

SCHOOLS COMPETITION REGULATIONS (U16 and U18 Outdoor Tier 1 Championships) 2025-26

CONTENTS

1	MANAGEMENT	1
1.1	Principles	1
2	COMPETITIONS	2
2.1	Organisation.....	2
2.2	Match Rules.....	2
2.3	Umpires	2
2.4	Scoring System.....	2
2.5	Failure to honour a fixture	3
3	TEAM ENTRIES	3
3.1	Entry Dates	3
3.2	Eligibility.....	3
3.3	School & Team Administration.....	4
4	PLAYERS	4
4.1	Eligibility.....	4
4.2	Team Selection	4
4.3	Dress	4
5	FIXTURE MANAGEMENT & MATCHDAY ADMINISTRATION.....	5
5.1	Dates	5
5.2	Venue & start times.....	5
5.3	Pitches & facilities	5
6	TEAMS, MATCH SHEETS & RESULTS	5
6.1	Teams.....	5
6.2	Match sheets.....	5
6.3	Results.....	5
7	POSTPONEMENT OR ABANDONMENT	5
7.1	Priority.....	5
7.2	Bad Weather or Travel.....	6
8	TROPHIES	7
9	BREACH OF REGULATIONS & PENALTIES	7
9.1	General	7
9.2	Appeal Procedure	7

1 MANAGEMENT

1.1 Principles

- 1.1.1 The Junior Competitions Framework (JCF) in England will comprise of competitions for open/boys and girls school teams administered and run by the England Hockey Competitions Department (EHCD) and/or Area Junior Leagues & Competitions Committee (AJLCC), as seen in Appendix 1.
- 1.1.2 England Hockey (EH) Policies, as seen in Appendix 2, will apply to all matches within the JCF.
- 1.1.3 Each school, by its entry into and participation in JCF competitions along with each player, through their school 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.
- 1.1.4 Any school administrator or team administrator requiring clarification on these Competition regulations should consult directly with EHCD.

2 COMPETITIONS

2.1 Organisation - The competition is organised in two stages.

Stage One – Leagues,

Stage Two – Knockout Rounds. (U18s Quarter Finals, Semi Finals and Final. U16s Last 12, Quarter Finals, Semi Finals and Final) and Plate competitions (U18s Quarter Finals, Semi Finals and Final. U16s Preliminary Round Quarter Finals, Semi Finals and Final)

2.1.1 Stage One – Leagues, Prior to the knockout rounds participating teams will play in defined Area leagues.

2.1.1.1 All teams in each League will play each other either home or away by the designated play by date of the Championships. EHCD will determine which team is home and which is away in each fixture. This may be varied if agreed by both teams.

2.1.1.2 In each League teams will receive 3 points for a win, 1 point for a draw and 0 points for a loss.

2.1.1.3 In the event of teams being equal on points at the end of a league competition, or part thereof, places within a league, shall be determined by each of the following, in order:

- i. Highest goal difference. If still equal *Regulation ii applies.*
- ii. Highest number of goals scored. If still equal *Regulation iii applies.*
- iii. Highest number of matches won. If still equal *Regulation iv applies.*
- iv. The result of the match(es) between the teams concerned, and if the match is drawn an away draw will be deemed higher value than a home draw. If still equal *Regulation v applies.*
- v. If teams are still equal they will share the position, except when it determines a qualifier for a further stage of the competition and in this situation a further match between the teams involved will be arranged by EHCD.

2.1.1.4 U18s - If there are four leagues in the competition the top two teams in each league will qualify for the knockout rounds and the teams finishing 3rd and 4th in each pool will qualify for the Plate competition. If there are three leagues in the competition the top two teams in each league will qualify for the knockout rounds along with the two third placed teams with the best playing record. The other 3rd place team, plus the three 4th placed teams, three 5th placed teams and the 6th placed team with the best record will qualify for the Plate competition, 2.1.1.6 U16s – If there are four leagues in the competition the teams finishing 1st, 2nd and 3rd in each league will qualify for the knockout rounds. If there are three leagues in the competition the top four teams in each league will qualify for the knockout rounds. All other teams will qualify for the Plate competition

2.1.1.6 Playing record will be determined by the following, in order

- i. Points per game average
- ii. Best goal difference average
- iii. The team having scored the most goals per game average

2.1.2 Stage Two – Knockout Rounds (main competition)

2.1.2.1 The draw for the U18 knockout rounds will be an open draw save that in the first round i. league winners will receive home ties, ii. teams will not play against a team from the same league, iii. Any team qualifying as a third placed teams with the best playing record will play away at a league winner. 2.1.2.2 The draw for the U16 knockout rounds will be an open draw save that in the first round i. league winners will receive a bye. 2nd placed teams will have home ties against 3rd placed teams, iii. teams will not play against a team from the same league, iii. Any team qualifying with the best playing record will play away. In the second round i. league winners will receive home ties ii. teams will not play against a team from the same league

2.1.2.3 The semis and final will be played at venues as determined by EHCD

2.1.3 Stage Two – Knockout Rounds (Plate competition)

2.1.3.1 The draw for the knockout rounds will be an open draw save that in the first round teams will not play against a team from the same league,

2.1.3.2 The final will be played at a venue as determined by EHCD

2.1.4 If the scores are level at the end of full time in the matches in Stage 2 the outcome of the match shall be determined by a shootout taken under the conditions detailed in Appendix 5.

2.1.5 The winner of a match in the knockout rounds will progress to the next round

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 3. The Rules shall include any: variations, supplementary guidance, interpretations, instructions, etc. as may be published by EHCD or AJLCC from time to time.

2.2.2 Match length times will be 35 minutes each way.

2.3 Umpires

2.3.1 Unless otherwise notified home teams are responsible for sourcing neutral umpires from their local Officiating Committee at their cost. If neutral umpires cannot be appointed each team shall provide its own Umpire who shall be minimum Level One Umpire Award accredited and registered as active.

2.3.2 If agreed by both teams, teams may make alternative arrangements to 2.3.1 above to the satisfaction of both parties.

2.4 Competition

The competition will be administered by EHCD.

2.4.1 All matches must be played on a midweek day unless approved by EHCD and by the dates set by EHCD. (for further information see the full Information Pack).

2.4.2 The date, venue and start time of each match must be advised to EHCD once agreed by the teams.

2.4.3 The result of each match must be advised to EHCD by 9.00am on the day following the match.

2.4.4 Match results in all competitions shall be limited to a goal difference of ten, and any score recorded as 10-0 to the winners

2.4.5 Boys U18 Competition - Teams must play a minimum of three matches prior to 1 January 2026.

Girls U18 Competition – Teams must play a minimum of two games after 1 January 2026

Any failure to do so will be investigated by EHCD. EHCD reserve the right to deduct or award points or declare a match null and void with no points awarded in these circumstances.

2.5 Failure to honour a fixture

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

2.5.1.1 must notify its opposition and competition organiser immediately,

2.5.1.2 may be subject to financial penalty,

2.5.1.3 additionally, the EHCD shall, at their discretion, have the right to ensure that a team which fails to honour a fixture reimburses the opposing team, officials, competition organiser, etc. for any expenses incurred in relation to the fixture.

2.5.2 Stage 1:

2.5.2.1 a 10-0 walkover will be awarded against any team failing to fulfil a fixture. This is subject to a £100 fine and any remission or further penalty that the EHCD may impose which may include determining that a game must be played on a date and venue as specified by EHCD.

2.5.2.2 any team that fails to honour more than one of their League fixtures or does not comply with a decision in line with 2.5.2.1 will be automatically withdrawn from the League and all previous results will be void, will forfeit its entry fee and will be fined £250.

2.5.3 Stage 2: For knockout rounds: the offending team shall be deemed to have lost the tie. The opposing team shall progress to the next round. This is subject to a £100 fine and any remission or further penalty that the EHCD may impose.

2.6 **Finals** – EHCD will issue separate joining instructions for finals which may vary standard regulations.

3 TEAM ENTRIES

3.1 Entry Dates

3.1.1 A school must enter its teams into the Competitions by the designated date set by EHCD.

3.2 Eligibility

3.2.1 For their teams to be eligible to participate in the competitions schools must have paid, by the due date, the following:

3.2.1.1 competition entry fee,

- 3.2.1.2 any monies outstanding to EH, Area and/or County/Sub-Area (CS-A).
- 3.2.2.3 In the event of any monies due being outstanding 14 days or more after a school's first match in the competition, EHCD shall be entitled to remove any team(s) for which no payment has been received.

3.2.2 Schools may enter a maximum of one team into each of the competitions

3.2.3 EHCD retain the right to decline entry to a competition if they believe the team is not entering at an appropriate Tier.

3.3 School & Team Administration

- 3.3.1 Each participating school must appoint a School 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 School Administrator for their school and/or Team Administrator for more than one team.
- 3.3.3 To ensure continuity, any changes to a School Administrator or Team Administrator, or their details, must be updated to EHCD immediately.

4 PLAYERS

4.1 Eligibility

4.1.1 All players must:

- 4.1.1.1 be on the school roll at the start of the academic year in which the competition takes place and be full members of the named school.
- 4.1.1.2 not be attending another school in England or another country at the same time as participation and must be enrolled to take a full part in the school's academic curriculum for the full academic year.
- 4.1.1.3 take public examinations at the same centre as the rest of the school. Players' academic results must be included in their school's published statistics including those seen in the government's league tables and the national press.
- 4.1.1.4 In exception to this a school may apply to EHCD on behalf of a player who has joined the school since the start of the academic year and they will rule if the circumstances permit the player to be declared eligible.

4.1.1.5 not have represented more than one school in any one season. For the purposes of these regulations a season is defined as from 1 September in any one year to 31 August in the following year, both dates inclusive.

4.1.1.6 meet the age criteria

Under 16 - born on or after 01/09/2009

Under 18 - born on or after 01/09/2007

unless they hold a EH Dispensation Certificate in respect of the age group in which they are participating.

4.1.1.7 play in the relevant category as determined by England Hockey Trans and Non-Binary Participation Policy and must only play in one category in EH schools' championships competition (which includes both outdoors and indoors), during a season. (nb a female at birth player may play in an Open/Boys schools' championship and Womens/Girls club competitions but may not also play in any Girls schools' championship. In addition a female at birth player may play in a Girls schools' championship and in Open/Mens and/or Open/Boys club activity but may not also play in any Boys schools' championship.)

4.2 Team Selection

4.2.1 Players shall not participate in more than one England Hockey Schools Championship competition in any one Season.

4.2.2 In exception to the above a team may field a fully kitted goalkeeper who has played in a different age group if permission has been requested to and approved by EHCD. Approval will be granted where EHCD decides that exceptional circumstances exist

4.2.3 In the U18 Competitions unless an educational establishment is a. a State School or b. has been granted Collegiate status (available to schools who only have an intake of a specific gender in the sixth form / Year 12) only a total of three players who have joined the educational establishment in Years 12 and 13 are permitted to be part of the squad of players selected for any one match (subject to 4.2.4.1 below). For 2025-26 only, players who joined and played for the school in 2024-25 are exempt from this regulation.

4.2.3.1 A team may select any player who has transferred into the school in Year 12 from an English educational establishment that only offers education up to Year 11. Such players must be registered in advance with EHCD

4.3 Ineligible Players

Any team that plays an ineligible player or a player suspended in line with EH Disciplinary Regulations, will forfeit the match they participated in and may be fined.

If in Stage 1 they will be deemed to have lost the match 5-0, this is subject to any remission or further penalty that the EHCD may impose.

4.4 Dress

- 4.4.1 Standard kit regulations are as below and should be the aspiration at all levels. It is accepted however that at some levels these may not be achievable, and variance is accepted.
- 4.4.2 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
- 4.4.3 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)
- 4.4.4 If teams' shirts' and/or socks' colours clash then the away team must wear alternative colours.
- 4.4.5 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)
- 4.4.6 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.
- 4.4.7 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.
- 4.4.8 Turbans, Hijabs (or other agreed head coverings) should be plain or match the shirt in line with colours on the team sheet. For all head coverings, they must not:
- be attached to the playing shirt
 - have any protruding items from the surface
 - have any metal fastenings or pins
 - cause a danger to the player, or other players
 - have the potential to be inadvertently pulled or unravelled

5 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).

5.2 Facilities

- 5.2.1 All competition matches must be played on artificial turf pitches. EHCD, reserve the right to not allow a specific pitch to be used for matches if it deems it unsuitable.
- 5.2.2 There must be a toilet on site at any venue used.
- 5.2.3 The following will apply
- 5.2.3.1 It is the responsibility of the home team to ensure that pitch facilities, including markings, goals and goal nets are satisfactory. Home teams are responsible for pitch costs
 - 5.2.3.2 All pitch bookings must enable teams to have sufficient familiarisation and warm up time.
 - 5.2.3.3 Every effort must be made to find a suitable replacement pitch should a scheduled venue be unfit.
 - 5.2.3.4 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.
 - 5.2.3.5 Home teams should endeavour to provide sufficient seating for each team and this should be situated on the side of the pitch (preferably away from any spectator area) at a point between the centre and 23 metre lines. Substitutes and officials on the teamsheet must remain in that area and no other persons are allowed on the team bench.
 - 5.2.3.6 Home teams must ensure a supply of ice at pitchside for use by both teams

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.

6.2 Match sheets

- 6.2.1 Players and any team officials must be added onto the match sheet and a completed match sheet sent to EHCD within 24 hours of the match
- 6.2.2 By uploading a player onto the match sheet, the school 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 Both teams must confirm full details of goals, scorers and injuries no later than 09:00 hrs on the day after the match or as directed.

7 POSTPONEMENT OR ABANDONMENT

- 7.1 All matches in all competitions must be played on the scheduled 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 the competition organiser.
- 7.2 In the event of a match having to be abandoned as a result of a serious injury to a player, adverse weather conditions or the decision of the umpires 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 as directed by EHCD, depending on the circumstances at the time of the abandonment. 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

8 TROPHIES

- 8.1. Any school that wins a perpetual trophy must arrange for it to be returned at the school's cost to the relevant competition organiser by 1st February, unless otherwise agreed by EHCD who will advise the school 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 school will be invoiced to the relevant school.

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 school or team or individual found to be in breach of these Regulations may be subject to further penalties, as may be determined by the 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, EHCD shall apply penalties set out in the regulations save that, in exceptional circumstances or when there is no penalty provided for, EHCD may impose any penalty, including, but not exclusively, the deduction of points, forfeiture of a match, 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.

9.2 Appeal Procedure – against a decision of EHCD

- 9.2.1 There shall be no appeal against the decision (or non decision) of an umpire or appointed Match Official.
- 9.2.2 Schools and teams have the right to appeal against a decision of EHCD as set out in this Regulation.
- 9.2.3 The Appeal to the England Hockey Appeal Panel (EHAP) must be commenced by an Appeal Notice (Appendix 8) 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.
- 9.2.4 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.
- 9.2.5 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
- 9.2.6 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.
- 9.2.7 Save where the Chair of the EHAP 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 EHAP may direct an oral hearing.
- 9.2.8 The parties to the Appeal are the Appellant and EHCD, to be represented by a member of EHCD.
- 9.2.9 Any other school 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.
- 9.2.10 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 school that may be affected by the Appeal to submit written evidence and/or submissions in support or against the Appellant.
- 9.2.11 An appeal shall be by way of a review only and not by way of a rehearing.
- 9.2.12 The EHAP will allow an Appeal where the decision of the EHCD was
- (a) based on an error of fact or could not have reasonably been reached by a Disciplinary Panel when faced with the evidence before it;
 - (b) there was serious injustice because of a procedural or other irregularity in the proceedings;
 - (c) significant and relevant new evidence has come to light which was not available before the Disciplinary Panel Decision was made and could not have reasonably been obtained earlier but, had it been available, may have caused the relevant Disciplinary Panel to reach a materially different Decision; or
 - (d) the Sanction imposed is manifestly unreasonable in the light of the relevant Disciplinary Panel's Decision..
- 9.2.13 If an Appeal is not allowed in full, the EHAP may impose any sanction that the EHCD could have imposed.
- 9.2.14 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
- 9.2.15 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 the EHCD within 7 days of the Decision. The Chair of the EHAP may extend this timetable
- 9.2.16 The decision of the EHAP shall be final.

APPENDIX 1 – SCHOOLS COMPETITIONS FRAMEWORK

COMPETITION	TYPE OF SCHOOL	ORGANISED BY
U18 Tier 1. Leagues	High Performing Schools	England Hockey Competitions Dept (EHCD)
U18 Tier 2. KO (with Plate)	Intermediate Schools	EHCD
U18 Tier 3. County – Area – National	Emerging Schools	Area with EHCD led finals
U16 Tier 1. Leagues	High Performing Schools	EHCD
U16 Tier 2. KO (with Plate)	Intermediate Schools	EHCD
U16 Tier 3. County – Area – National	Emerging Schools	Area with EHCD led finals
U14 Tier 1. KO (with Plate)	High Performing Schools	EHCD
U14 Tier 2. County – Area - National	Intermediate Schools	Area with EHCD led finals

APPENDIX 2 – ENGLAND HOCKEY POLICIES

All England Hockey policies shall apply to matches in the Junior Competition Framework. These may be revised and orsupplemented 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 Conduct
- EH Disciplinary Regulations
- EH Safeguarding and Protecting Young People in Hockey
- EH Privacy Policy
- EH Equality Policy
- EH Guidance on Faith and Fixtures
- EH Trans and Non-Binary Participation PolicyUK Anti-Doping Rules
- EH Anti-Corruption Policy
- EH League Sponsorship Policy
- EH Safe Hockey Policy

Most can be found on the Regulations and Policies Documents page of the EH website:

<https://www.englishhockey.co.uk/governance/rules-and-regulations/regulations-and-policies>

APPENDIX 3 – VARIATIONS TO FIH RULES OF HOCKEY

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:

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

- i. U16 and U18 full length games - 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). For U14s halves will be 30 minutes

Where both teams agree in advance of the game the following further variation may be played

A match consists of four quarters of 17 minutes 30 seconds (15 mins for Under 14s), with an interval of 2 minutes between quarter 1 and 2 and between quarter 3 and 4, and a half-time interval of 5 minutes between quarter 2 and 3

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.

APPENDIX 4 – MATCH LENGTH TIMES

At U18, U16 and U14 level if playing full length games, teams should only play one full length match in one day, however teams in this and other age groups may play for a longer duration in a tournament or festival with shorter matches. Recommended times are as below.

Age Group	11 or 7 a-side	Max Time in a day*	Max No of games	Min Duration of games^	Duration of games for triangulars~	Max Duration of games
						(& Times for U14 U16 U18 T1 T2 one-off matches)
U18	11	2 hours	4 matches	15 mins e/w	25 mins e/w	70 mins, ie full length game
U16	11	2 hours	4 matches	15 mins e/w	25 mins e/w	70 mins, ie full length game
U14	11	2 hours	4 matches	15 mins e/w	20 mins e/w	60 mins
U14	7	2 hours	6 matches	10 mins e/w	15 mins e/w	15 mins e/w
U13 & U12	7 or 6	1 hour 45 mins	7 matches	9 mins e/w, 15 mins 1/way	15 mins e/w	15 mins e/w
U11	7 or 6	1 hours 30 mins	9 matches	9 mins e/w, 10 mins 1/way	15 mins e/w	15 mins e/w
U10	7 or 6	1 hours 30 mins	9 matches	9 mins e/w, 10 mins 1/way	15 mins e/w	15 mins e/w
U8	7, 6 or 4	1 hours 15 mins	7 matches	7 mins e/w, 10 mins 1/way	10 mins e/w	10 mins e/w

*Max Time in a day - this is based on a tournament or festival style activity where teams have multiple games and breaks. Teams must have a break between games. If the Max Time in a day is used it is strongly recommended that the overall length of the activity is at least one and a half times as long, e.g. 2 hours play in 5 hours activity.

^Min Duration of games - these are recommended times for T1 and T2 activity, however organisers may vary these and shorten particularly for lower Tier activity and festivals.

~Triangulars – U16 and U18 T1 and T2

Recommend schedule. Matches 25 mins e/w.

0000 hrs Match 1 – A v B
 0130 hrs Match 2 – B v C
 0300 hrs Match 3 – C v A

~Triangulars – U14 T1 and T2

Recommended schedule. Matches 20 mins e/w.

0000 hrs Match 1 – A v B
 0120 hrs Match 2 – B v C
 0240 hrs Match 3 – C v A

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 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 – APPEAL NOTICE

APPEAL NOTICE

To be sent to EHCD pursuant to Regulation 9.2 or EHCD pursuant to Regulation 9.3

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

The school/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 School	
Date	