



Captain's Quick Reference | 2025-26

- This guide provides a summary of key points to help teams comply with Area League Regulations
 - Please consult the full Regulations: [Adult Hockey in London > Regulations & Supporting Documents](#)
 - If you are uncertain about the application of any Regulation please contact your Divisional Secretary.
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CRITICAL CHANGES

- **Fixture Confirmation:** Home teams **MUST** contact opposition to confirm fixture details (5.2)
 - **Match Sheet Deadline:** **ALL GRADES** must complete match sheets by **2000 hrs on match day**
 - **Umpiring:** Grade 3 minimum requirement is **Level 1 Assessed** (11.0)
 - **Conduct Responsibility:** You are responsible for conduct of club officials not in spectator area (12.1)
 - **Player Registration Deadlines** – All players must be registered in GMS by the weekly cut-off (7.6.1); final registration date **1 Feb** (7.6.2).
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ESSENTIAL CAPTAINS DUTIES

Before the Match

- **HOME captains:** Confirm fixture details (time, venue, kit, floodlights, weather plan) with opposition before fixture, in particular when details have changed from those originally in GMS (5.2)
- **AWAY captains:** Respond confirming no kit clash & hospitality participation (6.6)
- **Verify all players are registered and eligible; register new players before match day** (7.6.1)
- **Confirm umpiring arrangements** if not Area appointed. Grade 3 requires Level 1 Assessed (11.0)
- **Club umpires to be registered** in GMS as umpires and with EHO (11.4)
- **GRADE 2:** Confirm match details to Area appointed umpires **no later than 3 days prior to the fixture**

Match Day

- Complete **team selection** in accordance with Team Selection Regulations
- Include all players, substitutes, officials and umpires on **team sheet** (9.1)
- **GRADES 4 & 5 ONLY**, where applicable comply with **doubling-up restrictions**: Maximum of **13 players** when doubling-up (increased from 12) and **maximum of two games** per player per match day (8.4.2)
- **Playing kit** must meet the requirements, **including shirt numbers** (10.5)
- **Ensure bench area compliance:** only players & officials allowed (6.1.5), no spectators within 5m
- **Complete match sheet and result in GMS by 20:00 hrs** (or ASAP if a late pushback)

Post-Match

- **Report any regulation breaches** to ALMC within **7 days** (15.4)
- Complete umpire feedback - for Area appointed umpires - by Wednesday 20:00 hrs (11.4)
- Manage player suspensions - suspended players cannot be selected (12.2)
- Ensure compliance with England Hockey's Code of Ethics and Behaviour in all social media posts



KEY REGULATION UPDATES

Regulation	Previous Regulation	Change for 2025-26
Fixture Confirmation (5.0)	10 days notice	10-21 days advance notice required
Bench Area (6.1.5)	General guidance	5m from spectators, officials tracked
Registration (7.6)	-	Weekly deadline + 1 Feb final
Squad Size Doubling-up (8.4.2)	12 player maximum	13 player maximum
Player Game Limit (8.4.2)	-	Maximum 2 games per match day
Match Sheets (9.0)	Grade-specific times	2000 hrs on match day
Umpire - Grade 3 (11.0)	Level 1 minimum	Minimum Level 1 Assessed
Rearrangement Deadline (13.0)	28 days (Grades 2-5)	36 days (Grades 2-5)
Appeal Procedures (Appendix 6)	Previously in Regulation 16	Revised process in Appendix 6

QUICK ACTION CHECKLIST

PLAYER ELIGIBILITY

- ☐ All players registered in GMS before match; ensure squad complies with Team Selection rules
- ☐ Confirm Selection Exemption Pass (SXP) if required for unusual selections
- ☐ Verify no current suspensions via disciplinary records

REQUIRED COMMUNICATIONS & DEADLINES

- ☐ **Match day 2000 hrs:** Match sheet and results submission
- ☐ **Wednesday 2000 hrs:** Umpire reports (Grade 2 only, for Area appointed officials)
- ☐ **Report any disciplinary breaches within 7 days**

ALMC CONTACTS

Grade	Divisions	Men	Women	Email
2	Premier & 1	Paul Mangat	Paul Mangat	adultcompetitions@london.hockey
3	2 & 3	Chris Savory	Chris Savory	divsec.grade3@london.hockey
4 & 5	4, 5 & 6	Shaf Moledina	-	divsec.men@london.hockey
4 & 5	4, 5 & 6	-	Liz Laird	divsec.women@london.hockey
Club Umpiring		Georgia Reed		officiatingclubliaison@london.hockey