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**1 MANAGEMENT**

**1.1 Principles**

- 1.1.1 The Junior Competitions Framework (JCF) in England will comprise of competitions administered by: Area Junior Leagues & Competitions Committee (AJLCC). For the purpose of these regulations this includes the following championships in each gender;
- i. U11 Schools In2Hockey Championships
  - ii. U12 Schools In2Hockey Championships
  - iii. U13 Schools In2Hockey Championships
  - iv. U10 Clubs In2Hockey Championships
  - v. U12 Clubs In2Hockey Championships
- 1.1.2 England Hockey (EH) Policies, as seen in Appendix 2, will apply to all matches within the JCF.
- 1.1.3 Each club and school, by its entry into and participation in JCF competitions along with each player, 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 team administrator requiring clarification on Competition regulations should consult directly with their relevant AJLCC.

## **2 COMPETITIONS**

### **2.1 Organisation**

2.1.1 AJLCCs will be responsible for organising competitions within their Area in line with the JCF and will have discretion to structure tournaments, including any preliminary rounds based on entries received using standard formats and scoring systems as set out in regulation 2.3 below.

2.1.2 For the following competitions each Area will determine one qualifier for the national finals to be organised by England Hockey Competitions Department:

- i. U13 Schools In2Hockey Championships
- ii. U12 Clubs In2Hockey Championships

2.1.3 The Rules of In2Hockey 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 AJLCC from time to time.

2.1.4 Match length times will be set by AJLCC dependant on the competition.

### **2.2 Umpires**

2.2.1 The responsibility for appointing competent umpires to each match falls to teams, unless informed in advance by a competition organiser who may pass responsibility to an appointing body.

2.2.2 Unless advised by AJLCC, or with the agreement of both teams, each team shall provide one umpire for each of its own matches.

2.2.3 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.

2.2.4 The below outlines the requirements for umpires at each Tier of competition:

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

2.2.5 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 2.2.6 will apply.

2.2.6 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 the competition organiser to determine who forfeits the match.

2.2.7 Where a Young Umpire (Under 18) is appointed, the appointing school or 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 Scoring System**

2.3.1 In tournaments teams shall be awarded: 3 points for a win, 1 point for a draw, 0 points for a loss.

2.3.2 In the event of teams being equal on points at the end of the 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, If still equal *Regulation v applies.*
- v. If teams are still equal, a shootout competition between the teams involved will be arranged by the relevant competition organiser.

2.3.3 Where knockout stages are held, in the event of a match being drawn in normal time, a shootout competition will be played in accordance with Appendix 6. The winner of this shall progress to the next round.

### **2.4 Failure to honour a fixture**

2.4.1 A team which fails or is unable to honour a fixture will be deemed to have lost any game 5-0 and the opposition awarded three points. If a team fails to honour more than one fixture their playing record will be expunged. In addition they;

- i. must notify the competition organiser immediately.
- ii. may be subject to financial penalty including that the AJLCC shall, at their discretion, have the right to ensure that they reimburse other teams, officials, competition organiser, etc. for any expenses incurred in relation to the fixture.
- iii. may be subject any further remission as determined by AJLCC.

### **3 TEAM ENTRIES**

#### **3.1 Entry Dates**

3.1.1 A school or club must enter its teams into any Competitions by the designated date(s) set by the AJLCC.

#### **3.2 Eligibility**

3.2.1 Area Schools Competitions are open to all teams from schools and Area Clubs Competitions are open to all teams or clubs who are:

- i. members of that Area, or
- ii. from a neighbouring Area with the agreement of both the member and neighbouring AJLCCs.

3.2.2 For their teams to be eligible to participate in JCF competitions clubs must have completed and paid, by the due date, its membership to EH. In addition, schools and clubs must have paid, by the due date, the following:

- i. competition entry fee
- ii. any monies outstanding to EH, Area and/or County/Sub-Area (CS-A).

In the event of any monies due being outstanding the AJLCC shall be entitled to remove any team(s) for which no payment has been received.

3.2.3 Areas will decide the maximum number of teams a School may enter into each of the Schools' competitions and a Club may enter into each of the Clubs' competitions and how many teams from each may qualify for subsequent rounds.

#### **3.3 School & Team Administration**

3.3.1 Each participating school or club must appoint a School or 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 School/Club Administrator for their school/club and/or Team Administrator for more than one team.

3.3.3 To ensure continuity, any changes to a School/Club administrator or Team administrator, or their details, must be updated to AJLCC immediately.

### **4 PLAYERS**

#### **4.1 Eligibility**

4.1.1 **Schools.** All players must:

- i. be on the school roll at the school at time of participation. (For the purposes of this competition a player on the school roll must not be attending another school in England or another country at the same time as participation)
- ii. be on the school roll at the start of the academic year in which the competition takes place and scheduled to be on the school roll for the full 2024-25 academic year. In exception to this a school may apply to AJLCC 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.
- iii. only represent one school at one age group in the In2Hockey Championships 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.

4.1.2 **Clubs.** All players must:

- i. only represent one club at one age group in the In2H Championships 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.

4.1.3 **Schools and Clubs.** All players must:

- i. meet the age criteria;  
Under 13 - born on or after 01/09/2011  
Under 12 - born on or after 01/09/2012  
Under 11 - born on or after 01/09/2013  
Under 10 - born on or after 01/09/2014  
unless they hold a EH Dispensation Certificate in respect of the age group in which they are participating.
- ii. play in the relevant gender competition save that In the Boys U10 clubs' and U11 schools' competitions a maximum of two girls will be permitted to form part of the squad, however these may not play in both the U10 girls and U10 boys competitions or U11 girls and U11 boys competitions.

## **4.2 Team Selection**

- 4.2.1 **Schools.** Players shall not participate in more than one EH Schools Championship competition in any one season.
- 4.2.2 **Clubs.** Players shall not participate in more than one In2Hockey Clubs Championship competition in any one season.
- 4.2.3 Where a club fields more than one team in an age group in the In2 championships, a player may play for one team in one round and the other team in subsequent rounds. Team managers are reminded that in signing the team sheet they accept responsibility for ensuring the eligibility of players on that sheet.
- 4.2.4 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 AJLCC. Approval will be granted where AJLCC decide that exceptional circumstances exist. The decision of the AJLCC shall be final.

## **4.3 Dress**

- 4.3.1 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.
- 4.3.2 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
- 4.3.3 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)
- 4.3.4 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 AJLCC will issue fixtures with their scheduled dates. (In line where possible Provisional dates published in EH Priority & Centralised Calendar) and the match schedule.

## **6 TEAMS, MATCH SHEETS & RESULTS**

### **6.1 Teams**

- 6.1.1 A team shall be entitled to nominate up to 10 players in its squad for each tournament.

### **6.2 Teamsheets**

- 6.2.1 Players and any team officials must be included on the teamsheet provided by AJLCC. Each team must have a manager and may have a further two officials, and additionally, a qualified Medical Doctor. Those named, must sit on the team bench or other designated area.
- 6.2.2 By including a player on the teamsheet, the school/club confirms that each player listed is eligible to play and will be deemed to have played in the relevant competition.

### **6.3 Tournaments**

- 6.3.1 AJLCC will appoint a Tournament Director and other such officials as required to Tournaments. A Tournament Director is empowered to apply these Regulations and any issue not covered by the Regulations in all matters concerning the conduct of the tournament at their discretion and their ruling on any matter shall be final. The Tournament Director may delegate the exercise of their powers and authorities, in whole or in part and for such duration as the Tournament Director deems necessary, to a Technical Officer. (See Appendix 5 for details of their duties and powers.)

- 6.3.2 A completed match report form must be signed by the Team Manager who in so doing will be deemed to vouch for and confirm that the report is an accurate record of the match. They should sign the matchesheet even if they intend to lodge an appeal (see Appendix 5.)

## **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 the AJLCC.
- 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.

## **8 TROPHIES**

- 8.1.1 Any school/club that wins a perpetual trophy must arrange for it to be returned at the school/club's cost to the AJLCC as directed. AJLCC will advise the school/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 school/club will be invoiced to the relevant school/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 school/club or team or individual found to be in breach of these Regulations may be subject to further penalties, as may be determined by the AJLCC, 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 AJLCC shall, at its absolute discretion, have the right to impose any penalty, including, but not exclusively, expulsion from a competition, the deduction of points, fines and suspension of players.
- 9.1.3 Any team who fields a player who is ineligible in line with Regulation 4.1 or 4.2, or is in breach of EH Red Card and Matchday Misconduct Regulations or EH Disrepute Regulations, will be disqualified from the competition.
- 9.1.4 When imposing any penalty, the AJLCC 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**

- 9.2.1 There can be no appeal against the decision of an umpire or duly appointed technical official made during a match or Penalty Stroke competition.
- 9.2.2 Schools/Clubs and teams have the right to appeal against a decision of the AJLCC as set out in this Regulation unless otherwise stated.
- 9.2.3 The Appeal will be to the Area Appeal Panel and must be commenced by an Appeal Notice, as seen in Appendix 9, marked for the attention of the Area Appeal Panel sent to and received by the AJLCC not later than 3 days after the Appellant has been notified of the decision to be appealed against. There must be annexed to the Appeal Notice copies of all documents, including the written statements of any witnesses upon which the Appellant intends to rely in the Appeal.
- 9.2.4 The Appeal Notice should be sent by email to the AJLCC. 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 Area Appeal Panel shall give directions for the further conduct of the Appeal.
- 9.2.5 The Chair of the Area Appeal Panel 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.
- 9.2.6 Save where the Chair of the Area 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 Area Appeal Panel may direct an oral hearing.
- 9.2.7 As soon as reasonably practical after the receipt of the Appeal Notice, the Chair of the Area Appeal Panel shall give directions for the further conduct of the Appeal.
- 9.2.8 Any other school/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.
- 9.2.9 Where there has been an oral hearing of an Appeal the decision of the Area Appeal Panel may include a direction that the Appellant shall pay all or part of the costs of the Appeal to be summarily assessed by the EH or Area Appeal Panel.
- 9.2.10 If an Appeal is not allowed in full, the Area Appeal Panel may impose any sanction that the Area could have imposed.
- 9.2.11 The decision of the Area Appeal Panel shall be final.

## **APPENDIX 1 – JUNIOR COMPETITIONS FRAMEWORK**

See document [here](#)

## **APPENDIX 2 – ENGLAND HOCKEY POLICIES**

All England Hockey policies shall apply to matches in the Junior Competition Framework. 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 **Error! Reference source not found.**)
- 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 Transgender Participation Policy
- UK 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 – COVID-19 COMPETITION PROVISION**

Not applicable



**APPENDIX 4 – VARIATIONS TO IN2HOCKEY RULES**

**None for 2024-25 season**

## **APPENDIX 5 – TOURNAMENT DIRECTOR**

Tournament Directors are empowered to apply these Regulations and any issue not covered by the Regulations in all matters concerning the conduct of the tournament at their discretion and their ruling on any matter shall be final. Tournament Directors are empowered to apply these Regulations in so far as they relate to a competition at their discretion and their ruling on any matter shall be final. The Tournament Director may delegate the exercise of their powers and authorities, in whole or in part and for such duration as the Tournament Director deems necessary, to a Technical Officer.

- 1.1 Tournament Directors shall be empowered to suspend any player, or named official, for one or more matches for misconduct on or off the field of play during the In2Hockey Championships.
  - 1.1.2 If a team manager, coach or other team official is suspended by the Tournament Director it is not necessary for a player to be removed from the field of play for the period of the suspension. For the avoidance of doubt the Tournament Director's power to suspend shall extend to any player who has received a red card under sanction of regulation 6.3 of the Red Card and MMO Regulations. Suspended persons may not participate in any way nor enter the field of play, or the technical facility areas (including the team bench) surrounding the same during the match(es) of suspension until the match(es) is/are finished and any period of cool down on the field of play has been completed.
  - 1.1.3 The Tournament Director may, in the interests of player welfare, allow a suspended player to sit on the team bench for the period of their suspension; such players must wear clothing that distinguishes them as non-participating and must conduct themselves appropriately for a suspended player.
- 1.2 Tournament Directors shall be responsible for ensuring that all sticks and other playing equipment (including goalkeepers' headgear, hand protectors, leg guards and kickers together with any protective equipment such as face masks, hand and knee protectors intended to be worn by field players) to be used in the In2Hockey Championships are checked prior to a team's first match to ensure they comply with the Rules of Hockey.
- 1.3 The Tournament Director shall decide the colour of the balls to be used.
- 1.4 **Team-sheets**
  - 1.4.1 Not less than **30** minutes before the start of their first match (or such other time as required by the Tournament Director) a team must submit a completed team-sheet to the Tournament Director listing in numerical order a squad with a maximum of 10 players who will be eligible to play in the tournament. The completed team-sheet must be signed by the team manager who in so signing will be deemed to vouch for and confirm that each player listed is eligible to play.
  - 1.4.2 A team's starting line-up shall be advised to the Technical Officer on duty as required not later than 10 minutes before the start of a match (or such other time as required by the Tournament Director).
- 1.5 **Postponement or Abandonment**
  - 1.5.1 At any time prior to the commencement of a match, the decision on whether or not the pitch is fit for play shall be the responsibility of the appointed Tournament Director. Once a game has started, a decision on whether it should be interrupted shall be made by the Tournament Director in consultation with the umpires and Technical Officer on duty.
  - 1.5.2 If a match is interrupted under 7.1.1, this match must be resumed as soon as possible (not necessarily on the same field of play or on the same day), under the following conditions:
    - 1.5.2.1 the match must be completed up to the regulation full time (see Regulation 5 and App 4), the score on the resumption being that at the time the interruption took place;
  - 1.5.3 In the event of a match or the tournament in part or wholly, having to be abandoned as a result of a serious injury to a player or a decision of the umpires or Tournament Director in such circumstances that it has not been possible to complete the interruption in accordance with 7 above, the appropriate organiser will decide on the action to be taken after receiving a report from the Tournament Director. Such a decision may necessitate a replay of the match or the tournament in part or wholly, depending on the circumstances at the time of the abandonment.
- 1.6 If a team wishes to lodge a protest at the end of a match, or at the end of a Penalty Stroke competition the Team Manager must:
  - 1.6.1.1 declare the intention to do so immediately in writing below his/her signature when signing the match report form or Penalty Stroke competition form; and
  - 1.6.1.2 provide written grounds for the protest to the Tournament Director within 30 minutes of the end of the match or Penalty Stroke competition.
- 1.6.2 The Tournament Director will consider the protest and the decision on such a protest will be given to the teams involved within one hour of receipt of such a protest. The team manager(s) must make arrangements with the Tournament Director to be

available to receive the decision.

- 1.6.3 A failure by a team to comply with this procedure will result in the dismissal of the protest.
- 1.6.4 For the avoidance of doubt there can be no protest made against an umpiring decision during a match or Penalty Stroke competition, including the award of any disciplinary card or the decision of a technical official during a match or Penalty Stroke competition including the suspension of a player or bench official.
- 1.6.5 The Tournament Director shall be entitled to request such video, written or oral evidence as they considers necessary to make any decision under consideration.
- 1.6.6 A team may protest to the Tournament Director about any decision of the Tournament Director under these regulations. The protest must be produced in writing and handed to the Tournament Director within 30 minutes of the publication of the decision under protest. Protests will be decided in accordance with 1.6.2 above. Any protests regarding eligibility issues shall be referred to the organiser/ AJLCC.

## **APPENDIX 6 – SHOOTOUT COMPETITION**

Three players from each team take a one-on-one shoot-out alternately against a defender from the other team as set out in this Appendix. 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. The respective team managers provide three players to take and one player to defend the shoot-outs from those on the match report form 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.
2. If the shoot-out competition takes place after the end of a match, the first shoot-out shall take place within four (4) minutes of the end of the match.
3. A player who is still serving a disciplinary suspension by the Tournament Director 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 warned (green card) or temporarily suspended (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 Tournament Director will specify in advance the goal to be used.
5. The Tournament Director will brief teams, umpires and officials in the method of timing shoot-outs taking account of the facilities available and the need to control time accurately.
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 form, other than any player who is still serving a disciplinary suspension by the Tournament Director 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, are permitted to enter the field of play outside the half used for the shoot-out.
8. The goalkeeper/defending player of the team taking a shoot-out may be on the back-line outside the circle.
9. A player taking or defending a shoot-out may enter the half used for the shoot-out 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. Three players from each team take a shoot-out alternately against the goalkeeper/defending player of the other team making a total of 6 shoot-outs.
12. Taking a shoot-out:
  - 12.1 the goalkeeper/defending player starts on or behind the goal-line between the goal posts;
  - 12.2 the ball is placed 3 metres outside the circle opposite the centre of the goal (*it is recommended a cone or marker is placed here*);
  - 12.3 an attacker stands behind but near the ball;
  - 12.4 the Umpire blows the whistle to start time;
  - 12.5 an official at the technical table starts the clock or the umpires time this;
  - 12.6 the attacker and the goalkeeper/defending player may then move in any direction;
  - 12.7 the shoot-out is completed when:
    - 12.7.1 8 seconds has elapsed since the starting signal;
    - 12.7.2 a goal is scored;
    - 12.7.3 the attacker commits an offence;
    - 12.7.4 the goalkeeper/defending player 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/defending player;
    - 12.7.5 the goalkeeper/defending player commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken;
    - 12.7.6 the ball goes out of play over the back-line or side-boards; this includes the goalkeeper/defending player intentionally playing the ball over the back-line;
    - 12.7.7 if the ball rebounds off a goalkeeper/defending player over the side-boards, the shoot-out is completed; if the ball is propelled by a goalkeeper/defending player over the side-boards, the shoot-out is retaken by the same player against the same goalkeeper/defending player.
13. If a penalty stroke is awarded as specified above, it can be taken and defended by any eligible player on the match report form, subject to the provisions of clauses 16, 17 and 18 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 a 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:
  - 16.1 that player takes no further part in that shoot-out competition and, unless a goalkeeper/defending player, cannot be replaced;
  - 16.2 the replacement for a suspended goalkeeper/defending player can only come from the three players of that team nominated to take part in the shoot-out competition:
    - 16.2.1 the replacement goalkeeper/defending player is allowed reasonable time to put on protective equipment similar to that which the goalkeeper/defending player they are replacing was wearing;
    - 16.2.2 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.
    - 16.2.3 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/defending player is incapacitated:
  - 17.1 that goalkeeper/defending player may be replaced by another player from among the players listed on the match report form for that particular match, except as excluded in this Appendix or unless suspended by an umpire during the shoot-out competition;
  - 17.2 the replacement goalkeeper:
    - 17.2.1 is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper/defending player was wearing;
    - 17.2.2 if this replacement is also nominated to take a shoot-out, this player is allowed reasonable time to take off his/her 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 form 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 three shoot-outs:
  - 19.1 a second series of shoot-outs is taken with the same players, subject to the conditions specified in this Appendix;
  - 19.2 the sequence in which the attackers take the shoot-outs need not be the same as in the first series;
  - 19.3 the team whose player took the first shoot-out in a series defends the first shoot-out of the next series;
  - 19.4 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, that team is the winner.
20. If an equal number of goals are scored after a second or subsequent series of three shoot-outs, an additional series of shoot-outs is taken with the same players subject to the conditions specified in this Appendix:
  - 20.1 the sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;
  - 20.2 the team which starts each shoot-out series alternates for each series.
21. Unless varied by this Appendix the Rules of Indoor Hockey apply during a shoot-out.

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## **PENALTY STROKE PROCEDURE (if required)**

nb In the U10 competition, penalty strokes can be taken 5m from the goal line rather than 7m

1. The Umpires shall together choose the goal to be used and the Captains shall toss to decide which team shall take the first penalty stroke.
2. Three different players from each of the teams, chosen from the players listed on the teamsheet, but excluding any player who has been permanently suspended from the game (red card), shall take a penalty stroke alternately against one and the same goalkeeper of the other team. Only if that goalkeeper is, in the opinion of the Umpires, incapacitated through injury, or is suspended, shall a team be permitted to substitute the goalkeeper during the course of a particular series in the stroke competition.
3. The team which has been awarded the higher number of goals shall be the winner.
4. In the event of an equal number of goals having been awarded, another series of penalty strokes shall be taken under the above conditions and with the same three players (subject to any incapacitated player being replaced or a suspended goalkeeper being substituted) but on a sudden death basis, that is, the team having been awarded the most goals after an equal number of strokes have been taken shall be the winner. The sequence in which the players take the strokes for their team need not be the same as in the previous series. The team manager has freedom of choice at the time of each stroke as to which of the three nominated players will take the stroke although must use all three nominated players per round. The team which has taken the first penalty stroke of a series shall not take the first penalty stroke of the following series (if any).

**APPENDIX 7 - FAIR SELECTION POLICY &**  
**APPENDIX 8 - STANDARD TARIFF OF PENALTIES FOR BREACH OF REGULATIONS**

Not applicable.

**APPENDIX 9 – APPEAL NOTICE**

AREA LEAGUE APPEAL NOTICE

To be sent to relevant AJLCC pursuant to Regulation 9.2

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

The School/Club 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 14 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/Club	
Date	