one team.
- 3.2.2 For their teams to be eligible to participate in XTC clubs must have completed and paid, by the due date, its membership to EH. In addition, it must have paid, by the due date, the following:
- i. competition entry fee
 - ii. any monies outstanding to EH

In the event of any monies due being outstanding 14 days or more after a club's first match in any XTC, EHCD shall be entitled to remove any team(s) for which no payment has been received.

3.3 Club & Team Administration

- 3.3.1 Each participating club must appoint a Club Administrator and each participating team must have a named Team Administrator, both of whom must be available to competition officials and other teams at all times by the usual channels of communication.
- 3.3.2 An individual may be a Club Administrator for their club and/or Team Administrator for more than one team.
- 3.3.3 To ensure continuity, any changes to a Club administrator or Team administrator, or their details, must be updated in GMS immediately.

4 PLAYERS

4.1 Eligibility

- 4.1.1 To be entitled to play in the XTC for a club a player must be registered with that club to play mixed hockey. A player can only play for one team in the XTC in any one season.

4.2 Age

- 4.2.1 For all matches, a player must be aged 15 or above on the day of the match.

4.3 Gender

- 4.3.1 At any time during a match a team shall consist of no more than 5 outfield male players.

4.4 Team Selection

- 4.4.1 A club's teams for its matches on any date must be selected in accordance with the XTC Fair Selection Policy, as seen in Appendix 6.
- 4.4.2 The GMS provides for the management of a club's teams selection in line with the principles, however, EHCD reserve the right to;
- i. determine at any time if a club is in breach of the principles, or,
 - ii. if the requirements as shown in the summary should be overridden in specific scenarios to ensure the principles can be met.

4.5 Dress

- 4.5.1 Standard kit regulations are as below and should be the aspiration at all Tiers. It is accepted however that at some Tiers these may not be achievable.
- 4.5.2 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.

- 4.5.3 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)
- 4.5.4 If teams' shirts' and/or socks' colours clash then the away team must wear alternative colours
- 4.5.5 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).
- 4.5.6 Goalkeepers must wear shirts that distinguish them from both teams' field players and the umpires and must wear protective equipment as specified in the current Rules of Hockey.
- 4.5.7 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.
- 4.5.8 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

5 FIXTURE MANAGEMENT & MATCHDAY ADMINISTRATION

5.1 Dates

- 5.1.1 EHCD will issue fixtures with their scheduled dates. (Provisional dates published in Priority & Centralised Calendar).
- 5.1.2 All matches in XTC must be played on the scheduled date unless both teams agree a revised date at least 7 days before the match is due to be played and the approval of EHCD has been obtained or EHCD require a date to be changed to avoid a clash with higher priority activity.
- 5.1.3 If any match is rescheduled the priority for players will be the originally scheduled activity on that date.

5.2 Venue & start times

- 5.2.1 Each team shall provide, using the GMS, the proposed time and venue for each of its home matches no less than 7 days in advance of the match. Home teams should also confirm details with the away team by this time. However, deadline dates can be varied at the discretion of EHCD.
- 5.2.2 Match start times shall be between the following times:

Time – Sep & Oct, Mar & Apr	Time – Nov-Feb
1130 – 1500 hrs	1130 – 1430 hrs

- 5.2.3 Matches may be played earlier or later than the times shown if both teams, any Umpire Panel appointing to the match and EHCD agree.
- 5.2.4 Consideration should be given to opposition travel when scheduling fixtures and EHCD has the right to request that a home team changes its proposed fixture times.
- 5.2.5 Any offshore island team participating in the XTC shall play its home matches on the mainland unless that team is able fully to contribute towards the additional expenses incurred by the away team and match officials in travelling to the home team's venue. This includes accommodation, flights/ferries and associated parking.

5.3 Starting the match

- 5.3.1 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.
- 5.3.2 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.

5.4 Pitches & facilities

- 5.4.1 All XTC matches must be played on artificial turf pitches suitable for hockey. EHCD, reserve the right to not allow a specific pitch to be used for League matches if it deems it unsuitable.
- 5.4.2 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.englishhockey.co.uk/governance/duty-of-care-in-hockey/safe-hockey>.
- 5.4.3 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.

- 5.4.4 If the pitch is deemed unsuitable by the umpires, they may, with the agreement of Team Captains direct that the match be postponed. EHCD reserves the right to determine the suitability of facilities in line with the Planning Safe Hockey guidance.
- 5.4.5 Home 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.
- 5.4.6 All pitch bookings must be of duration to enable teams to have sufficient familiarisation and warm up time and allow for a shoot-out competition to be completed in the event that the scores are level at the end of full time.
- 5.4.7 Home teams must provide a sufficient quantity of good quality hockey balls that must be of the same type and colour and suitable for the surface on which the match is to be played.
- 5.4.8 Home teams must ensure a supply of ice at pitch side for use by both teams and the means for cleaning any blood spillage.

5.5 Changing facilities

- 5.5.1 Home teams must provide the following and must always ensure they have no advantage over away teams in terms of toom access and times. – Toilet at venue, changing rooms which may be off site.

5.6 Hospitality

- 5.6.1 Home teams to make post-match hospitality available to visiting teams and umpires.
- 5.6.2 Away team 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 they do not require hospitality after this time or if it is not taken on the day.

6 TEAMS, MATCH SHEETS & RESULTS

6.1 Teams

- 6.1.1 A team shall be entitled to nominate up to 16 players in its squad for each match 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.

6.2 Match sheets

- 6.2.1 Players and any team officials must be uploaded onto the match sheet on the GMS no less than 1 hour before a match is played.
- 6.2.2 By uploading a player onto the match sheet, the club confirms that each player listed is eligible to play and will be deemed to have played in that match.

6.3 Results

- 6.3.1 The home team must confirm the score on the GMS no later than 20:00 hrs on the day of match.
- 6.3.2 Both teams must confirm full details of goals, scorers and injuries no later than 20:00 hrs on the day after the match.

7 POSTPONEMENT OR ABANDONMENT

7.1 Priority

- 7.1.1 All matches in all competitions must be played on the scheduled date, or approved agreed revised date, unless a postponement or abandonment is caused by adverse weather or travel conditions. Other exceptional circumstances that cause a postponement or abandonment may be considered by EHCD.
- 7.1.2 If any match is rescheduled as a result of postponement or abandonment, the priority for players will be the originally scheduled activity on that date.

7.2 Bad Weather or Travel

7.2.1 General:

- i. Immediately prior to the commencement of a match, or once a game has started, the decision on whether it should be postponed or abandoned is determined by the umpires in consultation with the team managers. Safety of players shall be a key factor in any decision making.
- ii. In the event of a match having to be abandoned, EHCD 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, dependent on the circumstances at the time of abandonment.
- iii. In the event of a postponement and/or replay of an abandoned match, a new match date must be agreed by both teams and EHCD within 3 days of the original match date. If teams cannot agree EHCD will determine

the outcome which may, but not exclusively, include, setting the date, confirming if the match should be awarded to one of the teams, determining that the result is recorded as a draw.

- iv. In the event of the home team wishing to postpone a match due to adverse conditions, the away team shall, at its own cost, have the right to inspect the ground prior to a decision regarding postponement being reached.

7.2.2 Pitch:

The home team should use the following procedures:

- i. The home team administrator should ascertain from the visiting team, and any appointed umpires/officials, 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 game 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, and any appointed umpires/officials should be informed immediately.
- ii. It is the responsibility of the home team to inspect the pitch prior to the above-mentioned departure time. The administrator 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 game should be postponed, and the following action taken:
 - iii. notify the visiting team, and appointed umpires/officials.
 - iv. notify EHCD.
 - v. If the teams and umpires/officials have arrived, Regulation 7.2.1 shall apply.
 - vi. 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 will be asked to submit a report for the consideration of EHCD who may take action as it deems appropriate.

7.2.3 Travel:

The away team should use the following procedures:

- i. The away team administrator should check with 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. If guidance is that you should not travel, and the guidance is that this will not change prior to intended departure the game should be postponed, and the following action taken
 - a. notify the opposing team, and any appointed umpires/officials.
 - b. notify EHCD.

NOTE: Whilst it is accepted that no system of match postponement can be perfect, teams are requested to try and ensure that games are postponed in sufficient time for teams and officials to be saved the time and expense of wasted journeys.

8 TROPHIES

- 8.1.1 Any club that wins a perpetual trophy must arrange for it to be returned at the club's cost to EHCD by 1st February, unless otherwise agreed by EHCD. The EHCD 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.

9 BREACH OF REGULATIONS & PENALTIES

9.1 General

- 9.1.1 The provisions contained in these Regulations are without prejudice to anything contained in the EH Code of Ethics, but any club or team or individual found to be in breach of these Regulations may be subject to further penalties, as may be determined by EHCD, in addition to any penalty imposed by any EH Disciplinary Body.
- 9.1.2 For breaches of any or all of these Regulations, and/or the EH Code of Ethics, the EHCD shall, apply the standard tariff of penalties set out in Appendix 7 save that, in exceptional circumstances, or when there is no standard tariff provided, the EHCD may acting in consultation with the NGP impose any penalty, including, but not limited to, awarding a match to the opposition, 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.
- 9.1.3 When imposing any penalty, EHCD 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.
- 9.1.4 The standard tariff of penalties for breach of regulations can be seen in Appendix 7.

9.2 Appeal Procedure

9.3 Appeal Procedure

- 9.3.1 There can be no appeal against the decision of an umpire.
- 9.3.2 Clubs and teams have the right to appeal against a decision of EHCD as set out in this Regulation.

- 9.3.3 The Appeal to the England Hockey Appeal Panel (EHAP) must be commenced by an Appeal Notice (Appendix 6) marked for the attention of the England Hockey Appeal Panel, sent to and received by EHCD 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 7 days after the Appellant has been notified of the decision to be appealed against..
- 9.3.4 The Appeal Notice should be sent by email to EHCD. A deposit of £100 must be sent within 7 days of the date of the sending of the Appeal Notice. 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 EH Appeal Panel shall give directions for the further conduct of the Appeal.
- 9.3.5 The Chair of the EHAP 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.
- 9.3.6 Save where the Chair of the EH Appeal Panel 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 EH Appeal Panel may direct an oral hearing.
- 9.3.7 The parties to the Appeal are the Appellant and EHCD, to be represented by a member of EHCD
- 9.3.8 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.
- 9.3.9 As soon as reasonably practical after the receipt of the Appeal Notice, the Chair of the EHAP 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
- 9.3.10 Every Appeal will be limited to a review of the decision of EHCD unless the EHAP 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 EHAP than was before EHCD).
- 9.3.11 The EHAP will allow an Appeal where the decision of EHCD was (a) wrong; or (b) unjust because of a serious procedural or other irregularity in the procedure followed by EHCD in reaching the decision.
- 9.3.12 If an Appeal is not allowed in full, the EHAP may impose any sanction that EHCD could have imposed
- 9.3.13 Where there has been an oral hearing of an Appeal the decision of the EHAP may include a direction that the Appellant shall pay all or part of the costs of the Appeal to be summarily assessed by the EHAP.
- 9.3.14 The decision of the EHAP 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 EHCD within 7 days of the decision. The Chair of the EHAP may extend this timetable
- 9.2.15 The decision of the EHAP shall be final.

APPENDIX 1 – MIXED CHAMPIONSHIPS - COMPETITIONS

The Mixed Championships comprise of two tiers.

All teams enter Tier 1.

A team that loses a played match in Round 1 of Tier 1 shall be eligible for a place in the Tier 2 ('Plate') Championships. After the Tier 1 Championships reach Round 2, a team that loses the first match they play in the competition, may be eligible for a place in the Tier 2 Championships, at the discretion of EHCD.

APPENDIX 2 – ENGLAND HOCKEY POLICIES

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

- FIH Rules of Hockey (with any variations as determined by EH and as shown in Appendix 3)
- EH Code of Ethics and Behaviour
- EH Disciplinary Regulations (at 1 Sep 2023 - shall mean the Red Card & Matchday Misconduct Offence Regulations, Disrepute Offence regulations and such other disciplinary regulations as may time to time be issued by EH)
- EH Safeguarding and Protecting Young People in Hockey
- EH Privacy Policy
- EH Equality Policy
- EH Transgender Policy
- UK Anti-Doping Rules
- EH Anti-Corruption Policy
- EH League Sponsorship Policy
- EH Planning Safe Hockey

APPENDIX 3 – COVID-19 COMPETITION PROVISION

Not applicable

APPENDIX 4 – VARIATIONS TO FIH RULES OF HOCKEY

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

Rule 1.9

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

Rule 5.1

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). Note that this may affect the return to the pitch of a suspended player.

Rule 14

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

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

APPENDIX 5 – SHOOT-OUT COMPETITION

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

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

- b) the sequence in which the attackers take the shoot-outs need not be the same as in the first series;
 - c) the team whose player took the first shoot-out in a series defends the first shoot-out of the next series;
 - d) when one team has scored or been awarded one more goal than the opposing team after each team has taken the same number of shoot-outs, not necessarily being all five shoot-outs, that team is the winner.
20. If an equal number of goals are scored after a second series of five shoot-outs, additional series of shoot-outs are taken with the same players subject to the conditions specified in this Appendix:
- a) the sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;
 - b) the team which starts each shoot-out series alternates for each series.
21. Unless varied by these regulations, the Rules of Hockey apply during a shoot-out.

APPENDIX 6 – MIXED CHAMPIONSHIPS FAIR SELECTION POLICY

Mixed Championships regulation

- 4.2.1 A club's teams for its matches on any date must be selected in accordance with the XTC Fair Selection Policy.
- 4.2.2 The GMS provides for the management of a club's teams selection in line with the principles, however, EHCD reserve the right to;
- i. determine at any time if a club is in breach of the principles, or,
 - ii. if the requirements as shown in the summary should be overridden in specific scenarios to ensure the principles can be met.

Enabling easier administration

Electronic Match Sheets are mandatory at all levels to support easier administration:

1. To provide clarity and simplicity, including building logic into the GMS to maximise compliance.
2. To eliminate subjective administrative intervention wherever possible.
3. Initially to focus on flagging potential breaches rather than blocking selection to team sheets.
4. For the GMS to provide the data to improve systems and regulations over time.

Fair Selection Summary

1. Players shall not represent more than one team in any one season in the Mixed Championships.
2. Any player participating in the Mixed Championships at the Semi-final or Final stage must have played for that team in the Mixed Championships in an earlier round or for a team from the relevant club in an Adult League game and not have transferred from that club.

Selection Exemption Pass (SEP)

SEPs may be permitted to meet the fair selection principles. SEPs are issued by EHCD at their discretion in accordance with a nationally agreed framework and process. There will be a process to request a SEP in advance.

Scenarios where, in genuine cases, SEP could apply;

1. Player returning from injury.
2. Player who has not played for a number of weeks.
3. Emergency issue.

APPENDIX 7 - STANDARD TARIFF OF PENALTIES FOR BREACH OF REGULATIONS

1. The provisions contained in the Regulations are without prejudice to anything contained in the EH Code of Ethics, 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.

2. For breaches of any or all of Regulations, and/or the EH Code of Ethics, EHCD shall, at its absolute discretion, have the right to impose any penalty, including, but not exclusively, the deduction of points, fines and suspension of players, and has power to make teams play matches away from their home venue. These may be applied within the current and/or subsequent season.

3. When imposing any penalty, EHCD 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.

4. Breaches

4.1 Stages - Stage 1, Stage 2, Stage 3 below refer to an individual breach and the process giving the opportunity to rectify this. A second breach of the same Regulation may result in this being treated as Stage 2.

4.2 Repeat Breaches – 1st Occurrence, 2nd Occurrence, 3rd Occurrence below refer to the same Regulation being breached on one or more occasions. Penalties may be doubled for repeat breaches.

5. Fines

5.1 There are recommended amounts for fines, Tariff 1 (T1) - £25, Tariff 2 (T2) - £50, Tariff 3 (T3) - £100.

5.2 Note waiving of a fine is at the discretion of EHCD.

5.3 Where a fine is applied it will be doubled for repeat offences.

5.4 Payment of fines is within 28 days unless alternative date is set by ECHD.

REGULATION	SUB-SECTION	BREACH			FINE
		STAGE 1 or 1 st OCCURENCE	STAGE 2 or 2 nd OCCURENCE	STAGE 3 or 3 rd OCCURENCE	
2. Competition	2.3 Appointment of umpires. Home team failure to advise opposition that they should appoint an umpire	Fine	Fine	Fine	
2. Competition	2.5 Failure to Honour a fixture	Fine – Tier 1 - R1-£25, R2-£25, R3-£25, R4-£50, R5-£50, R6-£50, QF-£50, SF-£75 Where a numbered round is also the Quarter or Semi-Final, the fine for the QF or SF will be applied. EHCD may, at their discretion, waive a fine.			
3. Entry into the Competition	3.2.2 Completed by the due date its membership of England Hockey and other payments.	Reminder that it needs to be completed with a revised deadline.	If new deadline not met. Warning that it must be completed prior to next match.	Teams withdrawn from relevant competitions. Fine.	T1
4. Player Selection	4.4.1 Fielding a player not complying with principles of fair selection.	Match recorded as a walkover loss.			
4.5 Dress	Uniform kit, additional clothing and numbers.	Warning.	Warning.	Fine.	T1
5. Fixture Management	5.2.1 Provide time and venue for each of its home matches by deadline - subject to any variation discretion of EHCD.	Reminder that this needs to be completed.	Reminder for 2 nd occurrence.	Discretionary Fine.	T1
5. Matchday Administration	5.4 – 5.5 Provision of Pitch & facilities and changing facilities in line	Warning.	Fine.		T1

	with Regulation and no effort to mitigate.				
6. Team, Match Sheets & Results	6.2.1 Team late in uploading all players and any team officials participating in a match onto the match sheet on the GMS by specified time.	Warning.	Warning.	Warning & fine for persistent non-compliance.	T1
	6.2.2 Fielding an ineligible player in a match.	Match recorded as a walkover loss.			
	6.3.1 Team late to confirm score on the GMS by specified time. or 6.3.2 Team late to confirm details of goals, cards and injuries on the GMS by specified time.	Warning.	Warning.	Warning & fine for persistent non-compliance.	T1
	Falsifying information on match sheet.	Match recorded as a walkover loss. Fine.			T1
7. Postponement or Abandonment	7. Failure to comply with regulation.	Match recorded as a walkover loss for deliberate/negligent failure. Fine and/or reimbursement of opposition expenses.			T1 plus opposition expenses.
8. Trophies	8.1.1 Failure to return and not engraved (if specified).	Fine plus any additional costs incurred if returned late.	Additional fine if lost or not returned in time for presentation.		T1 plus additional costs.
Any regulations not covered above	Significant or persistent violation.	Penalty as determined by EHCD.			

APPENDIX 8 – APPEAL NOTICE

APPEAL NOTICE

To be sent to EHCD pursuant to Regulation 9.2

Appellant (name of Club and or team)	
Competition (if relevant)	
Name of Person submitting Appeal Notice	
Position with Club	
Email	
Phone Number	
Decision being Appealed	
Date of Notification of Decision	
Short reason for Appeal	

The club/team confirms that;

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

Signed	
Print Name	
Position with Club	
Date	

APPENDIX 9 – NATIONAL GAME PANEL

Introduction

1. **Purpose.** The National Game Panel (NGP) is a committee of the Board of England Hockey (EH Board) with delegated authority to deal with the administration and operation of the national game.
2. **Scope.** The national game is defined as the England Hockey Leagues (both men and women) and the national domestic competitions directly organised and delivered by England Hockey. It also includes elements of officiating and national policy that will need to be considered in conjunction with the Areas Standing Committee such as rules or standard regulations changes.
3. **Effective from.** The NGP is effective from September 2023 and will assume the responsibilities as set in these Terms of Reference.

10 Aims and Responsibilities

4. **Aims.** The aims of the NGP are to bring together all those bodies responsible for delivering the national game to ensure that the rules and regulations of England Hockey (EH) are implemented and updated regularly, to provide insight and advice in order to address operational issues affecting the national game and to facilitate consistent implementation of EH Board strategic direction in operational delivery.
5. **Responsibilities.** Subject to Regulations made from time to time by the EH Board and any other reasonable requests by the EH Board, the responsibilities of the NGP include:
 - a. meet as required to consider those matters concerning the operational delivery and administration of the national game as directed by the members or by EH, reporting in writing the outcomes of such meetings to the EH Board, to the members through open and transparent reporting,
 - b. act as the body responsible for considering proposals for regulatory and policy amendments by member bodies and EH staff. Make recommendations to EH for the developing of rules and regulations that support the consistent delivery of the national game for approval by EH and communicate and implement any agreed changes.
 - c. support England Hockey Competitions Department (EHCD) in determining rulings relating to the national game.
 - d. engage with the Area Standing Committee (ASC) on those matters and considerations affecting the entirety of the domestic game,
 - e. promote, champion, and encourage Equality, Diversity and Inclusion across the sport.
 - f. other such activities as the EH Board may from time to time decide within the remit of the NGP.

11 Membership

6. **Membership.** The Membership of the NGP will be as follows:
 - a. The Chair of the Technical Appointing Panel ('TAP') or agreed alternate.
 - b. The Chair of the National Programme Umpiring Association ('NPUA') or agreed alternate.
 - c. A representative of the England Hockey Competitions Department ('EHCD');
 - d. Four Club Representatives from clubs who play in the England Hockey League ('EHL'), England Hockey Championships, England Hockey Masters' and/or Junior Championships.
 - e. EH Disciplinary Lead or agreed alternate.
 - f. A permanently appointed secretary from within EH staff.
7. The Executive Team of EH shall appoint a Chair for the NGP.
8. Four Club Representatives from those clubs performing within the EHL will be appointed by the EH Board annually at the end of the season following two existing Club Representatives stepping down via an application process as directed by the Chair of the NGP.

12 Meetings

9. **Frequency.** The NGP will meet twice a year, either virtually or in person as and when required.

10. **Agenda.** The agenda will be circulated to all members by the Secretary (as appointed by EH) following consultation from members on Agenda items circulated five days in advance.
11. **Minutes.** A synopsis of the minutes, noted by the Secretary, will be published on the EH website under the NGP once approved by the Chair as soon as reasonably practicable.
12. **Actions arising from minutes of any associated Committees or Functional Working Groups.** During the meeting, the NGP will consider the minutes of any associated committees or functional working groups and address any actions arising.

13. **Revisions**

The NGP can review and amend these Terms of Reference subject to the approval of the EH Board as and when is necessary and appropriate to do so.