

# MIDLANDS ADULT LEAGUE

## PROMOTIONS & RELEGATIONS 2024/25



MIDLANDS  
HOCKEY

### Men's League

DIVISION	TEAMS	PROMOTIONS Communicated	RELEGATIONS Communicated	NOTES
Premier	12	1	2	Promoted to EHL
Division 1	12	2	2	
Division 2	12	2	4	4 teams relegated into 2 divisions
3 West	12	2	2	
3 East	12	2	2	
4 West	12	2	2	
4 East	12	2	2	
5 West	12	2	4	8 teams relegated into 2 divisions
5 East	12	2	4	
6 North West	12	2	2	
6 North East	12	2	2	
6 South West	12	2	2	
6 South East	12	2	2	
7 North West	12	2	2	
7 North East	12	2	2	
7 South West	12	2	2	
7 South East	12	2	2	
8 North West	12	2	2	
8 North East	12	2	2	
8 South West	12	2	2	
8 South East	12	2	2	
9 North West	12	2	2.5	10 teams relegated into 5 divisions
9 North East	12	2	2.5	
9 South West	12	2	2.5	
9 South East	12	2	2.5	
10 North West	11	2	None	
10 North East	11	2	None	
10 Central	11	2	None	
10 South West	10	2	None	
10 South East	10	2	None	
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### Women's League

DIVISION	TEAMS	PROMOTIONS Communicated	RELEGATIONS Communicated	NOTES
Premier	12	1	2	Promoted to EHL
Division 1	12	2	4	4 teams relegated into 2 divisions
2 West	12	2	4	8 teams relegated into 4 divisions
2 East	12	2	4	
3 North West	12	2	3	12 teams relegated into 6 divisions
3 North East	12	2	3	
3 South West	12	2	3	
3 South East	12	2	3	
4 North West	12	2	3.3	20 teams relegated into 10 divisions
4 North East	12	2	3.3	
4 North Central	12	2	3.3	
4 South Central	12	2	3.3	
4 South West	12	2	3.3	
4 South East	12	2	3.3	
5 West	12	2	None	
5 West Central	11	2	None	
5 East Central	11	2	None	
5 North Central	12	2	None	
5 North	12	2	None	
5 North West	12	2	None	
5 North East	11	2	None	
5 South	11	2	None	
5 South West	11	2	None	
5 South East	11	2	None	
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