



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
Glossary	Definitions	Adds new terms: "Cascade Effect", "Higher/Lower Division", "Parallel Division", "Ranking", "Reprieve", "Vacancy". Updates several existing definitions for clarity
1	Introduction	Restructured with clearer section headings (1.1-1.5) and improved organisation
2	Management	Clarifies ALMC diversity expectations and committee appointment process (2.4.1-2.4.3).
3	Entry into the League	<ul style="list-style-type: none">• The 2025-26 regulations have added a sub-section on "Club & Team Entry" which clarifies the process and requirements for entry.• 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.• 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
4	The Competition	<ul style="list-style-type: none">• "Cascade Effect" automatic knock-on relegations/reprieves when NL interaction occurs (4.5.5 (c))• Vacancy-filling hierarchy clarified (4.5.8)
5	Fixtures	<ul style="list-style-type: none">• Enhanced fixture management procedures with specific timelines for pre/post-Christmas matches (5.2.1)• Deadline for changes to fixture details increased from 10 to 21 days• New - Home teams must contact the opposition between 10 and 21 days before the fixture to confirm match details to their opposition



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6	Matchday Administration	<ul style="list-style-type: none"> 6.1.5 Designated bench area must be at least 5 metres from any spectator area. 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. At Grades 4 and 5 only this requirement may be varied with discretion.
7	Player Eligibility – Registration	<ul style="list-style-type: none"> Gender clause revised to match Player Categories in line with new EH Trans & Non-Binary Participation Policy. Dual Registration – Added clarification on dual registration approval requirements (7.4) Weekly registration deadline introduced (7.6.1) and explicit final date kept at 1 Feb (7.6.2) Transfer process timing clarified – opposing-club non-action triggers ALMC decision after 10 days (7.7.1 (b))
8	Player Eligibility – Team Selection	RESTRUCTURED – 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"> At all Grades both teams must complete their Matchsheet by 2000 hrs on the day of the match (removed separate Grade 4-5 timelines) Match Officials and any team officials must be included on the match sheet
10	Dress	No substantive changes
11	Umpires & Match Officials	<ul style="list-style-type: none"> Acceptable minimum accreditation requirement raised at Grade 3 to Level 1 Assessed Simplified umpire replacement procedures
12	Discipline	<ul style="list-style-type: none"> The team manager (or captain) is responsible for the conduct all club officials not in the spectator area. The section on yellow/red cards (12.2) has been expanded to better define player and club responsibilities regarding suspensions



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13	Postponement or Abandonment	<ul style="list-style-type: none"> The rearrangement deadline is now 36 days for Grades 2-5. If a large number of fixtures need rearranging the ALMC may set a block fixture move date. The decision-making authority for postponements and abandonments has been clarified. If umpires are unassessed the team captains will make the decision.
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"> Added 7-day reporting deadline for regulation breaches (15.4) Penalties are now more clearly defined in Appendix 5
16	Appeals	RESTRUCTURED Procedures and timelines moved to Appendix 6.