

## SUMMARY OF CHANGES

### AREA ADULT LEAGUE REGULATIONS

**2025 - 26**

While the core framework of the Regulations remains stable, the 2025-26 update introduces a much more granular promotion-and-relegation system, retitles and reshapes the player-eligibility section, and tightens several administrative rules.

Reg #	Regulation	Comment / Nature of Change
<b>Glossary</b>	<b>Definitions</b>	Adds new terms: "Cascade Effect", "Higher/Lower Division", "Parallel Division", "Ranking", "Reprieve", "Vacancy". Updates several existing definitions for clarity
<b>1</b>	<b>Introduction</b>	Restructured with clearer section headings (1.1-1.5) and improved organisation
<b>2</b>	<b>Management</b>	Clarifies ALMC diversity expectations and committee appointment process (2.4.1-2.4.3).
<b>3</b>	<b>Entry into the League</b>	<ul style="list-style-type: none"> <li>● The 2025-26 regulations have added a sub-section on "Club &amp; Team Entry" which clarifies the process and requirements for entry.</li> <li>● A new clause (3.1.7) has been added requiring club representation at meetings called by the ALMC and a timely response to requests for information.</li> <li>● A new deadline of 1st February has been set for the return of all perpetual trophies to the ALMC. The fine for failure to return such trophies is now £150</li> </ul>
<b>4</b>	<b>The Competition</b>	<ul style="list-style-type: none"> <li>● "Cascade Effect" automatic knock-on relegations/reprieves when NL interaction occurs (4.5.5 (c))</li> <li>● Vacancy-filling hierarchy clarified (4.5.8)</li> </ul>
<b>5</b>	<b>Fixtures</b>	<ul style="list-style-type: none"> <li>● Enhanced fixture management procedures with specific timelines for pre/post-Christmas matches (5.2.1)</li> <li>● Deadline for changes to fixture details increased from 10 to 21 days</li> <li>● New - Home teams must contact the opposition between 10 and 21 days before the fixture to confirm match details to their opposition</li> </ul>
<b>6</b>	<b>Matchday Administration</b>	<ul style="list-style-type: none"> <li>● 6.1.5 Designated bench area must be at least 5 metres from any spectator area.</li> </ul>



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		<ul style="list-style-type: none"> <li>● Substitutes and officials on the team sheet must remain in the vicinity of their bench area (unless warming up/down) and no other persons are allowed in the designated bench area.</li> <li>● At Grades 4 and 5 only this requirement may be varied with discretion.</li> </ul>
7	Player Eligibility – Registration	<ul style="list-style-type: none"> <li>● Gender clause revised to match Player Categories in line with new EH Trans &amp; Non-Binary Participation Policy.</li> <li>● Dual Registration – Added clarification on dual registration approval requirements (7.4)</li> <li>● Weekly registration deadline introduced (7.6.1) and explicit final date kept at 1 Feb (7.6.2)</li> <li>● Transfer process timing clarified – opposing-club non-action triggers ALMC decision after 10 days (7.7.1 (b))</li> </ul>
8	Player Eligibility – Team Selection	<b>RESTRUCTURED</b> – renamed from "Fair Selection" with simplified structure and refined doubling up rules (see detailed notes below).
9	Teams, Match Sheets & Results	<ul style="list-style-type: none"> <li>● At all Grades both teams must complete their Matchsheet by 2000 hrs on the day of the match (removed separate Grade 4-5 timelines)</li> <li>● Match Officials and any team officials must be included on the match sheet</li> </ul>
10	Dress	No substantive changes
11	Umpires & Match Officials	<ul style="list-style-type: none"> <li>● Acceptable minimum accreditation requirement raised at Grade 3 to Level 1 Assessed</li> <li>● Simplified umpire replacement procedures</li> </ul>
12	Discipline	<ul style="list-style-type: none"> <li>● The team manager (or captain) is responsible for the conduct all club officials not in the spectator area.</li> <li>● The section on yellow/red cards (12.2) has been expanded to better define player and club responsibilities regarding suspensions</li> </ul>
13	Postponement or Abandonment	<ul style="list-style-type: none"> <li>● The rearrangement deadline is now 36 days for Grades 2-5.</li> <li>● If a large number of fixtures need rearranging the ALMC may set a block fixture move date.</li> <li>● The decision-making authority for postponements and abandonments has been clarified. If umpires are unassessed the team captains will make the decision.</li> </ul>



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14	Failure to Honour/Forfeiture	Added requirement for ALDS notification procedures – the forfeiting team must <i>not</i> update GMS themselves; ALDS does so (14.1.3).
15	Breach of Regulations & Penalties	<ul style="list-style-type: none"> <li>● Added 7-day reporting deadline for regulation breaches (15.4)</li> <li>● Penalties are now more clearly defined in Appendix 5</li> </ul>
16	Appeals	<b>RESTRUCTURED</b> Procedures and timelines moved to Appendix 6.

## 8. Player Eligibility – Team Selection

Element	2025-26 Position	Change Type & Impact
Structure & Terminology	Section renamed <i>Team Selection</i> ; with supporting guidance in <b>Appendix 4 – Player Selection Guidance</b>	Renaming signals a broader focus beyond “fairness” to holistic roster management; appendix format makes practical examples more accessible.
Aims (8.1)	Aims reordered but substantively identical; emphasis on avoiding “unselectable” players retained	Clarification only.
Doubling-up Conditions (8.4/8.5)	<ul style="list-style-type: none"> <li>● Max squad size when doubling-up rises from <b>12 to 13</b> players (8.4.2 (d))</li> <li>● Explicit per-player limit of <b>two games per match-day</b> (8.4.2 (f))</li> </ul>	Slight relaxation (extra player) but tighter workload cap; clubs must track appearances closely.
Grade-specific GK rules	Largely unchanged but table corrected and cross-referenced (8.5.2-8.5.4)	<ul style="list-style-type: none"> <li>● Clarifies SXP trigger points.</li> <li>● Reduces ambiguity for emergency GK cover.</li> <li>● Intention to encourage outfield players to double up in goal for a lower team to help with GK shortages</li> </ul>
Selection Exemption Pass (SXP)	Examples expanded	Gives ALMC clearer precedents; speeds approval decisions.



## Appendices

Appx #	Title	What changed & why it matters
1	League Titles & Divisions	Minor seasonal updates only.
2	England Hockey Policies	<b>UPDATED:</b> List expanded to include "EH Trans and Non-Binary Participation Policy" reflecting current EH policy framework
3	Variations to FIH Rules	<ul style="list-style-type: none"> <li>● <b>NEW:</b> Optional format for Premier Division games only - four quarters of 17½ minutes with no stoppage for short corners, implemented if requested by Home team (Appendix 3, Rule 5.1)</li> <li>● Suspension-timing clauses moved here for consistency.</li> </ul>
4	<b>Player Selection Guidance</b> (was <i>Fair Selection &amp; Eligibility Guidance</i> )	<b>MAJOR REVISION:</b> Complete replacement of "Fair Selection & Player Eligibility Guidance Notes" with streamlined "Player Selection Guidance" focusing on practical scenarios rather than complex selection hierarchies
5	Standard Penalties & Fines	<ul style="list-style-type: none"> <li>● Revised penalties for a number of breaches.</li> <li>● Tariff tables re-indexed to match new section numbers.</li> </ul>
6	<b>Appeal Procedure</b>	<p><b>COMPLETE RESTRUCTURE:</b> Comprehensive 6-page appeal procedure document replacing simple appeal notice template, including</p> <ul style="list-style-type: none"> <li>○ Detailed initial appeal process <ul style="list-style-type: none"> <li>Further appeal procedures to EH Appeal Panel</li> </ul> </li> <li>○ Specific timelines and deposit requirements</li> <li>○ Oral hearing procedures</li> <li>○ Decision-making criteria and outcomes</li> </ul>
7	Duties of Appointed Match Officials	Added timing duties cross-reference (aligns with Umpire changes).