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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: the England Hockey Competitions Department (EHCD) and/or Area Junior Leagues & Competitions Committee (AJLCC), as seen in Appendix 1
- 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, by its entry into and participation in JCF competitions along with each player, through their club registration, 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 club administrator or team administrator requiring clarification on Competition regulations should consult directly with their relevant AJLCC.

- 1.1.5 Should the Covid-19 pandemic cause disruption to any JCF competitions in accordance with EH Return to Play guidance, the Covid-19 Competition Provision, as seen in Appendix 3, will apply.

2 COMPETITIONS

2.1 Organisation

- 2.1.1 The EHCD will organise Championships (knockout competitions) using standard formats. Each of the Championships will include a 'Plate' competition.
- 2.1.2 AJLCCs will be responsible for organising competitions within their Area in line with the JCF and will have discretion to structure leagues and knockout competitions at the relevant Tier based on entries received using standard formats and scoring systems.
- 2.1.3 For the U14 & U16 Tier 1 League Competitions:
- i. pre-Christmas (September-December) - each AJLCC will run a league-based competition using standard formats plus, if necessary, play-offs to determine three qualifying teams from their Area to progress to four Area Supra Leagues (ASL)
 - ii. post-Christmas (January-May) - the EHCD will organise a Tier 1a league-based competition (4 x ASL) and each AJLCC will organise a Tier 1b league-based competition using standard formats, culminating in National and Area Finals respectively.
 - iii. if any team qualifying for the ASL does not wish to participate, the EHCD and AJLCC(s) will determine the action to be taken in respect of inviting further teams to participate or otherwise.

2.2 Match Rules

- 2.2.1 The Rules of Hockey 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.
- 2.2.2 Match length times will be in accordance with Appendix 5, unless set differently by the AJLCC dependant on the competition.

2.3 Umpires

- 2.3.1 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.
- 2.3.2 Unless advised by AJLCC, or with the agreement of both teams, each team shall provide its own umpire for each match.
- 2.3.3 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.
- 2.3.4 The below outlines the requirements for umpires at each Tier of competition:

	Tier 1	All other Tiers
Desirable level of accreditation	Level 1 Assessed	Level 1 Unassessed
Acceptable level of accreditation	Level 1 Unassessed	No formal accreditation required

- 2.3.5 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 2.3.6 will apply.
- 2.3.6 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.
- 2.3.7 Where a Young Umpire (Under 18) is appointed, the appointing 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.
- 2.3.8 The AJLCC will not adjudicate on decisions made by umpires in games. Likewise, umpires will not adjudicate on Competition regulations.

2.4 Scoring System

- 2.4.1 For Tier 1 league competitions teams shall be awarded: 3 points for a win, 1 point for a draw, 0 points for a loss. In the event of a match being drawn in normal time, a shoot-out competition will be played in accordance with Appendix 6, and one bonus point awarded to the winner.
- 2.4.2 For all other league competitions teams shall be awarded: 3 points for a win, 1 point for a draw, 0 points for a loss.
- 2.4.3 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, including a win in a shoot-out competition (and, if teams have played each other more than once and the aggregate score is still equal, away goals take precedence over home goals). If still equal *Regulation v applies*.
- v. If teams are still equal, a further match between the teams involved will be arranged by the relevant competition organiser.

- 2.4.4 For Championships / knockout competitions the winner of the match shall progress to the next round.
- 2.4.5 For Championships / knockout competitions, in the event of a match being drawn in normal time, a shoot-out competition will be played in accordance with Appendix 6. The winner of the subsequent shoot-out competition shall progress to the next round.
- 2.4.6 A team that loses in Round 1 of any Championships / knockout competitions shall be eligible for a place in any relevant 'Plate' competition. After any Championships / knockout competitions reach Round 2, a team that loses the first match they play in the competition, may be eligible for a place in the relevant 'Plate' competition, at the discretion of the competition organiser.
- 2.4.7 Match results in Tier 3 & Tier 4 competitions shall be limited to a goal difference of eight, e.g. 8-0, 9-1, 10-2, etc.

2.5 Failure to honour a fixture

- 2.5.1 A team which fails or is unable to honour a fixture:
- i. must notify its opposition and competition organiser immediately,
 - ii. may be subject to financial penalty,
 - iii. additionally, the AJLCC shall, at their discretion, have the right to ensure that a team which fails to honour a fixture reimburses the opposing team, officials, competition organiser, etc. for any expenses incurred in relation to the fixture.
- 2.5.2 For Championships / knockout competitions: the offending team shall be deemed to have lost the tie and will forfeit their entry fee. The opposing team shall progress to the next round. The offending team's eligibility for any relevant 'Plate' competition will be at the discretion of the competition organiser.
- 2.5.3 League competitions:
- i. an 8-0 walkover will be awarded against any team failing to fulfil a fixture,
 - ii. any team that fails to honour at least half of their League fixtures will be automatically withdrawn from the League and all previous results will be void and will forfeit its entry fee.

3 TEAM ENTRIES

3.1 Entry Dates

- 3.1.1 A club must enter its teams into any Competitions by the designated date set by the AJLCC.

3.2 Eligibility

- 3.2.1 Blank.
- 3.2.2 Area led Competitions are open to all teams from clubs who are:
- i. members of that Area, or
 - ii. from a neighbouring Area with the agreement of both the member and neighbouring AJLCCs.
- 3.2.3 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, it 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 14 days or more after a clubs first match in any JCF competition, the r AJLCC shall be entitled to remove any team(s) for which no payment has been received.
- 3.2.4 All teams must enter any Championships / knockout competitions at the same Tier in which they enter any league competitions, and vice versa. If a team chooses to enter only one competition type, they should choose the most appropriate Tier to their standard.
- 3.2.5 For activity at Tier 1, clubs are only permitted to enter one team per age group. A second team may only be entered at Tier 1 in accordance with 3.2.5.i. There is no limit on the number of teams from a single club that can be entered into activity at Tier 2 and below.
- i. Where a club enters 5 or more teams across all Tiers, they are permitted to enter a second team at Tier 1. Should a club later decide to pull a team out of any competition, the second team entered at Tier 1 must be the first to be withdrawn.

- 3.2.6 For activity at Tier 2 and below clubs may merge to form teams with players from two or more clubs but only if they have insufficient junior members in a given age group to field a team on their own. Composite clubs can only enter Championships / knockout competitions if the same formed composite club has also entered equivalent league

competitions, or if no clubs forming the composite club have entered league competitions. On GMS, one club will need to be nominated as the primary club for administration purposes and the GMS 'Team Name' should reflect the merger.

3.3 Club & Team Administration

- 3.3.1 Each participating club must appoint a 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 Club Administrator for their club and/or Team Administrator for more than one team.
- 3.3.3 To ensure continuity, any changes to a Club administrator or Team administrator, or their details, must be updated in GMS immediately.

4 PLAYERS

4.1 Eligibility

- 4.1.1 All players must:
 - i. be registered with a club on the GMS in order to be eligible to play for that club in the JCF by the relevant date,
 - ii. be: Under 14 - born on or after 01/09/2007
Under 16 - born on or after 01/09/2005
Under 18 - born on or after 01/09/2003
unless they hold a EH Dispensation Certificate in respect of the age group in which they are participating.

4.2 Team Selection

- 4.2.1 A club's teams for its matches on any date must be selected in accordance with the Junior Fair Selection Policy, as seen in Appendix 7.
- 4.2.2 The GMS provides for the management of a club's teams selection in line with the principles, however, the AJLCC reserve the right to;
 - i. determine at any time if a club is in breach of the principles, or,
 - ii. if the requirements as shown in the summary should be overridden in specific scenarios to ensure the principles can be met.

4.3 Dress

- 4.3.1 Field players must wear uniform shirts and knee length socks.
- 4.3.2 All other sporting apparel worn should be in accordance with club colours shown on the team-sheet.
- 4.3.3 The second named (away) team shall wear shirts (or bibs) and socks that contrast with the home team.
- 4.3.4 Goalkeepers must wear shirts contrasting with those of both teams and must wear protective equipment as specified in the current Rules of Hockey.
- 4.3.5 For Tier 1 competitions players shall wear shirts individually numbered on the back that match the numbers allocated on the team-sheet.

5 FIXTURE MANAGEMENT & MATCHDAY ADMINISTRATION

5.1 Dates

- 5.1.1 AJLCC will issue fixtures with their scheduled dates. (Provisional dates published in Priority & Centralised Calendar).
- 5.1.2 All matches in all competitions must be played on the scheduled date unless both teams agree a revised date at least 7 days before the match is due to be played and the approval of the competition organiser has been obtained.
- 5.1.3 If any match is rescheduled the priority for players will be the originally scheduled activity on that date.

5.2 Venue & start times

- 5.2.1 Each team shall provide, using the GMS, the proposed time and venue for each of its home matches no less than 7 days in advance of the match. However, deadline dates can be varied at the discretion of the AJLCC.
- 5.2.2 Match start times shall be between 10:00-16:30 hrs but may be played outside of these times if agreed by both teams. Consideration must be given in terms of travel times when setting the start times of matches.

5.3 Pitches & facilities

- 5.3.1 All competition matches must be played on artificial turf pitches. AJLCCs in consultation with EH, reserve the right to not allow a specific pitch to be used for matches if it deems it unsuitable.
- 5.3.2 It is the responsibility of the home club to ensure that pitch facilities, including markings, goals and goal nets are satisfactory.
- 5.3.3 There must be a toilet on site at any venue used.

6 TEAMS, MATCH SHEETS & RESULTS

6.1 Teams

6.1.1 A team shall be entitled to nominate up to 16 players in its squad for each match.

6.2 Match sheets

6.2.1 Players and any team officials must be uploaded onto the match sheet on the GMS no less than 1 hour before a match is played.

6.2.2 By uploading a player onto the match sheet, the club confirms that each player listed is eligible to play and will be deemed to have played in that match.

6.3 Results

6.3.1 The home team must confirm the score on the GMS no later than 20:00 hrs on the day of match.

6.3.2 Both teams must confirm full details of goals, scorers and injuries no later than 20:00 hrs on the day after the match.

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 competition organiser.

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.

7.2 Bad Weather or Travel

7.2.1 General:

- i. Immediately prior to the commencement of a match, or once a game has started, the decision on whether it should be postponed or abandoned is determined by the umpires in consultation with the team managers. Safety of players shall be a key factor in any decision making.
- ii. In the event of a match having to be abandoned, the relevant competition organiser will decide on the action to be taken after receiving a report from the Umpires and teams. Such a decision may necessitate a replay of the fixture, dependent on the circumstances at the time of abandonment.
- iii. In the event of a postponement and/or replay of an abandoned match, a new match date must be agreed by both teams and the competition organiser within 3 days of the original match date. If teams cannot agree the relevant competition organiser will determine the outcome which may, but not exclusively, include, setting the date, confirming if the match should be awarded to one of the teams, determining that the result is recorded as a draw.
- iv. In the event of the home team wishing to postpone a match due to adverse conditions, the away team shall, at its own cost, have the right to inspect the ground prior to a decision regarding postponement being reached.

7.2.2 Pitch:

The home team should use the following procedures:

- i. The home team administrator should ascertain from the visiting team, and any appointed umpires/officials, the latest time of notification of cancellation, i.e. when they intend to depart for the pitch venue. If an overnight stay prior to the game is expected, this time should be adjusted accordingly. If it is clear that the pitch will be unfit due to weather earlier than the above time, the visiting team, and any appointed umpires/officials should be informed immediately.
- ii. It is the responsibility of the home team to inspect the pitch prior to the above-mentioned departure time. The administrator and/or a member of the club or team's leadership should do this and a realistic view must be taken at this stage. They should check with Met Office (www.metoffice.gov.uk) to confirm weather conditions for the next 24/48 hours. All teams should use the Met Office as a standardised reference for weather conditions. If the pitch is unfit and is likely to remain so, the game should be postponed, and the following action taken:
 - iii. notify the visiting team, and appointed umpires/officials.
 - iv. notify the relevant competition organiser.
 - v. If the teams and umpires/officials have arrived, Regulation 7.2.1 shall apply.
 - vi. If a team fails to follow the above procedures and, when all parties arrive, it is clear that the pitch was, and patently has been, unfit prior to the times outlined above, the teams will be asked to submit a report for the consideration of the competition organiser who may take action as it deems appropriate.

7.2.3 Travel:

The away team should use the following procedures:

- i. The away team administrator should check with Met Office (www.metoffice.gov.uk) and Highways England and/or Highways Wales (www.trafficengland.com or www.traffic.wales) to confirm weather and travel conditions and guidance for the next 24/48 hours. All teams should use the Met Office, Highways England and/or Highways Wales as a standardised reference for weather/travel conditions. If guidance is that you should not travel, and the guidance is that this will not change prior to intended departure the game should be postponed, and the following action taken
 - a. notify the opposing team, and any appointed umpires/officials.
 - b. notify the relevant competition organiser.

NOTE: Whilst it is accepted that no system of match postponement can be perfect, teams are requested to try and ensure that games are postponed in sufficient time for teams and officials to be saved the time and expense of wasted journeys.

8 TROPHIES

- 8.1.1 Any club that wins a perpetual trophy must arrange for it to be returned at the club's cost to the relevant competition organiser by 1st February, unless otherwise agreed by the competition organiser. The AJLCC will advise the 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 club will be invoiced to the relevant 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 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, the deduction of points, fines and suspension of players, and has power to make teams play matches away from their home venue. These may be applied within the current and/or subsequent season.
- 9.1.3 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.
- 9.1.4 The standard tariff of penalties for breach of regulations can be seen in Appendix 8.

9.2 Appeal Procedure

- 9.2.1 There can be no appeal against the decision of an umpire.
- 9.2.2 Clubs and teams have the right to appeal against a decision of the AJLCC as set out in this Regulation.
- 9.2.3 The Appeal to the EH or Area Appeal Panel must be commenced by an Appeal Notice, as seen in Appendix 9, marked for the attention of the EH or 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 EH or Area Appeal Panel shall give directions for the further conduct of the Appeal.
- 9.2.5 The Chair of the EH or 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 EH or 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 EH or 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 EH or Area Appeal Panel shall give directions for the further conduct of the Appeal.
- 9.2.8 Any other 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 EH or 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, EH or the Area Appeal Panel may impose any sanction that the EH or Area could have imposed.
- 9.2.11 The decision of the EH or Area Appeal Panel shall be final.

APPENDIX 1 – JUNIOR COMPETITIONS FRAMEWORK

Junior Competitions administered by England Hockey Competitions Department (EHCD) and Area Junior Leagues & Competitions Committees (AJLCC) for U14, U16 & U18 outdoor clubs and teams.

Tiers ranked on strength of competition. Tier 1 strongest, Tier 4 weakest.

U14 and U16

Leagues

Tier	Activity / Competition	Organiser	Notes
1	8 Area Leagues (Sep – Dec)	AJLCC	
1a	4 Supra-area Leagues (Jan – Apr)	EHCD	Top teams qualify from Tier 1 Area Leagues held Sep – Dec
1b	8 Area Leagues (Jan – Apr)	AJLCC	Teams who do not qualify for Tier 1a continue from Tier 1 Area Leagues held Sep - Dec
2	Part-area Leagues	AJLCC	
3	Sub-area Leagues	AJLCC or Sub-area	
4	Sub-area Festivals (7-a-side)	AJLCC or Sub-area	

Championships & Knockouts

Tier	Activity / Competition	Organiser	Notes
1	Championships & Plate	EHCD	No direct entry permitted to Plate, only for early round losers from Championships
2	Championships & Plate	EHCD	No direct entry permitted to Plate, only for early round losers from Championships
3	Knockout Cup & Plate	AJLCC	No direct entry permitted to Plate, only for early round losers from Knockout Cup
4	Knockout Cup & Plate	AJLCC	No direct entry permitted to Plate, only for early round losers from Knockout Cup

U18

Leagues

Tier	Activity / Competition	Organiser	Notes
1	8 Area Leagues	AJLCC	
2	Part-area Leagues	AJLCC	
2b	Sub-area Leagues and/or Festivals (11-a-side or 7-a-side)	AJLCC or Sub-area	Format to be confirmed by organiser once entries are finalised

Championships & Knockouts

Tier	Activity / Competition	Organiser	Notes
1	Championships & Plate	EHCD	No direct entry permitted to Plate, only for early round losers from Championships
2	Championships & Plate	EHCD	No direct entry permitted to Plate, only for early round losers from Championships

Definitions

Area – 8 Areas formed from AGM Resolution. (North West, Yorkshire & North East, Midlands, East, West, South Central, London and South East).

Supra-area – multiple Areas.

Part-area – Areas split into smaller geographical areas.

Sub-area – Areas split by county.

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 4)
- EH Code of Ethics
- EH Red Card and Matchday Misconduct Regulations & EH Disrepute Regulations
- EH Safeguarding and Protecting Young People in Hockey
- EH Privacy Policy
- EH Equality Policy
- EH Transgender Policy
- UK Anti-Doping Rules
- EH Anti-Corruption Policy
- EH League Sponsorship Policy
- EH Planning Safe Hockey

APPENDIX 3 – COVID-19 COMPETITION PROVISION

1. EHCD reserve the right to revise competition regulations to ensure that they take into account the possible impact of Covid-19 and are compliant with any Government legislation and any associated England Hockey requirements relating to Covid-19.

2. Requests for postponements

2.1 EHCD will consider any evidence in relation to a request to postpone a fixture due to the impact of Covid-19 and may approve this or decline this and determine the fixture must be played or forfeited. If a request to postpone a fixture is approved, AJLCC will determine if it is to be played and the relevant date or if it is declared a 0-0 draw.

2.2. In reviewing any request to postpone EHCD will consider the availability or otherwise the number of players unavailable due to a positive test for Covid and the frequency of their playing record up to the date of the relevant fixture during the season.

3. Completion of Competition

3.1 The Junior Championships may be extended to Sunday 8 May if matches are suspended due to the impact of Covid.

3.2 EHCD will determine the format of any competitions to endeavour to ensure that they can be concluded by 8 May.

APPENDIX 4 – VARIATIONS TO FIH RULES OF HOCKEY

The Rules of Hockey 2021 including all experimental rules shall apply with the exception of Rules 1.9, 5.1, 13.3 and 14 which shall be varied as follows:

Rule 1.9 Flag-posts between 1.20 and 1.50 metres in height are placed at each corner of the field. (these are not required).

Rule 5.1

A full length match consists of two halves of **35 minutes** with a half-time interval of 5-10 minutes (to be agreed before the match starts).

Rule 13.3

Time is **not** stopped after a penalty corner is awarded (unless stopped by the umpire). Note that this may affect the return to the pitch of a suspended player.

Rule 14

a. A temporarily suspended player cannot resume play during a penalty corner, only when it has been completed or another penalty corner is awarded.

b. If a temporarily suspended player is a goalkeeper the Umpires stop the time at the next stoppage of play to enable that player to resume play.

APPENDIX 5 – MATCH LENGTH TIMES

At U18, U16 and U14 level if playing full length games, teams should only play one full length match in one day, however teams in this and other age groups may play for a longer duration in a tournament or festival with shorter matches. Recommended times are as below.

Age Group	11 or 7 a-side	Max Time in a day*	Max No of games	Min Duration of games^	Duration of games for triangulars~	Max Duration of games
						(& Times for U14 U16 U18 T1 T2 one-off matches)
U18	11	2 hours	4 matches	15 mins e/w	25 mins e/w	35 mins e/w, ie full length game
U16	11	2 hours	4 matches	15 mins e/w	25 mins e/w	35 mins e/w, ie full length game
U14	11	2 hours	4 matches	15 mins e/w	20 mins e/w	35 mins e/w, ie full length game
U14	7	2 hours	6 matches	10 mins e/w	15 mins e/w	15 mins e/w
U13 & U12	7 or 6	1 hour 45 mins	7 matches	9 mins e/w, 15 mins 1/way	15 mins e/w	15 mins e/w
U11	7 or 6	1 hours 30 mins	9 matches	9 mins e/w, 10 mins 1/way	15 mins e/w	15 mins e/w
U10	7 or 6	1 hours 30 mins	9 matches	9 mins e/w, 10 mins 1/way	15 mins e/w	15 mins e/w
U8	7, 6 or 4	1 hours 15 mins	7 matches	7 mins e/w, 10 mins 1/way	10 mins e/w	10 mins e/w

*Max Time in a day - this is based on a tournament or festival style activity where teams have multiple games and breaks. Teams must have a break between games. If the Max Time in a day is used it is strongly recommended that the overall length of the activity is at least one and a half times as long, e.g. 2 hours play in 5 hours activity.

^Min Duration of games - these are recommended times for T1 and T2 activity, however organisers may vary these and shorten particularly for lower Tier activity and festivals.

~Triangulars – U16 and U18 T1 and T2

Recommend schedule. Matches 25 mins e/w.

0000 hrs Match 1 – A v B
 0130 hrs Match 2 – B v C
 0300 hrs Match 3 – C v A

~Triangulars – U14 T1 and T2

Recommended schedule. Matches 20 mins e/w.

0000 hrs Match 1 – A v B
 0120 hrs Match 2 – B v C
 0240 hrs Match 3 – C v A

APPENDIX 6 – SHOOT-OUT COMPETITION

In a shoot-out competition, five players from each team take a one-on-one shoot-out alternately against a goalkeeper from the other team as set out in this Regulation. 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. If the shoot-out competition takes place after the end of a match, the first shoot-out should take place within four (4) minutes of the end of regulation playing time.
2. The respective Team Managers provide five players to take and one player to defend the shoot-outs from those on the Match Report 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.
3. A player who is still serving a disciplinary suspension by the Umpires (or Official where appointed) 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 temporarily suspended (green or 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 Umpires (or Official where appointed) will specify the method of timing shoot-outs taking account of the facilities available and the need to control time accurately.
5. The Umpires (or Official where appointed) will specify the goal to be used.
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 other than any player who 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 23m area used for the shoot-out but must be at least 10 metres from the spot where the ball is placed at the start of the shoot-out.
8. The goalkeeper of the team taking a shoot-out shall wait on the back-line outside the circle.
9. A player taking or defending a shoot-out may enter the 23m area 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. Five players from each team take a shoot-out alternately against the goalkeeper of the other team making a total of 10 shoot-outs.
12. Taking a shoot-out:
 - a) the goalkeeper starts on or behind the goal-line between the goal posts; the ball is placed on the nearest 23m line opposite the centre of the goal;
 - b) an attacker stands outside the 23m area near the ball;
 - c) an Umpire blows the whistle to start time;
 - d) an Umpire (or Official where appointed) starts the clock;
 - e) the attacker and the goalkeeper may then move in any direction;
 - f) the shoot-out is completed when:
 - i) 8 seconds has elapsed since the starting signal;
 - ii) a goal is scored;
 - iii) the attacker commits an offence;
 - iv) the goalkeeper 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;
 - v) the goalkeeper commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken;
 - vi) the ball goes out of play over the back-line or side-line; this includes the goalkeeper intentionally playing the ball over the back-line.
13. If a penalty stroke is awarded as specified above, it can be taken and defended by any eligible player on the Match Report subject to the provisions of Articles 17, 18 and 19 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 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:
 - a) that player takes no further part in that shoot-out competition and, unless a goalkeeper, cannot be replaced;
 - b) the replacement for a suspended goalkeeper can only come from the five players of that team nominated to take part in the shoot-out competition:
 - i) the replacement goalkeeper is allowed reasonable time to put on protective equipment similar to that which the goalkeeper they are replacing was wearing;
 - ii) 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.
 - c) 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 is incapacitated:
 - a) that goalkeeper may be replaced by another player from among the players listed on the Match Report for that particular match, except as excluded in this Appendix or unless suspended by an Umpire during the shoot-out competition;
 - b) the replacement goalkeeper:
 - i) is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper was wearing;
 - ii) if this replacement is also nominated to take a 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.
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 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 five shoot-outs:
 - a) a second series of five shoot-outs is taken with the same players, subject to the conditions specified in this Appendix;
 - b) the sequence in which the attackers take the shoot-outs need not be the same as in the first series;

- c) the team whose player took the first shoot-out in a series defends the first shoot-out of the next series;
 - d) 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, not necessarily being all five shoot-outs, that team is the winner.
20. If an equal number of goals are scored after a second series of five shoot-outs, additional series of shoot-outs are taken with the same players subject to the conditions specified in this Appendix:
- a) the sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;
 - b) the team which starts each shoot-out series alternates for each series.
21. Unless varied by these regulations, the Rules of Hockey apply during a shoot-out.

PENALTY STROKE PROCEDURE (if required)

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. Five 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 five 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 five nominated players will take the stroke although must use all five 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 – JUNIOR FAIR SELECTION POLICY

Applicable to U14, U16 and U18 competitions within the Junior Competition Framework (JCF)

Junior Competition regulation

- 4.2.1 A club's teams for its matches on any date must be selected in accordance with the Junior Fair Selection Policy.
- 4.2.2 The GMS provides for the management of a club's teams selection in line with the principles, however the England Hockey Competitions Department (EHCD) and/or Area Junior Leagues & Competitions Committee (AJLCC) reserve the right to;
 - a. determine at any time if a club is in breach of the principles, or,
 - b. if the requirements as shown in the summary should be overridden in specific scenarios to ensure the principles can be met.

Enabling easier administration

Electronic Match Sheets are mandatory at all levels to support easier administration:

1. To provide clarity and simplicity, including building logic into the GMS to maximise compliance.
2. To eliminate subjective administrative intervention wherever possible.
3. Initially to focus on flagging potential breaches rather than blocking selection to team sheets.
4. For the GMS to provide the data to improve systems and regulations over time.

Tiers

The new JCF is aligned to a number of Tiers. The application of regulations and Fair Selection will be different at different Tiers to ensure that the expectations are commensurate to the standard of play.

Fair Selection Principles

1. For clubs to have reasonable flexibility in managing player selection.
2. For teams in a competition to be selected in hierarchical order and comprise of players who reflect their level of ability within their clubs, based on availability on any one day.
3. To ensure that all clubs feel competition is 'fair' and that large or small clubs are not disadvantaged by the application of regulations.
4. For players to be able to play and not be 'unselectable' due to league regulations.

Fair Selection Summary

1 General

- 1.1 Players have one junior club.
 - 1.1.1 Players must represent their junior club in all outdoor junior competitions.
 - 1.1.2 Players must represent their junior club in indoor competitions, except,
 - i. Where a player's junior club does not participate in indoor competitions, they may represent a different junior club for indoor competitions only.
- 1.2 Player movement between clubs is permitted in accordance with 1.2.1 and 1.2.2.
 - 1.2.1 Only one move per season (additional moves subject to request for change in circumstances and approval from AJLCC).
 - 1.2.2 Player must move before 01 December (subject to request for change in circumstances and approval from AJLCC).
- 1.3 No guest players permitted.

2 Cross-competition

- 2.1 Players can play in more than one competition, within the same age group, on the same weekend, but not on the same day.
 - 2.1.1 Except where a player doubles up to play in at least one match as a fully kitted GK.
- 2.2 If a player moves junior club, they are bound to the new club across all junior competitions.
 - 2.2.1 In league competitions, once the move has been completed, a player can only represent their new club.
 - 2.2.2 In Championships / knockout competitions a player becomes 'cup-tied' after their first appearance in a competition. Once 'cup-tied', if a player moves clubs, they cannot represent either their new club or their previous club in the same Championships / knockout competition.
 - 2.2.3 In indoor competitions a player becomes 'cup-tied' after their first appearance in a competition. Once 'cup-tied', if a player moves clubs, they cannot represent either their new club or their previous club in the same indoor competition.

3 Age groups

- 3.1 Players can play in multiple age groups for the same club in outdoor competitions (in accordance with the competitions age requirements).
- 3.2 Players cannot play in more than one age group on the same weekend.
 - 3.2.1 Except where a player doubles up to play in at least one match as a fully kitted GK.
- 3.3 If a player moves club, they are bound to the new club across all age groups.
- 3.4 Players can only play in one age group in indoor competitions.
 - 3.4.1 Except where a player doubles up to play in at least one match as a fully kitted GK.

4 Multiple teams from one club

- 4.1 In league competitions players can represent multiple teams from within the same club, in accordance with 4.1.1 – 4.1.4.
- 4.1.1 Players whose last match was in Tier 1 competition can only move down one team within the same club.
- 4.1.2 Players whose last match was in Tier 2 or lower competition, can move down any number of teams within the same club.
- 4.1.3 There is no restriction on player movements up.
- 4.1.4 Players cannot play for more than one team from within the same club on the same weekend.
- i. Except where a player doubles up to play in at least one match as a fully kitted GK.
- 4.2 In Championships / knockout competitions a player becomes 'cup-tied' after their first appearance in a competition. Players can only represent the same team, or higher teams in future rounds of the competition (subject to request for approval to AJLCC).
- 4.2.1 After a player represents a higher team, they become 'cup-tied' to that team and can only represent the same team, or higher teams in future rounds of the competition (subject to request for approval to AJLCC – to support moving back down, having been called to play up).
- 4.3 In indoor competitions a player becomes 'cup-tied' after their first appearance in a competition. Players can only represent the same team throughout the competition (subject to request for approval to AJLCC).

5 Latter stages of competition

- 5.1 Towards the latter stages of a league competition 5.1.1 – 5.1.2 apply.
- 5.1.1 At Tier 1 and Tier 2, after 50% of a team's matches have been played, players must have played 50% of their matches for that team (subject to request for approval to AJLCC).
- 5.1.2 At Tier 3 or lower there are no further restrictions towards the latter stages of a competition.
- 5.2 In Championships / knockout competitions, to play in a Semi-final or Final, players must have played for that team in a previous round or in a previous league competitions match during the same season (subject to request for approval to AJLCC).
- 5.3 There are no further restrictions on indoor competitions in the latter stages of a competition.

6 Selection Exemption Pass (SEP)

- 6.1 SEPs may be permitted to meet the fair selection principles. SEPs are issued by AJLCC at their discretion in accordance with a nationally agreed framework and process. There will be a process to request a SEP in advance.
- 6.2 Scenarios where, in genuine cases, SEP could apply;
- 6.2.1 Player returning from injury.
- 6.2.2 Player who has not played for a number of weeks.
- 6.2.3 Emergency issue.

Fair Selection Summary table

Competition	Movement of players between club's teams		'Doubling up'		Latter stages of competition
	Up	Down	Field Player	Fully Kitted GK [^]	
League competitions	Unrestricted	Tier 1 – 1 team Tier 2 & lower – unrestricted	Not permitted	Yes	Tier 1 & 2 – played 50% of matches for selected team* Tier 3 & lower - unrestricted
Championships / knockout competitions	Unrestricted	Not permitted*			Play in previous round or league competitions match during same season*
Indoor competitions	Not permitted*			Not permitted*	Unrestricted

[^]Must play in one of the matches as a fully kitted GK, can play as field player or fully kitted GK in other match.

*Selection Exemption Pass may be permitted.

APPENDIX 8 - STANDARD TARIFF OF PENALTIES FOR BREACH OF REGULATIONS

1. The provisions contained in the Regulations are without prejudice to anything contained in the EH Code of Ethics, but any club or team or individual found to be in breach of these Regulations may be subject to further penalties, as detailed below, in addition to any penalty imposed by any EH Disciplinary Body.

2. For breaches of any or all of 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, the deduction of points, fines and suspension of players, and has power to make teams play matches away from their home venue. These may be applied within the current and/or subsequent season.

3. 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.

4. Breaches

4.1 Stages - Stage 1, Stage 2, Stage 3 below refer to an individual breach and the process giving the opportunity to rectify this. A second breach of the same Regulation may result in this being treated as Stage 2.

4.2 Repeat Breaches – 1st Occurrence, 2nd Occurrence, 3rd Occurrence below refer to the same Regulation being breached on one or more occasions. Penalties may be doubled for repeat breaches.

5. Fines

5.1 There are recommended amounts for fines, Tariff 1 (T1) - £25, Tariff 2 (T2) - £50, Tariff 3 (T3) - £100.

5.2 Note waiving of a fine is at the discretion of AJLCC

5.3 Where a fine is applied it will be doubled for repeat offences.

5.4 Payment of fines is within 28 days unless alternative date is set by AJLCC.

REGULATION	SUB-SECTION	BREACH			FINE
		STAGE 1 or 1 st OCCURENCE	STAGE 2 or 2 nd OCCURENCE	STAGE 3 or 3 rd OCCURENCE	
3. Entry into the League	3.2.3 Completed by the due date its membership of England Hockey and other payments.	Reminder that it needs to be completed with a revised deadline.	If new deadline not met. Warning that it must be completed prior to next match.	Club fixtures awarded as walkovers until completed. Fine.	T1
4. Player Selection	4.2.1 Fielding a player not complying with principles of fair selection.	Match recorded as loss (5-0 in a league game or higher score as determined).			
5. Fixture Management	5.2.1 Provide time and venue for each of its home matches by deadline - subject to any variation discretion of the AJLCC	Reminder that this needs to be completed.	Reminder for 2 nd occurrence.	Discretionary Fine.	T1
5. Matchday Administration	5.3 Provision of Pitch & facilities and changing facilities in line with Regulation and no effort to mitigate.	Warning.	Fine.		T1
6. Team, Match Sheets & Results	6.2.1 Team late in uploading all players and any team officials participating in a match onto the match sheet on the GMS by specified time.	Warning.	Warning.	Warning & fine for persistent non-compliance.	T1

	6.2.2 Fielding an ineligible player in a match.	Match recorded as loss (5-0 in a league game or higher score as determined).			
	6.3.1 Team late to confirm score on the GMS by specified time. or 6.3.2 Team late to confirm details of goals, cards and injuries on the GMS by specified time.	Warning.	Warning.	Warning & fine for persistent non-compliance.	T1
	Falsifying information on match sheet.	Match recorded as 5-0 loss (or higher score as determined) Fine. Plus 1 point deduction if a league match.			T1
7. Postponement or Abandonment	7. Failure to comply with regulation.	Match recorded as 5-0 loss for deliberate/negligent failure. Fine and/or reimbursement of opposition expenses.			T1 plus opposition expenses.
8. Trophies	8.1.1 Failure to return and not engraved (if specified).	Fine plus any additional costs incurred if returned late.	Additional fine if lost or not returned in time for presentation.		T1 plus additional costs.
Any regulations not covered above	Significant or persistent violation.	Penalty as determined by AJLCC			

APPENDIX 9 – APPEAL NOTICE

AREA APPEAL NOTICE

To be sent to relevant AJLCC pursuant to Regulation 9.2

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

The club/team 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 Club	
Date	